

# RPS Weekly Newsletter



Friday 18<sup>th</sup> December 2020

## Dear Parents & Carers,

What a challenging year 2020 has been! I am very proud that as a school and community we have managed to stay open and maintain high quality education for our children. It hasn't been easy, but we have pulled together. Thank you for your messages of hope and thanks for the staff and the community. Teachers were deeply touched by your kind words, your ongoing support and gifts. They are truly appreciated.



## Generosity

I know this has been a very difficult time financially for many parents which means that the kind donations and gifts for classes from parents has been even more heartwarming. Thank you!

If families are experiencing hardship during the holiday period, please do reach out for help. I have attached details of a number of support services below including details for the Lewington Food bank.

## Christmas Parties



The children looked amazing on Wednesday. They really enjoyed the festive activities and food their teachers had organised for them thanks to your generous donations.

The Elves visited Nursery, Reception, Year 1 and Year 2 'virtually' and the children enjoyed telling me that I am on the 'good list' this year – what a relief! The Elves sent Christmas presents for all the children and we do hope they enjoy them over the holidays.

## Achievement Awards

We missed the parents joining us to celebrate children's achievements on Thursday, but you can see the wonderful comments written about each child below. The children received a certificate and a book in recognition of their hard work and progress over the term.

**I wish all parents a Happy Holiday , a Merry Christmas and look forward to seeing you on the 5<sup>th</sup> January.**

## COVID-19 UPDATE

Due to the rapid rise in COVID-19 cases in Southwark, particularly among secondary age children and young people, Public Health England are now making tests available for all children in Southwark schools and members of their household.

Please see the attached letter from the Southwark Director of Education for more information: <https://bit.ly/3gUCXDZ>

During the holiday, please continue to inform me if:

- your child develops symptoms within 48 hours of their last attendance at school
- your child tests positive for Covid-19 before 24<sup>th</sup> December

During the holidays, please use the contact details below to contact me:

### From the 18<sup>th</sup> December – 23<sup>rd</sup> December:

- If someone in your household is experiencing COVID -19 symptoms, please contact 111 and follow their advice.
- If someone in your household tests positive for COVID -19 please contact our school mobile number via text on: **07561 817448** or email [lchristiansen@rotherhithe.southwark.sch.uk](mailto:lchristiansen@rotherhithe.southwark.sch.uk)

### From 24<sup>th</sup> December until the 3<sup>rd</sup> of January

- If someone in your household is experiencing COVID-19 symptoms, please contact 111 and follow their advice.
- If someone in your household tests positive for COVID -19 please contact Track and Trace directly

### Travel Abroad

- If you are planning to travel this holiday period please follow the National guidance and ensure you check the most up to date travel advice: <https://www.gov.uk/foreign-travel-advice> or <https://www.gov.uk/government/organisations/foreign-commonwealth-office>



### Wedding Ghost inspired description

#### Elliot from Thames Class

*The grimy forest was dead – it had been left to rot, for how long? Nobody knew. The moment Jack stepped out of the boat the mist enveloped him in a dreadful veil of horror. He thought he heard strange whisperings, but he beat back that thought. Every corner of the path he turned, he saw weathered skulls, pointing the same way. They were looking at him! As he looked closer at them, he saw they were greyish white with cracks and broken secrets. The dead leaves crunched underfoot as the skulls creaked like rusty metal.*

*As he walked on, he noticed there were bones everywhere ribcages, arms, legs and head bones lay everywhere. "Journeys end, Journeys end" taunted the watchers. In a sudden rush of bitter rage, he shook the trees, withered, gravelly branches. Suddenly, all the bones fell on him in a hail of limbs! Terror rushed through his body making him stare cold – as a gravestone! HE FELT AFRAID. He thought to himself, "is this really the end?" "Will I never return?" In a sudden movement, he beat the flailing bones back from their futile effort to trap him. He emerged unharmed. As he walked further on through the tangled forest, he noticed the grotesque canopy reveal some light – he had made it; suddenly he heard a loud rumbling as the whole forest opened up before him....*

