

Robert Browning, Snowsfields and Tower Bridge Primary Schools

We learn and succeed together



 [@robertbrowning.bsky.social](https://twitter.com/robertbrowning.bsky.social) [@towerbridgeschool.bsky.social](https://twitter.com/towerbridgeschool.bsky.social) [@snsprimary.bsky.social](https://twitter.com/snsprimary.bsky.social)
Find us at: www.thebridgesfederation.org.uk

Newsletter 7th February 2025

Dear Parents and Carers,
Please check your schools 'dates for your diary' box for upcoming events.



During Wellbeing Week next week the children will be learning about sleep hygiene, online safety they will bring home their AUPs (acceptable online use at home and school) and they will take part in the NSPCC 'Speak out. Stay safe.' programme. Please see page 2 and page 3 of the newsletter for additional information and resources for parents.

Please take a look at the resources available for parents and carers at the UK Safer Internet Centre to help you to keep your child safe online: [Parents and Carers - UK Safer Internet Centre](#)

To order branded school uniform from the 11th February please make sure you use the new links on our school website or follow the instructions on the flyer on page 11. Price and Buckland have a new website. Remember you don't have to buy branded items, just make sure your child is wearing the correct colour for your school: [Uniform – The Bridges Federation](#)

Thank you to our year three classes for wonderful assemblies which included: narrating, acting and singing. Thank you to our year three staff teams and to you parents for supporting your children by attending the assembly.

Have a lovely weekend, the gates open at 8:45am, many children are still arriving to school after 9am which disrupts their learning. Please support your child to arrive at school on time every day.

Parent and Pupil Review Meetings (Guardian Consultations)

On Monday 3rd February at 9.30am, bookings will be open on the Arbor App for you to choose your pupil review meeting time for each child attending the school. You will need to make sure:

- you book a different time for each child attending the school
- you ensure you have enough time to walk to each classroom

Guardian Consultation bookings can only be made via the Arbor app, and will be available to book from 9.30am on Monday 3rd February until Thursday 20th February at 3.30pm. Parent and Pupil Review day is on Wednesday 5th March.

★ Dates For Your Diary ★

Tower Bridge

DON'T FORGET TO BOOK YOUR PUPIL REVIEW MEETING ON ARBOR BY 20/2/25 3.30pm

10th - 14th February - Wellbeing Week including Safer Internet Day on 11th February

Wednesday 12th February - NSPCC Fundraiser - £1 donation to wear green

Friday 14th February - Break up for Half Term

17th - 21st February - Half Term Week

Wednesday 5th March - Parent and Pupil Review Meetings

Robert Browning

DON'T FORGET TO BOOK YOUR PUPIL REVIEW MEETING ON ARBOR BY 20/2/25 3.30pm

10th - 14th February - Wellbeing Week including Safer Internet Day on 11th February

Thursday 13th February - Year 2 Fundraiser

Friday 14th February - NSPCC Fundraiser

Friday 14th February - Break up for Half Term

February 17th - 21st - Half Term Week

Wednesday 5th March - Parent and Pupil Review Meetings - school closed

Snowsfields

DON'T FORGET TO BOOK YOUR PUPIL REVIEW MEETING ON ARBOR BY 20/2/25 3.30pm

Monday 10th February NSPCC Day: £1 donation, wear green, bake sale at 3:30pm

Tuesday 11th February Safer Internet Day

Friday 14th February - Break up for Half Term

February 17th - 21st - Half Term Week

Wednesday 5th March - Parent and Pupil Review Meetings

Term Dates 2024-2025 are on the Federation website [Term Dates – The Bridges Federation](#)

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](#)

Dear Parent/Carer

NSPCC's *Speak out. Stay safe.* programme

We are participating in the **NSPCC's *Speak out. Stay safe.* Programme** this term. *Speak out. Stay safe.* is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom based activities which we have reviewed. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy.

Parents and carers are asked to let school know if their child may have experienced anything (in the past or happening now) which may mean they need extra support before, during or after taking part in this programme.

If you would like to know more about the *Speak out. Stay safe.* programme visit www.nspcc.org.uk/speakout.

Feedback survey for pupils aged 7-11

The NSPCC would like to gather feedback from pupils aged between 7-11 about the *Speak out. Stay safe.* programme to gauge their learning.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

We hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful.

Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities

Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/onlinesafety

Childline – under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.

www.childline.org.uk/buddy (5-7)

www.childline.org.uk/kids (7-11)

Talk PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.

The Sleep Factor



Research shows that only 42% of young people are getting 8.5 hours of sleep on a school night, in addition to this there is also a worrying decline in young people's happiness. There is ongoing research into the relationship between mental health and sleep, highlighting that quality sleep is crucial for good mental health.



Did you know, 5-11 year olds need 10-11 hours of sleep per night?

[Sleep Advice](#)

As part of Wellbeing Week, the children have been learning about sleep and it's importance.

Recommendations

- Children of this age need a regular sleep schedule, waking up and going to sleep at the same time every day (including at the weekends). Bedtime for this age group should be before 9pm.
- Routines before bed should include calming activities such as reading and one-to-one time with a parent/carer. The hour before bedtime should avoid screen use (e.g. TV, phones, tablets etc.) or overly energetic activities.
- Children should avoid caffeinated or high-sugar products such as fizzy drinks, tea or coffee and sweets, particularly during the afternoon and evening.



NHS advice: www.nhs.uk/every-mind-matters/mental-health-issues/sleep

The Sleep Charity: www.thesleepcharity.org.uk/information-support/children/relaxation-tips/

The Evelina London Children's healthcare:

www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/how-to-sleep-well-for-teenagers.aspx



YELLOW CLASS ASSEMBLY



Thank you Yellow Class for an informative and fantastic assembly this week. Thank you to all the parents and carers who came to support the children.

Thank you to all the parents who have booked Pupil Review Meetings so far via the Arbor App. If you haven't booked Guardian Consultations yet, please do so to secure a preferred time slot. Please ensure you:

- you book a different time for each child attending the school
- you ensure you have enough time to walk to each classroom

Guardian Consultations can only be made via the Arbor app, and will be available to book until Thursday 20th February at 3.30pm.



On Wednesday 12th February, children can wear green to school for a £1 donation to the NSPCC.

NSPCC fundraiser

Wellbeing Coffee Morning

Meet the Groundwork Wellbeing Support Team

Supporting the wellbeing of children and families



Tuesday 11th February

09.00

Art Room

Join us for an introduction on who we are and to discuss wellbeing

For more information, contact either:

Vinisha (Whole School Approach Coordinator):
vinisha.kurup@groundwork.org.uk

Office:
office@towerbridge.southwark.sch.uk



What Materials I Used to Build A House
It's a popular choice for framing due to its strength and very easy to use. I know for it's durability and the maintenance it also very common for the houses have like wood.
This material is long, strong and very fire resistant! This is mainly used as roof but you can use this to make doors and etc.
Concrete I would use this to make blocks or walls for the floor if I had a basement.

MY HOUSE
It would be an area of plastic, brick and metal to be used. I will use a core area.

If you could build a house of any material, what would it be and why?



Well done to all the children who answered this half term's STEAM (Science, Technology, Engineering, Art and Maths) Question:

If you could build a house out of any material, what would it be and why?

As you can see, we had lots of creative responses. All children who answered the question will have the chance to win a book in assembly next week.

Next half term, our STEAM question is:
100 years from now, what do you hope has been invented?

You could spend half term designing your answer and hand it in when we come back to school.



Yellow Class Assembly!

We really enjoyed Year 3's assembly on Tuesday afternoon. They performed a version of Flat Stanley, touring Ancient Egypt. Thank you to Tessa, Diane and Flore for all your hard work preparing the children and thank you to all the parents who attended!

Wellbeing Week

Next week the children will be taking part in Wellbeing Week. This will include participating in Safer Internet Day and learning about their Mental Health. **On Friday they will be raising money for the NSPCC by wearing pyjamas or green clothes and donating £1.**



NSPCC

Orange Class Fundraiser



Rainbow Class Learning

Rainbow class have been busy! They have been finding 2d shapes in the playground, learning about different customs associated with Lunar New Year. They have also been playing a turn taking game as part of their reverse integration with children from Year 3 & Year 5



Snowsfields Primary School



This week, the children enjoyed choosing a book to take home from our Book Hut! A huge thank you to the Children's Book Project for their generous donations, helping to inspire a love of reading across our school. Happy reading, everyone!



Year 4 Multiplication Masters!

To strengthen their multiplication fact recall, Green class take part in a variety of fun and interactive multiplication games.



