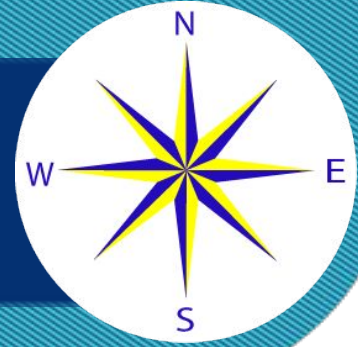


Friday 17th November 2023

THE COMPASS

Southern Road Primary School Newsletter



Message from the Headteacher

We have had another exciting and busy week at Southern Road as the children continue learning new skills and knowledge. We have had an organisation called in Faith in Schools who have been enriching our pupils learning in RE. Some of our Y6 pupils have been taking part in the Primary Maths Challenge. Do check out our X page (@southernroadpri) for more information and pictures of the wonderful learning taking place!

A reminder that the school will be closed for all children on **Thursday 23rd November 2023**, due to the school being used a polling station for a local by-election.

On Wednesday 13th December, we will be hosting a winter fayre for our school community from 1:30 -3:30 therefore the school will be closing at 1:15 for all the children. More details about the winter fayre will be shared soon!

Wishing you all an enjoyable 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!



Winter Cross Country Timetable

Please come on Friday 24th November to support your children during the winter cross country!

RECEPTION	YEAR 1	YEAR 2	YEAR 4	YEAR 3	YEAR 5	YEAR 6
RUN TIME	RUN TIME	RUN TIME	RUN TIME	RUN TIME	RUN TIME	RUN TIME
9:40AM	10.00AM	10.40AM	11.10AM	1.10PM	1.40PM	2:10PM
DISTANCE	DISTANCE	DISTANCE	DISTANCE	DISTANCE	DISTANCE	DISTANCE
800 METRES	800 METRES	800 METRES	1.2KM	1.2KM	2KM	2KM



Website:

www.southernroadprimary.com



Contact:

0208 471 9048



Email:

info@southernroadprimary.com

Extra Curricular Clubs



As a part of our school's wider curriculum offer, we host a range of extra-curricular clubs for our pupils such as basketball, boxercise, get fit, maths, choir, football, cricket, badminton, crochet, chess, recorder, art and many others. The children really benefit from attending these clubs and enjoy learning new skills and knowledge!



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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 questions for this week is:

**How do you keep yourself safe
in when in the playground?**

**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 **5NA**! 99% of the class came to school every day before the half-term break!
Which class will be the winners next week?

Top 3 classes with the best attendance:

1. 5NA	99.1%
2. 1BE	98.4%
3. 2KB	98.3%



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Come along to our 'Read With Me' sessions,
where you get to read in class with your child.

Every Wednesdays:

8:40 - 8:55 for AM children

12:20 - 12:35 for PM children

Our first session will be on the 8th of November 2023

**Nursery parents and
carers only!**

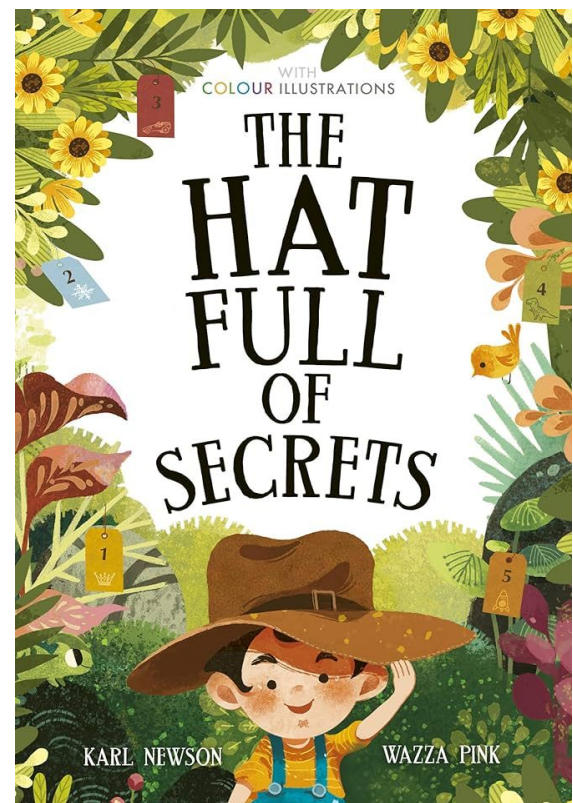


Book Review

The Hat Full of Secrets

Karl Newson Henry has a secret and doesn't want to tell anyone about it. Luckily, Grandad can relate, and gives Henry a special hat where he has kept all his secrets over the years. But when all of Grandad's wishes (written on luggage labels) escape, he and Henry go looking for them in all the places where they were made. In doing so, Grandad tells Henry the wonderful stories behind his secrets – ending with something very close to both of their hearts.

