

RPS Weekly Newsletter



Friday 31st January 2025

Dear Parents and Carers,

Happy Lunar New Year! In assembly on Monday Annalise talked to the children about Lunar New Year traditions. 29th January marked the start of 15 days of celebration around the world with lots of feasts and fun. On Wednesday the children were treated to Chinese food to celebrate. Yum! Thank you Chartwells, it was delicious. This year is the year of the snake. Can you find which year you were born in below?

Chinese New Year											
	鼠	牛			虎						
1940 1954 2008	1961 1975 2021	1962 1976 2010									
1972 1986 2020	1973 1987 2021	1974 1988 2022									
rat	ox	tiger									
	兔	龙		蛇							
1963 1927 2011	1954 1928 2012	1964 1929 2013									
1975 1939 2023	1976 2000 2024	1977 2001 2025									
rabbit	dragon	snake									
	马			猴							
1966 1930 2014	1967 1931 2015	1968 1932 2016									
1978 2002 2026	1979 2003 2027	1980 2004 2028									
horse	goat	monkey									
	鸡			猪							
1969 1993 2017	1970 1994 2018	1971 1995 2019									
1981 2005 2029	1982 2006 2030	1983 2007 2031									
rooster	dog	pig									

Severn class celebrated **Australia Day (26th January)** by exercising their mathematics and DT skills such as measuring, calculating ratios and following a recipe to make 'lamingtons' (an Australian cake made from squares of [sponge cake](#) coated in an outer layer of chocolate sauce and rolled in [desiccated coconut](#)).



Creekside Discovery Centre: Year 2 children are learning all about the Great Fire of London that occurred in 1666. On Monday, Eden class trekked to Creekside where they actively engaged in lots of really fun learning. They built fires, talked about famous historians and made dough and baked bread on sticks!

They also explored how to put out a fire using water squirter. Thanks to Kealan and all the parent helpers for ensuring this trip went ahead.

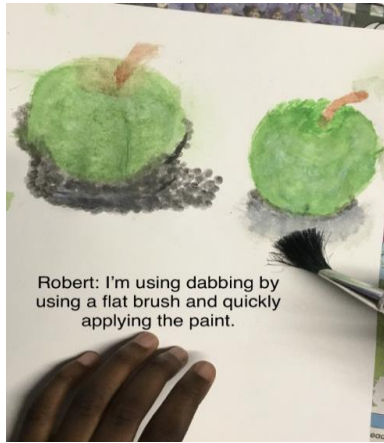


PE Uniform: Please make sure your children are wearing the correct PE uniform. These are **black joggers and a white t-shirt** (this can be long or short sleeved) and trainers. In the summer they can wear black shorts. **No logos** on the joggers or t-shirts. Children should also wear their **school uniform jumper or cardigan** to keep warm throughout the day. Tracksuit jumpers are **not** permitted and are not part of the school uniform. Please remember that girls need to tie their hair back for PE lessons. Please see the uniform policy on the school's website.

Have a wonderful weekend. Lisa (HoS)

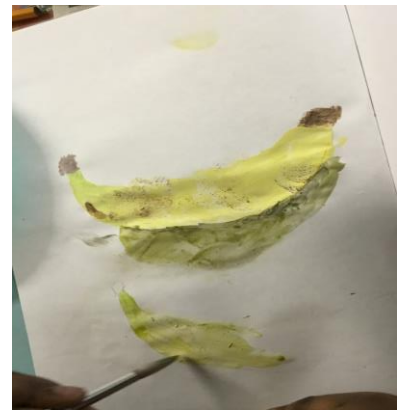


Vina

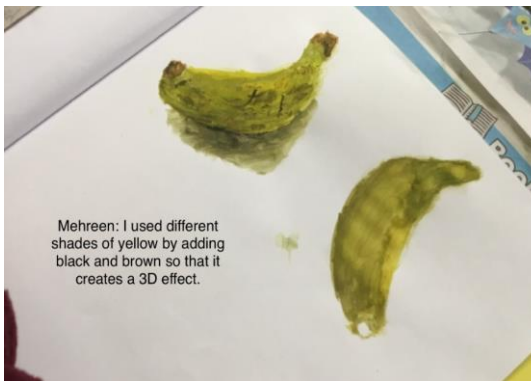


Robert: I'm using dabbing by using a flat brush and quickly applying the paint.