Year 2 had an exciting visit to the Tower of London, where they took part in an interactive workshop and discovered fascinating stories from the past. It was a fantastic opportunity to bring history to life and deepen their learning!



Our Chess Club is in full swing, with children developing their strategic thinking and problem-solving skills while enjoying friendly matches. It's fantastic to see their enthusiasm and focus as they put their tactics to the test!



A big thank you to Emily for a fantastic drama workshop. The children had a wonderful time exploring and reinforcing their understanding of emotional regulation through creative activities.



We welcomed students from the Royal Veterinary College, who shared their journey to becoming a vet and offered valuable advice to the years 3 to 6 on pursuing a career working with animals.



Yellow class impressed everyone with their incredible Ancient Egyptian assembly! They shared their knowledge through a dynamic presentation, fascinating facts, and a touch of humour—especially when explaining the mummification process! A huge well done to Yellow Class for such a memorable and entertaining performance!





Our school value this week is:
R - Respect For All

Reading Raffle Winners



Our core value this week is: Kindness

Reading Raffle Winners



Times Tables Rock Stars

Our school value this week is:
I - Inclusive and Inspirational

Reading Raffle Winners





	% present	Lates	Total
Year 1	91.7%	2	200
Year 2	98.5%	3	375
Year 3	96.5%	3	125
Year 4	96.7%	8	150
Year 5	98.1%	9	200
Year 6	97.6%	1	325

Overall whole school attendance for week beginning 27/1/2025: 96.54%

**1st Place Attendance: Year 2
1st Place Punctuality: Year 6**



Overall whole school attendance for week beginning: 27/1/2025: 94.21%

**1st Place Attendance: Y2
1st Place Punctuality: Y1 Y2 and Y5**

	Absence	Lates	Total
Year 1	16	4	93.33%
Year 2	8	4	96.67%
Year 3	19	6	93.67%
Year 4	16	6	93.60%
Year 5	10	4	96.43%
Year 6	23	5	92.33%



	Absence	Lates	Total
Year 1	35	7	175
Year 2	13	13	125
Year 3	7	2	600
Year 4	30	13	0
Year 5	13	4	250
Year 6	9	9	200

Overall whole school attendance for week beginning: 27/1/2025:

91.86%

**1st Place Attendance: Y3
1st Place Punctuality: Y3**

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Find us at: www.thebridgesfederation.org.uk

ATTENDANCE UPDATE

Being in school and having the best attendance possible underpins all the many benefits of school for your child, such as their learning, wellbeing and wider development. We want to work with you to ensure that attendance for pupils at the Bridges Federation is the best it can be.

As a parent, you are legally responsible for making sure your child gets a suitable full time education. This means making sure your child is in school every day except when

- Your child is too ill to go to school.
- You have permission for a leave of absence from your child's school for them not to attend. You should only ask for this in exceptional circumstances. Generally, a holiday will not be classed as an exceptional circumstance.
- Your religious body has a day especially for religious observance.

If my child needs to be absent from school, what do I need to do?

You should contact us as early as possible (no later than 10am) on the first day of absence to explain why. If you do not, we will contact you to find out where they are.

My child is ill. What should I do?

If your child is ill, read the NHS's 'Is my child too ill for school?' advice to help you decide whether they can go to school. Contact us as soon as possible to let us know that they will be absent.

Do I need to provide medical evidence to support my child's illness related absence?

We may ask for medical evidence when your child is absent due to illness. This may be in cases where:

- Your child is regularly absent due to illness, to assess how we can help by putting support in place.
- We have reason to believe your child was not too ill to attend and a conversation has not resolved the issue.

If you are asked to provide evidence this does not need to be a letter from your doctor or consultant, and doctors will not usually provide such letters. It can, instead, be appointment cards, prescriptions, or notes of previous consultations (including from the NHS App.)

To avoid disruption to your child's attendance, medical and dental appointments should not be booked during the school day whenever reasonably possible.

My child is struggling to attend school. What can I do?

The first step is to talk to us about why your child is missing school, and what help we can give. You should still do everything you can to help your child attend as much as possible whilst waiting for help and support to be put into place. Information on who you can contact for help, including the school's senior leader responsible for attendance, can be found in our attendance policy on the website. We follow the expectations laid out in the DfE guidance 'Working together to improve school attendance.'