The Hat Full of Secrets is a charming, short tale with delightful full-colour illustrations throughout from Wazza Pink. Part of a series of fully illustrated short novels for younger readers from Little Tiger, it's a perfect read for children who don't fancy reading a longer book but still want a great story. As well as celebrating imagination and magic, this is also a sweet story about the special bond between grandparent and grandchild, and deals sensitively and lightly with the fact that Grandad misses Grandma, too.



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TTRockstars

Well done to **5LV** and **3MC** who had 100% of their class playing TTRockstars this week!

Which class or classes will be on top next week?

Studio speed - Who is getting faster?



Kashifya in 4DL is 11.76s seconds faster!



Numaan in 3TP is 6.23s faster!



Andy in 3GT is 4.17s faster!



Most played

5LV & 3MC
100%

6WJ & 4DL -
93%

4CW & 6LT
90%

3GT

5NA & 3TP

6VP



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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 or yellow 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](#)



Our new PE t-shirts will be yellow which can be purchased from the Ian Howard school uniform shop opposite East Ham Town Hall.

We will be slowly phasing out the the white t-shirts so when your child outgrows their current t-shirt this can be purchased at a cost of £5.



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Diary Dates

Polling Day - School will be closed
Thursday 23rd November 2023

Whole School Cross Country
Friday 24th November 2023

Winter Fayre
Wednesday 13th December 2023 - School closes at 1:15

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

February Half-Term
Monday 12 February 2024 to Friday 16 February 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 6th December at 9.15 to 10.15am.

Please wait for Ms Henna outside the main entrance.



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SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-30>, <https://www.rpsl.org.uk/uploads/assets/uploaded/62be270e-a554-4719-ad66bc2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>

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.

Social
Communication
Emoional
Regulation
Transactional
Supports

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 th November 2023	6.30-8pm
Weds 15 th November 2023	6.30-8pm
Weds 22 nd November 2023	6.30-8pm
Weds 29 th 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.*



Post Diagnosis Parent Led Support Group

Emotional support for families of children aged 0-12 with a diagnosis of Autism

Strengthen, Empower & Nurture (SEN) in Newham

Purpose of the support groups:

- Family Connectors will provide emotional support to families who have a diagnosis of Autism
- Come along to meet other parents with similar experiences to you
- A great opportunity to make friends and access signposting to local services & support

Venue: West Ham Lane Health Centre. 84 West Ham Lane. Stratford. London. E15 4PT. Lord Lister Room

Day / Times:

- Second Wednesday of every month from 10am – 12noon – Drop in for parent caregivers (No appointment needed)
- Fourth Wednesday of every month from 10am – 12noon – Appointments will be booked by SCYPS only

If you have any questions, please contact:

For children aged 0-5 contact: Josephine M: 07929 666 071 E: Josephine.Assani@mencap.org.uk

For children aged 6-12 contact: Elkie M: 07929 754 148 E: Elkie.Sharp@mencap.org.uk

or

Ieva Jupe M: 07814 078 247 E: Ieva.Jupe@mencap.org.uk



Mencap's Family Engagement Team

For families of children aged 6-12 with a diagnosis of Autism

Strengthen, Empower & Nurture (SEN) in Newham

Family Connectors use their lived experience to reach out to families, connecting them with peer support in the following ways:

- Facilitating peer support groups and developing parent/caregiver networks
- Supporting families after diagnosis to reduce feelings of stigma & isolation
- Working with services and the community to co-facilitate inclusive opportunities for families like co-production
- Empowering families to apply for Disability Living Allowance (DLA) and access workshops and opportunities to help them better support their child
- Co-facilitating or co-delivering support sessions with other service providers
- If you would like to join our **WhatsApp Parent Led Support Group**, please contact our Family Connectors below

If you have any questions, please contact our Mencap Family Engagement Team:

Family Connectors:

Fatima Uddin M: 07890 033 653 E: Fatima.Uddin@mencap.org.uk

Nazia Ahmad M: 07506 549 601 E: Nazia.Ahmad@mencap.org.uk

or

Family Engagement Worker: Elkie Sharp M: 07929 754 148 E: Elkie.Sharp@mencap.org.uk



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