

RPS Weekly Newsletter



Friday 24th January 2025

Dear Parents and Carers,

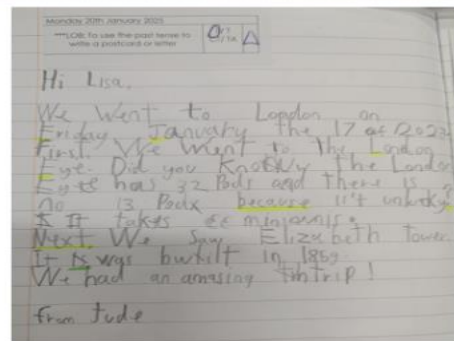
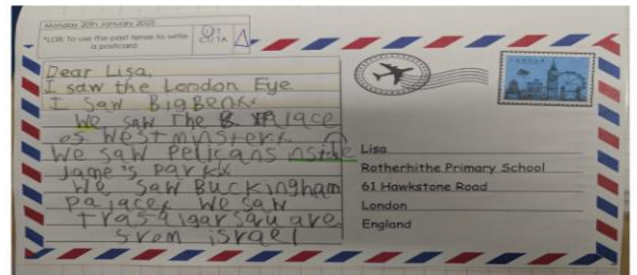
The week started with an Impact of Education Review held by the NEST academy. During their visit on Monday a range of lessons were observed. The observations focused on art, writing, reading, the quality of provision in Early Years and for children with SEND. Subject leads met with the review team and explained how the curriculum is organized in each of the subject areas. They also discussed the children's learning with our Art Ambassadors and explored their knowledge and skills. They were of course amazing and our visitor was suitably impressed. I am pleased to say we received very positive feedback about all areas and will continue to embed and develop the curriculum further over time. I would like to say a huge thank you to all the staff for their hard work and dedication with a special thank you to Alex, Nina, Jennifer and Galiema for their work leading their areas of responsibility.

Super Winners: All of our entries to the 'Super Me - Expressions of Youth' competition have been selected for publication! 'Super Me' is a competition organised by the 'Young Writers' company who strive to inspire young children and adults to enjoy creative writing and reading. Thank you to all who participated and a HUGE thank you to Lian, Ishraq, Elaf, Esther, Bintu, Elizabeth and Tamara (our Art Ambassadors and Year 6 children) who supported our fabulous winners.



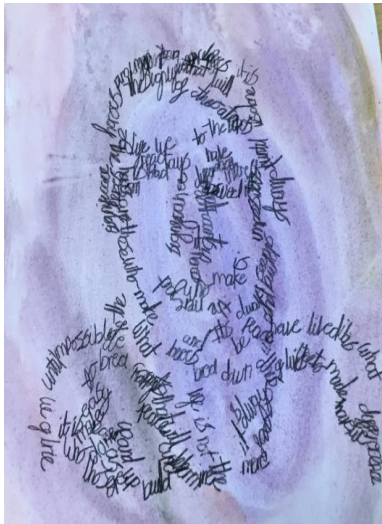
Have a fantastic weekend. Lisa (HoS)

London Tour: Tyne class had a wonderful time experiencing the magic of London. They explored iconic landmarks such as the London Eye, the Houses of Parliament, Buckingham Palace and Trafalgar Square. The children learned many fascinating facts along the way. In English, they wrote postcards and letters to me telling me all about the trip. I wish I had been there too!





Chloe



Annabel



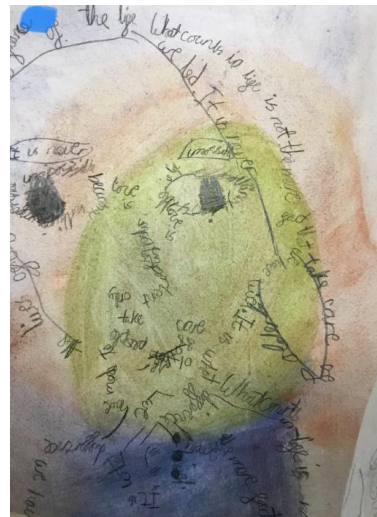
Miguel



Saifan

Year 4/5 continued their Art unit on Portraits by combining their learning on creating art using mixed media (tissue paper, paint and carbon paper) with their History unit on Nelson Mandela. They exercised critical thinking skills in deciding the best position for their line drawing and were able to explain their decisions.