<https://assets.childrenscommissioner.gov.uk/wpuploads/2024/07/aaa-guide-for-parents-on-school-attendance-19th-Aug-version.pdf>

<https://thebridgesfederation.org.uk/home/attendance/>

On **January 6th 2025** all 3 schools are moving to Arbor.

We will no longer be using Scholarpack.

Parents please see below guidance explaining what you need to do. From **January 6th** you will no longer be able to send or receive messages with the school via Scholarpack.

If you need any help please contact your child's school.



We're using Arbor's free Parent Portal and Parent App

We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Parent App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go!

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Parent App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

How to get started

1. Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
2. Click the link in your welcome email to set up your password
3. Go to the App or Google Play Store on your phone and search 'Arbor'
4. Click 'Install' on Android or 'Get' on iPhone then open the App
5. Enter your email, select the school, then enter your password
6. Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic
W10 5BN, London, GBR

Enter your password

Log In

Forgotten password?

Need help using Arbor?

Contact the school office if you have questions about Arbor, the App or Parent Portal. Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

Some tips to try:

1. Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
2. **Reset your password** from the login page, or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the **password link will have expired**. Ask us to send it again.
4. Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.
5. **Enter the birthday** of one of your children to log in.
6. Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.



Family support

FATHER'S GROUP



Join a 12-week course to improve your parenting skills.

Whether you are a father, grandfather or stepdad, receive advice and tips on topics such as positive parenting, improving relationships and role modeling. Crèche provided.

When: 1st Place Family Hub
12 Charnleigh Street, Burgess Park, SE16 0NF

BOOK A PLACE
Email: ben.compbell@southwark.gov.uk
Phone: 07738 860 768

SAFETY IN THE HOME

A ONE DAY COURSE

ACCIDENT PREVENTION & AWARENESS WORKSHOP FOR FAMILIES WITH YOUNG CHILDREN

DATE: TUESDAY 21ST JANUARY, 2025
TIME: 10AM - 12:00PM

VENUE: THE LEMINGTON CENTRE COMMUNITY CENTRE
8 EUGENIA ROAD ROTHERHITHE SE16 2RU

FOR DETAILS & TO REGISTER:
02035398605, 07294062602
Admin@parentskills2go.com
parentskills2go.org

The Nest - Wellbeing Hub

The Nest operates a drop-in service every **Saturday between 10:30 and 14:30**. Therapeutic practitioners and support workers can offer 1:1 emotional support, information & advice and signpost you to the appropriate services.

Drop-In Service | The Nest

Voces for Autism Charity presents

AUTISM AWARENESS COMMUNITY DAY

Tuesday 8th April 2025 | 11am-3pm
Nunhead Green Community Centre, London SE15 3QQ

Come and join us to celebrate Autism Awareness month. There will be lots on offer, for the whole family including:

- Arts & Crafts
- Information Stalls
- Guest speakers

FREE Entry | Tickets available on website | www.vocesforautism.co.uk

Southwark Young Carers

To get involved, you can refer to our website www.imago.community or scan the QR Code

IMAGO

We support young people living in Southwark aged 6-24, who provide unpaid care or support to a family member with a long-term illness, disability, mental health condition or a substance misuse issue.

For further information, please contact our Hub
youngcarers@imago.community
0300 111 110

Southwark Young Carers is a service of Imago Community. Registered charity number: 2336 008

Free Workshops for Parents and Carers

Do you want more guidance on how to talk to your children, teens and young people about vaping, alcohol or drugs? Do you want to be informed on the current themes and trends we come across working with young people in the borough?

Substances are more accessible today than ever before. For parents, carers or anyone responsible for children and young people, it can feel overwhelming and difficult to know how to respond.

We're offering FREE online workshops for parents and carers in Southwark, to give advice and guidance to help you navigate this quickly changing landscape.

Workshops:

- Current trends amongst young people
- Strategies for talking to young people about substances in an open and supportive way
- Practical advice on how to assist your children/son from the dangers of substance misuse

For further information contact: **ROBIN BEE**
• Email: Southwark.YoungPeople@cg.gov.uk or scan the QR code for a direct link to the eventdate page.
• You can call us on: **020 3404 7499**

PARENT SPACE

A QUARTERLY ONLINE & IN PERSON PROGRAM

A QUARTERLY COFFEE MORNINGS FOR PARENTS WITH SPECIAL NEEDS CHILDREN TO SHARE THEIR ISSUES AND CHALLENGES AS WELL AS TO FIND OUT HOW THEY SUPPORT THEIR CHILDREN

