

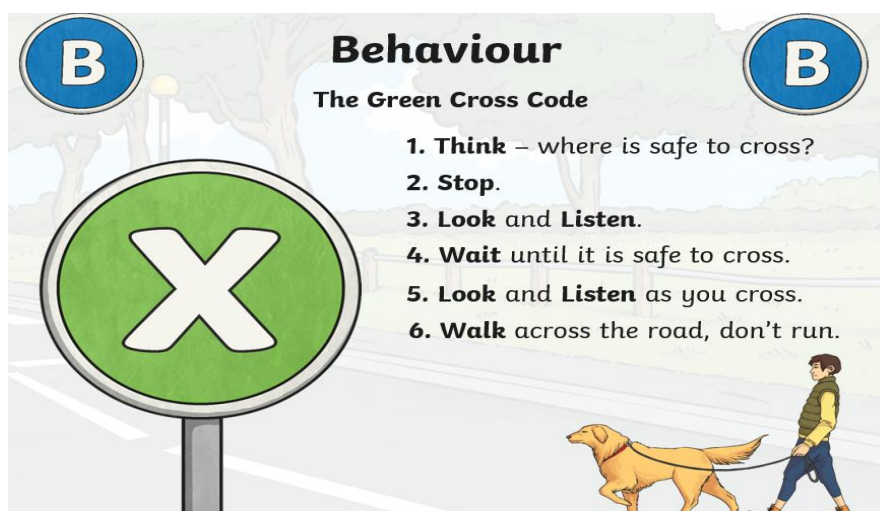
RPS Weekly Newsletter



Friday 21st November 2025

Dear Parents and Carers,

Our assemblies on Monday and Tuesday, introduced Road Safety Week. This year the theme is 'Safe Vehicles, Save Lives'. Children reflected on the distractions that might prevent a driver or a pedestrian from paying full attention when using our roads. The children thought using mobile phones and chatting may be distracting for both the pedestrian and the driver. We also considered the dangers of children arguing in the back of cars as very distracting for parents who are driving! The children learned about the different types of safe places to cross such as, zebra crossing, pelican crossing, toucan crossing, footbridge for example and they also revisited the **Green Cross Code**.



Being visible was another factor that was also important particularly when scooting or cycling. I was very pleased to be able to send Year 1 children home with an activity pack and a free reflector pendant to help increase their visibility – please do add them to their book bags. Reception are going to be focusing on Road Safety next week and I can't wait to see how their learning progresses.

Cold Weather: Please make sure that children wear their coats to school in the cold weather. I was surprised by how many children have not had coats in the freezing weather. Gloves, hats and scarves are advisable too. Children are able to wear **all black ankle boots** in the cold weather. These should have sensible heels and grip.

PE Kit: Can I remind parents that children's PE kits should not have any logos, stripes or patterns on them. The school logo is the only logo that is permitted. Plain white t-shirts and black or dark grey joggers that are plain please.

Keep warm and safe this week! Lisa (HoS)

Eat a Rainbow of Food!

We have been working with Adaeze from Healthy School Food Matters to consider how we can make the food we eat as healthy as possible. As part of this work, we have been talking to Chartwells the catering company and have reviewed the school menu. A deli option has been added to increase the variety of food choices on offer including meat free options. We have also reviewed our dessert menu. To be compliant with Southwark's guidelines 50% of any dessert needs to be fruit based. So, we are looking forward to trying a fruit sorbet soon! There is always a lot of healthy salad and fruit on offer, but not all children take advantage of this, so Adaeze led a short assembly for the whole school. She encouraged children to eat a 'rainbow of food' and explained how important the rainbow of colours are for keeping us healthy. She also led a tasting session with some of our more 'cautious eaters' in school.

Green fruits and vegetables...

Keeps our bones and teeth strong

Helps to keep our blood healthy

Helps us to digest our food properly

Let's take a look at the rainbow!

Orange and yellow fruits and vegetables...

Keeps our eyes healthy

Keeps our heart healthy

Stops cold and flu

Helps to protect our skin from the sun



Adaeze also led a coffee morning with parents. The focus was on 'cautious eaters'. She provided some resources and advice to help parents to keep trying to encourage children to eat a wider healthier range of food – see some of the information below on packed lunches and how to talk about food to children. I'd like to say a huge thank you to Adaeze for her time on Thursday.



