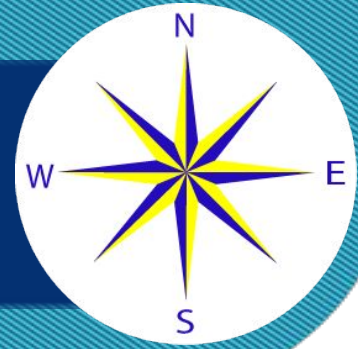


Friday 13th October 2023

# THE COMPASS

## Southern Road Primary School Newsletter



### Message from the Headteacher

This week, we had Y5 visiting The Wallace Collection so they could explore and learn about the antique armour by Sir Richard and Lady Wallace. The children were able to examine, try on and draw pieces of armour after learning that they were designed and used for different reasons. They then went on to design their own cuirasse (chest plates). The staff were impressed with their vocabulary and behaviour.

Our Junior Librarians had an opportunity to meet Sir Lenny Henry when they visited Stratford Library. The children and the school received signed books from him, learnt about how to create a book character, story writing tips and he even shared some of his best jokes!

I would like to congratulate and welcome Kaoutar Klaoua as the school's new Parent Governor.

Parents and carers evening is on Wednesday 18th October for Reception to Year 6 pupils. **A reminder that school will close at 1:15 that day.** Nursery parents meetings will take place on Thursday 19th October from 9:00 to 3:30.

Have a fantastic weekend and see you on Monday!

Best wishes,  
Mr Aloum



# School Values

Please keep reminding the children about how our school values will help them succeed in school and in their everyday lives.

- Strive

Always try your best

- Resilience

Never give up

- Pride

Be proud of your achievements and those of others

- Success

Aim high and you will succeed!



## Y6 Secondary Transition

Your child should have brought home the 'We are going to Secondary School' guide. Hopefully you have looked through the booklet and already started to attend some open days and open evenings.

Moving from primary to secondary school is a big step for children and their families so we are here to help. Please look at the 'Year 7 admission' section of our website under the 'Join our school' tab for further information. (<https://southernroad.newham.sch.uk/join-our-school/year-7-admission-for-september/>) There are links to important documents and a presentation which summarises the key information you need to know. Once you have made your decision and completed the online application form, please send us your reference number by completing the following form <https://forms.gle/T4CETQHSKidxjWQq7>. We request that this is done by Monday 16th October so we have time to support any families that may be having difficulties with their applications. Places are not allocated on a first come first served basis, but we want to ensure that no family misses the National closing day for on time applications on Tuesday 31st October 2023.

If you have any questions please ask. Mrs Crozier or a member of the year 6 team will be able to answer general questions and you can make an appointment with Ms Henna if you need help completing the online application form.



Website:

[www.southernroadprimary.com](http://www.southernroadprimary.com)



Contact:

0208 471 9048



Email:

[info@southernroadprimary.com](mailto:info@southernroadprimary.com)



# Online Safety Posters

Check out the online safety posters created by Year 4 using Canva. What great reminders about how to stay safe online when using laptops, tablets and phones. Well done Y4!



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# Safeguarding

## What to do if you are concerned about a child?

Adults have a responsibility to share any concerns they have, even when they may have some doubts as to whether a child is being harmed. If you are concerned about a child, speak to someone. This might be a health visitor, teacher, family doctor, social worker or police officer. You can also contact the school and request to speak to one of the safeguarding leads who are: Ms Yearnshire, Ms Lawrence, Ms Crozier, Ms Bobat and Ms Henna.

Please do speak to your child about our weekly safeguarding question.

**Our safeguarding question for this week is:**

**What can you do if your friends have an argument?**

**Keeping children safe is everyone's responsibility**



# Attendance

In line with Newham's guidance, leave for pupils during term time is not authorised except in exceptional circumstances. Requests for holiday absence during term time will continue to be declined and parents/carers who take their child out of school for this reason may be subject to a penalty notice fine, issued by the Local Authority.

Well done to **6VP**! 99% of the class came to school every day!  
Which class will be the winners next week?

