

Robert Browning, Snowsfields and Tower Bridge Primary Schools

We learn and succeed together



[@PrimaryRobert](#) [@SNSPrimary](#) [@TBPrimary](#)

Find us at: www.thebridgesfederation.org.uk

Newsletter 19th April 2024

Dear Parents and Carers,

We hope you all had a happy and restful holiday. As you can see from the dates on the side that the summer term is set to be another exciting and busy term.

Our Year 6 children will be sitting their End of KS2 National Curriculum Tests (SATs), so it is really important that they are in school on time every day.

Our staff have been busy putting together the after school provision for the summer term. Keep an eye for a Google form or a letter listing the clubs we have to offer at our three schools. Please spend some time with your child discussing the clubs they would like to attend.

Please have a look at Google Classroom for information about your child's learning this term.

Online Safety

A good way for parents and carers to support their children in their digital lives is to stay aware of the issues and challenges of being online. Follow this link [Better Internet for Kids](#) for useful tips.

★ Dates For Your Diary ★

Tower Bridge

Monday 22nd April - Year 5 Reading Cafe
Tuesday 23rd April - Year 3 Reading Cafe
Wednesday 24th April - Year 1 Reading Cafe
Thursday 25th April - Reception Reading Cafe
Friday 26th April - Year 2 Reading Cafe
Tuesday 30th April - Year 4 Reading Cafe
Thursday 2nd May - Year 6 Reading Cafe
Monday 13th May - Year 6 Test Week
Friday 24th May - INSET DAY
Monday 27th May- Friday 31st May- HALF TERM WEEK
Wednesday 24th July - Break up at 1pm

Robert Browning

Tuesday 16th April - Summer Term begins
Monday 13th May - Year 6 Test Week
Friday 24th May - INSET DAY
Monday 27th May- Friday 31st May- HALF TERM WEEK
Wednesday 24th July- Break up

Snowsfields

Tuesday 23rd April 8:45 - Nest Mental Health Workshop for parents
Thursday 24th April after school -Joint fundraising event for Year 1 and Year 2
Mon 13th May to Thurs 16th May-Year 6 Test Week
Friday 24th May - INSET Day
Monday 27th May - Friday 31st May- HALF TERM WEEK
24th - 28th June - Health Week
24th July - Break up at 1pm

Term Dates for 2023-2024 and 2024-2025 are on the Federation website

[Term Dates – The Bridges Federation](#)

Please note there has been a change to our term dates for 2024-25. See our website for details.

Term time holidays will not be authorised.

Other important dates for this year can also be found on the school website here:

[Diary – The Bridges Federation](#)



This Term

EVENTS

READING CAFES IN CLASS:

- Monday 22nd April - Year 5
- Tuesday 23rd April - Year 3
- Wednesday 24th April - Year 1
- Thursday 25th April - Reception
- Friday 26th April - Year 2
- Tuesday 30th April - Year 4
- Thursday 2nd May - Year 6

Welcome Back!

Welcome back everyone! It was so nice to see all the children return to school on Tuesday, happy and ready to learn.

Please remember:

- **PE kits on PE days** - children should always wear their school jumpers
- **Jewellery** - necklaces, rings and bracelets must not be worn
- **Bikes and scooters** - remind your child not to ride in the playground
- **Ensure all uniform is named**, especially coats, jumpers and cardigans

If you need to pay for a school club this term, please do so by next **Friday 26th April**.

School Council
FUNDRAISER



Save the Children®

School Council organised a fantastic fundraising day this week - they raised £140 for their chosen charity, Save the Children.





A huge thank you to our musical theatre club - who performed for us on the last day of term. What a talented group! Thank you to Helen and Jeff for teaching and leading the group too.

Thank you to all our Year 6 parents who attended the meeting about the Year 6 tests. If you have any questions about the tests, please ask one of the team! The tests take place on 13th May- 16th May. Please put the date in your diary and make sure that your child attends school and is on time!

Yellow Class have been busy identifying some of the plants and flowers in our school garden and planters. Have you noticed any new plants growing?