Year 6 had a fantastic time 'tasting the rainbow' during an interactive and delicious workshop. Pupils explored a variety of vibrant fruits and vegetables, including carrots, mangetout, basil, mint, and even the exotic dragon fruit. The session encouraged children to discover new flavours, learn about healthy eating, and appreciate the importance of incorporating fresh produce into their diets.

'I will try dragon fruit and coconut after this tasting session'
-Ehab

'I will try coconut milk next as I've tried coconut flesh already'
-Zakhar

Rock Steady Workshops!

From my office I could hear the sounds of drumming and an electric guitar resonating through the hall. This was due to 2 fantastic performances from Rock Steady. We were joined by Elliot, who with great humour, taught the children the names of some of the key instruments typically found within a band. He brought and performed on an electric guitar, bass guitar, electric keyboard and drums and he also sang for the children. The excitement from the children was palpable. They loved it! As did the staff. The children sang along with songs, tapped our rhythms and a few lucky children even got to play on the instruments and formed their own band. Phew! What an exciting morning.

Rock Steady will be offering 30-minute short lessons for groups of children interested from next Friday. These do have to be paid for by parents, but if you are interested the cost is £44,68 per month. You can sign up using the following QR code and looking for Rotherhithe Primary School.

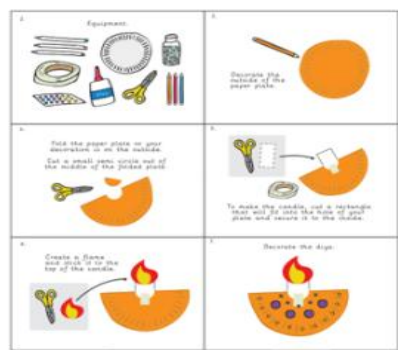


Year 2 love R.E and Art!



In R.E, Tyne Class made their own paper plate diya lamps.

Paper Plate Diya Lamp

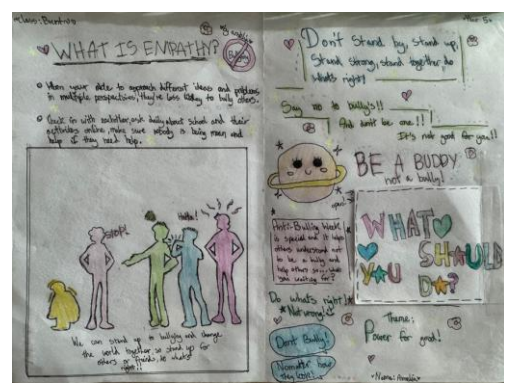


We wrote about some ways people celebrate Diwali:

Draw or write about some ways people celebrate Diwali:

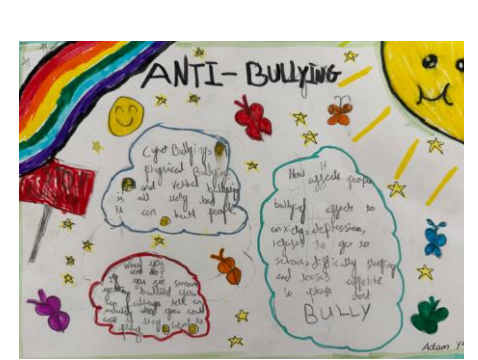
One way people celebrate Diwali is having a big meal. During Diwali people dance, wear bangles, tattoos, people light diya lamps.

Theo



Anti-bullying competition winners!

Penguin – Genesis, Jellyfish – Shomari, Whale – Erick, Octopus – William, Tyne – Elisio, Eden – Giorgia, Peck – Akbar, Avon – Emma
 Effra – Anwar, Brent – Amelia N, Lea – Lola, Thames – Nadine
 Well Done Everyone!



