

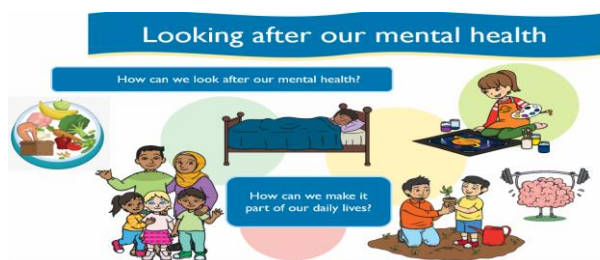
RPS Weekly Newsletter



Friday 13th October 2023

Dear Parents and Carers,

This week we have focused on **mental health awareness**. In assembly on Monday, we started by considering what mental health is and the things that we can all do to help promote good mental health and well-being e.g., sleeping and eating a healthy diet, socializing with friends and family, physical exercise, being creative or spending time in nature.



We also considered what 'anxiety' is and when to seek help from trusted adults. On Wednesday Folu from the charity Groundwork took a longer wellbeing assembly for KS2 children. One universal thread that binds us together is our emotional well-being; we all possess mental health. Just as we care for our physical health, nurturing our minds is equally crucial for overall wellness.

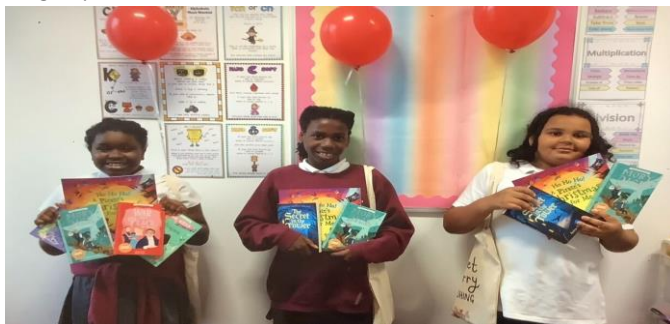
Then on Friday we held our **Hello Yellow day**. Thank you, all parents, children and staff, for your generosity. Your donations were collected on behalf of Young Minds a charity that provide support for children and parents.

We took some pictures of our children on the day, which can be seen by following this link: <https://bitly.ws/XgWy>



Canada Water Book Event

This week Lea class attended a book event at Canada Water Theatre, put on by Sweet Cherry Publishing House. They met many different authors, who spoke about their books and the writing process. The children even contributed their own ideas to a new book! All children came back very excited and inspired by the event and with new books, signed by the authors themselves. To top it off, the authors have agreed to send the school 30 copies of each of their books. We can't wait for the rest of the school to get their hands on them!



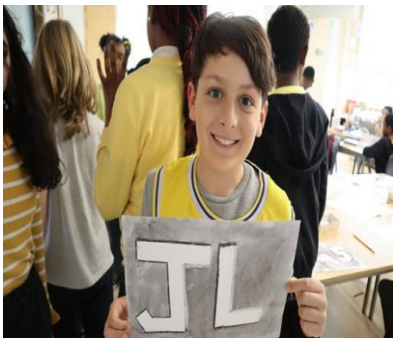
Run Rotherhithe Run: It is almost time. Sunday 15th is the fun run. Miquita Oliver (tv presenter) will be leading the warm-up. We have raised £300 so far but you still have time to collect your final sponsors. Let's have a last attempt to raise even more money before Sunday!

Good Luck runners! Lisa (HoS)

We love learning!

Brass Band

Owen Wales is, our talented KS1 and Brass Instrument music teacher. He is passionate about all things music and we are very grateful that he is able to provide groups of year 4 to 6 children with the opportunity to learn to play one of these fantastic instruments. We initially sourced funding to purchase these instruments from the Amicable Society. Children who have brass lessons are expected to join our after-school brass band. It is always a special treat when they get to perform at school events such as the summer fair.



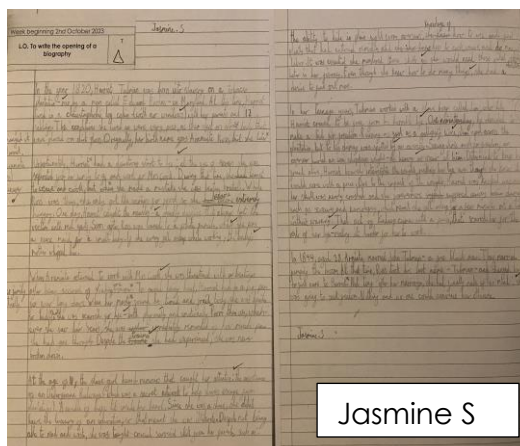
Year 6 Art – Chiaroscuro

Lea class have been learning about the drawing and painting technique of chiaroscuro through diverse examples. Applying understanding of using light and dark to create form and impact to create Maya-inspired word art.