Robert



Precious



Mehreen: I used different shades of yellow by adding black and brown so that it creates a 3D effect.

Mehreen

We love art!

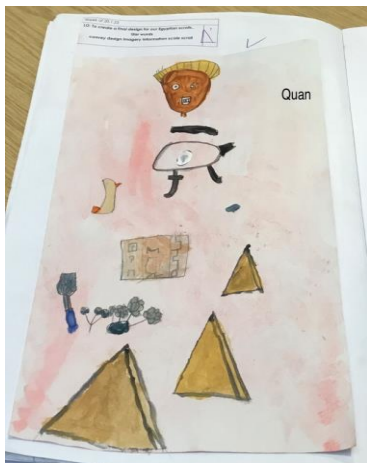


Tamara

Year 6 worked independently to organise the equipment needed for a painting technique and they were able to discuss how their choice of technique has challenged them. They also worked incredibly hard with applying their knowledge and skills with using tints and shades to paint their objects successfully in 3D whilst using a variety of painting techniques.

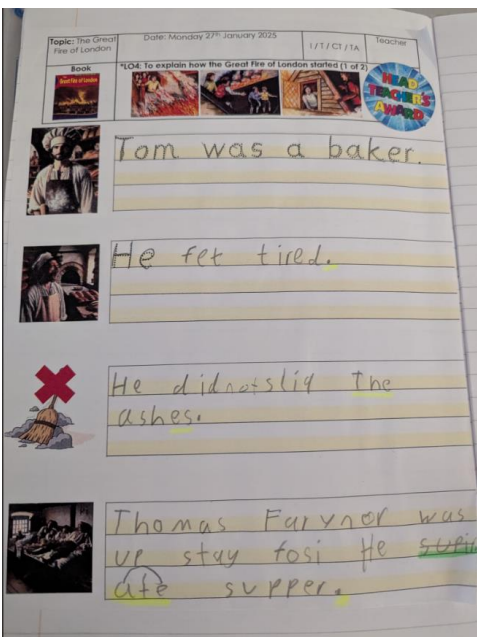


Thea



Quan

Year 3 have linked their English and History learning with Art by applying design skills inspired by the style of the Ancient Egyptians. They explored a range of Egyptian symbols and colours whilst experimenting with different designs.



Excellent effort by Ali-Sina with his Great Fire of London writing. Well done!

We love trips!



This week, Year 6 embarked on an exciting adventure to the National Maritime Museum, diving into the world of Arctic explorers! Students had the opportunity to explore the fascinating stories of notable figures such as Matthew Henson, Robert Peary, and Ann Bancroft. Throughout the visit, they investigated various objects, diaries, and artworks that provided valuable insights into the past. These explorations sparked intriguing discussions about what these sources reveal and the mysteries that still remain. In the Polar Worlds Gallery, students discovered the vital role that Inuit knowledge played in helping explorers survive the harsh conditions of the polar regions. This trip not only enhanced the student's understanding of Arctic exploration but also inspired curiosity and critical thinking about history and culture.





Star of the Week



Whale	Amina	For having an excellent attitude to learning and showing determination to succeed. Amina has made huge steps of progress with her reading and phonics. Keep it up!
Octopus	Delilah	For being engaged in every lesson and displaying a positive attitude to learning.
Tyne	Sapphire	This week, we are thrilled to celebrate Sapphire for her outstanding creativity and dedication. Sapphire has shown incredible imagination in her writing. Additionally, her handwriting has improved remarkably, reflecting her hard work and perseverance. Keep shining, Sapphire!
Avon	Majid	Majid has been working very hard in maths and making sure he attends his booster sessions. Keep up the good work!
	Quan	Quan has been a fantastic peer in class. He works well with everyone and is always ready to give a helping hand.
Fleet	Rae	Increased resilience when approaching tasks, particularly in English. Rae has been calm and careful in her approach and has not given up when finding it hard to complete extended writing. Great 'Raesilience'!
Ravensbourne	Malik	For improvements to his handwriting. Malik's cursive writing is much clearer, and his letter sizing is more consistent. Keep up the hard work!
Wandle	Isaiah	Isaiah has been using the adults in the room to help with his learning in a very productive way. He is listening to feedback and applying it to his work. I am proud of the way he is growing as a student.
Severn	Femi	Femi showed good focus and attention in Maths. This enabled him to work independently to sequence negative numbers. Great work!
Trent	Adonijah	Adonijah gave excellent justification and evidence for his answers in reading this week. What is more, he supported his group in their understanding of the text. Well done!