We love art!



Safiya



Henry





Star of the Week



Whale	Mercy	For demonstrating an understanding of key math vocabulary throughout the week! You've consistently used star words in discussions. Your ability to use these terms confidently shows a deep understanding of maths concepts. Keep up the great work!
Octopus	Harley	For showing more independence during writing tasks and taking pride in his handwriting – keep it up!
Tyne	Wilan	Your dedication and effort in everything you do at Rotherhithe is inspiring. We are so proud of you and all that you have achieved. We will miss you Wilan, but we know you'll continue to do amazing things. Good luck in your new school!
Eden	Anaiah-Rae	For her positive attitude towards her learning. She has attacked the new Great Fire of London unit for English and History with real enthusiasm which has led to her being more independent. Well done!
Avon	Madison	For her dedication and resilience in improving her handwriting and working hard to ensure her work looks presentable.
Fleet	Anis	Consistent and careful improvement in his handwriting. He has been taking care with letter size and making sure his letter joins and positions are accurate. Keep it up!
Ravensbourne	Saifan	For his exceptional mixed media self-portrait, he demonstrated an impressive understanding of composition. Additionally, he skillfully created a beautiful paint wash background that enhances the overall aesthetic of his artwork.
Wandle	Noar	We went to the Apple Store in Covent Garden to create a Theme Song using their state-of-the-art devices. There was a lot to remember and learn in a short space of time. Noar was attentive and focused during the entire time resulting in a high-energy song. Nice job, Noar!
Severn	Brooklyn	For excellent team work during DT - cooking. She worked efficiently with her team to read and follow the given recipe and helped to keep her area clean and tidy. Well done!
Trent	Jonathan	Jonathan has maintained an excellent attitude during tests this week. He has approached them with focus, attention to detail and resilience in the face of challenge.



To the Art Ambassadors, for their brilliant contributions to the development of the art curriculum and learning across the school.

Special well done for: Chloe, Annabel, Mehreen, Adela, Quan and Thea for being brave and eloquent when talking about art to our visitor on Monday!

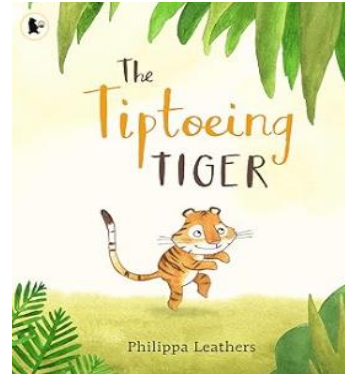
Dates for your Diary

6 th January	Children return to school
Week starting 13 th January	Children's Book Project
16 th January	Brain buddies start for Wandle class
27 th January	Eden class to Creekside Year 6 maritime Museum
30 th January	Height and weight check for Reception and Year 6 children
31 st January	Tyne class to Creekside
6 th February	Year 4 & 5 trip to Ragged School Museum Time to Talk Day
7 th February	Year 4 & 5 trip to the Ragged School Museum
10 th February	Amber returns from maternity leave
11 th February	Internet Safety Day
14 th February	Break up for half term Half Term Break
24 th February	Children return to school
4 th & 5 th March	Parents Evening
6 th March	World Book Day – dress up as a book character.
Week starting 10 th March	STEAM week Artist Kandace Siobhan Walker working with groups of children in Avon class.
13 th March	Scholastic Book Fair Science Workshops for classes
17 th March	Mock SATS year 6
24 th March	SEND parents meetings
2 nd April	Easter Bonnet Parade
4 th April	Break up for the Easter Break Easter Break
	Children return to school



Pupil Book Recommendations

Pupil: Keziah
Book: The Tiptoeing Tiger
Author: Philippa Leathers



Everyone knows tigers are terrifying, but no one took any notice of little tiger. No one jumped when he roared or ran away when he tumbled. His brother told him he was too small to scare anyone. Little tiger tiptoed through the forest trying to scare other animals. Tiptoe, tiptoe, tiptoe ...Roar!