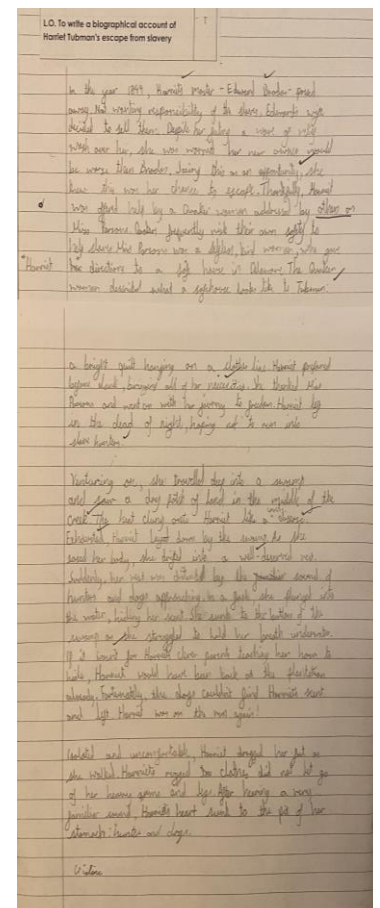
Chiaroscuro is an Italian term which literally means 'light-dark'. In paintings the description refers to clear tonal contrasts which are often used to suggest the volume and modelling of the subjects depicted. Artists who are famed for the use of chiaroscuro include Leonardo da Vinci and Caravaggio.



These year 6 Star Writers have been creating a biography about Harriet Tubman. They are clearly authors in the making! Well done!



Jasmine S



Cristina



By Jasmine Stanton & Cristina Olmedo

9th-13th October 2023

In this issue:

- Science
- Technology
- Art and Design
- Mathematics



Science

Year 2 has been learning about the natural life cycle. Nandana's life cycle was outstanding! He drew a fantastic diagram of how a life cycle works.

Gardening Update:

The radishes have sprouted, a few days later than we expected. Which of our seeds will grow next?



Computing

Crest Club displayed great cross curricula learning where they formulated a survey to gather RPS children's opinion on which type of tree they would like to have in the playground. They conducted the survey and then used Microsoft Excel to organise and present their data. Next week, they will be exploring the properties of glue!

Art and Design

Year 3/4 have been doing a unit on 'Power Prints'. To showcase their learning, they worked in groups to create giant prints inspired by their collages and wax-resist drawings.



Mathematics

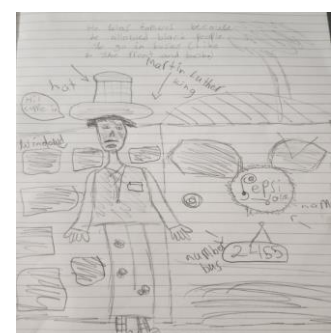
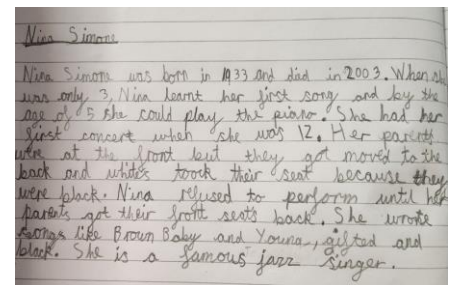
Reception have been learning about shapes and patterns in maths. Here is an example of the great maths work they have been doing:

Can you identify the pattern?



Black History Month

For homework, children in year 3/4 had to research someone of interest to sketch a picture of. This person of focus needed to be of black heritage, and they had to show how they had contributed to helping change racial discrimination. Can you guess who they are?

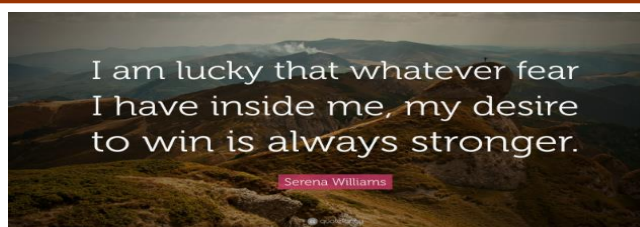


Dates for your Diary

10th October	Next Steps for Reception meeting
13th October	Hello Yellow Day!
Sunday 15th October	Run Kids Run Fun run event in Southwark Park.
17th October	International Day
19th October	Brent and Lea class dance performances for parents at 2:30 pm.
20th October	Break up for half term
30th October	Children return to school
7th and 8th November	Parent's Evening
11th November	Armistice Day
Week beginning 13th November	Anti-bullying week
14th November	School photographer Phonics Workshop for Reception parents after school
17th November	Children in Need
22nd November	Flu vaccinations
8th December	Christmas Jumper Day and Christmas Lunch
Week starting 11th December	Year group Christmas performances
19th December	Class parties
20th December	Break up for the Christmas holidays. Finish at the normal time.



