

Holbeach

WEEKLY NEWSLETTER

Friday 12th December 2025

Wonderful Christmas Performances!

This week, we were able to sit back and enjoy three fabulous Christmas Performances by the children in Year 6 (on Monday), in Years 1 and 2 (on Tuesday) and in Years 3 and 4 (on Thursday).

Year 6 demonstrated a broad range of talents in their "Winter Variety Show". Singing, Dancing, Gymnastics, Magic Tricks, you name it, the children show cased it!

Then, Years 1 and 2 gave two rousing renditions of "Born in a Barn" before Year 3 and 4 rounded off the week with their own engaging, energetic and enthusiastic performance of "A Vik-torian Misadventure", which was a musical that was written by our very own Mrs Freeman!



IMPORTANT DATES

Monday 15th December

- Year 4 Performance at the Ladywell Dementia Centre

Tuesday 16th December

- NHS Universal Immunisation (catch-up session)
- 2W Memorable Experience (Toy Exhibition) at 9:30am
- Year 5 Christmas Production (6pm)

Wednesday 17th December

- Year 3 Memorable Experience (Victorian Museum) at 9am

Thursday 18th December

- 2A Memorable Experience (Toy Exhibition) at 9:30am
- Nursery Christmas Production (2pm)

Friday 19th December

- Last day of the Autumn Term (children can be collected at 1:30pm or 3:20pm)

Year 6 Ice Skating Fun!

On Wednesday, Year 6 visited the Queen's House in Greenwich to partake in a little bit of ice skating fun.

For many of the children it was their first time ice skating but you would not have known it as they soon picked it up. The teachers could not have



chosen a better day to visit this historic venue. The sun was shining, the children were smiling and there were no injuries throughout the trip.

Trees on the Green

Congratulations to the children in Year 6 who once again have had their incredible art work displayed on the "Trees on the Green".

Thank you to Mrs Carnell who continues to support local artist Joe Grossi's attempts to use the three



wooden structures at Rushey Green to exhibit the children's beautiful art work.

Holbeach Choir singing at the Ladywell Dementia Centre

On Monday, the Holbeach Choir gave a heart-warming performance for the patients at the Ladywell Dementia Centre.

Mrs Freeman and Mr Pix accompanied them as they sang the songs that they have been rehearsing during the Autumn Term.



Winter Jumper Day & Christmas Lunch

Today, the children had a wonderful time at the Holbeach Christmas lunch. It was a really colourful and happy experience, with children and staff all wearing their festive jumpers and specially made hats.

The catering staff had produced a tasty and nutritious meal and were very friendly and festive as they served the children.



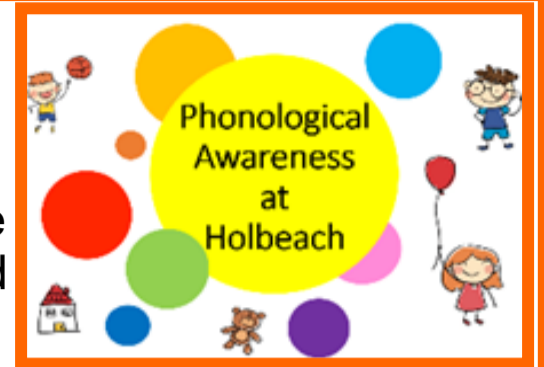
It was great to see the teachers and Support Staff eating with the children. They had crackers to pull and listened to some traditional Christmas tunes.

A special thank you goes to Mrs Mills (Senior Midday Meal Supervisor) for organising such a joyous event.

Supporting Your Child's Learning

Whole School Development of 'Phonological Awareness'

This week, the children have once again been focusing on the following skill: **"Deleting Syllables"**. This means getting rid of one (or more) syllables within a word and then saying the rest.



Here are some ideas to help children delete syllables in words:

Younger children

Stick to 2 syllable words, and start with compound words (two words grouped together to make a new word e.g. 'tea-pot', 'tooth-brush', 'train-track') as younger children find these the most easy to break apart. First, ask your child to clap the syllables (to make sure they get this bit right), then ask them to "take away the first syllable / last syllable". You can hold up 2 fingers and use these to help show them ☐

Older children

Choose a word with multiple syllables, like "butterfly" or "happily." Have your child say the word and then ask them "what word would you get if you delete the first / middle / last syllable". For instance, for "but-ter-fly," you could delete "but" and end up with "ter-fly."

