

RPS Weekly Newsletter



Friday 7th February 2025

Dear Parents and Carers,

On Monday Kealan introduced children to 'Time to Talk Day' which was held nationally on Thursday. This encourages everyone to talk about mental health and wellbeing. He considered the Zones of Regulation, a technique that is used in school to help children to identify their emotional state and understand that we all experience a range of emotions and that this is okay.

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

They considered lots of ways to support our wellbeing. Including acts of kindness to bring each other joy and happiness.

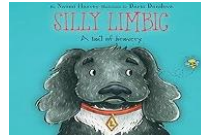
What is Mental Health?

There are lots of ways we can support our own mental health. Let's have a look at some now:

- We can learn new things.
- We can make sure we get enough sleep.
- We can be active.
- We can spend time outside.
- We can eat and drink a healthy balanced diet.
- We can do things we enjoy.
- We can talk to people we trust.
- We can spend time with family and friends.

In class children discussed emotions and wellbeing and how to help each other experience positive feelings. The children explored anxiety through the story 'Silly Limbic – a tail of bravery' by Naomi Harvey. This is a

great book for any parents who want to explore this further with their children.



Year 6 Star writers: Nina was so impressed with Majeg and Aidan's writing about their recent school trip, that she asked me to add some extracts to the newsletter. I am sure you will be impressed too.

Aidan - The day of our long-awaited trip to the Maritime Museum had finally arrived. Upon arrival at school, I felt joyful to be visiting this old historical building and get out of school and into Greenwich. The trip had been a hot topic of discussion for months now. Shutting the door on the heavy rain outside, I couldn't help but wonder if the weather could be an bad omen for the day ahead...

Majeg - Upon departure, we were met with a devastating downpour of rain; we dodged the puddles while the drivers zoomed past, clenching their wheel tightly with their foot on the gas. We walked to the bus stop and after a short period of time (but what felt like an eternity), the bus arrived and we boarded the 188. On the bus we talked, laughed and admired the city. Thank goodness we were out of the rain and in the warmth of the bus.

Aidan - Unloading our coats and bags into the locker, we stormed to the top floor to the All Hands experience - a room all about ships and navigation. In my opinion, the best bit was when, during a short period of free time, we all used the radios to speak in morse code.

Goodbyes: It is with sadness we will say goodbye to Coach Will at the end of this half term. We would like to thank him for his hard work and wish him all the best with his future career.

Have a kind and restful weekend. Lisa (HoS)

We love trips!



This week, children in years 4 & 5 visited the amazing Ragged School Museum in London to take a step back in time to experience what life was like at school in yesteryear.

The Ragged School Museum is housed in a group of three canal-side buildings which once formed the largest "ragged" or free school in London. When Thomas Barnardo came to London from his home city of Dublin in 1866, intending to train as a doctor and then become a missionary in China, he was confronted by a city where disease was rife, poverty and overcrowding endemic and educational opportunities for the poor were non-existent. He watched helplessly as a cholera epidemic swept through the East End, leaving over 3,000 Londoners dead and many destitute. He gave up his medical training to pursue his local missionary works and in 1867 opened his first "ragged school" where children could gain a free basic education.

Ten years later, Barnardo's Copperfield Road Free School opened its doors to children and for the next thirty-one years educated tens of thousands of children. It closed in 1908 by which time enough government schools had opened in the area to serve the needs of local families.

The trip really immersed the children into their history learning. They had a great time and learned lots!

We love learning!

We love art at RPS. In these pieces of art children had free choice over the materials that they used and the designs that they created. They have explored creating different textures using shades and tints. Well done for your originality.



Ayla

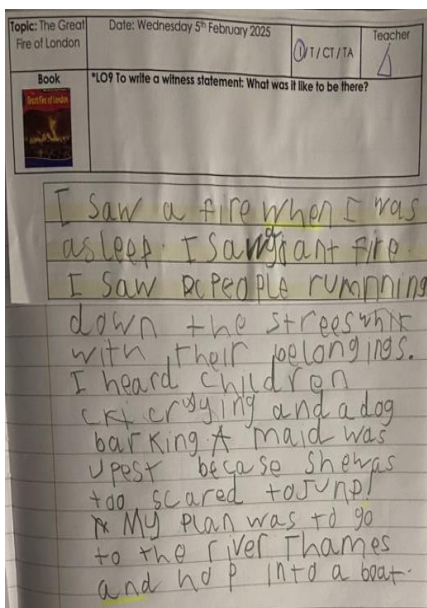


Adnan

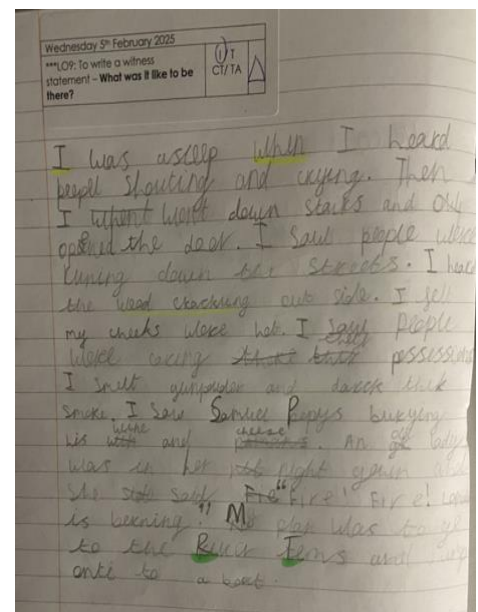


Ayana

Children in year 2 are thoroughly enjoying their topic 'The Great Fire of London' and are producing some great writing. Well done!



John



Eliza



Star of the Week



Whale	Victoria	Well done Victoria, you have made an amazing start by learning new words in English. Victoria has begun to explore sounds in phonics. Keep up the hard work and dedication!
Octopus	Umar	Umar is a model pupil who tries hard and excels across the curriculum. His dedication to learning really shows. I have been particularly impressed with his non-fiction writing this term. Well done :)
Tyne	Tyne Class	During our recent trip, every single student demonstrated outstanding behaviour, making the experience enjoyable and memorable for everyone involved. Everyone showed respect and kindness to each other, followed instructions and stayed engaged throughout the trip. Thank you for being such wonderful representatives of our school.
Eden	April	For showing courage when asked to read aloud. She also showed real resilience, dedication and perseverance with fraction work and produced some amazing work around the Great Fire of London.
Avon	Eliora	For being a kind and caring member of Avon class and for always uplifting peers who are feeling down or feel like giving up. Well done!
Ravensbourne	Daniel	For his outstanding demonstration of kindness and respect during our recent school trip. Daniel selflessly gave up his seat to a vulnerable person on the train, showcasing his empathy and consideration for others.
Wandle	Hosna	Hosna continues to grow in her writing skills. She is thoughtful and particular about her word choice and has become so eloquent at structuring beautifully crafted sentences. Keep up the good work, Hosna!
Severn	Lucy	I have been amazed by the standard of Lucy's written work. Her recount of the trip included ambitious vocabulary, humour and lots of detail. It felt like I was reading a short story. Well done Lucy!
Trent	Naima	Naima has really impressed me with her ambitious vocabulary. I am always excited to read her writing!



Freddie for wearing the correct PE uniform. Well done Freddie!

Dates for your Diary

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: Mekavi

Book: Mary and the Great Fire of London

Author: Sue Graves and Alex Patterson



This book was set in London 1666. The main characters are Mary, Thoms Farriner, Merry men and Adam.

It is 1666, Mary is working at a bakery on Pudding Lane in London when a devastating fire breaks out. This story follows her experiences during this event. I love this picture that I have drawn because people are pouring buckets of water on the flames.

Attendance Matters

Class	Weekly percentage	Star attendance winners
Penguin	89.2%	
Jellyfish	80%	
Octopus	92.1%	
Whale	83.9%	
Eden	90%	
Tyne	84.5%	
Avon	88.9%	
Fleet	88.6%	
Ravensbourne	92.3%	
Wandle	92.9%	
Severn	99.6%	★
Trent	97.8%	★

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

"HOW BEAUTIFUL A DAY CAN BE, WHEN KINDNESS TOUCHES IT!"

– GEORGE ELLISTON



RANDOM ACTS OF KINDNESS
FOUNDATION



Art and Design

The children in Severn Class made Lamingtons.



"I liked eating it and I liked it when we gave it to Jade." - Aleena

Science

Sadly the leader of science club is not here for a few weeks but don't worry science lovers, I will inform you of the science lessons going around in the school. And with that, John's class was doing an experiment by testing the strength of different materials.



Mathematics

The children in Octopus Class were learning about their two-digit numbers and how to write them.



Art Ambassador's Gallery

This artwork is representing a sunset bridge. Yong from Octopus printed it using lego pieces and overlapping primary colours.



"I liked it when we got to send messages to our teachers and send projects as well." - Annabell

Computing

For computing the children in Ravensbourne were learning how to send projects and send messages to their teacher (Anthony).



PE Uniform Reminder

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 long hair needs to be tied back for PE lessons.



Teachers will remind children and parents if children are not wearing the correct PR uniform. Please see our policy on the website.

Thank you for your cooperation.

Poster competition

The theme for 2025 is **'Change and Adapt'** - there are loads of STEM topics to be explored. Pupils could create a poster showing how plants and animals adapt to changing surroundings or how technology's place in our lives has changed, and how we have adapted. They could look at climate change and how we can adapt our behaviours to protect the environment, or their favourite science experiment and how it shows change. The more creative the interpretation of the theme, the better!



- Entries must be **one page of A4 or A3 paper only**
- Work must be **original and created by the student(s)** - please do not use any templates.



Prizes will be given to the most creative posters in each class!

POSTERS DUE BY
FRIDAY 14TH MARCH

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, 13th, 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

Parent Skills2Go
Community Interest Company

FREE
HALF TERM
ACTIVITIES FOR FAMILIES
with young people 10+

Camberwell & Old Kent road

MONDAY 17TH - THURSDAY 20TH FEBRUARY
10:00AM - 3:00PM

ACTIVITIES INCLUDE:
MONEY MATTERS, GAMING, SPORTS,
CREATIVE WRITING, ARTS,
2D PRINTING AND HOT LUNCH

VENUE: THE LIVESY EXCHANGE
567 OLD KENT ROAD SE 1 5EW

FOR DETAILS & TO REGISTER
02035369609, 07394662602
Admin@parentskills2go.com
parentskills2go.org

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ACTIVITIES FOR FAMILIES
with children 0-11 Nunhead

SATURDAY 15TH FEBRUARY : FREE FAMILY FRIENDLY MATINEE (SOUTHBANK UNIVERSITY)

MONDAY 17TH - WEDNESDAY 19TH FEBRUARY
ARTS, CRAFTS, MUSIC GAMES, SPORTS AND HOT FOOD
TIME: 10AM - 2PM

VENUE: THE GREEN COMMUNITY CENTRE
NUNHEAD GREEN SE 15 3QQ

FOR DETAILS & TO REGISTER
02035369609, 07394662602
Admin@parentskills2go.com
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FREE
HALF TERM
ACTIVITIES FOR FAMILIES
with children 0-11 Rotherhithe

DATE: SATURDAY 15TH FEBRUARY : FREE FAMILY FRIENDLY MATINEE (SOUTHBANK UNIVERSITY)

MONDAY 17TH - WEDNESDAY 19TH FEBRUARY
ARTS, CRAFTS, MUSIC GAMES, SPORTS AND HOT FOOD
TIME: 10AM - 2PM

VENUE: THE LEWINGTON CENTRE
COMMUNITY CENTRE
9 EUGENIA ROAD ROTHERHITHE SE16 2RU

FOR DETAILS & TO REGISTER
02035369609, 07394662602
Admin@parentskills2go.com
parentskills2go.org

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MARIA IN THE STARS

An interactive space adventure for ages 7-11.

Launching February 2025:

Canada Water Theatre - 18th:
11am & 1pm

Tickets:
www.mariagoestospace.com



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