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

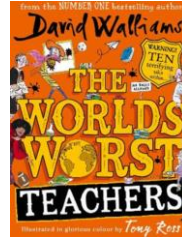
“Resilience is not what happens to you. It's how you react to, respond to, and recover from what happens to you.” — Jeffrey Gitomer

Pupil Book Recommendations

Pupil: Israq

Book: The World's Worst Teachers

Author: David Walliams



This book is divided into ten different stories and each one contains a teacher that tortures their students. It begins with a maths obsessed teacher with a hatred of balls. I would recommend this book to Key stage 2 children and above, because it is very appealing but has a range of difficult vocabulary like cataclysmically. It also has vibrant illustrations that bring the stories to life.

Attendance Matters

Class	Weekly percentage	Star attendance winners
Penguin	87.9%	
Jellyfish	70%	
Octopus	86.8%	
Whale	83.1%	
Eden	88.4%	
Tyne	86%	
Avon	93.3%	
Fleet	91.8%	
Ravensbourne	90.6%	
Wandle	91.1%	
Severn	98.4%	★
Trent	98.3%	★

Please do not book holidays during term time! These may lead to a penalty notice.

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





London Wildlife Trust
Centre for
Wildlife Gardening

Half Term Family Workshops

At the Centre for Wildlife Gardening, 28 Marsden Road, SE15 4EE



Nature Detectives

Monday 17th and/or Tuesday 18th February 10am-3pm

Tune up your senses with fun activities discovering the clues about the animals that live around us. On Monday try out all your sense and set footprint and other traps to gather information. On Tuesday make plaster casts of footprints and make your own trails.

And after half term

Afterschool Bushcraft

Thursday 27th February -20th March 3.40 - 5pm

Practise different survival skills each week on this 4 week course for families.

Pond Life Sunday 30th March 10am till 3pm

Find out what lives in and around our ponds.

Fun workshops for families living in Southwark suitable for all ages funded by Southwark Council run by London Wildlife Trust. Booking essential. Booking fee £3 but let us know if that is too much for you (email dwallace@wildlondon.org.uk)

To book: <https://www.wildlondon.org.uk/events>

Funded by



Dear Parents and Guardians,

We are thrilled to share some exciting news from Canada Water Dental Health

Were Now Accepting New NHS Patients under 18 years for Dental Check-Ups!



At Canada Water Dental Health, we are committed to providing high-quality dental care to our community. We are pleased to announce that we are now accepting new NHS registrations for under 18 years of age.

This is a fantastic opportunity to ensure you maintain healthy smiles as we head into the spring season.

Our Clinic Details:

Location:
Unit B Toronto House,
Surrey Quays Road,
London SE16 7AJ

Contact Us:
0207 231 4582

Email:
info@canadawaterdental.co.uk



Providing NHS Dentistry

words first
Multidisciplinary services for schools

PARENT WORKSHOP

DEVELOPMENTAL MILESTONES

VENUE:
ROTHERHITHE PRIMARY SCHOOL

12 FEBRUARY 2025
9:15am/2:30pm



February 2025

Newsletter

Thursday
20th Feb

19:00 - 20:00
FREE



FREE SESSION

Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday
3rd Feb

10:00 - 11:30
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb

19:00 - 20:30
£24



Facing Defiance

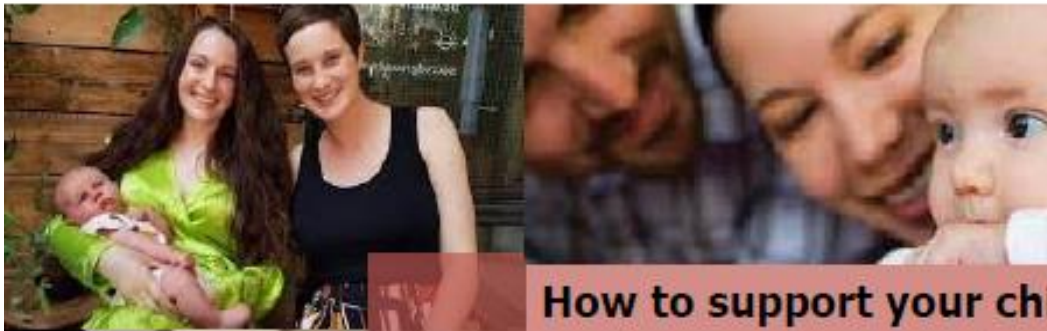
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

ROTHERHITHE PRIMARY SCHOOL

Resilient Families Workshop - for all parents and carers



How to support your child to be the best learner they can be, today and in the future.



ABOUT THESE SESSIONS

Find out:

- How to raise resilient children
- How we teach about resilience in school
- How to keep our children safe online
- Where to get help and support

Thursday 27th February,
Thursday 6th, 15th, 20th
27th March
and
Thursday 3rd April

Refreshments will be provided.

Parents who attend all sessions will receive a £20 voucher.

Venue: Rotherhithe Primary School

OUR MAIN TOPICS



PSHE, RSE & MINDFULNESS
UNDERSTANDING
RESILIENCE and how
this affects learning



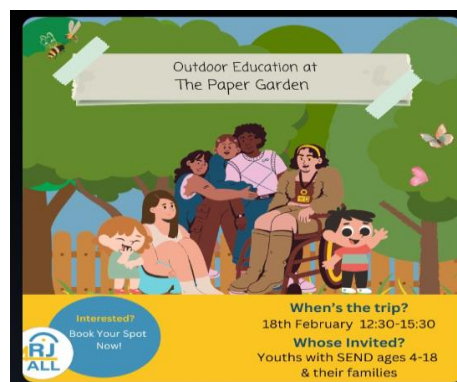
WORKING TOGETHER and
supporting each other.
BECOMING A PARENT
MENTOR

☎ 020 7237 1586 ✉ office@rotherhithe.southwark.sch.uk

RJ4All

1. Outdoors Workshop at The Paper Garden

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

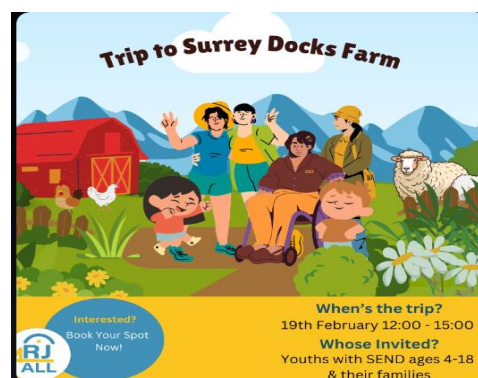


We will meet at our Community Centre at midday and walk over to meet our friends who run The Paper Garden. As we walk, we will take note of sounds, views and smells as we go to engage our senses. When we arrive, we will have a tour of the Paper Garden and some outdoors education activities hosted by 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!](#)



BREATHE
ARTS HEALTH RESEARCH

FREE

Hello New Dads!

Looking for a fun way to bond with your little one?

**Free 8-week music-making group
just for dads and babies**

Breathe Melodies for Dads is a friendly, no-pressure environment where you can sing, laugh, and connect (no experience needed!)

Have fun, make memories, and enjoy quality time with your baby while meeting other dads who are in the same boat.

**For dads living in Southwark with
babies aged 0 - 12 months**



Breathe Melodies for Dads is designed to:

- Be a space just for dads
- Boost your wellbeing
- Support your mental health
- Build your confidence
- Help you bond with your baby
- Connect you with other dads

When:

Saturdays (10 - 11am)
Feb 15th - April 5th 2025

Where:

Ann Bernardt Children & Family Centre, 29 Chandler Way, SE15 6DT

Please register online before attending



breatheahr.org

[Click here to register](#)

For enquiries contact:

Email:
melodies@breatheahr.org

Phone:
07511 214 069
0203 290 2013