Watch this video of how to help children delete syllables in words <https://youtu.be/QKL9GLVVyL0>

Who are Lewisham Mental Health Support Team?

We are working in your child's school to support emotional wellbeing. We work with the whole school community; for example, workshops and coffee mornings for parents and carers, assemblies and pupil voice groups for young people, and training and consultation for staff. We work individually and in groups with parents and carers too (turn the page for more information).

Our focus is on early intervention - noticing and addressing difficulties as soon as possible. Some of the things we help with are:

Behaviour that challenges Friendship difficulties
Low mood Managing emotions
Dealing with change Anxiety

Get in
touch

Find out more or make a request for support:

- Speak with your school's Senior Mental Health Lead (usually the SENCo or Inclusion Lead)
- Email LewishamMHST@slam.nhs.uk
- Call 020 7138 1250 or 020 7138 1230 and ask for the MHST
- Go to www.slam.nhs.uk/mhst

We've requested support, what next?

We look at requests for support as a team and decide what type of support is likely to be helpful. This might be:



Contacting you to arrange an assessment so we can find out more. After the assessment, we will offer an intervention or help you to find support elsewhere.



Working with you and school to find and contact the best service to meet your goals, for example if you're looking for a specialist service that we don't provide.



Giving indirect support by advising and consulting with school staff, helping them to put in place the support your child needs in school.

What are your interventions?

- Our guided self-help interventions are for anxiety or behaviour that challenges, and are based on Cognitive Behavioural Therapy.
- We work with you - parents and carers - rather than directly with the child. Research tells us that this is more effective as you know your child best!
- We will meet with you for 6-8 sessions, with some 'homework' (reading or activities) between sessions. We run both 1-to-1 and group sessions.
- Our aim is to understand together what's going on for your child and to practice strategies that will help you towards your goals.

Family Support in Lewisham

Family Navigators

at Lewisham Family Hubs



Family Navigators provide free, confidential and non-judgmental support by connecting you with on site and local support services, led by you.

We can

- Provide advice and information on a range of different topics
- Signpost you to local support and services
- Introduce you to services located within the Family Hubs and local community
- Provide a listening ear
- Support you with form filling and much more.

Ways to connect

- Send an email to Family.Hubs@Lewisham.gov.uk
- Use our QR code and complete the short form and we will get back to you.



"The help I got from the Family Navigator was really helpful"
quote from parent

lewishamfamilyhubs.org.uk



Being a Parent

Parenting programme for parents of children aged 2-11

Delivered by trained Parent Group Leaders from Empowering Parents Empowering Communities (EPEC), part of South London & Maudsley NHS Trust, in partnership with Lewisham



A FREE 9-week course to help parents learn practical skills for everyday life such as:

- Looking after yourself as a parent
- Recognising and managing your child's emotions
- Learning positive parenting strategies

ONLINE

Wednesday 9.45-11.45

23rd January - 27th March 2026

(no session 18th Feb - half term)

To sign up and find out more click [HERE](#) or scan the QR code:

Or Contact **07860 371868**



Feedback from Lewisham Parents

"I absolutely loved this course. I would recommend it to anyone. It has helped me out so much as a parent"

"The leaders were amazing, made me feel so much more confident and feel like people actually do care."



Being a Parent

Parenting programme for parents of children aged 2-11

Delivered by trained Parent Group Leaders from Empowering Parents Empowering Communities (EPEC), part of South London & Maudsley NHS Trust, in partnership with Lewisham



A FREE 9-week course to help parents learn practical skills for everyday life such as:

- Looking after yourself as a parent
- Recognising and managing your child's emotions
- Learning positive parenting strategies

Downham Family Hub

Shrofford Road, BR1 5PD

Friday 10.00 - 12.00

23rd January - 27th March 2026

(no session 20th Feb - half term)

To sign up and find out more click [HERE](#) or scan the QR code:

Or Contact **07860 371868**



Feedback from Lewisham Parents

"I absolutely loved this course. I would recommend it to anyone. It has helped me out so much as a parent"

"The leaders were amazing, made me feel so much more confident and feel like people actually do care."



Random Shout-Outs



skipz productions cic presents

GET CREATIVE AND FESTIVE WITH THE SKIPZ XMAS AND NEW YEARS EXPERIENCE 2025

HOLIDAY ACTIVITIES & FOOD PROGRAMME 2025

FREE FOR FREE SCHOOL MEALS CHILDREN

PAYING CHILDREN ALSO WELCOME!



LUNCH PROVIDED

DECEMBER 22 - DECEMBER 30

10 AM TO 2 PM

St Andrew's Church hall, St Andrew's Apostle Church, Sandhurst Road, SE6 1XD

For more information and to register please visit <https://www.skipzproductions.org/skipzhaflewisham>



CHRISTMAS FACTSHEET 2025

Below is our most up to date list of Christmas opening hours, free Christmas meals and other food support provided during the Christmas season.

For further details and support please phone our Community Connections Lewisham phone line on 0330 0583 464, open 9:30am-4:30pm Monday to Friday (*except Thursdays when it is open 2:00pm-4:00pm only).

GENERAL SUPPORT

Lewisham Council Customer Service Centre
020 8314 6000 automated switchboard- open every day, 24/7.

Crisis Mental Health Line
(South London and Maudsley mental health support line) 0800 731 2864 – open every day 24/7.

Advice Lewisham
Closed from 24th December.
Reopens 5th of January.

Community Connections Lewisham
Phoneline will be closed from 4:00pm 23rd December and reopen 9:30am on the 2nd January.
Drop-in is closed 25th December and 1st January and re-opens on 8th January.

Rushey Green Pharmacy
Primary Care Centre, Hawstead Road, SE6 4JH.
Telephone: 020 8690 8917

1

CALM & CONNECT THERAPY

Running Sensory Circuits for Mothers

A nurturing space to unwind and restore balance. Engage in guided sensory activities designed to calm the mind and body. Connect with yourself and others in a supportive environment.

Every Saturday

🕒 5:00 PM – 7:00 PM

📍 247A Lewisham Way
London SE4 1XF

Facilitator:
Majlinda Xhaferraj
Psychologist (GMBPsS)
Member of the British Psychological Society

CONTACT US

✉ linda@calmandconnect.co.uk ☎ +44 7401 317 575





OUR CAMPS

SNOW MUCH FUN CAMP 2025

ARTS & CRAFTS | PARTY GAMES | SPORTS & TEAM CHALLENGES

CHRISTMAS BISCUIT DECORATING | DRESS-UP DAYS | FESTIVE SURPRISES!



CAMP DETAILS:

- ❄ St Mary's C of E Primary School, 329 Lewisham High St, SE13 6NX
- ❄ 22ND & 23RD of December
- ❄ 10AM - 2PM
- ❄ AGES 5 - 11

PAID SPACES:

Book Online at OurCamps:



FUNDED SPACES:

If your child is eligible for Benefit-Related Free School Meals, Book Online at Holiday Activities:



IN PARTNERSHIP WITH LEWISHAM COUNCIL

AWARD WINNING HAF PROVIDER

📞 07306297789 📧 SCHOOLCAMPINFO@OURPARKS.ORG.UK

🌐 WWW.OURCAMPS.ORG



Membership form

Name _____
 Address _____

 postcode _____

Please tick preferred contact

☐ Telephone:

☐ Mobile:

☐ Email:

Year of birth of child _____

Nature of need/disability _____

I/We are: ☐ Parents/Carers of a child with a disability/special need
☐ Grandparents of a child with a disability/special need

I consent to Lewisham Parent and Carer's Forum holding my personal information as per their Data Protection Policies

please sign

Please note that Lewisham Parent and Carer's Forum is committed to the confidentiality of your personal information. Personal data will be held and used in accordance with the Data Protection Act 1998 and will not be shared with any third parties for commercial use. Please see our Data Protection Policy on our website for further information.

What information would you like?

How can I join?

If you are interested in joining the Parent & Carer's Forum please contact us by any of the following routes:

Email: info@lewishamparentcarer.org.uk

Mobile: 075345 68020

Website: www.lewishamparentcarer.org.uk

Alternatively, fill in the attached form and return to our office address:

Lewisham Parent & Carer's Forum
 Leamore Central Community Hub
 Bonfield Road London SE13 5EU

Contact Freephone helpline: 0808 808 3555

Textphone: 0808 808 3556

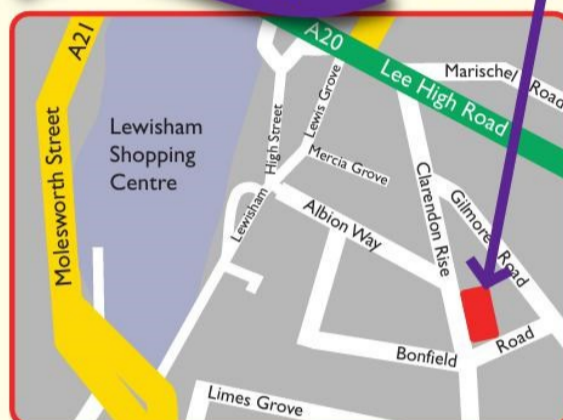


Lewisham Parent and Carer's Forum@lewishamPCF



We are here

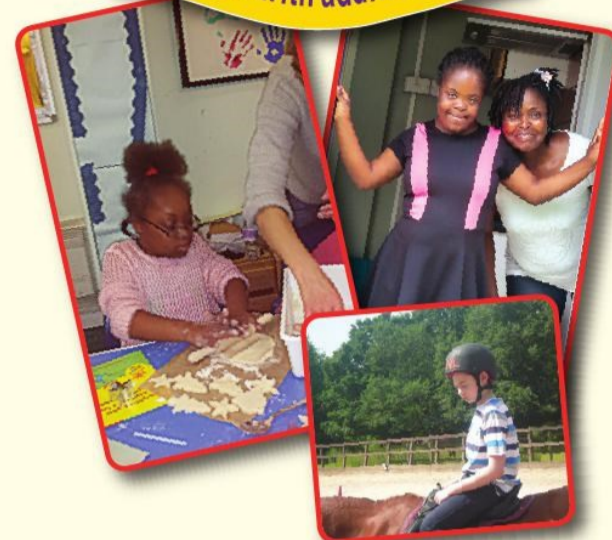
How to find us



Lewisham Parent and Carer's Forum
 Registered Charity in England: Charity No. 1159533



Empowering parents and carers to shape the future for children with additional needs



Parents and carers of children and young people with a disability or additional need, aged 0 to 25 years, living in the London Borough of Lewisham.

Parent engagement and participation.

Be part of the decision making process to help develop services for your children and young people.

www.lewishamparentcarer.org.uk

info@lewishamparentcarer.org.uk



Who are we?

Lewisham Parent & Carer's Forum (LPCF) are a registered charity. We are a group of parent carers who have children or young people with a disability or additional need, living in the Borough of Lewisham.

The aim of the Parent Forum is to try and get the best services for our children, working with the local authority, health and social care, voluntary/community organisations and universal services.

What do Lewisham Parent & Carer's Forum do?

Our main aim is to encourage engagement and participation for parents and carers to be the voice of their children.

We run regular Parent Forum meetings, workshops and events on topical issues that have been requested by, or are of interest to our parent and carer members. Events can include SEN Support, Education Health & Care Plans and Preparing for Adulthood. We also invite the local authority to speak to parents, as well as community groups and services within the borough of Lewisham.

Our website provides support information, updates and notifications of events and meetings. We regularly send out newsletters and emails on relevant information to support families.

We provide a monthly drop in service at Kaleidoscope Children's Centre, together with other support organisations in Lewisham.

We talk to parents and carers about the issues that they have and share these with the relevant statutory and community services.

We also attend strategic meetings on behalf of parents and carers.

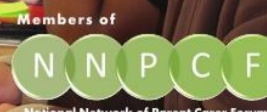


Becoming a member

Membership is free. To become a member, we ask that:

- You are a parent or carer.
- You are a representative from your child's school.
- You are a representative of a local or borough-wide parent group.

The Parent Forum's Board of Trustees are representative of parents and carers of young people under the age of 25 years in Lewisham. We welcome all parents and carers to join our Forum as a member. You are invited to come to our events and are able to volunteer to attend consultations and discussions that we have with the local authority, service providers and community groups about the services that are provided for your children and young people.



www.lewishamparentcarer.org.uk

Telephone: 075345 68020

Email: info@lewishamparentcarer.org.uk