DATES:
WEDNESDAY 16TH JANUARY 2025 TIME: 9:30 - 11AM
WEDNESDAY 2ND APRIL 2025 TIME: 9:30 - 11AM
WEDNESDAY 15TH JULY 2025 TIME: 9:30 - 11AM

FOR DETAILS & TO REGISTER:
• Admin@parentskills2go.com
• parentskills2go

OR CALL:
07207443777
07292818383
02035398609
017546618402

PLEASE NOTE: 1.5 HOUR IN PERSON AND MONTHLY ONLINE PROGRAM

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

For parents of children aged 6 - 24 years

This 12-week course helps parents and carers to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Understand your child's development
- Recognise and value your family and cultural traditions
- Develop effective communication
- Meet others and share ideas

JOIN NOW

When is it on?
Tuesday 10am - 12pm
12 Charnleigh Street, Burgess Park, SE16 0NF
Email: EarlyHelp@Southwark.gov.uk
Phone: 0203 404 7499

EPEC BEING A PARENT 1-3

For parents of children aged 1 - 3 years

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

JOIN NOW

Contact: Claire Gager
Email: claire.gager@southwark.gov.uk
Tel: 07547 859 846

WHEN IS IT ON?
STARTING 17th JANUARY 2025
TUESDAY MORNINGS
1ST PLACE CHILDREN & FAMILY HUB
12 CHARNLEIGH STREET
LONDON
SE16 0NF

What time?
10am-12pm

AUTISM & SEND

(SPECIAL EDUCATIONAL NEEDS & DISABILITIES)

ISSUES FOR BLACK AND MARGINALISED FAMILIES

(5 WEEKS ONLINE PROGRAM)

Monday 20th January
TIME: 6:00PM - 7:00PM (ONLINE)

ZOOM DETAILS WILL BE SENT AFTER REGISTRATION

FOR DETAILS & TO REGISTER:
02035398605, 07294062602
Admin@parentskills2go.com
parentskills2go.org

CONTACT WITH US:
[@parentskills2go](https://www.instagram.com/parentskills2go)
[parentskills2go](https://www.facebook.com/parentskills2go)

Free and stand alone information sessions for parents and carers on a range of topics - 'TAP-IN' to the sessions you need or complete those you have already done.

Sessions include:

- Digital Safety - how to support children to be safe online
- Ages and Stages - how to support different developmental stages
- Parental Wellbeing - how to communicate our needs
- Parenting and Autism
- Parenting and ADHD
- More to come...

JOIN NOW

Beth Gilbey
07394 865 980
bethany.gilbey@southwark.gov.uk
EARLYHELP@SOUTHWARK

We hold in person sessions throughout the year. Contact the team for the next available session.

family info

Parent Skills 2Go
SEWING SKILLS
 10 WEEKS DRESSMAKING COURSE FOR BEGINNERS & INTERMEDIATE LEARNERS

FREE SEWING MENDING STATION
 (SUPPORT ON HOW TO MEND CLOTHES)

BASIC / BEGINNERS SEWING CLASS STARTS
 WEDNESDAY 15TH JANUARY 2025

INTERMEDIATE LEARNERS SEWING CLASS STARTS
 FRIDAY 17TH JANUARY 2025

VENUE:
 THE LEWINGTON CENTRE COMMUNITY CENTRE
 9 EUGENIA ROAD
 ROTHERHITHE SE16 2BU

FOR DETAILS & TO REGISTER
 02033359609, 07394662802
 Admin@parentskills2go.com
 parentskills2go.org

COST FEE
 £20 BEGINNERS
 £30 INTERMEDIATE

10AM TO 12PM

crèche will be provided!

Let's talk PANTS with Pantosaurus! | NSPCC

NSPCC



- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

SOUTHWARK SCHOOLS' INDOOR AIR QUALITY

Southwark Council is pleased to announce a special project to improve indoor air quality in schools, and you can be involved.

Airflow - Air Quality Monitoring & Engagement Project for students in Year 6 and above

This project will use air quality sensors placed in classrooms and the homes of Southwark children, offering a first insight into the air quality they experience.

Teachers and students will participate in a specially designed curriculum to deepen their understanding of air quality's effects on health and discover strategies to improve indoor air quality.

This initiative builds on existing air quality efforts and provides tools with a dedicated webpage and monitoring device to some schools in forming a clearer, healthier educational atmosphere.

School staff and parents can register interest by filling out the form on this link or by emailing: https://forms.office.com/e/123456789

www.southwark.gov.uk

Climate School Action Plan: Check out the Climate School Action Plan Cards which include a checklist to improve air quality.

Price & Buckland
 NEW SCHOOL UNIFORM WEBSITE LAUNCH

On the **11th** of February we will launch our **NEW** website. The URL remains: www.price-buckland.co.uk

Website QR code. This will take you to the homepage to search for your school.

If you have ordered from our website before, go to the **Account Section** and **re-set** your password. You can use the same password that you have currently.

You can then see previous orders and manage your account.

Any Questions? Call us on 01859 640827

Enjoy **FREE** access to classes

Sign in or **download the Southwark Leisure App** and click on the 'free online classes' button.

Over 20 adult class programs, Kids Born To Move classes, 2000 plus workouts, plans and challenges. Stream from the web, your mobile and TV.

Parent/carer support at Robert Browning

With Anna and Toni

We offer non-judgemental and confidential support for parent/carers of children with anxiety and challenging behaviour

Tea/ coffee Morning
 Time: **9:00- 9:45**

Upcoming dates:

- 21st January - Welcome back! Meet and greet/catch-up
- 4th February- Managing strong emotions
- 25th February - Calming/relaxation techniques
- 11th March- Understanding anxiety
- 25th March- Reflection week

For more information please contact: anna.geissmann@groundwork.org.uk

GROUNDWORK
 CHANGING PLACES
 CHANGING LIVES

Southwark Council **LU Learning Unlimited**

Free* 15 week Learning Unlimited course for adults interested in becoming Teaching Assistants Award in Support Work in Schools

Wednesdays 9.30am – 12.30pm
 From 26th February to 23rd June 2025

We will contact you when you register to arrange an assessment trial. This course will be delivered online using Zoom.

What will I get from attending the course?

- The knowledge and skills required to become an effective teaching assistant
- The City & Guilds Award in Support Work in Schools (Level 2)
- The opportunity to progress to the Certificate in Supporting Teaching and Learning in Schools or to apply for work as a Teaching Assistant
- Free course FÁS fee - <https://www.gov.uk/guidance/apply-for-fas>

How much does it cost?

*The course is free but there is a non-refundable registration fee of £50.

To apply for a place on the course use the link below to complete the online form: <https://www.learningunlimited.org.uk/apply-for-course>

All applicants should have level 2 English.

Please note you will need to complete a portfolio with a full regular update list of homework sheets on arrival in completion of application form and assessment.

Southwark Council **LU Learning Unlimited**

Online English (ESOL) Course

A FREE 15-week Entry level online accredited course for Southwark residents

Classes will be on **Tuesdays & Thursdays at 10am-12.30pm**
25th February - 26th June 2025
 (one-time only)
 plus online Conversation Clubs

This course will take place on Zoom. Applicants should live in Southwark.

To apply for a place on the course in **advance** please use this link: <https://www.learningunlimited.org.uk/apply-for-course>

Spaces are limited so book soon.

We will contact you to confirm your place on the course.

family
fun



LORD'S

NATIONWIDE CRICKET HUBS



We run a network of cricket Hubs that provide free-to-access training and match play to 6,500 state-educated young cricketers at 164 sites across the UK. The Hubs focus on talent: helping promising youngsters who have been engaged through mass participation activities or non-traditional formats to join cricket clubs, develop their hard-ball skills, and access the formal talent pathways. The Hubs also have a transformational impact off the cricket pitch, helping participants to feel happier and more confident, and improving their focus and performance at school.

<https://www.lords.org/mcc/mcc-foundation/mcc-foundation-in-the-uk>

What Parents & Educators Need to Know about JUSTALK KIDS

WHAT ARE THE RISKS?

JustTalk Kids is a child's version of the JustTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JustTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JustTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call, exclusive stickers, a badge denoting them as a premium subscriber, and exclusive ringines and themes.

RESISTANCE TO CONTROLS

JustTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (either the app or from their own adult JustTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JustTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JustTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact; this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JustTalk and JustTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 52% increase in children's screen time between 2020 and 2022 – as well as finding that 20% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JustTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

Meet Our Expert

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



DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JustTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving. Check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/justtalk-kids>

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