**What an amazing description Elliot, it is full of imagery. Well done!**

# CHRISTMAS & CONCERT

We had hoped to be able to provide short film clips of all children performing Christmas songs. Unfortunately, due to the number of classes and staff isolating we were not fully able to achieve this. We also had a few technical hitches on filming day. There are short performances for the following year groups: Nursery, Reception, Year 1, Year 2 and 6. There is a section of a performance from Effra class. Unfortunately, part of Effra class' performance was lost as was Walbrook's class. We hope you enjoy watching the humble unrehearsed performances. Short links and passwords will be sent to parents to enable you to view your child's class performance on a private page. We will remove these clips in January so please do have a look and share with your children.



Parents must call the school to give reasons for children's absence. This needs to happen **each** day the child does not attend school.

If we do not have accountability for absences, we will call all emergency contacts and may complete a home visit or contact the police to do a welfare check.

We will continue to make referrals to Southwark's 'Back to School' team if we are concerned about a child's absences.

## Winter Art from Effra Class

I am sure you will agree this art from Effra class is brilliant!





4.1.21	Inset Day- Staff training
5.1.21	<b>Children return to school</b>
21.1.21	Inclusion Quality Mark
29.1.21	Basic Skills Quality Mark Review
<b>Week beginning:</b>	National Storytelling week
1.2.21	Children's mental Health awareness week
4.2.21	Rosa Parks Day
<b>Week beginning</b>	Poetry Week
8.2.21	
9.2.21	Safer Internet Day
12.2.21	Chinese New Year
12.2.21	<b>Break up for half term</b>
22.2.21	Children return to School
<b>Week beginning</b>	Parents Evening appointments
8/3/21	
12.3.21	World Maths Day
<b>Week beginning</b>	Parents Evening appointments
15/3/21	
18 <sup>th</sup> and 19 <sup>th</sup> March 21	FGM awareness session for KS2
30.3.21	Achievement Awards
31.3.21	<b>Break up for Easter</b>

# Free School Meals



## Are you entitled?

If you think your child may be entitled to FSM please complete the FSM application form. You can download the form using this link: <https://bit.ly/35ydYT0> or call the school office to request a form. Once you have downloaded and filled out the form, please hand your completed application into the school office.

Your child may be able to get free school meals if you get any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Registering for free meals could also raise an extra **£1,320** for your child's primary school.

If you require further help, please contact Sharon Hudson or Maxine in the school office or email at:

[shudson@rotherhithe.southwark.sch.uk](mailto:shudson@rotherhithe.southwark.sch.uk) or [office@rotherhithe.southwark.sch.uk](mailto:office@rotherhithe.southwark.sch.uk)

# Achievement



<b>Turtle</b>	Madison	For always having a positive attitude to learning. She is extremely keen to try new things. Madison is the first to want to do an activity with an adult but also initiates activities independently. Amazing.
	Leo	Leo has worked really hard on managing his own feelings since starting nursery. He is now resilient in situations that don't go his way and has made progress in all areas. Well done Leo!
<b>Penguin</b>	Elizabeth	Elizabeth strives to be the best that she can be. She has made excellent progress in all areas and is always keen to learn and do more. Well Done!
	Kodi	Kodi has a positive attitude towards his learning. He always tries his best and works hard at every task he is set. Keep it up Kodi!
<b>Jellyfish</b>	Christine	Christine has made lots of progress in her social development. She now arrives at school with a smile and looks forward to seeing and playing with her friends. Keep it up!
	Chiamaka	Chiamaka has begun to apply her knowledge and try her best during every lesson. Well done Chiamaka!
<b>Whale</b>	Hosna	For always being resilient and having a go even when a task may seem hard. Fantastic!
	Faryal	For making amazing progress in English with her writing. Faryal always tries hard to sound out words, spell red words correctly and is beginning to use connectives. Brilliant!
<b>Octopus</b>	Heaven	Heaven has made magnificent progress this term. She has great determination and resilience which has allowed her to progress in all subjects. Heaven has made particular progress in her reading. She can now blend independently and tries to blend new tricky words. Well done!
	Jayden	Jayden always follows our school values. He is kind and considerate towards his peers and always helps them when they are in need. Jayden has made fantastic progress which is down to his great attitude. Keep it!