Dates for your Diary

2 week half term Half term

3.11.25	Children return to school Tyne Garden Museum Trip
4.11.25	Brent Garden Museum Trip
5.11.25	Parents evenings Reception to Year 6
6.11.25	Reception to year 6 except- Whale and Brent Parents Evening for Whale and Brent classes
Week starting 10.11.25	Anti-bullying week Odd Sock Day Year 6 Millwall PE lesson trip
11.11.25	Armistice Day School photographer – siblings and single photographs
12.11.25	Science workshop for parents
13.11.25	Healthy School Food matters Parent Coffee morning 9 am – 'Cautious Eaters'.
14.11.25	Children in Need – dress up for charity Lea class trip to the Apple store
18.11.25	Brent class trip to the Apple store
20.11.25	School Food Matters events
21.11.25	Rocksteady Workshops KS1 & 2 Year 6 online workshop Sanccob penguin workshop
25.11.25	KS2 Cinema trip to the O2 to see Wicked
28.11.25	Drama 4 All workshops for year 1 and year 3
1.12.25	International Day of Disabilities
11.12.25	Christmas Jumper Day Pioneer dance last session to finish for Christmas
12.12.25	Christmas Fair after school
16.12.25	EYFS Christmas performance am Year 1 Christmas performance pm
17.12.25	Year 3 & 4 Christmas performance Year 5 & 6 Christmas performance
19.12.25	Year 2 Christmas performance Class parties pm
19.12.25	Break up for Christmas

Attendance Matters

Class	Weekly percentage	Star attendance winners
Penguin	76.2%	
Jellyfish	91.3%	
Octopus	92.9%	
Whale	93.6%	
Eden	94.8%	
Tyne	92.4%	
Avon	90.9%	
Peck	88.1%	
Effra	93.5%	
Brent	90.4%	
Lea	85.9%	
Thames	91.9%	

We have been informed that a number of families have been issued with penalty notices by the local authority and have or are in the process of paying the fines that have been issued. Each of these fines is due to families taking children on holidays during term time.

If children are unwell they should remain at home, but please **do not book holidays** during term time! This may lead to a penalty notice.

Reminder: Parents need to contact the school and let us know each day that a child is absent. If you have the Study bugs app, this makes it far easier for you to let us know. So, if you have not already signed up to study bugs, please do so by following this link:

<https://studybugs.com/about/parents>

Star of the Week

Whale	Tekali	He always puts lots of effort into his work, being very responsible and sensible all the time.
Octopus	Charlie	Charlie participated in whole class music this week. It was lovely to see him so engaged responding to rhythms using percussion. Brilliant listening Charlie!
Tyne	Mercy	Mercy has truly shone this week! She demonstrated wonderful creativity by producing a magnificent Diva lamp, and she showed impressive knowledge and understanding of how Hindus celebrate Diwali. Well done, Mercy!
Eden	Yong	Yong always shows great enthusiasm during lessons and always is trying her best. She goes over and beyond in her work and always wants to push herself and learn more. Keep up the good work!
Avon	Marcus	Marcus is our star of the week for showing empathy and supporting others during playtime. You have been kind, caring and thoughtful to others. Keep it up!
Peck	Jeronimo	This week when exploring UV light in science, Jeronimo was very accurate using full sentences and accurate scientific vocabulary. It really supported his and his classmates understanding of the topic.
Effra	Aiya	For her outstanding leaflet! Aiya wrote clear, bossy instructions using brilliant imperative verbs and sequenced them perfectly with time connectives like 'First,' 'Next,' and 'Finally.' Well done.
Brent	Elijah	Elijah has worked really hard this week to maintain his focus and has made a real effort with his attitude to learning. He has shown a growth and maturity in school this week and we are really impressed with how hard he has worked in all areas of his learning. Keep it up Elijah! Well done.
Lea	Lola	Lola really impressed me during music this week. She was so confident and her passion really shone through. Other children looked to her for direction during the songs – she was a true leader!
Thames	Anayah	Anayah has demonstrated significant progress in class discussions and is making commendable efforts to improve her arithmetic and reading skills. Well done!

Top tips when talking to children about food

- 1 Talk about the properties of food and how it can help a student's body and mind.
- 2 **Steer clear of using food as a reward** or using the dessert bargain (these treats become more appealing).
- 3 **Ask children** what they like and don't like about a food.
- 4 Try not to pressure a child to eat a specific food, even if your intentions are good.
- 5 Expose the students to a wide range of foods where possible without pressure, just leave them on the table or try a bite yourself.
- 6 Do not talk about diets / food avoidance / express hatred for specific foods/ school lunches using words such as 'hate', 'eww', 'disgusting', 'vile'.