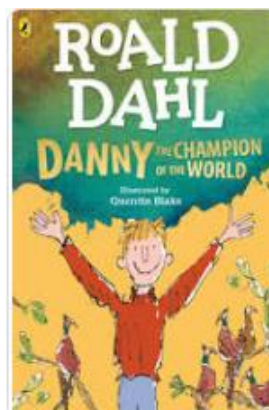
Parents are cordially invited to Brent and Lea Class's Dance performance on **Thursday 19th October at 2:45 pm**



Book Recommendations

Volunteer: Joseph (HoS son)

Favourite Book: Danny The Champion of the world by Roald Dahl



"Danny the Champion of the World" is a heartwarming tale by Roald Dahl that follows the life of Danny and his father, William. Together, they embark on a daring adventure to outsmart the wealthy landowner, Mr. Hazell and disrupt his pheasant-shooting party! Through ingenious schemes and camaraderie, they aim to catch the elusive pheasants and teach Mr. Hazell a lesson. I've always loved this story and how it celebrates the power of resourcefulness and the strength of family relationships to overcome adversity.

If you've ever wanted to be the Champion of the World, give this book a read!

Attendance Matters

This week's winners of the attendance award.

Tyne Class 98.7%

Seal Class 97%

Well done and keep it up!

Please do not book holidays during term time!





Class	Name	Comment
Whale	Kyano	Kyano always tries to maximise the most out of his school day. Even if he finds something difficult, he always puts in 100% effort. Abigail has also noticed and commented on how mature his approach to learning is...what a superstar!
Octopus	Sapphire	Sapphire is truly selfless. She always distributes resources before equipping herself, even if it means that she goes without. Thank you for modelling kindness and always offering to help. You are a star!
Seal	Gladys-Martina	for working really hard at improving her presentation and handwriting. Keep it up Gladys-Martina!
Avon	Ryan	Ryan has been very focused and engaged throughout the week. He has had a very positive attitude towards his learning. Keep it up!
Eden	Anya	Anya is a dedicated and keen student. She is star of the week because she has proven to be an excellent writer. She immediately adds news skills to her pieces, and it is always a joy to read her work.
Tyne	Malakai	Malakai has worked hard all week to focus and complete all his work, meeting his teacher's expectations. Keep working hard to make progress in your learning.
Brent	Ola	Ola has tried hard to listen carefully to all grown-up's instructions and to follow them first time. He has had wonderful manners and has been polite to his peers as well as the adults.
Lea	Fatima	Fatima has shown excellent maturity and respect during the Brain Buddies workshops. She is always engaged, focussed and immerses herself fully in all the activities.
Thames	Kaiden	For writing an informative introduction to his biography on Harriet Tubman. He has added extra information using relative clauses and written in neat cursive script. Well done!



Skylah	For being an exceptional friend and supporting them to regulate their emotions.
Marcus	For always looking out for his peers and checking if they are okay.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

OSCAR

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5767 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "lighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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Online
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#WakeUpWednesday



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lest we forget



★ ★ ★ ★ ★

POPPY APPEAL

★ We will be outside **TESCO** ★

26th OCT - 11th NOV
10am-6pm

★ Then at **THE RANGE** ★

28th OCT ONLY
11am

For the official launch
The mayor of Southwark will be in attendance
Sea Cadets, our amazing singer, Jay O'Callaghan
will be entertaining us, The Blackout Buddies
(Dad's Army reenactors), a display of work
from the City of London Academy



North Bermondsey Branch



We are having a Table top sale to raise funds for our standards



Galleywall Road Tennants Hall starts at finishes at

Tables are £10

Tombola



Please contact Branch Chairman – Jill Merrett to book a table

Mobile 07305 144908 Email Northbermondseybranch@gmail.com



the
national
sleep
helpline

Want to know more about sleep?

ASK US THE
QUESTIONS YOU
WANT ANSWERS TO

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

Our free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am. The number is 03303 530 541.

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>

INTERNATIONAL DAY

**Join us to celebrate our school's cultural diversity by
savoring food and enjoying music from around the
world!**

All welcome to come wearing traditional clothes!

**17 OF OCTOBER AT RPS
FROM 3 PM**

**We need your help, please bring the food! We
know you are wonderful chefs and would love
you to make food that represents your culture
to share with the children.**

(Please be mindful of allergens.)

Disclaimer:

**The school cannot guarantee the content of all food/drink items on sale at the
International Day fete as most stalls are provided by parents/external companies or
provided through donations. Because of this the school cannot take any responsibility
for any allergens present.**