# Achievement



<b>Seal</b>	Lucy	For amazing focus and resilience in all lessons. She is always determined to continuously improve her work. You are a star Lucy!
	Cameron	For always putting 100% effort into everything he does. Cameron is a delight to teach and is an excellent example to his peers. Well done!
<b>Coral</b>	Elaf	Elaf has been an excellent role model this Autumn term. She has displayed outstanding learning behaviour in all areas of the curriculum. Well done!
	Nikola	This Autumn term has been a successful one for Nikola, as she has worked really hard in reading and writing. Keep it up!
<b>Effra</b>	Niko	We have been really impressed with Niko's attitude all term. This has had such a positive impact on his progress. He has worked really hard and made very good progress in all subjects. Keep it up Niko!
	Amelia	All through this term Amelia has shown a wonderful attitude to all aspects of learning behaviour. She is calm, diligent and thoughtful. She is also helpful and kind to all those around her. Fantastic!
<b>Brent</b>	Abdul	Abdul is a delight to teach. He is 100% focused on his learning and as a result, his work is improving dramatically. You can clearly see the progress in his reading book, as he is able to answer using inference. Abdul's writing is a joy to read. Keep it up!
	Ibrahim	Ibrahim is the smiliest person in the class. He is a joy to be around. He is always ready to learn. He tries his hardest, even if the work is difficult. I am sure he will continue to thrive due to his fantastic attitude.
<b>Wandle</b>	Tyreece	Tyreece has stood out this term for his hard work and resilience. As a result, he has made excellent progress across all areas of the curriculum. A fantastic term – keep it up!

# Achievement



<b>Wandle</b>	Elsie	Elsie is a model student. She is hardworking, kind, resilient and diligent. She puts in 100% effort into all her learning every day. Elsie is one of those children who could win this award every term! She is a credit to our class and to the school. You are a star Elsie!
<b>Ravensbourne</b>	Kieran	Kieran has made particularly good progress this term and has really developed his resilience when facing challenges. I am sure he will continue to achieve even more next year as a result. I am exceptionally proud of you Kieran! Keep up the great work!
	Kuba	Kuba is a competent and perceptive pupil. He is a good listener and follows directions very well. He has a very positive attitude towards his learning and works hard to develop his skills in maths, reading and writing. I am very proud of you Kuba!
<b>Thames</b>	Abass	Abass has made excellent progress across all subject this term due to his hardworking attitude and the high standards he sets for himself. He is reflective about his work and seeks to learn from his mistakes. His progress in maths in particular has been a pleasure to see. Well done Abass!
	Elianna	Elianna is a role model in Thames class and sets an excellent example for others to follow. She listens carefully during whole class teaching, contributes her ideas confidently and works collaboratively during partner work. On top of this she treats everyone with kindness and respect. Amazing!
<b>Lea</b>	Sahr	For incredible progress in maths this term! He has worked hard, applied his knowledge of arithmetic especially well and it really shows in his weekly maths tests- they keep getting higher and higher! Excellent – keep it up Sahr!
	Henrietta	For always having a positive attitude in class and in the face of any challenge or difficulty amongst other children. Henrietta always brings a helpful solution to a problem and wears a smile no matter what! She is a valued member of our class!

## **FOR PARENTS/CARERS**

### **Services for parents and carers: Information for parents and carers of 5-19 year olds**

Did you know you can still get help from our school nursing team over the Christmas holidays?

You can send a text for advice about your child or teenager on all kinds of issues, like emotional health, keeping healthy, bedwetting, sleep, bullying, keeping safe, growing up, dental health or support with medical conditions in school.

