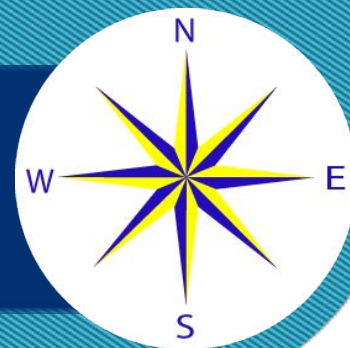


Friday 24th November 2023

THE COMPASS

Southern Road Primary School Newsletter



Message from the Headteacher

As a school we are constantly striving to improve our attendance figures. Attending school is important because statistics show that pupils with good attendance have higher attainment and they progress more socially and academically. Also, we can administer medicine in school once parental approval has been given so please do send your child(ren) to school as often as you can.

Well done to our winning dodgeball team who took part in a Newham competition last Friday. They displayed excellent teamwork and skill and returned to school with more silverware for the trophy cabinet! Also, a big well done to our Y3 & 4 Dancemat team who competed against 7 other schools this week!

To help raise money for the school, we have teamed up with an organisation called easyfundraising. Each time you shop online, you raise a free donation for Southern Road - E13. For more information about the signing up process, please look at page 4 and 5 of the newsletter.

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!



Dodgeball Gallery



Website:
www.southernroadprimary.com



Contact:
0208 471 9048



Email:
info@southernroadprimary.com

Lunchtime

Our school dinner menu can be found on:

<https://southernroad.newham.sch.uk/parents/school-meal/>

A reminder to parents that children should not be bringing Prime bottles or any fizzy drinks into school. Also, at present we have an issue with our school dishwasher therefore disposable plates are being used at lunchtime. We hope to have this resolved as soon as possible as we are a school that is very concise of the environment and the importance of using recyclable items.



Dancemat Competition



Website:

www.southernroadprimary.com



Contact:

0208 471 9048



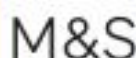
Email:

info@southernroadprimary.com



Sign up, shop, and earn us a **FREE** donation everytime

Scan, join, shop: To unlock the Bonus
for Southern Road Primary School - E13



Download the
easyfundraising App



Download on the
App Store



GET IT ON
Google Play

make it count

A year of raising

This is what just one supporter could raise for Southern Road Primary School - £13 in a year.



April

Buy home insurance
£17 donation

Confused.com

June

Shop for pet insurance
£8.25 donation

Purely Pets

August

Get school uniform & shoes
£3.75 donation

M&S

October

Time for a new sofa
£22.55 donation

ScS

January

Book a family holiday
£90 donation

TUI



March

Purchase TV and broadband package
Up to £55 donation

sky



May

Upgrade your mobile phone
up to £20 donation

Carphone Warehouse



September

Buy car insurance
£17.50 donation

comparethemarket



December

A year of weekly food shops
£72 donation

ASDA



Total £306.05

*Donation rates may change from time to time, the amounts above were correct as of 01/05/2023.

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:

What should you do if you ever feel upset at school?

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 **3MC**! 98.7% 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. 3MC	98.7%
2. 6WJ	98.3%
3. 3GT	97.4%



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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!**

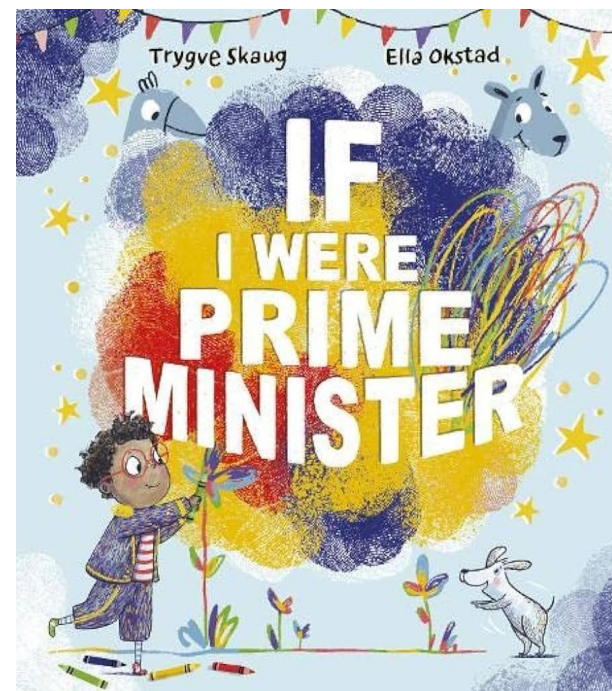


Book Review

If I Were Prime Minister

'If I were Prime Minister...' is a feel-good story which looks at how our country is run through the eyes of a kind, thoughtful and playful child. The story follows a young child's imagination and their desires for the community and country that they live in. They go through numerous wishes including changing the sea to water that swallows plastic, making sure everyone has at least two friends, that every garden has a swimming pool and that woolly jumpers would not feel itchy. The real question is, 'What would you do if you were Prime Minister or Team Captain?'