Oracy Matters

On leaving secondary school, children with poor verbal communication skills are less likely to find employment and more likely to suffer from mental health difficulties. So, at RPS we place a huge focus on developing our children's oracy skills ...because we know it matters! Each week our children will be debating a topic presented in class. Why not debate the topic at home too?

Our whole school debate topic this week is...

Chores should be compulsory.



Each class debated this statement in their classroom this week using their oracy skills. Please ask your child about the discussion and what was presented for each side of the argument. You could even hold a mini debate at home!

Millwall Breakfast and After School Clubs

Come and join us for our Breakfast and After School Clubs!

Breakfast club will start at 7.45am- This will include breakfast of cereal or toast and will cost £5.50 per day

After School club- sports activities and games will cost: 1 hour £6.30 and 2 and half hours £13.65

We are able to offer a discount to families that wish to book a full week after school club and this is charged at £57.75 per week.

Wraparound Care (ASC) will not be suitable for Nursey pupils (5 years old+ only). Please see Sharon in the Office for more information!



Are you interested in working for NEST—or do you know someone who might be?

At NEST, we offer a wide range of rewarding roles across our schools. Whether you're an early careers teacher, an experienced educator, returning to work after a break, or simply looking for meaningful employment, we'd love to hear from you.

We have opportunities in **teaching, school administration, finance, HR, and estates**. Click [here](#) to view our current vacancies or register for our talent pool and learn more about joining the NEST team and the exciting career opportunities available.



London Wildlife Trust
Centre for
Wildlife Gardening

28 Marsden Road,
London SE15 4EE

Family Workshops with London Wildlife Trust



Terrific Trees

Sunday 30th November
10am till 3pm

Have fun learning about our garden trees and using them to make natural art. Printing, leaf art, crafts, minibeasts and games.



The Holly and the Ivy

Sunday 7th December
10am till 3pm

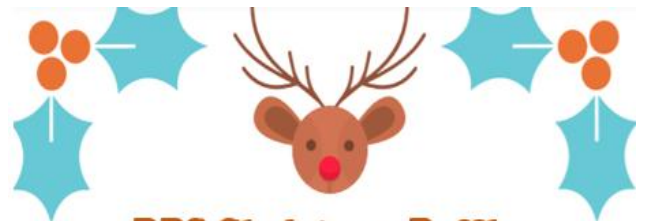
Discover the evergreen plants in the garden and use them to make a wreath and other decorations. Games, crafts, activities.

All courses are for families living in Southwark. Suitable for primary aged children but you are welcome to bring your younger and older ones too. £3 booking fee but let us know if this is too much for you. Only one free Southwark workshop per academic year (Sept-July) These are whole day workshops not drop-ins. Booking required: visit our website www.wildlondon.org.uk/events or use the QR code email: dwallace@wildlondon.org.uk for any queries.

Funded by



To book please scan the QR code or visit wildlondon.org.uk/families dwallace@wildlondon.org.uk



RPS Christmas Raffle

£1 per strip

(for sale at the office)

MAIN PRIZE:



**Drawn on Friday 12th
December at the Christmas
Fair at 4pm**

Many other fantastic prizes to win!



RJ4ALL
RESTORATIVE JUSTICE FOR ALL
INTERNATIONAL INSTITUTE

COOK & CONNECT

**Biweekly Socialising
+ Cooking Space for Families**

every other Friday | 3-5pm

Hot cooking workshops using healthy, surplus food from the community fridge with a community meal afterwards!

at the RJ4All Rotherhithe
Community Centre
30 Plough Way, SE16 2LJ
07708758600

Register
for free
now!