## Top 3 classes with the best attendance:

|               |              |
|---------------|--------------|
| <b>1. 6VP</b> | <b>99.6%</b> |
| <b>2. 3GT</b> | <b>99.1%</b> |
| <b>3. 2KB</b> | <b>98.3%</b> |



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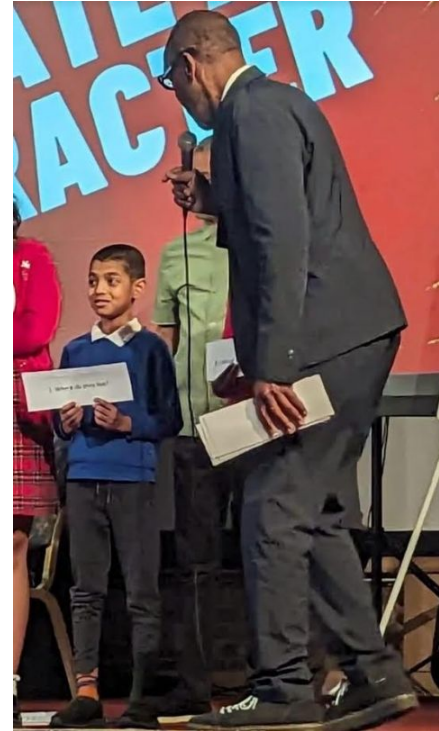
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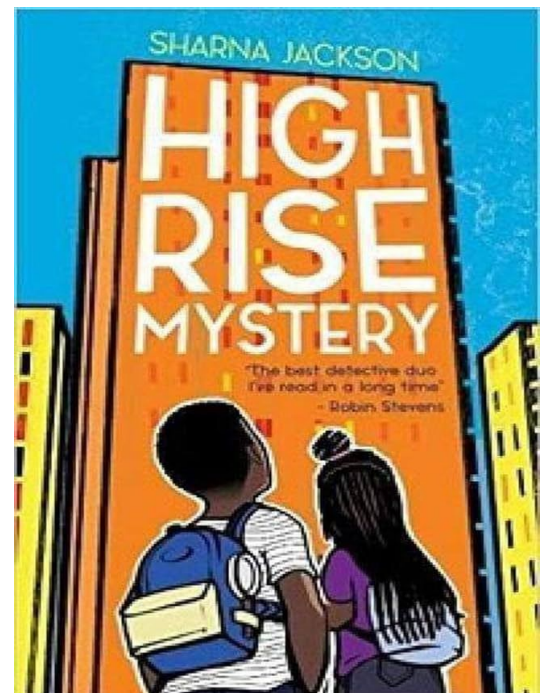
# Photo Gallery



# Book Review

## High Rise Mystery

This week, the recommended read is Sharna Jackson's High rise Mystery. After finding their community art teacher murdered on their tower block estate ('The Tri'), sisters Nik and Norva are determined to solve this terrible crime. This fantastic, urban-set mystery is fast-paced, funny and exciting. Nik and Norva are two brilliant new detectives with great senses of humour and readers will be rooting for them from page one. High-Rise Mystery is the perfect 'whodunnit'. As the two girls sift through red herrings and reveal a series of tower block secrets, short snappy sentences and sparkling dialogue will keep readers turning the pages. A mystery as hot as the summer heatwave



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# TTRockstars

Well done to **6LT** who had 100% of their class playing TTRockstars this week!

Which class or classes will be on top next week?

## Biggest improvement in their studio speed



Peter in 4CW is 4.05 seconds faster than last week!



Samiya in 4CW is 3.61 seconds faster than last week!



Saihaan in 4CW is 3.55 seconds faster than last week!



## Most played

**6LT (100%)**

**6VP (97%)**

**3GT (93%)**

**4. 4CW**

**5. 5NA**

**6. 5LV**

**7. 3MC**

**8. 4DL**

**9. 6WJ**

**10. 3TP**



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# School Uniform

We expect all children to wear school uniform which consists of:

A white shirt or blouse

Grey or black trousers

Grey or black skirt or dress, or blue checked summer dress

A royal blue jumper, fleece or sweatshirt with the school badge on it

**Black** trainers or shoes only

Head scarves if worn for religious reasons should be black, white or school blue in colour.

Only studded earrings are allowed and jewellery worn for religious purposes.

## Southern Road PE Kit

Black shorts or black jogging bottoms

Plain white PE T-shirt

Black plimsolls or trainers

Please ensure that all articles of clothing are clearly labelled with the child's name especially school sweatshirts and coats as it does make returning lost property much easier.