This feel-good picture book is a beautifully illustrated story which gets the reader thinking about what they would change if they were in charge. It covers major socio-political themes including the environment, education and immigration in a child-friendly way. The story made me stop and think as an adult and see the world through a child's eyes, which is a lovely thing. I would recommend this book for all ages.



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TTRockstars

Well done to **6LT** and **6VP** 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?



Fatiha in 4DL is 11.11 seconds faster!



Aashaki in 3TP is 6.25 seconds faster!



Deborah in 4CW is 4.16 seconds faster!



Most played

6LT & 6VP
100%

4DL - 93%

6WJ & 4CW
90%

3MC & 3TP

5LV

3GT

5NA



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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

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.



Website:

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Contact:

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Email:

info@southernroadprimary.com

Part of our Gaming & Gambling Series



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NOS National
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Safety
www.nationalonlinesafety.com

What you need to know about...

GAMING DISORDER

What is it?

'Gaming Disorder'

In 2018, the World Health Organisation included gaming disorder as part of its International Classification of Diseases. Those with the disorder are categorised as having impaired control over gaming, increased priority given to gaming over other activities, and continuing to game despite the occurrences of negative consequences. Naturally, a gaming disorder can affect a person of any age, with children as much at risk as anybody of developing symptoms if left unchecked. While some or all of the symptoms may appear, they must be consistently prevalent for a period of at least 12 months to be considered an Internet Gaming Disease or IGD, but that time may be decreased if symptoms are severe.

Know the Risks

Impact mental health

Becoming addicted to video games at a young age can have a serious impact on social and mental wellbeing. Video games use a lot of techniques to make them more appealing to the subconscious. Bright lights, pleasing sounds and rewarding, repetitive gameplay trigger feel good chemicals that can be hard to walk away from.

Lead to injuries

Excessive gaming (especially using a mouse and keyboard at a desk) can cause problematic physical injuries. Back pain, eye strain and carpal tunnel syndrome can all manifest during lengthy gaming sessions.

Increase isolation

Playing video games can be quite an isolating experience. The need to play them can often outweigh the need to do other daily tasks like exercising, socialising with friends or even eating, to the point where little or no enjoyment is gained from doing anything but gaming.

Induce stress

Stress can be extremely damaging to adults and children. It is a known contributing factor to heart disease, high blood pressure, diabetes, and mental health conditions. Too much time playing high-octane video games can leave untold stresses on the body as well as still developing young minds.

Spot the Signs

Excessive play

Children might be dedicating an excessive amount of free time to playing games or disrupting sleep patterns or social interactions in order to get an extra game here and there. A few extra hours a week is normal, but if it becomes a regular, daily pursuit, it could be a problem.

Social disinterest

Spending time with family and friends or engaging in other activities and hobbies will fall by the wayside with gaming disorder. Life and fulfilment begins to orbit around playing video games, where the same enjoyment just can't be found in other pursuits or social activities.

Mood changes

Getting angry or defensive when asked to stop gaming or becoming irritable when not playing are both warning signs of a gaming disorder. There's a difference between being upset when losing (which is quite normal) and being angry to the point of physical aggression.

Gambling problems

Online gambling may become a problem with young ones or teenagers who might have access to their own money. Many games contain features called loot boxes or microtransaction that have been likened to gambling. Because they can be so addictive, children could be pouring huge amounts of money into games without even realising, or they may be too ashamed to admit it.

Action and Support

Talk to other parents

It can be difficult to gauge just how much gaming time is too much. To understand what is normal, talk to other parents about their children's gaming habits. This should give a more robust idea of what is healthy and what might be a cause for concern.

Encourage other activities

It is important for you to encourage other activities. Engaging in real life sports or social activities and clubs, are excellent ways for kids to spend time with their friends and peers away from video games. Learning instruments or new languages are also a great long-term project.

Establish routines

An established routine can encourage regularity and moderation if you think a child might be gaming too much. Allow an hour or two in the evening when their friends are online and once everything else like meals, homework and housework have already been done. Try to set consoles up in family rooms and keep mobile phones and tablets out of bedrooms at night.

Seek support

If you need to get help for your child, there may be specialist organisations or clinics who can help to treat gaming disorder and provide the necessary advice and support. However, this should only be considered as a last resort in cases of long term and persistent problems.

Our Expert Mark Foster



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

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



Website:

www.southernroadprimary.com



Contact:

0208 471 9048



Email:

info@southernroadprimary.com