It's available over the Christmas holidays **Monday-Friday 9am-5pm excluding bank holidays** (with automatic bounce-back responses to incoming messages out of hours).

**The text number for this is 07520 631 130** Or visit [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) and search **Lambeth or Southwark** to start a chat.



**Your School Nurse is  
still here to help  
over the festive season**

Start a chat at [chathealth.nhs.uk](http://chathealth.nhs.uk)

# LEWINGTON FOOD PROJECT



**LEWINGTON COMMUNITY CENTRE**  
9 EUGENIA ROAD, LONDON, SE16 2UR

## CHRISTMAS AND NEW YEAR OPENING TIMES

**MONDAY** 21 DEC  
**TUESDAY** 22 DEC  
**WEDNESDAY** 23 DEC  
**TUESDAY** 29 DEC  
**WEDNESDAY** 30 DEC

**FROM 1.00PM TO  
3.00PM EACH DAY**

DELIVERIES FOR  
THE MOST IN  
NEED, CONTACT  
**07940 393 291**  
PLEASE BRING  
YOUR OWN BAGS



Supported by:

**L&Q**

*Southwark*  
Council  
southwark.gov.uk

*United*  
Tenants' & Residents' Association  
Southwark

local Tenants' and Residents' Associations  
and [www.nhgcanadawaterrrta.com](http://www.nhgcanadawaterrrta.com)

## If you need help this Christmas...

There are a number of local organisations who may be able to support families experiencing difficulty:

- Southwark Foodbank (PECAN) - 020 773 20007 / <https://www.pecan.org.uk/southwarkfoodbank> - Five centres operating in the borough with opening times and locations listed on its website
- Oasis Foodbank - 0207 357 7331 - Has one distribution centre in Southwark at St George The Martyr Church. Borough High St, London, SE1 1JA
- Central Southwark Community Hub - 020 7703 1653 / <https://www.cschub.co.uk/> Four centres in the borough with locations and opening hours listed on its website. Clients need to be referred to Margaret Taribo ([margaret.taribo@cschub.co.uk](mailto:margaret.taribo@cschub.co.uk)) before a visit is made
- Camberwell Community Fridge – 020 7737 6186 / Albrighton Centre Open Tuesdays, Wednesdays and Thursdays
- The Borough Free Fridge – 02073577331 / St George The Martyr Church, Borough High Street, SE1 1JA Open Tuesday afternoon, 2-5pm
- Southwark Community Hub for food parcels. Families should call 02075255000 or email [covidsupport@southwark.gov.uk](mailto:covidsupport@southwark.gov.uk) if they need to access these

# REDUCE THE SPREAD OF COVID-19

To keep ourselves, families, and the community safe:



Keep social distancing and avoid crowded areas



Wear a face covering (unless exempt) including outdoors in crowds



Wash your hands or use sanitiser



If you have symptoms, stay at home and book a test at: [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

Check the latest COVID-19 restrictions: [gov.uk/coronavirus](https://gov.uk/coronavirus)

Visit [southwark.gov.uk/coronavirus](https://southwark.gov.uk/coronavirus) or sign up to our digital newsletter at [southwark.gov.uk/followus](https://southwark.gov.uk/followus)

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 @lb\_southwark  facebook.com/southwarkcouncil  @southwarkcouncil



Welcome to our final newsletter of 2020!

As you may expect as we hurtle towards the festive season, this edition focusses upon providing some information to help support children during this time, as well as a range of ideas and activities to help entertain families over the period of school closures.

*Wishing all families and schools a Happy Christmas, From The Autism Support Team*

## Ready for Christmas?

Christmas can be a tricky time for children with Autism, there are lots of changes within the environment. Things look different; with homes, streets, and schools being decorated with bright lights and colours. We are exposed to different sounds and noises with carols and music being played in shops and sung at school. The usual school routines are altered, there are different festive activities included in the daily timetable, such as school plays, Christmas fairs, Christmas dinners, not to forget the tradition of wearing a Christmas jumper! Whilst many of these changes can be overwhelming and sometimes distressing for children, it is not to say that all children will respond in this way, however all children can be prepared for these changes.