School uniform can be purchased from [Southern Road Primary School | Ian Howard Schoolwear](#)



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# National Sleep Helpline

Does your child struggle to sleep or need to develop a better bedtime routine? If yes, please do give the National Sleep helpline a call for useful strategies.



**Does your child suffer with sleep issues?**

**Do you struggle with your child's bedtime?**

**Will your child not sleep in their own bed?**

**WE CAN HELP**

**03303 530 541**

Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am



**Around 50% of children will have a sleep issue at some point\***

## WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

## HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

**03303 530 541**

Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am



Copyright © 2023 The Sleep Charity. All rights reserved. The Sleep Charity, a charitable incorporated organisation registered with the Charity Commission under registration number 1150585.  
\*Survey of 2,000 adults by OnePoll, Aug 2021



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# Diary Dates

## Parents Evening

Wednesday 18th October 2023 - **School closes at 1:15**

Thursday 19th October 2023 (9:00 - 3:30) - **Nursery will be closed that day**

## Half-Term Holiday

Monday 23rd October to Friday 27th October 2023

## School Photo Day

Thursday 16th November 2023



## Christmas Holiday

Wednesday 20th December 2023 - **School closes at 1:15**

Thursday 21st December to Wednesday 3rd January 2024

## INSET Days

Thursday 4th January 2024

Friday 5th January 2024

School re-opens for pupils on Monday 8th January 2024

Our school term dates for 2023-24 can be found on the school website:

[Term Dates and School Times – Southern Road Primary School](#)

# Family Support with Ms Henna

Ms Henna will be holding ESOL classes every Friday. If you would like to join, please let her know.

Come and join Ms Henna and the parents of SRP to chill and chat over at the Rainbow Cafe next to Lister School. This will take place every month

Date: Wednesday 8th November at 9.15 to 10.15am.

Please wait for Ms Henna outside the main entrance.



ENGLISH FOR SPEAKERS OF OTHER LANGUAGES



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It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

**47%**  
of parents  
said they thought their  
children spent too much  
time in front of screens



## What parents need to know about **SCREEN ADDICTION**

### SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

### IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

### CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

### LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

### APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



### LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

### ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

### LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

### LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

### MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

**53%** of children aged **3-4**  
go online for nearly **8hrs** a week

**79%** of children aged **5-7**  
go online for nearly **9hrs** a week

**94%** of children aged **8-11**  
go online for nearly **13.5hrs** a week

**99%** of children aged **12-15**  
go online for nearly **21hrs** a week

STATISTICS

<https://www.independent.co.uk/Children-and-Parents-Media-Use-and-Attitudes-Report-2017>: <https://www.ofcom.org.uk/how-app-developers-keep-us-addicted-to-our-smartphones>  
Journal of Youth Studies: <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>  
University of Leeds: <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>



**National  
Online  
Safety**

A whole school community approach to online safety  
**www.nationalonlinesafety.com**

Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061





# Autumn 2023

## SCERTS® in Newham Training for Parents/Carers

### Training for parents/carers of children who:

- Aged Reception to Year 11 who have social communication needs or a diagnosis of Autism.
- Parents/carers must be Newham residents or children must attend a Newham school.

**S**ocial  
**C**ommunication  
**E**moional  
**R**egulation  
**T**ransactional  
**S**upports

Learn about social communication and strategies to help your child interact and stay focused, calm and engaged.

Course will be delivered online  
***evenings for the first time!***

### **Please attend ALL 4 sessions on WEDNESDAYS:**



|                                     |          |
|-------------------------------------|----------|
| Weds 8 <sup>th</sup> November 2023  | 6.30-8pm |
| Weds 15 <sup>th</sup> November 2023 | 6.30-8pm |
| Weds 22 <sup>nd</sup> November 2023 | 6.30-8pm |
| Weds 29 <sup>th</sup> November 2023 | 6.30-8pm |



**Course delivered online (Microsoft Teams) –**  
*parents will require internet access.*



**To *book* a place parents/carers complete the online form:**

**<https://forms.office.com/e/etgYkVGGbr>**

*A **meeting link** for the training sessions will be sent by email prior to the course start.*



## LCIS: Family Training & Support for Autism/Social Communication Autumn 2023

In addition to our school service offer, LCIS provides a range of courses for **families** of primary and secondary-aged children and young people in Newham who have a diagnosis of autism **or** social communication difficulties. We have a training offer for Early Years parents, and School-Aged for parents of children in Reception-Year 11.