tinyurl.com/rj4allcook



Parent Skills 2Go
Community Interest Company
in Collaboration with



FAMILY LEARNING AFTER SCHOOL CLUB PROGRAM



STARTING 15TH SEPTEMBER 2025 | 3:30-5:30PM

**VENUE: THE LEWINGTON COMMUNITY CENTRE
9 EUGENIA ROAD ROTHERHITHE SE 16 2RU**

- MONDAYS: CODING & LEGO ROBOTICS
- TUESDAY: SEWING CRAFTS AND , SPORTING ACTIVITIES
- WEDNESDAYS : CREATIVE ARTS & CRAFTS AND SPORTING ACTIVITIES
- THURSDAYS COOKING AND SPORTING ACTIVITIES

**FOR DETAILS & TO REGISTER
02035369609, 07394662602**

**Admin@parentskills2go.com
parentskills2go.org**



SUPPORTED BY



AutismSupportTeam@Southwark.gov.uk

AUTISM PUBERTY, SEXUAL WELLBEING AND RELATIONSHIPS

For parents of a child on the autistic spectrum, coping with the onset of puberty and their child's emerging sexuality can be challenging. Knowing what to teach, how/when to teach it and what to expect can be daunting.

This session is a more activity-based approach that would put parents at ease more quickly and therefore enhance learning and mutual support.

- This is a course for parents – your children do not need to attend
- It is available to parents with children over the age of 9
- It is run face to face 10.00-4.00pm at 160 Tooley St, London, SE1P 5LX

The course will run on the following dates

24th November

Book your place

<https://forms.office.com/e/UAJRpR9AGf>

SEND school food standards snack guide



It's important the snacks provided at school are compliant with the school food standards (SFS). Of course, for children with dietary medical requirements, allergies or sensory needs, they may require alternative snacks. This guide is to help show you snack options that are within the SFS.

Try and opt for lower sugar high fibre snacks to help prevent energy crashes in children and young people.

Protein

- Plain natural or Greek Yoghurt
- Cream cheese
- Hummus
- Boiled Eggs

High fibre options

- Brown, plain rice cakes
- Wholewheat pitta
- Small bag of Popcorn
- Oat cakes

Vegetables

- Carrots
- Tomatoes
- Cucumber
- Peppers
- Avocado
- Celery
- Sugar snap peas
- Vegetable purees

Fruit

- Bananas
- Melon
- Apples
- Satsumas
- Strawberries
- Pineapple
- Mango
- Plums
- Raspberries
- Smoothie packs

Snacks to avoid

- Salty snacks e.g. crisps, salted nuts, fruit or veg with added sugar or salt.
- Confectionery
- Any drink that is not water or milk

A note on breadsticks and crackers

The standards state savoury crackers or breadsticks can only be served at lunch time with fruit, vegetables or dairy food. During snack time, try offering rice or oat cakes for a higher fibre option.

Top Tips

Dipping Foods

Dipping foods are fun! Provide a low-fat dip such as hummus or tzatziki so they can dunk their carrots or peppers.

Eating the rainbow

Taste the rainbow! Try a variety of different fruits and vegetables for a visually fun snack time.

Textures

- Crunchy and chewy: apples, carrots, celery, sugar snap peas, peppers, oat cakes, rice cakes, toast, dried fruit
- Smooth and soft: berries, yogurt, hummus, fruit or veg purees
- Protein snacks: boiled eggs, hummus

Fruit and Vegetables



apple



banana



orange



pear



strawberries



sugar snap peas



pepper



fruit/veg puree



cucumber



carrot

Snack Ideas



hummus



rice cakes



Wholemeal Pitta Bread



cheese cubes



oatcakes



yoghurt



dried fruit



malt loaf

School Food Matters

How to talk to children and
young people about food



How to talk to children and young people about food

We talk about food every day but often don't consider that the words we choose can have a big impact on someone else's relationship with food.

Many of the phrases we use to encourage children and young people to eat can make them feel pressured about food. Using words such as good or bad, healthy or unhealthy, puts parameters around food that can lead to problematic thoughts and behaviours for children who are predisposed to eating disorders or who already show patterns of disordered eating.

What the Research Says

Studies have shown that giving positive "do" messages about health are more effective than negative "don't" messages. For example, saying "eating protein will help your muscles grow," is received more positively than "don't eat fries for lunch; they are unhealthy."

It's all in our words

Changing the language used around food in school and rephrasing the way we talk about food in a positive way can lead to more harmonious mealtimes and improve the relationship children have with food.