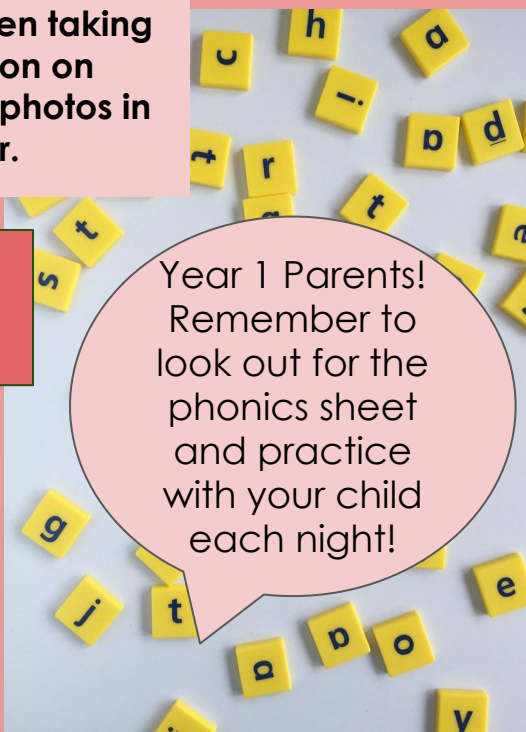


Good luck to the 25 children taking part in the mini marathon on Saturday! Look out for the photos in the next newsletter.

Congratulations to the winners of the attendance hamper for last half term!



Year 1 Parents! Remember to look out for the phonics sheet and practice with your child each night!



PE kits

Just a reminder that children should wear their PE kits on their PE days.

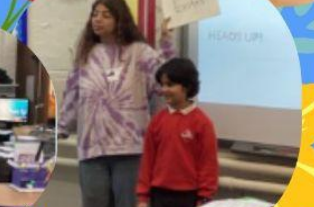
A PE kit should consist of:
PE shorts/ Tracksuit bottoms /
Leggings
Plain white T-shirt
Trainers



Snowsfields Primary School

MENTAL HEALTH

Children from years 1 to 6 took part in some health and well-being workshops led by the NEST team. They had thoughtful discussions about mental health and feelings. The older classes mapped out ways they can practise self care.



The children in Years 1, 2 and 3 had an amazing time in their first dance session with Chantal.



Year 4 joined a webinar that discussed the use of Artificial Intelligence in their daily lives and how it might develop in the future.



The children in Caterpillar class learnt that bees are pollinators and are essential for plant growth. They decided to create a water station so the bees can land on colourful stones and take a well deserved drink!



P.E. in Rainbow

Children played a version of rounders using a softball and bat. They listened to and followed instructions but more importantly, had a lot of fun!





	Absence	Lates	Total
Year 1	5	0	1600
Year 2	5	9	625
Year 3	5 ½	7	275
Year 4	6	11	200
Year 5	8	4	425
Year 6	7	1	775

Overall whole school attendance for week beginning 25/3/2024: 93.3%

**1st Place Attendance: Year 1
1st Place Punctuality: Year 1 and Year 5**



Overall whole school attendance for week beginning: 25/3/2024: 94.12%

**1st Place Attendance: Y2
1st Place Punctuality: Y4 & Y2**

	Absence	Lates	Total
Year 1	28	5	86.00%
Year 2	1	1	99.58%
Year 3	12	7	94.00%
Year 4	10	1	95.83%
Year 5	8	6	96.67%
Year 6	20	12	91.07%




	Absence	Lates	Total
Year 1	19	3	425
Year 2	12	1	1150
Year 3	19	4	125
Year 4	20	2	425
Year 5	22	3	850
Year 6	10	2	1100

Overall whole school attendance for week beginning: 25/3/2024: 91.85%

**1st Place Attendance: Y6
1st Place Punctuality: Y2**

HELPING YOUR CHILD MANAGE THEIR FEARS AND WORRIES

MAY-JUNE 2024



5 WEEK ONLINE GROUP FOR
PARENTS/CARERS AIMED AT HELPING YOU
SUPPORT YOUR CHILD IN OVERCOMING
ANXIETY WHILST DEVELOPING THEIR
INDEPENDENCE AND BRAVE BEHAVIOURS.

THIS COURSE IS BASED ON CBT
EVIDENCE-BASED GUIDED SELF-HELP
TECHNIQUES.

TUESDAY 1-2PM

7TH MAY, 14TH MAY, 21ST MAY, 4TH JUNE,
11TH JUNE

TO SIGN UP, PLEASE CONTACT ROSA OR REBECCA :

ROSA.KORNFEIN@GROUNDWORK.ORG.UK
07999 402 360

REBECCA.SKINNER@GROUNDWORK.ORG.UK
07872 400882



Father's

Stay & Play

Saturdays

10:30 am - 12:30 pm

Join us for a play session where you and your little ones can meet other children and male carers.

Upcoming dates:

April 6th 20th

May 11th 18th

June 1st 15th 29th

July 13th 27th



1st Place Family Hub
12 Chumleigh St, SE5 0RN

Download our full timetable

www.1stplace.uk.com



1st Place



Southwark Family Hubs



@1stPlaceCentre

Wellbeing for All

Looking after your mental and physical wellbeing and that of your family is really important. Here are some links and resources that you may find useful.