### Early Years training for parents/carers of children in Nursery/Pre-school



**A series of 4 online sessions for parents and friends / family members** to understand their child's needs and find out strategies to support their child's communication and development on Thursdays from 1:00 – 2:00pm and Mondays 7-8pm (Term time only)

- Session 1: **Developing Communication**
- Session 2: **How children with social communication needs think & learn**
- Session 3: **Understanding sensory needs and supporting emotional regulation**
- Session 4: **Problem solving; further support in the community; next steps**

For more information about LCIS Early Years courses and to book a place please email: [Kari.Askey@newham.gov.uk](mailto:Kari.Askey@newham.gov.uk) or [Androulla.Kyriacou@newham.gov.uk](mailto:Androulla.Kyriacou@newham.gov.uk)

Parents can also attend Little Champions SEND Stay and play Sessions in Children's Centres with Family Support workers, LCIS Staff and Area SENCO team for further support and advice.

| Location   | Date and time                     | Contact details   |
|--|-----------------------------------|---|
| Edith Kerrison Children's Centre, Sophia Road, E16 3PB           | Every Monday 10am - 11:15am       | Email: <a href="mailto:Cheryl.callender@edithkerrison.newham.sch.uk">Cheryl.callender@edithkerrison.newham.sch.uk</a><br>Telephone: 0207 473 2761       |
| Altmore Children's Centre, Altmore Avenue, E6 2BX                | Every Tuesday 1.30pm-2.30pm       | Email: <a href="mailto:childrenscentre@alfederation.com">childrenscentre@alfederation.com</a><br>Telephone: 0208 8472 3555                              |
| Beckton and Royal Docks Children's Centre, Tollgate Road, E6 5UP | Every Wednesday 10:30am – 11:30am | Email: <a href="mailto:info@becktonandroyaldockschildrenscentre.org.uk">info@becktonandroyaldockschildrenscentre.org.uk</a><br>Telephone: 0207 474 0654 |
| St. Stephen's Children's Centre, Whitfield Road, E6 1AS          | Every Thursday 9:30am- 10:30am    | Email: <a href="mailto:wendy.campbell@st-stephens.newham.sch.uk">wendy.campbell@st-stephens.newham.sch.uk</a><br>Telephone: 0208 472 7575               |

## SCHOOL-AGED Training for parents/carers of children in Reception-Year 11



### SCERTS® Parent/Carer Training

This is a four-part training course run over four weeks during term time for parents/carers of children with social communication difficulties from Reception to Year 11. The course gives an opportunity for parents/carers to learn more about autism/social communication through SCERTS®, an educational framework used to identify the highest priority needs for support for autistic individuals to provide the best quality of life outcomes. It is a great opportunity to share experiences and advice with other parents and carers on a similar journey.

**Course dates:** 6.30-8pm, Wednesdays Nov 8th, 15th, 22nd, 29th

**Venue:** online (Microsoft Teams)

**Click here to book:** <https://forms.office.com/e/etgYkVGGBr>



## Parent/Carer Workshops



### Intensive Interaction:

For parents/carers to learn more about Intensive Interaction – an intervention commonly used in schools to help build children's fundamental communication and interaction skills.

**Course date:** Monday 2<sup>nd</sup> Oct 9.30-11.30am  
**Venue:** Tunmarsh Centre, Tunmarsh Lane E13 9NB

**Click here to book:**  
<https://forms.office.com/e/m1b7Lhc7eR>

### Core Vocabulary Boards:

For parents/carers to learn how to use this communication system, which aims to support their child's understanding and use of words to communicate.

**Course date:** Friday 6<sup>th</sup> Oct 9.30-11.30am  
**Venue:** Tunmarsh Centre, Tunmarsh Lane E13 9NB

**Click here to book:**  
<https://forms.office.com/e/pUaUBWvCx8>

*Course dates and booking information are circulated to schools and shared on the Newham Local Offer on a termly basis.*