The best bit is when the tiger roared showing his teeth.

Why not also try these other books by Philippa Leathers.



Attendance Matters

This week's winners of the attendance award.

Upper phase (year 4, 5 & 6)

Severn Class	97.6%
Trent Class	96.1%

Well done and keep it up!

Please do not book holidays during term time!

Balanced packed lunch tips: A simple guide to support families

HEALTHY ZONES

This guide complies with school food standards and offers tips on how to build a balanced packed lunch on a budget.

A packed lunch should contain:

One portion of whole grains & one source of protein:

- Three bean pasta salad
- Jollof rice & a boiled egg
- Lentil dahl and roti
- Roast chicken sandwich
- Cheese quesadilla
- Wholemeal pitta and hummus
- Falafel salad with flatbread
- Vegetable noodles
- Chickpea and potato curry
- Pitta pizzas
- Tuna salad baguette
- Cheese and ham roll ups
- Soup and crackers
- DIY tacos
- Black bean burger
- Cucumber and cream cheese bagel
- Lentil pilaf
- No nut pesto pasta
- Tuna and bean salad
- Roast vegetable sandwich
- Chickpea and vegetable wrap
- Roast vegetable and turkey pasta
- Potato and cauliflower curry
- Cucumber and hummus wraps
- Homemade egg mayo



At least one portion of vegetables & one portion of fruit:

- Bell pepper
- Carrots
- Celery
- Peas
- Edamame
- Broccoli
- Cherry tomatoes
- Kale / sweet potato homemade crisps
- Salad
- Cucumber
- Spinach
- Courgette
- Green beans
- Beetroot
- Radish
- Sugarsnap peas
- Grapes
- Banana
- Orange
- Pineapple
- Cherries
- Mango
- Raspberries
- Strawberries
- Blackberries
- Dried fruit
- Tinned fruit (not in syrup)
- Apple
- Pear
- Papaya
- Apricot
- Melon



One snack:

- Small bag of plain popcorn
- Malt loaf
- Low sugar yoghurts or Greek yogurt
- Raisins / sultanas
- Homemade fruit yogurt pot with oats
- Brown, plain rice cakes
- Dips and hummus

+ only water or milk

(try adding lemons, cucumbers or mint to water)



More tips on the back!

HEALTHY ZONES

Tips to make a balanced packed lunch:

- Ensure there is a source of protein + carbohydrates + fruit and vegetables in the lunch as this is what is offered for school dinners and fuels your child
- Ensure fruit and vegetables are always included- these can be contained in the main i.e. a chicken pasta salad with peppers and tomatoes or lentils with broccoli and raisins
- Choose wholegrain where possible (bread, pasta etc.) as increased fibre will keep your child fuller for longer
- Replace crisps, cheese strings, chocolate and high sugar yogurts with one of the snacks suggested



Tips to create a healthy packed lunch on a budget:

- Keep different types of wholegrain bread products in the freezer so you have a variety of options that will last longer over the weeks – bagels, pittas, sliced bread and wraps
- Use leftover vegetables/roast meats or legumes from the day before to make cold pasta salads or sandwiches
- Buy tinned fruit / vegetables (not syrup) or frozen- they are just as nutritious and often cheaper!
- Chop up fruit and vegetables into bite sized portions to allow it to stretch further throughout the week
- If your child has a thermos, you can send them left overs in here

Tips to help your child enjoy packed lunches:

