

# Robert Browning, Snowsfields and Tower Bridge Primary Schools

We learn and succeed together



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

Find us at: [www.thebridgesfederation.org.uk](http://www.thebridgesfederation.org.uk)

## Newsletter 26th April 2024

Dear Parents and Carers,

It is always important to talk to your children about their mental health and wellbeing and look after you own. One of the resources we use at school is the zones of regulation, please see page 7 of the newsletter for a copy of two of the resources we use in our schools. Please find here [The Nest Southwark](#).

**How to know if an app or a game is suitable for your child?**

If you're unsure whether a game or an app your child is about to download or access, check its ratings (most social media platforms have a 13+ age rating). Consider downloading the game or app yourself so you can judge its suitability. Click on this link for more useful information from the NSPCC [Apps & Games](#)

### Behaviour at the Bridges Federation

At the Bridges Federation, we have high expectations of our pupils' behaviour. Positive behaviour is always reinforced and acknowledged. Our behaviour policy aims to foster and promote excellent relationships based on the respect of one another so that we can work together with the common purpose of helping our pupils to learn and succeed.

Here is a link to our behaviour policy.

[The Bridges Behaviour Policy](#)

### ★ Dates For Your Diary ★

#### Tower Bridge

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 school closed  
Monday 27th May- Friday 31st May- HALF TERM WEEK  
Friday 12th July - Summer Fair  
Wednesday 24th July - Break up at 1pm

#### Robert Browning

Tues 7th May - Year 5 Reading Cafe 9am,  
Weds 8th May - Year 3 Reading Cafe 9am,  
Thurs 9th May - Year 4 Reading Cafe 9am,  
Fri 10th May - Year 1 Reading Cafe 9am  
Monday 13th May - Year 6 Test Week  
Mon 20th May-Year 6 9am & Rainbow 3pm -Reading Cafe,  
Tues 21st May - Year 2 Reading Cafe 9am,  
Weds 22nd May- EYFS Reading Cafe 9am,  
Friday 24th May - INSET DAY school closed  
Monday 27th May- Friday 31st May- HALF TERM WEEK  
Wednesday 24th July- Break up

#### Snowsfields

Mon 13th May to Thurs 16th May-Year 6 Test Week  
Wednesday 22nd May - EYFS Fundraiser  
Friday 24th May - INSET Day school closed  
Monday 27th May - Friday 31st May- HALF TERM WEEK  
Tuesday 11th June 8:45 am - NEST Parents' Workshop  
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:**

**Tuesday 30th April - Year 4**

**Thursday 2nd May - Year 6**

**READING  
CAFES!**

Thank you so much to all the parents who attended the Reading Cafes this week in Blue, Yellow, Red, Butterfly and Orange Classes!

[ value of the week ]  
TOWER BRIDGE



**BE THE BEST WE  
CAN BE - BELIEVE!**  
AT TOWER BRIDGE

What a busy week! Some of our pupils took part in Trader Training at Borough Market for Young Marketeers project. Orange Class went to Southwark Cathedral to see the space of worship and to make beeswax candles as part of their R.E learning. They had a wonderful time!



## Mini London Marathon 2024!

We were really proud of the children who completed the Mini London Marathon on Saturday. Thank you to Anna and Heidi for giving up their time to help us. Children will also be taking part in the Mini Marathon in school too- look out for the photos!



Butterfly Class have been exploring their new role play area- by making ice cream cones and sundaes!

Purple Class have been exploring Tinkercad to design their Dream Homes in 3d!



Congratulations to the children who won wristbands for 100% attendance last term and no lates!



Every week we get the opportunity to read aloud to our reading buddies in different classes- we love it!

### Stay and Read sessions!

Come at 9am (or 3pm- see below) for a short 'Stay and Read' session with your child. (see below for dates and an exception!)

- Tues 7th May - Year 5 - 9am
- Weds 8th May- Year 3-9am
- Thurs 9th May- Year 4-9am
- Fri 10th May- Year 1-9am
- Mon 20th - Rainbow- at 3pm
- Mon 20th - Y6-9am
- Tues 21st May- Year 2-9am
- Weds 22nd May - EYFS-9am



# Snowsfields Primary School



In History this week, Green class learnt about Ernest Shackleton's childhood and his early Antarctic expeditions. The children analysed primary sources and researched secondary sources to find information. It was interesting to see real photos of his Endurance expedition from over a century ago!



The young gardeners in Rainbow class helped plant some geraniums in the playground planters as part of their Science learning.



The 'Butterflies' took part in a week long cycling course. They learnt how to ride balance bikes and had a lot of fun!



## Parents Workshop



Thank you to all the parents who attended the 'Mental Health and Wellbeing' workshop. One of the Year 2 parents said, 'I found the session very interesting and helpful.' The next workshop is planned for 11th June at 8:45.



Year 6 children created some fantastic sculptures inspired by the work of the artist Alberto Giacometti.

## EARTH DAY

To celebrate Earth Day, Yellow class made an origami meadow out of recycling materials.



Caterpillar class celebrated Earth Day this week. They talked about how to care for Planet Earth and all its resources. They enjoyed mud painting and also made a cake for planet Earth in the mud kitchen



Our school value this week is:  
B - Be The Best We Can Be - Believe



Reading Raffle Winners



Reading Raffle  
Winners

These children have been  
demonstration ALL our core  
values this week!



W - Working Together

Times Tables  
Rock Stars

Reading Raffle  
Winners





	Absence	Lates	Total
Year 1	4 ½	1	125
Year 2	20	3	25
Year 3	4 ½	2	100
Year 4	14 ½	7	0
Year 5	7 ½	2	75
Year 6	2 ½	3	100

**Overall whole school attendance for week beginning 15/4/2024: 91.29%**

**1st Place Attendance: Year 6  
1st Place Punctuality: Year 1**



**Overall whole school attendance for week beginning: 15/4/2024: 95.86%**

**1st Place Attendance: Y4  
1st Place Punctuality: Y6**

	Absence	Lates	Total
Year 1	14	5	93.27%
Year 2	6	6	97.50%
Year 3	16	5	92.00%
Year 4	0	5	100%
Year 5	8	5	96.67%
Year 6	12	4	94.64%



	Absence	Lates	Total
Year 1	15	9	<b>0</b>
Year 2	8	1	<b>150</b>
Year 3	19	10	<b>0</b>
Year 4	14	7	<b>25</b>
Year 5	11	5	<b>75</b>
Year 6	11	4	<b>100</b>

**Overall whole school attendance for week beginning: 15/4/2024: 93.74%**  
**1st Place Attendance: Y2**  
**1st Place Punctuality: Y2**

**100% attendance and punctuality for spring 2. Well done to the 40 children and their parents who earned a green wristband.**



# How can you help yourself?

## The BLUE zone



How might you feel?

sad  
tired  
bored  
moving slowly

What might help you?

Talk to someone  
Stretch  
Take a brain break  
Stand  
Take a walk  
Close my eyes

## The GREEN zone



How might you feel?

happy  
okay  
focussed  
ready to learn

What might help you?

The goal of this exercise is to get to the GREEN zone.  
What can you do to be happy, calm and ready to learn?

## The YELLOW zone



How might you feel?

nervous  
confused  
silly  
not ready to learn

What might help you?

Talk to someone  
Count to 20  
Take deep breaths  
Squeeze something  
Draw a picture  
Take a brain break

## The RED zone



How might you feel?

angry  
frustrated  
scared  
out of control

What might help you?

Stop what I'm doing  
Make sensible choices  
Take deep breaths  
Ask for a break  
Find a safe space  
Ask for help



## What Zone Are You In?



Blue

Green

Yellow

Red

Sick

Sad

Tired

Bored

Moving Slowly

Happy

Calm

Feeling Okay

Focused

Ready to Learn

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some  
Control

Mad/Angry

Mean

Yelling/  
Hitting

Disgusted

Out of Control

# 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



# Parent / Carer Workshops Online

Thursdays 1pm - 2pm

MARCH

**7**

Talking to  
Teens

APRIL

**18**

Dealing with  
Difference

MAY

**9**

Online Safety &  
Social Media

JUNE

**6**

Sleep Hygiene  
for Teens

JULY

**4**

Transitions to  
Secondary  
school

SEPTEMBER

**12**

CBT & Anxiety

OCTOBER

**3**

CBT & Low Mood

NOVEMBER

**7**

Self Esteem

For more  
information, please  
contact  
rebecca.skinner@  
groundwork.org.uk  
or rosa.kornfein@  
groundwork.org.uk

These sessions will be held **ONLINE**

Run by Southwark MHST - Groundwork London



# Parent / Carer Workshops at The Nest

Thursdays 6pm - 7:30pm

MARCH

7

Talking to  
Teens

APRIL

18

Dealing with  
Difference

MAY

9

Online Safety &  
Social Media

JUNE

6

Sleep Hygiene  
for Teens

JULY

4

Transitions to  
Secondary  
school

SEPTEMBER

12

CBT & Anxiety

OCTOBER

3

CBT & Low Mood

NOVEMBER

7

Self Esteem

For more  
information, please  
contact  
rebecca.skinner@  
groundwork.org.uk  
or rosa.kornfein@  
groundwork.org.uk

The Nest, Unit 4, Co-Operative House, Rye Lane,  
London SE15 4UP

Run by Southwark MHST - Groundwork London





# 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](http://www.1stplace.uk.com)



1st Place



Southwark Family Hubs



@1stPlaceCentre



**Online - Empowering Parents Empowering Communities - Being a Parent Together Parenting Programme (EPEC-BAPT)**

Both parents must attend this programme. This programme is specifically designed for parents where there are issues relating to conflict in the home or disagreements around parenting styles. The parents that attend this group do not have to reside in the same home, but need to both commit to attending each weekly session.

For both parents of children aged 2 to 11yrs

10 Weekly sessions

Start date: Monday 13th May 2024

Venue: Online Time: 10:00am - 12:00pm

For more information, please contact Ben Campbell on (T) 07738 860 768 or (E) [ben.campbell@southwark.gov.uk](mailto:ben.campbell@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)

**Incredible Years Autism Support programme**

To support parents and carers to interact with their children in ways that promote their language skills, school readiness, emotional self-regulation, social skills, empathy and positive relationships. The course will enhance their parenting confidence and understanding of their children's development

This is a 14-week programme for parents with children 2-5 years who either have or awaiting an Autism diagnosis.

Start Date: May 2024. There are limited crèche facilities available on request.

10:00am – 12:00noon

Venue;- Rye Oak Children's Centre- Whorlton Rd, London SE15 3PD

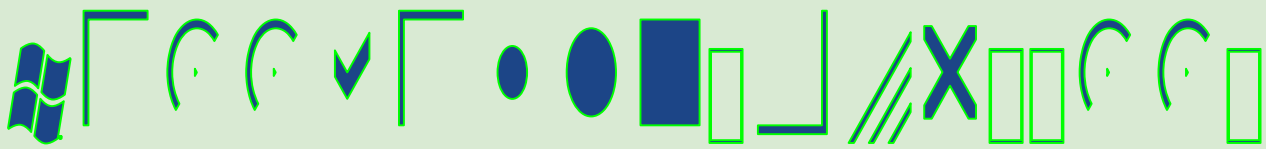
Facilitator: Sue Spencer

For more information, please contact Sue Spencer on: (T) 020 3848 5780 ext 2006 or 07932622572 or (E) [sspencer@ivydale.southwark.sch.uk](mailto:sspencer@ivydale.southwark.sch.uk) or [earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)

**Autism Support**

A range of support services are offered for children who have been diagnosed with autism. Names are being taken for Cygnet (5-18) and Next Steps (Under 5s) parenting courses.

Contact: [AutismSupportTeam@southwark.gov.uk](mailto:AutismSupportTeam@southwark.gov.uk) directly with the family details to put their names down.



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**



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

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

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



Get active with Southwark Leisure!

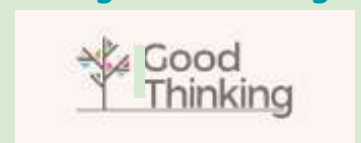
<https://southwarkleisure.co.uk/>

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](http://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](http://www.wildlondon.org.uk)  
Or email [dwallace@wildlondon.org.uk](mailto: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>**

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



Scan here to book a place







**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\***



# 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](mailto:PPC@tavi-port.nhs.uk)  
OR contact Jackie Briskman on 07743 991957

©RAS 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 SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

## WHAT ARE THE RISKS?

### MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

### SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

### DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

### FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These ingenious sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outweigh any suspicions they may have.

### SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

### MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

## Advice for Parents & Educators

### ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

### BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant at 8CyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



### CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

### KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.



Source: See full reference list on guide page at [nationalcollege.com/guides/shopping-apps](https://nationalcollege.com/guides/shopping-apps)