On the next page you will find some common phrases we often use during meal times and alternative ways to phrase these in a more positive way.

How does food help our bodies?

Energy levels

“Cucumbers are made up of 96% water - they help keep you hydrated and maintain your energy levels”

Concentration and cognitive functioning

“Drinking enough water helps us to concentrate and think clearly”

Immunity

•“White-coloured vegetables like garlic and cauliflower help maintain your immunity and a good hormonal balance”
“Red coloured fruit and veg, like tomatoes and red pepper help your body fight diseases”

Digestive health

“Fruits are high in fibre, which helps your digestive system work properly”

Mood regulation

“Eating regularly, and eating foods that release energy slowly, like wholegrains, can help to keep your blood sugar steady and improve your mood and concentration”

Heart

“Purple vegetables like beetroot and red cabbage are good for your heart which keeps your blood pumping properly”
“Spinach is full of iron which helps keep our heart happy”

Commonly used phrases and how to change them

Instead of saying:

“Eat a bit more,” or “You didn’t eat enough. Just have one more bite and you can get up from the table.”

Try this:

“Do you feel as though you have had enough? Remember that there will be no more food until...”

In this case, the child thinks they are full, but the teacher is suggesting they should eat more. The child may believe that if they listen to the teacher they may be able to leave, whereas if they stop eating they may have to wait. Trying to control how much children eat can lead to overeating or make them feel bad about themselves.

Instead of saying:

“If you want to go and play you need to finish what’s on your plate,” or “If you want dessert you need to finish what’s on your plate.”

Try this:

- Offer everyone dessert no matter what or how much the child ate of the balanced meal.
- Don’t have rules about eating and playtime

Children know instinctively how much food their bodies need, however where dessert is involved, they will ignore those satiety signals. If we draw too much of their attention to dessert, they will probably want to have it but if we don’t, they will say no, or leave it if they are full.

Commonly used phrases and how to change them

Instead of saying:

“Don’t forget to eat your veg.”

Try this:

“What about [insert name of vegetable here], have you tried this before?” If they say they don’t like it, ask them what they don’t like about it and what other veg they are willing to try?

Offer a variety of different veg and ask them which one they like the most. Encourage them to try new foods without pressure.

If they don’t like the food, ask them what it was they didn’t like. Was it the taste or how it felt in their mouth? If they do like a food, avoid over-praising the child or saying things like “I knew you would like it.” Thank them for trying the food and ask them what they liked about it.

Top Tips

- Avoid using the term healthy or unhealthy to describe food
- Talk about the properties of a food and how it can help the child or young person's body and mind
- Steer clear of using food as a reward or using the dessert bargain
- Ask the child or young person (child) what they like and don't like about a new food
- Try not to pressure the child to eat a specific food, even if your intentions are good
- Encourage the child to eat until they are not hungry any more
- Don't talk about diets or food avoidance
- Expose the child to a wide range of foods without pressure. Just leave new foods on the table - or try a bite yourself

Monday

NO GROUP ON 3rd NOVEMBER

Stay & Play + mini Boogie Mites

18 months – 4 years
Ellen Brown
 10:00am – 11:30am

NO GROUP ON 3rd NOVEMBER

Baby Boogie Mites
 0-12 months
South Bermondsey
 11:00am – 11:45am

Tuesday

NO GROUP ON 4th NOVEMBER

Tiny Moments – Baby Group

0-12 months
Ellen Brown
 10:00am – 11:30am

Toilet Training Workshop

2-3 years
Ellen Brown
 1:30pm – 2:30pm
25th November 2025

Unicorn Theatre Family Workshop

1 – 5 years
Ellen Brown
 1:00 – 3:00pm
11th November 2025
18th November 2025

Christmas Show @ the Unicorn Theatre - Tooley Street – 3+

'How does Santa go down the Chimney'
2:00 pm
16th December 2025
 Email to book your place
familyhub@pilgrimsway.southwark.sch.uk

Wednesday

NO GROUP ON 10th DECEMBER

SENSational Group

1-4 years
Ellen Brown
 10:00am – 11:30am

Play Together (twins)

