

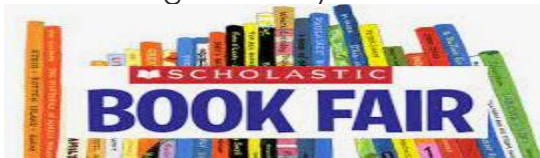
RPS Weekly Newsletter



Friday 23rd February 2024

Dear Parents and Carers,

Welcome back. I hope you had a fun half term break. We have a busy half term ahead, so please make a note of new dates for your diaries. **World Book Day will be held on the 7th of March.** We will be inviting children, staff and parents to dress up on this day as their favourite character from a book, so please start thinking creatively!



Scholastic Book Fair: Children will be receiving a £1 voucher and can spend this at our scholastic book fair held after school on Monday 18th March, Tuesday 19th March and Wednesday 20th March.

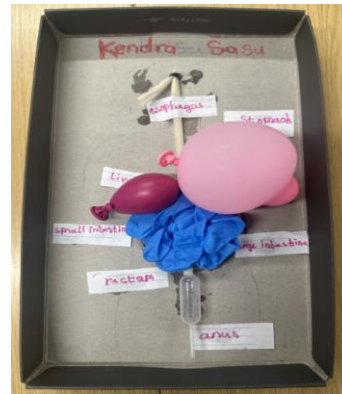


Year 1 & 2 Bedtime Stories Event: At RPS we know how important learning to read is. We are very fortunate to once again have been selected to participate in the National Literacy trust book events this year. Year 1 and 2 are the lucky children who will be taking part, and our first event is on **Tuesday 12th March.** The theme is 'bedtime stories'. Children are invited to come to school dressed in pyjama's and a dressing gown with a soft toy to cuddle. They will then enjoy a range of reading activities and get to choose a brand-new book to take home.

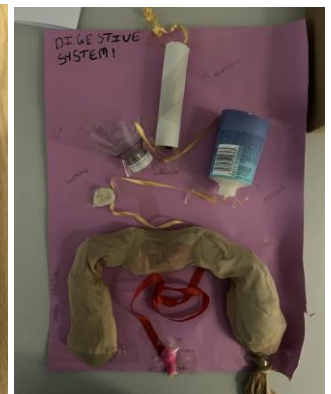
STEAM week: As part of STEAM (science, technology, engineering, arts and maths) week we will be holding a special assembly on the 16th April. This will be focussed on careers. If any parents are interested in talking about their career journey during assembly or to a class, can you please let the

school office know or speak to Alex directly.

Digestive system homework projects: Year 3 & 4 children have been learning about the digestive system as part of their science learning. This week, I have had the pleasure of being shown a range of homework projects that the children have completed during half term. They have used a range of junk modelling materials to create and label a digestive system and I was very impressed with how well they could explain how the body processed food. Here are a few from Avon class.



Kendra



Christine



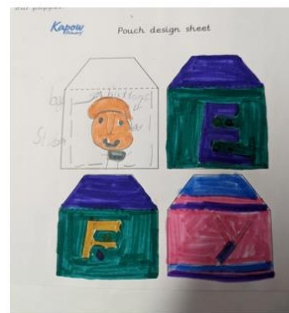
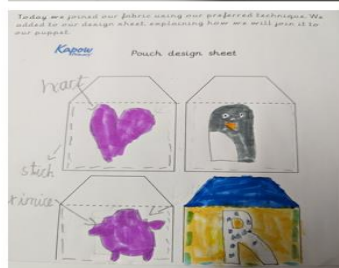
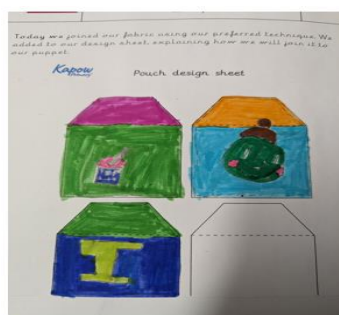
Roselyn

Have a fantastic weekend. Lisa HoS

Year 2 love DT!

This term year 2 have been working on their textile DT unit. They have looked at pouches and then designed their own. The children have learned how to use a running stitch and the need to be very careful and accurate when making. You can see the new vocabulary and knowledge they have learned set out in their knowledge organiser below and on the school's website.