### Preparing

- Prepare your child by discussing the facts around Christmas, what it means and what will happen. For example, make sure they know when you will be putting up the Christmas decorations and include your child in the preparation.
- Visual supports like calendars can be really helpful to remind your child of some of the upcoming events. Such as when the school holiday starts to when friends and relatives may be visiting.

### Schedules

Many autistic people benefit from some routine and you may wish to try and make your festive holiday as predictable as possible:

- Try and keep some aspects of your daily routine the same in the lead up to Christmas and on Christmas Day itself. For example getting ready or keeping breakfast to the usual time.
- Unpredictability around present opening can be difficult. Perhaps it would help if your child knew what presents they will be receiving.
- Don't feel that the presents all need to be opened on Christmas morning in the traditional way as this may cause added pressure and stress. If they have several gifts you could open a few in the days before or following Christmas and spread the celebration.
- Incorporate a familiar Christmas activity that they enjoy into their daily schedule. This could be opening the advent calendar or switching on the Christmas tree lights. .

### Decorations

- Get them involved in putting any decorations up (don't do it when they are sleeping), introduce your child gradually to any changes in the environment – give them the chance to get familiar with any decorations
- Try and keep decorations that might overload them away from communal areas, e.g. flashing Christmas lights could go in the hallway rather than in the living room.

It might be worthwhile to keep a dedicated Christmas-free zone in your home for moments that your child may find stressful. In this way they can spend time in an area that is unaltered and familiar to them.

- Make up a booklet illustrating items and events to support your child to build up an idea of what to expect. For example, use pictures of Christmas tree/decorations, presents, the type of food you might eat.

# Christmas Resources



## Resources

[Website with ideas of Christmas activities at home](#)

[Calming strategies for Kids](#)

[BBC blog about Autism and Christmas](#)

[Website with gift ideas for ASD kids](#)

## Autism Friendly Activities

[Autism friendly Santa's Grotto](#)

[Events at London Zoo](#)

[Transport Museum Quiet Morning](#)

[Science Museum Early Bird](#)

[Autism Friendly Cinema](#)



## Online Theatres

[Unicorn Theatre](#)

## Super Seven



Here are some fun festive activities to try at home

- Make some salt dough decorations [here](#) is a recipe and video
- Make a festive snow globe [here](#) are the instructions
- Make Christmas treats to eat [here](#) is a visual recipe for a Christmas tree cone treat
- [Visual gingerbread man recipe](#)—get that festive smell, use it to make festive shapes
- Festive sensory fun there are ideas [here](#) e.g. tinsel slime!?
- Make paper chains—any paper will do [here](#) is a Twinkl free Christmas themed paper chain you can make. Check out their website for loads more free activities [www.twinkl.co.uk](http://www.twinkl.co.uk)
- Christmas Bingo anyone?! [Here](#)

Loads more ideas [here](#) if you are feeling crafty!

## Video links

[Video of tips for Christmas](#)

[Makaton Santa message](#)

[Singing Hands Christmas Makaton songs](#)

[Video cooking recipes for people with learning difficulties and autism—this one chocolate truffles!](#)

[BBC News interview from 2019 about sensory overload at Christmas](#)

## PDFs

[National Autistic Society Christmas resources](#)

[Communicate in Print \(symbol\) Christmas cards to print and colour](#)

[Communicate in Print Christmas activities](#)

## Trainings

We continue to run autism courses for parents through You Tube and Zoom. Please contact [Cygnet@southwark.gov.uk](mailto:Cygnet@southwark.gov.uk) for the over 5's course and [Blagoje.Vucinic@southwark.gov.uk](mailto:Blagoje.Vucinic@southwark.gov.uk) for the under 5's