- Involve your child with making their lunch - cutting the fruit/veg or adding salad to their wrap (do it the day before and squeeze some lemon on any fruit to keep it fresh)
- Where possible or as a treat, provide a dip such as hummus or tzatziki so children can dunk their carrots, cucumbers or peppers as a side snack
- Taste the rainbow - try a variety of different fruits and vegetables for a visually fun packed lunch.
- Include healthier foods that your child actually enjoys at home to ensure they're having a nutritious meal





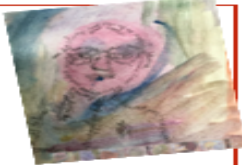
Art and Design
In Severn class, the children have been painting different fruits.

" I loved it ! I could express how I feel on- to the paper ! " - Daniella

Science
In year 6, the children were learning about their teeth and drew a diagram of the human teeth; they also wrote the functions of the mouth: incisors, canines, premolars, molars, gum and jaws.



Art in year 4/5
The children in Ravensbourne have been doing self portraits using words.



Science club
In science club this week, Science Ambassadors have been very busy testing electrical components and organising them into bags so that our resources are organised and accessible



" Testing the equipment was really boring but the year 6's taught the younger children the basic knowledge of the circuits: the wire, the bulb, the battery and the battery holder!"-Lucy

Maths
In maths, the children in Severn class have been calculating the missing angle of a shape and also been finding the area and the perimeter of a shape.



LET'S CELEBRATE

LUNAR NEW YEAR

29 JANUARY 2025

LUNAR NEW YEAR

MAINS
 Cantonese Sweet and Sour Chicken
 or Sweet and Sour Vegetables

SIDES
 Egg Noodles
 or Coconut Rice

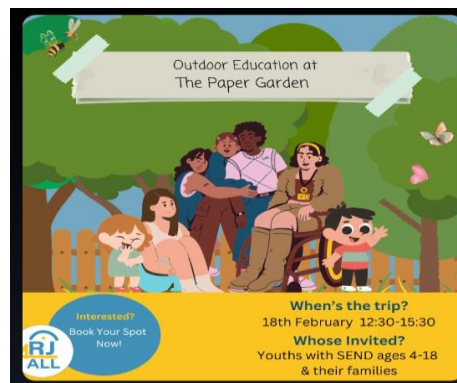
DESSERT
 Golden Apple Fortune Muffin

**Menus may be subject to change*

RJ4All

1. Outdoors Workshop at The Paper Garden

Date: 18th February
Time: 12:30pm-3:30pm

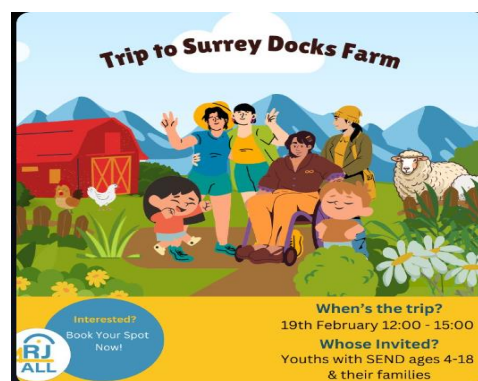


We will meet at our Community Centre at midday and walk over to meet our friends who run The Paper Garden. As we walk, we will take note of sounds, views and smells as we go to engage our senses. When we arrive, we will have a tour of the Paper Garden and some outdoors education activities hosted by their team. The session will be supported by specialist SEND workers to provide 3:1 and 1:1 support as needed, creating an enriching afternoon of both active and more calm activities.

BOOK HERE: [Trip to the Paper Garden](#)

2. Wellbeing Trip to The Farm

Date: 19th February
Time: 12:00pm-3:00pm



We will meet at our Community Centre at midday and walk over to the farm together, taking note of sounds, views and smells as we go to engage our senses. When we arrive, we will have time for a packed lunch at the farm, followed by a trip around the farm to feed the animals. After a classroom-based arts activity, we will walk together back to the centre. The session will be lead and supported by specialist SEND workers to provide 3:1 and 1:1 support as needed, creating an enriching afternoon of both active and more calm activities.

BOOK HERE: [Farm Trip](#)

3. Dance 4 All!

Date: 21st February
Time: 12:30pm-3:30pm



This workshop will be led by the Dancer Teacher Virginia Poli. Virginia teaches dance with physical theatre tasks to create a highly creative and physically engaging learning environment which is flexible and free of judgement. The session will be supported by specialist SEND workers to provide 3:1 and 1:1 support as needed. Three hours is a long time to dance so, of course, this session will have plenty of brakes and a mixture of active and more calm activities.

BOOK HERE: [Dance 4 All!](#)



School Term Dates for Pupils

2025 - 2026

Term	Dates
Autumn 2025	Tuesday 2 September – Friday 17 October 2025
	Half Term holiday: 20 October – 31 October 2025
	Monday 3 November – Friday 19 December 2025
Christmas break – 22 December 2025 – 2 January 2026	
Spring 2026	Tuesday 6 January – Friday 13 February 2026
	Half Term holiday: 16 February - 20 February 2026
	Monday 23 February – Friday 27 March 2026
Spring break – 30 March – 10 April 2026	
Summer 2026	Monday 13 April – Friday 22 May 2026 Early Bank holiday Monday 4 May 2026 (School Closed)
	Half Term holiday: 25 May – 29 May 2026
	Monday 1 June – Wednesday 22 July 2026

Please note: the dates may be subject to change following government guidance on concessionary days and elections.

Public Holidays

- Christmas Day Thursday 25 December 2025
- Boxing Day Friday 26 December 2025
- New Year's Day Thursday 1 January 2026
- Good Friday Friday 3 April 2026
- Easter Monday Monday 6 April 2026
- May Day Bank Holiday Monday 4 May 2026
- Spring Bank Holiday Monday 25 May 2026
- August Bank Holiday Monday 31 August 2026

Timetable – Wednesday 8th Jan – Friday 14th February 2025

Bermondsey and Rotherhithe Children and Family Hubs

To book on sessions please email us below
ccadmin@pilgrimsway.southwark.sch.uk

Monday

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.

Baby Massage
(8 weeks Old-Pre-crawlers)
Booking Required

Various Dates across the year Starts

Venue: Rotherhithe

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

HENRY WORKSHOPS

- Thursday 16th January (1pm-2:30pm) Eating Well for Less at Ellen Brown
- Friday 7th February (1pm-3pm) Starting Solids at Ellen Brown
- Thursday 13th February (10am-12pm) Fussy Eating at South Bermondsey

To book email:

gst-tr.HVsupportanddevelopmentworker@nh.s.net

Tuesday

Venue: Ellen Brown

Baby and Us
(From birth up to walkers)
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

Stay and Play en Español
(Spanish speaking parents)
0-5 years

10:00am-11:30am

Venue: TBC

'Welcome to Parenthood'
1:30pm
From 21st Jan-10th Feb

INVITATION ONLY

A new supportive group for families with babies **0-12 months** aimed at exploring and discussing topics on the first year of your baby's life with the additional benefit of support around emotional and mental wellbeing for you and your baby.

julieralph@pilgrimsway.southwark.sch.uk

Wednesday

Venue: Ellen Brown

Stay & Play
(1-5 years old)
10:00am-11:30am



Parent Drop In

A member of staff is available for help and advice for parents that are experiencing difficulties. We are here to help!!

Chattertime Plus
(18 months and above)
1:30pm-3:00pm
Starts 15th Jan 2025

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: Rotherhithe

NEW GROUP
Baby Boogie Mites
(0-12 months)
2:00pm-2:30pm

Thursday

Venue: Ellen Brown

Boogie Mites
(0-12 months)
10:00am-10:30am

Venue: Pilgrims' Way

Stay and Play
(0-5 years)
10:00am-11:30am

Venue: Rotherhithe

Breastfeeding Café
Infant feeding Drop-in

10:00am-12:00pm

Information and practical support for pregnant and breastfeeding mums and their families.

NEW GROUP

Baby Sensory Group
(0-12 months)

1:30pm-2:30pm

A relaxed space for you and your baby to exploring & discovering their new world together through touch, sound, vision, taste and smell

Venue: Ellen Brown
Melodies for Mums group
From 30th January to 3rd April
(INVITATION ONLY)

For more information and to register email: m4m@breatheahr.org

Friday

Venue: Rotherhithe

Toddlers Boogie Mites

Music programme to support children's language, brain development, communication, physical and social development.

Ages: 12 months and above

Group 1: 10:00am – 10:30 am

Group 2: 11:30am-12:00pm

Venue: Ellen Brown

Little Explorers
(Newly Walkers-18 months)
10:00am-11:30am

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

Saturday

Venue: Rotherhithe

Gardening Workshop
(2 years plus)
10.00am-11:30am

25/01/2025

22/02/2025

Email to book

ccadmin@pilgrimsway.southwark.sch.uk

Speech and Language support



Virtual Chattertime and Drop in Sessions

Are you worried that your child is not talking or doesn't understand you? Do you have questions or concerns about your child's communication skills? Please book onto a virtual session with a speech and language therapist

To book on, email: gst-tr.contacts@nhs.net

Website: www.evelinalondon.nhs.uk/communityspeechandlanguage

Facebook: @EvelinaSLT

Southwark Start for Life offer includes help with:

- Feeding your baby ✓
- Mental health & wellbeing ✓
- Support for children special needs & disabilities ✓
- Early education at home ✓
- Accessing information, advice, and your free childcare offer ✓
- Making friends and connections ✓
- Building relationships with your baby ✓
- Everyday parenting challenges ✓

<https://services.southwark.gov.uk/>

50 Things To Do Before Five!

Download the app or visit the website for free fun activities to do with your child and have fun, play, and learn.

Website: <https://50thingstodo.org/>

Dolly Parton Imagination Library

If you live in Southwark and have a child under 5, you can register to receive a FREE book every month until their 5th birthday. Sign up and make bedtime fun.

For more information please email: ccadmin@pilgrimsway.southwark.sch.uk



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.



We kindly ask everyone **NOT** to use their mobile phones whilst in our sessions. This is for safeguarding purposes, and it is an opportunity to spend quality time with your child/ren.

Free Vitamin D

Pregnant women, new mums, and children under four in the borough can get free vitamin D supplements.

HENRY Programme

This programme aims to help you feel more confident as a parent, physical activities for the little ones, what children and the whole family eats, family lifestyle habits and enjoying life as a family.



For more information, please visit <https://www.henry.org.uk/>

To book please email: gst-tr.hvsupportanddevelopmentworker@nhs.net

We have gone paperless to help save the environment.

Please scan the QR Code to download the timetable and find out updates.

br-cc.org.uk



Contact us!

Ellen Brown Children and Family Centre

145 Grange Road (Spa Park) SE1 3EU

Pilgrims' Way Children and Family Centre

Tustin Estate, Manor Grove, SE15 1EF

Rotherhithe Children and Family Centre

Southwark Park (Hawkstone Road entrance) SE16 2PF

South Bermondsey Children and Family Hub

Tenda Road, London, SE16 3PN

Telephone: 0207 358 2878

ccadmin@pilgrimsway.southwark.sch.uk

Please visit our websites for further information

<http://br-cc.org.uk/br-cc/>

Rose Vouchers

Support to buy fresh fruit and vegetables for low-income families and living in SE1, SE15, SE16, SE5 or SE17. If you wish to register please phone 0207 358 2878 or email ccadmin@pilgrimsway.southwark.sch.uk



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: julia.tropiano@southwark.gov.uk