<https://www.together-uk.org/southwark-wellbeing-hub/>



Southwark Parenting Circle:
Unite, Support, Thrive.
Bringing together parents of Southwark to support each other.

Strengthening Families Programme - offers families a safe space to strengthen bonds.

<https://thenestsouthwark.org.uk/for-parent-carers/>



Stop.Breathe.Think gives eligible young people aged 8-21 access to free 1-1 counselling sessions. No wait times and available nationally, we provide vital support to those who need it right now.



the hub project

A warm and welcoming space to relax with free tea, activities and wi-fi; all day every Wednesday

<https://www.thebridge-uk.org/hub>



<https://maudsleycharity.org/familiesunderpressure/>

Welcome to Southwark Leisure.

Swimming, gym, fitness classes and more in your local leisure centre run by Southwark Council.

Get active with Southwark Leisure!

<https://southwarkleisure.co.uk/>

You can get free swim and gym including free swimming lessons at certain times at Southwark leisure centres

<https://www.southwark.gov.uk/leisure-and-sport/free-swim-and-gym>

Good Thinking is a free digital resource that supports Londoners looking for help with stress, sleep, anxiety and low mood

<https://www.good-thinking.uk/>





Good to Grow! Tuesday After School Family Fun

from 30th April - 21st May 3.45 till 5pm
at the Centre for Wildlife Gardening,
28 Marsden Road, SE15 4EE



Have fun growing plants for yourself and for wildlife. Composting, sowing seeds, making plant food, exploring our wildlife garden and discovering plants and animals on this 4 week after school course for families living in Southwark. One adult may bring up to 3 children.

Aimed at primary school aged children but you are welcome to bring your little ones or older ones too. To book visit www.wildlondon.org.uk/events



Protecting
London's
wildlife for
the future

To find out more about the London Wildlife
Trust and for other events visit
www.wildlondon.org.uk
Or email dwallace@wildlondon.org.uk



Pond Life Family Day

Saturday 20th April 10am till 3pm

**at the Centre for Wildlife Gardening,
28 Marsden Road, SE15 4EE**

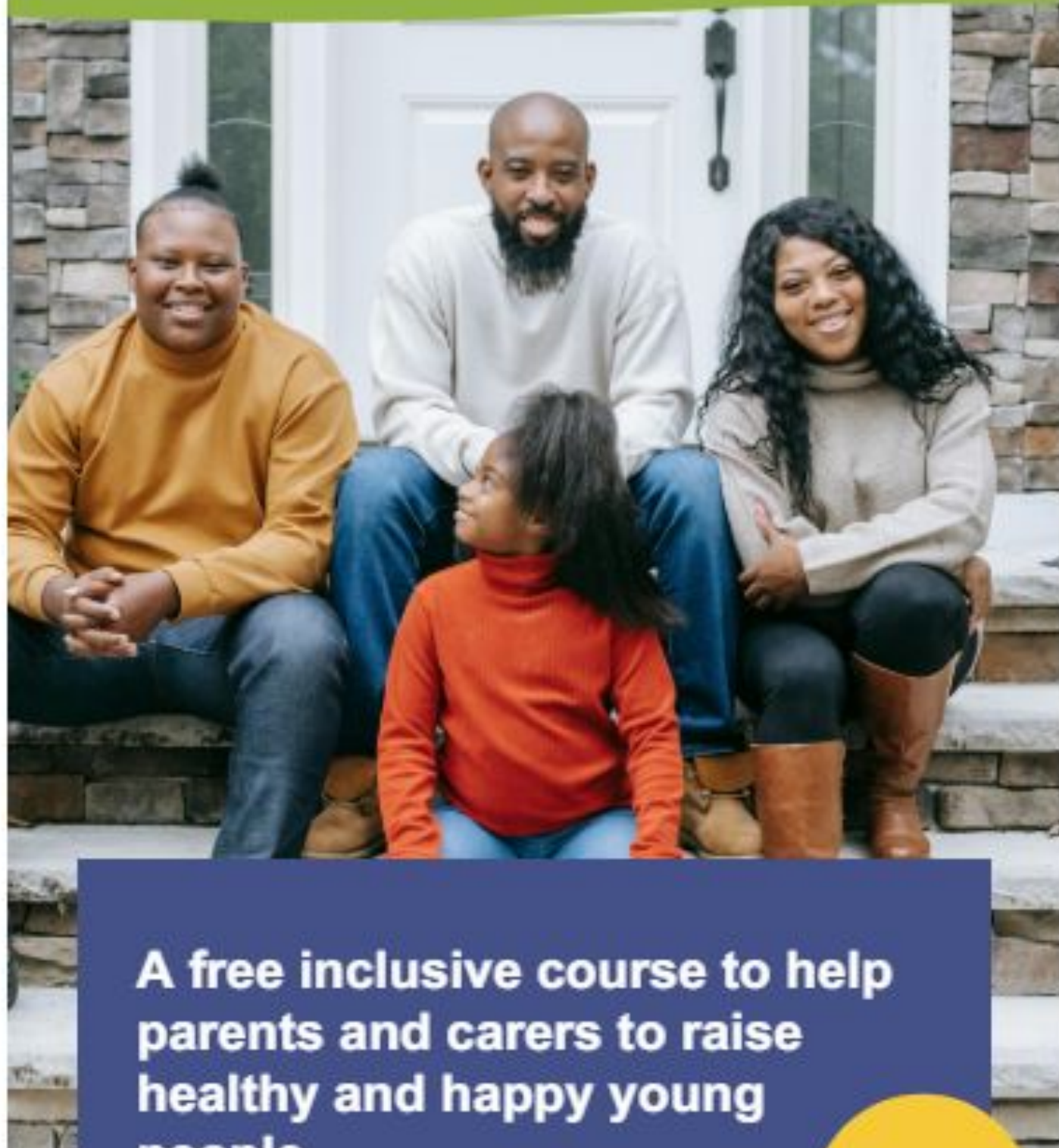
Have fun exploring our wildlife garden, and the animals that live in and out of our ponds. Pond dipping, crafts, games, stories. Southwark residents only. One adult may bring up to 3 children. Free but £3 deposit required. To book see qr code or visit www.wildlondon.org.uk/events