<https://rotherhitheprimary.co.uk/dt-at-rps/>



Year 2 Textiles - Pouches

Vocabulary

Accurate	Neat, correct shape, size and pattern with no mistakes.
Fabric	A natural or man-made woven or knitted material that is made from plant fibres, animal fur or synthetic material.
Knot	A join made by tying two pieces of string or rope together.
Pouch	A small bag made to keep objects safe and to be carried easily.
Running-stitch	A simple style of sewing in a straight line with no overlapping.
Sew	To join or fasten by stitches made using a needle and thread.
Shape	The form of an object.
Stencil	A shape that you can draw around.
Template	A stencil which you use to help you draw a shape more easily on to different materials.
Thimble	A small metal cap to cover and protect your finger when sewing.

Here are some examples of sewn products:



Key Facts

Remember to plan where your stitches will go on the pouch template.



When cutting the template out, be careful and as accurate as possible.



Remember to tie a knot at the other end of your thread before sewing. Ask an adult if you are stuck.

Dates for your Diary

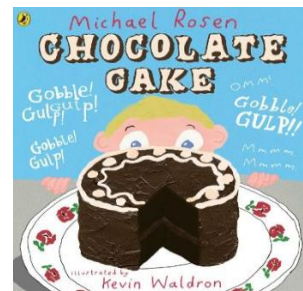
	Half Term Break
Week beginning 26th February	Parent's meetings with children with SEND need
	LGBTQ+ History week
28th February	Groundwork coffee morning for parents
29th February	Inclusion Quality Mark Review
4th March	Mock Phonics Tests for year 1 children
	Author visit for KS2
7th March	World Book Day
12th March	Year 1 & 2 Bedtime Stories National Literacy Trust Event
18th, 19th and 20th March	Scholastic book Fair
18th March	World Poetry Day
26th March	Easter Bonnet Parade see flyer below
28th March	Year 1 Dance performance for parents.
28th March	Break up for the Easter holidays. Finish at the normal time.
	Easter Break
16th April	Children return to school STEAM week starts
17th April	STEAM workshops for children
13th May	Year 6 SATS week starts
20th May	Year 6 Residential trip to Hindleap Warren

Teacher Book Recommendations

Teacher: Lisa (HoS)

Book: Chocolate Cake

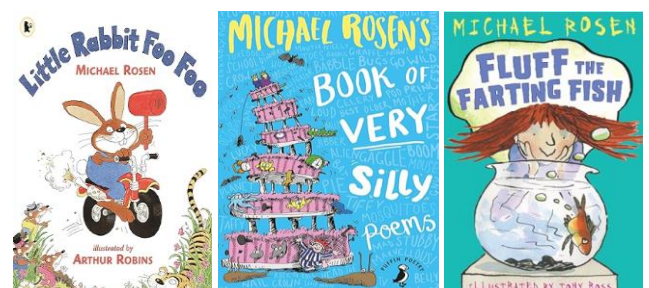
Author: Michael Rosen



Michael Rosen is one of my favourite poets and I love reading this particular poem aloud to children. Rosen describes how much he loved chocolate cake when he was a boy and how one night he crept out of bed to take a sneaky peak at his mum's chocolate cake. But can he stop himself from eating some.....?

Michael Rosen is a master of narrative poems and brings everyday events alive in amusing ways. I bumped into him once in the London History Museum. He was behind me in the shop queue and talked to my son. I was awe struck! He also performs poetry and you can see his performance of the chocolate cake by visiting this link: [Click here.](#)

Other books by Michael Rosen.



Attendance Matters

This week's winners of the attendance award.



Lea Class 95.6%

Octopus Class 97.1%

Well done and keep it up!

Please do not book holidays during term time!

You use a glass mirror
to see your face; you
use works of art to see
your soul.

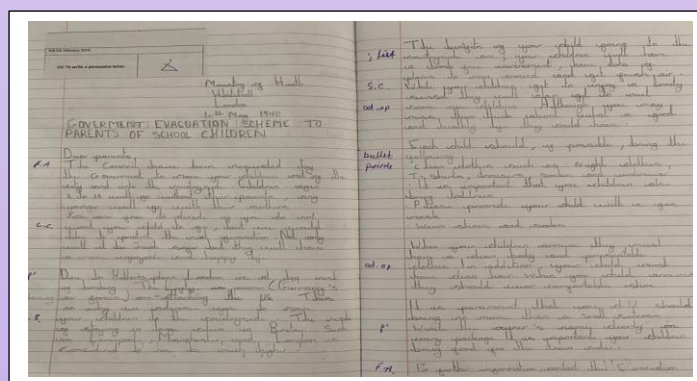
George Bernard Shaw



Whale	Anu	Anu has been given star of the week for making good choices and following adult instructions. Anu has also been trying hard in writing lessons, which include forming letters properly. Well done Anu.
Octopus	Nia-Jade	Nia-Jade has made a fantastic start to this half term particularly in her writing. She has built on her learning each day and her confidence has really grown. Keep up the fantastic attendance this week.
Seal	Ayah	For being a great friend. She always includes other children in her games and sets a good example to others. She brings her kindness into the classroom. She is happy to work with different children and shows great listening skills.
Avon	Madison	Madison has had such a positive attitude towards her learning and has been very focussed in class. She is taking time to write her English pieces and is upleveling along the way. Keep up the fantastic work Madison!
Eden	Kendra	Kendra is doing very well in Reading. I have been particularly impressed with her Writing as she becomes more confident with writing simple sentences.
Tyne	Sawda	Sawda has demonstrated exceptional resilience in all her learning this week. She has undertaken tasks with care and determination. In Maths, she has utilized her knowledge of multiplication and apply this when solving division equations and calculations.
Brent	Adil	For always having a positive attitude towards his writing in English. Adil is showing improved focus and is trying his best to complete tasks independently. Keep it up!
Lea	Tahani	Tahani has written a fantastic diary entry this week in English. Her description of the horrors of the Blitz from a child's perspective almost moved me to tears. I'm very proud of her. Well done!
Thames	Daniela	For making great progress with reading, particularly in reading with more expression and displaying empathy with the characters in the text. Well done!



Star writing from Tahani in Lea class.





By Jasmine Stanton, Cristina Olmedo-Bogicevicovca, Jaida hallowell & Sabreen Hamsa Ali and Jade

Maths

In Annalise's maths class they described and completed number patterns by increasing and decreasing.



Computing

In Lea class, they put information on spreadsheets, having 4, 5, 6 people having 5 rolls each and totaling them all.

Mosaic

In year year 3, 4, 5 and year 6 were colouring the clay that they modelled for the mosaic. "It was messy, but also fun!" - Jade. All of them got to choose what colour to use for both background and letter. And, they got to choose if they wanted to scrape some of the background paint to show a pattern or not.



DT

Octopus class have been hard at work on their new DT unit about mechanisms. What DT skills are they showing here?



By Jasmine Stanton, Cristina Olmedo-Bogicevicovca, Jaida hallowell & Sabreen Hamsa Ali and Jade Scriven

Gardening

Since our last update about the gardening, the broad beans have sprouted and flowers has grown on them. Also the onions have grown a lot and the gardening ambassador will be weeding next week.



Art and Science

Daniel "I found it really fun and I used junk modelling to create my project for my homework."



Science Club

Our investigation was to find out what the best surfaces for ten pin bowling. We have discovered that the best surfaces for bowling are smooth surfaces and the ball that knocks over the most is the larger and denser instead of smaller and lighter. To make this experiment better, we should : measure the length between the pins and where the person bowling so we get the same distance between the person and pins; redo the experiment and see if we get the same result and do it when there is no people. Next week our investigation is titled 'Crafty Rafts'! Alexander



EASTER BONNET COMPETITION



Design an Easter Bonnet at home and bring it in to school.

Bonnets will be judge by the Art Ambassadors and a **PRIZE** (for each class) will be given to the best bonnets in the following categories:

- * Most Vibrant
- * Most Home-made
- * Most Durable

The children will parade their creations in a special parade assembly on

Tuesday 26th MARCH.

Parents welcome to attend!

KS1 @ **9:15 am** in the **large hall**

KS2 @ **9:45 am** in the **large hall**

Nursery **morning** children @ **11:45am** in **class**

Nursery **afternoon** and **full time** children @ **2:45pm** in **class**

Reception @ **2:45pm** in **class**



The Local Support Team

A universal approach to delivering what is **Rightfully Yours**

Our Service can offer you help with,

- Claiming Universal Credit
- Advice and guidance
- A welfare benefit check
- Welfare benefit form completion
- Accessing the Southwark Emergency Support Scheme if you are experiencing a crisis, emergency or disaster
- Accessing the Hardship Fund.

If you are vulnerable or are experiencing financial difficulties, please complete our online referral form on the council's website. Alternatively, email or call us to explain your circumstances and we will discuss what support we can offer you.

Email: localsupport@southwark.gov.uk

Call: 020 7525 2434

@lb_southwark facebook.com/southwarkcouncil



MANAGING CHALLENGING BEHAVIOUR



ONLINE GROUP FOR PARENTS AND CARERS OF PRIMARY AGED CHILDREN

Advice, support and strategies to encourage positive behaviour and improved relationships

TUESDAYS 1 - 2PM

20TH FEBRUARY, 27TH FEBRUARY, 5TH MARCH, 12TH MARCH, 19TH MARCH, 26TH MARCH

SIGN UP

CONTACT ROSA OR REBECCA TO FIND OUT MORE AND COMPLETE YOUR SIGN UP:

rosa.kornfein@groundwork.org.uk

rebecca.skinner@groundwork.org.uk



Parent/Carer Coffee Morning



With Groundwork's Mental Health Support Team

We offer non-judgemental and confidential support for parents/carers of children with anxiety and challenging behaviour

Drop in to ask questions about your child's wellbeing and find out more about the service

Dates:

Wednesday 7th February 2024

Wednesday 21st February 2024

Wednesday 28th February 2024

Wednesday 6th March 2024

9:15 - 10:15

Rotherhithe Primary School

For more information email:
MHST@groundwork.org.uk

PARENT-LED INTERVENTIONS FOR CHILD ANXIETY

Facilitated by Groundwork MHST

CHILD ANXIETY

Many children experience problems from anxiety. If left unchecked, these feelings can continue over time. They can affect a child's ability to cope with every day life. It can also impact their schooling, friendships, family life and hopes for the future.

WHY IS IT LED BY PARENTS ?



Parents are in a great position to help their child with their anxiety, because they can teach them to apply the skills in their everyday life. Many parents feel empowered by working on their child's anxiety as a family. This intervention allows parents to share their experiences and feel supported. Parents are also more likely to remember the strategies if problems occur in the future, and children do not miss any time at school.

WHAT DOES THE INTERVENTION INVOLVE ?

The intervention is based on CBT and involves five steps:

- Setting goals for your child's progress
- Understanding what your child needs to learn to help them with their anxiety
- Encouraging independence and brave behaviour
- Developing a plan to help your child face their fears
- Help your child learn how to become an independent problem-solver and develop autonomy

THE EVIDENCE

Research suggests that when following this Parent-led intervention, 65% of children under the age of 10 lose their anxiety diagnosis (compared to 18% on the wait list)*

At 3-8 months after treatment, 70% of children do not require any further interventions for anxiety **

* (Cartwright-Hatton et al, 2010)
** (Evans et al, 2018)

HOW LONG DOES IT TAKE ?

The intervention consists of 8 sessions, which last up to one hour.

There will be a follow-up session after the sessions end, to see how the child is coping with their anxiety.

BETWEEN SESSIONS...

The intervention is based on *Helping your Child with Fears and Worries* by Cathy Cresswell & Lucy Willetts. Parents are given book chapters to read between sessions. Parents are encouraged to try out the strategies with their child between sessions.



If you have any questions, please contact us at MHSTSouthwark@groundwork.org.uk



Parent / Carer Workshops Online

Thursdays 1pm - 2pm

MARCH 7 Talking to Teens	APRIL 18 Dealing with Difference	MAY 9 Online Safety & Social Media
JUNE 6 Sleep Hygiene for Teens	JULY 4 Transitions to Secondary school	SEPTEMBER 12 CBT & Anxiety
OCTOBER 3 CBT & Low Mood	NOVEMBER 7 Self Esteem	For more information, please contact rebecca.skinner@groundwork.org.uk or rosa.kornfein@groundwork.org.uk



These sessions will be held ONLINE

Run by Southwark MHST - Groundwork London





Southwark Children and Family Centres
Bermondsey and Rotherhithe



Timetable 19th Feb-28th March 2024

We are now operating a system on first come, first served basis with a limited capacity in each centre.
A few sessions still require a booking so please check our timetable and email us to book on

ccadmin@pilgrimsway.southwark.sch.uk



Monday

Venue: Ellen Brown

Stay and Play (1 year and above)
10:00am-11:30am

Parent/Carers exploring, learning, and developing through fun and stimulating play activities.

Baby Yoga (Age group: From 2 months up to pre-crawlers) **Booking Required**
Dates: 4th March-25th March
Times: 1:30pm-2:30pm

Families are required to attend the 4 weeks sessions of Baby Yoga. Parents and babies will experience a mixture of movements and relaxation moments to help with physical and mental wellbeing.

Venue: Rotherhithe

Stay and Play (1 year and above)
10:00am-11:30am

Parent/Carers exploring, learning, and developing through fun and stimulating play activities.

Bookstart Sessions at local libraries

Bookstart (0-4 years) Term Time Only

Canada Water Library 10-11:30am
21 Surrey Quays Rd, SE16 7AR

Blue Anchor Library 10-11am
Market Place, London, SE16 3UQ

Tuesday

Venue: Ellen Brown

Baby and Us (From birth up to 12 months)
10:00am-11:30am

Join this relaxed session and have an opportunity to bond, play and have fun with your baby and meet other parents.

SENsational Stay and Play (0-5 years)
1:30pm-3:00pm

A fun and playful session that encourages the development of early attention, social interaction, and communication skills, for children with additional, special educational needs.

Venue: Pilgrims' Way

Counselling Art Therapy (Invitation Only)
9:30am-12:30pm

Session delivered in partnership with another service. For more information, please email us
ccadmin@pilgrimsway.southwark.sch.uk

Wednesday

Venue: Ellen Brown

Toddler Time (2 years and above)
10:00am-11:30am

A session for families with toddlers to explore their curiosity, learn through play and supporting next steps into nursery.

Chattertime Plus (18 months and above)
1:30pm-3:00pm

A stay and play group tailored to support children with complex communication needs and areas such as attention, social interaction, behaviour, understanding language and talking.

Venue: Pilgrims' Way

Stay and Play (0-5 years)
10am-11:30am

Parent/Carers exploring, learning, and developing through fun and stimulating play activities.

Thursday

Venue: Ellen Brown

EPEC Baby and Us (New Parenting Programme) (0-9 months old)
(Invitation Only)

Dates: 18th January-21st March
Times: 10am-12pm

A 9-week peer-led group which helps parents feel confident for parenting and everyday life with your new baby.

SEN Intervention and Support (Invitation Only) **NEW SESSION**
Time: 1:45-3:00pm

A space for families with children with additional/special educational needs to meet with an Early Years Practitioner for individual support. Contact us for more information. Call or email to book:
02073582878

ccadmin@pilgrimsway.southwark.sch.uk

Venue: Pilgrims' Way

NEW SESSION
Boogie Mites (From birth up to 8 months)
10:00am-10:30am

Music programme with lively songs and gentle lullabies to help babies develop body awareness, build relationships and tune into sounds. You and your baby will benefit from the mood-boosting effect of sharing music together.

Venue: Rotherhithe

Breastfeeding Café (Drop in)
10:00am-12:00pm

A session offering information and practical support for pregnant and breastfeeding mums and their families.

Friday

Venue: Rotherhithe

Boogie Mites

Music programme to support children's language, brain development, communication, physical and social development. You and your child will benefit from the mood-boosting effect of sharing music together.

Times: 10:00am – 10:30 am

Ages: 0-12 months

Times: 11:30am-12:00pm

Ages: 12 months and above

Venue: Ellen Brown

Baby Explorers (12 months-24 months)
10:00am-11:30am

Engage with your baby in play and help them discover the world through fun and engaging activities.

Healthy Minds Thrive Project

The Healthy Minds Thrive project aims to support parents and carers across Southwark (with 0-2 infants) thrive in their parenting journey. We understand that parents may experience isolation, low mood, and anxiety, worries around bonding with baby or shame about having these feelings.

For more information, please email:
premila.soobul@southwark.gov.uk

NOTICES

We have a new Text Messaging service to communicate with families regarding any news or changes to our sessions. If you would like to opt in, please speak with a member of staff.

Mobile phones are **NOT** permitted to be used in our sessions. This is for safeguarding purposes and a chance for children to spend quality time with adults.

Due to our popularity of our groups please note that priority will be given to families trying to access our sessions. We would like to keep **EVERYONE** safe and healthy, and some groups have a limited number of families permitted in our centres.