0-3 years
South Bermondsey
 1:00pm – 2:30pm

NO GROUP ON 10th DECEMBER

Early Words Together

2 – 3 years old
Ellen Brown
 1:30pm – 3:00pm
12th Nov – 3rd December 2025

Generation Study Event St Thomas Hospital

Invites only
 9:00am – 2:00pm
10th December 2025
Ellen Brown

Thursday

Breastfeeding Café

Infant Feeding Drop in
Ellen Brown
 10:00am – 12 noon

Walk & Talk Group in Southwark Park

Rotherhithe
0-18 months
 1:30pm – 2:30pm

Stay & Play

0 – 5 years
Pilgrims' Way
 10:00am – 12:00 noon

Tiny Moments – Baby Group

0-12 months
Ellen Brown
 2:00pm - 3:00pm

Friday

Baby Explorers + Mini Boogie Mites

12 months to 18 months
Ellen Brown
 10:00am – 11:30am

Toddler Boogie Mites

1-3 years
South Bermondsey
 10:00am – 10:45am

'Going Back Strong'

Parents returning to work following maternity/paternity leave may like to explore with professionals some tips and guidance for smooth and supportive transition.
South Bermondsey
 10:00am – 12:00 noon
28th November 2025

Saturday

Well-being through Nature

2 years +
Rotherhithe
 10:00am – 11.30am

22nd November 2025

UPDATE

Our Rotherhithe Centre is having a face lift for a few weeks. **Groups cannot be delivered inside the centre but we are able to continue with the Saturday group on 22nd November and Walking Group on Thursday afternoons.** Some groups have been moved to South Bermondsey Hub temporarily and will return to Rotherhithe in January 2026.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Chattertime

1 year – 5 years



South Bermondsey

4th Nov – 9th Dec 2025

10:00am – 11:30am

Meet a speech and language therapist and practice general communication strategies with your child.

**Southwark
Housing Advice Clinic**

9:00am – 4:00pm

South Bermondsey

12th November 2025

10th December 2025

Melodies for Mums

1:30pm – 2:50pm

and

3:15pm – 4:30pm

South Bermondsey

2nd October – 4th

December 2025

Adolescent Sure Start

Team – Drop In

11 years +

South Bermondsey

2:30pm to 5:00pm

**SEND Parenting
Support Group**

10:00am – 12:00 noon

South Bermondsey

(booking ONLY)

18th November – 16th

December 2025

Email to book your place
familyhub@pilgrimsway.southwark.sch.uk

Ante-natal Workshop

'Preparing to feed your baby'.

5th November 2025

South Bermondsey

1:30pm – 2:30pm

'Welcome to Parenthood'

1:30pm – 3:00pm

South Bermondsey

(booking ONLY)

Dates to be confirmed for

January 2026

Email to book your place
familyhub@pilgrimsway.southwark.sch.uk

Starting Solids Workshop

Henry Programme

10:00am – 12 noon

South Bermondsey

6th November 2025

4th December 2025

To book Starting Solids Workshop and Fussy Eating Workshops please email below



gst-tr.hvsupportanddevelopmentworker@nhs.net

Rose Vouchers

Collection

Ellen Brown

9:30am – 12:00 noon



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.

Contact us!

South Bermondsey Children and Family Hub

Tenda Road, London, SE16 3PN

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

Telephone: 0207 358 2878

familyhub@pilgrimsway.southwark.sch.uk

Please visit our website for further information

br-cc.org.uk



Free Vitamin D

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

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. Check your eligibility and sign up on the Dolly Parton Website.

<https://imaginationlibrary.com/check-availability/>



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/>



SOUTHWARK START FOR LIFE offer includes help with:

- Feeding your baby ✓
 - Making friends and connections ✓
 - Mental health & wellbeing ✓
 - Building relationships with your baby ✓
 - Support for children special needs & disabilities ✓
 - Early education at home ✓
 - Everyday parenting challenges ✓
 - Accessing information, advice, and your free childcare offer ✓
- <https://services.southwark.gov.uk/>

All sessions are free of charge. For more information about our sessions and services please contact familyhub@pilgrimsway.southwark.sch.uk

0207 358 2878

South Bermondsey Children and Family Hub, Tenda Road, London, SE16 3PN



FAMILY HUBS