**Protecting
London's
wildlife for
the future**

To find out more about the London Wildlife Trust and for other events visit www.wildlondon.org.uk/events
Or email dwallace@wildlondon.org.uk

Parents of 11-18 year olds



**A free inclusive course to help
parents and carers to raise
healthy and happy young
people**

FREE

**strengthening
families
strengthening
communities**

**Strengthening families,
strengthening communities**

Parents of 11-18 year olds

Programme Details

Location: Get Rid of and Donate CIC, Green Space Works Studio 1 LJ Works, 7 Gastineau Yard, London SW9 7FA

Date: Every Tuesday, from 16th April 2024 to 17th July 2024

Time: 6pm -9pm

Facilities: Evening meal provided and some help with childcare available (speak to Joy)

Contact: Joy Ohen 07701048479

Sign up at <https://bit.ly/SFSCCLambeth>



Scan here to book a place

"I found it very supportive being part of a group and sharing ideas with other parents."





PE & SCHOOL SPORTS NETWORK

FREE GIRLS FOOTBALL

EVERY MONDAY (17:00-18:00)

@BURGESS PARK ASTRO TURF



OPEN TO ALL
GIRLS AGED 5-11
YEARS OLD

OPEN TO ALL
GIRLS AGED 12-14
YEARS OLD



PLEASE SCAN THE QR CODE TO REGISTER



SCAN ME

Help for parents/carers of children with behaviour problems



Is your child aged between 4-9 years old?

Have you tried parenting groups, but not found them helpful? OR decided they were not right for you?

We are a leading NHS team offering a personalised alternative

For more information email PPC@tavi-port.nhs.uk
OR contact Jackie Briskman on 07743 991957

IRAS ID 268597 PPC RCT Parent Flyer v1.0 20.03.24

FIND OUT
MORE



PPC
PERSONALISED
PROGRAMMES
FOR CHILDREN

A space for families to
meet an artist and
get drawing!

• ROCK • PAPER
• SCISSORS •

FAMILY



STUDIO

With artists Anna Paterson, Dunya Kalantery,
Habiba Nabisubi, Olivia Twist and Rhys Coren.

5th November, 3rd December, 14th January,
4th February, 3rd March, 7th April, 5th May,
2nd June, 7th July, 4th August

Drawing Room, New Tannery Way, Bermondsey
London, SE1 5WS. Enter from Grange Road

Drop-in
10.30 – 3.00pm
All Free!
All Welcome!

Bus Routes:
1, 78, C10, 42
Stations: Bermondsey,
London Bridge

07438 277 020
genevieve@drawingroom.org.uk
www.drawingroom.org.uk
@drawingroom_ldn/

Supported by
 Freelands
Foundation

DRAWING ROOM

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks