

Holbeach

WEEKLY NEWSLETTER

Friday 16th January 2026

IMPORTANT DATES

Monday 19th January

- Year 2 are taking part in a History Workshop about 'The Great Fire of London'

Tuesday 20th January

- The Holbeach Hub Shop is open from 9am (see page 2 for details)

Wednesday 21st January

- 5F Educational Visit to the UCL Observatory

Tuesday 27th January

- The Holbeach Hub Shop is open from 9am

Wednesday 28th January

- 5G Educational Visit to the UCL Observatory

Thursday 29th January

- 5F Class Assembly (family members are encouraged to attend at 10:15am)

Tuesday 3rd February

- The Holbeach Hub Shop is open from 9am

Thursday 5th February

- "Managing Big Emotions" Workshop for parents/carers of children in KS1 (see page 2)
- 2A Class Assembly (family members are encouraged to attend at 10:15am)

OPAL Update

The children continue to enjoy all of the different resources and opportunities that our OPAL inspired playground has to offer.



No matter what the weather has been like (and we have had lots of snow, ice and rain lately) the children have continued to learn to problem solve together and overcome differences.



Science in Year 5



This week, 5G carried out an exciting science investigation to explore what happens when vinegar (an acid) is mixed with bicarbonate of soda (an alkali)

The children added bicarbonate of soda to vinegar and observed an irreversible change taking place. A chemical reaction occurred, producing a gas called carbon dioxide. This gas took up space and caused a balloon to inflate. We discussed how this change could not be reversed.

Pupils made predictions, observed the reaction carefully, and used scientific vocabulary to explain what they saw. They also talked about how to make the investigation fair by changing only one variable at a time.

Celebration Assembly

This Wednesday, saw the first "Celebration Assembly" of the new year.

Each week, Mr Morriss shares some good news stories from each class and across the school.

It was really great to see so many children at the front of assembly sharing their hard work in English, Maths and Science but it was also good to find out about Keon (5F) who recently competed in the British Taekwondo Tournament.



Keon spoke about the skills that he has learned from doing Taekwondo and how many belts he has been awarded over the years as he has improved and progressed.

Please Stop Idling

Please can all parents and carers assist the school in keeping our children safe from harm.

We are currently experiencing some parents/carers who are putting the children's health at risk by parking or idling (allowing their engine to run while they are stationary) on the double yellow lines on the roads around the school.

As a school, we are trying to educate the children about road safety and climate change and it is not helpful if the adults in the school act in a way that is at odds with our teaching.

New Football Kit

A huge thank you to Ms Davidson (Admin Officer) for her hard work in finding a company to provide the school football teams with a new kit this season entirely free of charge!

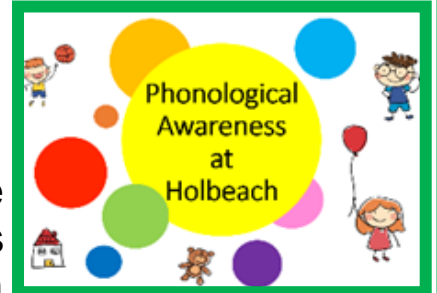
"Octopus Energy" have generously provided the school with these new blue kits and the children cannot wait for their next league matches to try them out.



Supporting Your Child's Learning

Whole School Development of 'Phonological awareness'

As part of our focus on "Phonological Awareness", this week, we were once again promoting the skill of: **Blending Onset and Rhyme**. This means putting together the first sound (or sounds) of a word, called the onset, with the rest of the word, called the rhyme. In 'cat', the onset is 'c' and the rhyme is 'at'. Mr Bulpitt introduced the skill in the assembly on Monday and the teachers found regular opportunities to check that the children could blend onset and rhyme together.



Younger children

Sound Hunt: At home, or out and about, the adult can choose a simple, 1 syllable word they see (e.g. 'cat', 'dog', 'door', 'bus') and ask the child to guess what word they are saying. Then the adult will say the word, breaking it into onset and rhyme. For example "what did I just see... b..... us....?" In the beginning, make this easy by leaving a very small gap between the onset and rhyme.

Older children

Word games: tell you child to think of a sound (this will be the onset), then you think of the 'rhyme' and see if your child can blend these together to work out the word you created together. For example, if your child chooses the 'p' sound, you could say '-ick' (pick), '-ack' (pack), '-ot' (pot). The words are endless!

Remember when saying the onset sound, make sure you are using pure sounds. Watch this video to help you understand what 'pure sounds' are: <https://www.youtube.com/watch?v=UCI2mu7URBc>

HOLBEACH HUB SHOP

Open every Tuesday 9am

Second hand school uniform and other items
Come and help yourself or Donate what you can

Accessories


- School Bags
- Shoes
- Trainers
- Coats
- Hats
- Gloves


Books, Games & Seasonal Items

School Uniform

- Polo shirts
- Jumpers
- Cardigans
- Skirts
- Pinafores
- Summer dresses
- Tights
- Trousers
- P.E kit

The Holbeach Hub can be found at the school house on the corner of Holbeach and Doagett road

**King's Maudsley Partnership**
for children and young people

**Holbeach Primary School**

Lewisham MHST Coffee Morning at Holbeach Primary School

Managing Big Emotions for KS1 Parents

Do you want to find out about different strategies to help your child manage their emotions?

Join Lewisham MHST to talk about:

The development of emotional regulation

How to use The Zones of Regulation at home




How Lewisham MHST can support Holbeach Families

Using co-regulation to help your child manage big emotions

Join us at Holbeach Primary School on **Thursday 5th February 2026 at 9am**

Lewisham MHST can provide signposting and interventions for children with mild to moderate mental health and wellbeing difficulties.

For more information on the support we can offer, visit www.slam.nhs/lewisham-mhst



Signposting to Services



LEWISHAM

AUTISM SUPPORT

Support for families of children with a diagnosis of autism living in Lewisham

What we offer:

- 1-hour clinic appointment with experienced Family Support Coordinators who provide support for parents/carers in:
 - Understanding more about autism.
 - Information about accessing local services and benefits.
- For families resident in Lewisham, access to ongoing support (Comeback Service).

How to access our service:

- Paediatricians and other Kaleidoscope diagnosing teams can automatically refer families after diagnosis. This includes families diagnosed at Kaleidoscope but living in other boroughs. These families will receive an initial 1-hour clinic only.
- We accept referrals from other professionals working with diagnosed children living in the borough.
- Families of diagnosed children can also self-refer.

Contact details:

- Tel: 020 8699 3066
- Email: lewisham.familysupport@nas.org.uk



Action For Refugees In Lewisham's services aim to meet the real needs of asylum seekers, vulnerable migrants and refugees in south east London. We provide five core services:

- Helping Hands Foodbank
- Rainbow Club Supplementary School
- Advice and Advocacy Service
- Immigration Advice Project - with Southwark Law Centre
- Wellbeing activities

We work in partnership with a range of organisations in order to maximise our impact.

We do not offer any drop in services, but are open to referrals.

Find out more about our services by clicking on this link: <http://www.afril.org.uk/our-services/>



Best Start Family Hub - Ladywell

30 Rushey Mead, SE4 1JJ

Monday 5th January to Friday 27th March 2026 - (half term 16th - 20th Feb)
To book go to lewishamfamilyhubs.org.uk/events or call 07720 152904

lewishamfamilyhubs.org.uk



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Child Development Checks 9.00am-4.00pm Health Visitors run regular health and development reviews for your child by appointment only. Contact your Health Visitor to book.</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>Mindful Mums Extra A welcoming, supportive space for you to look after your emotions and mental wellbeing, make new friends and connections. Booking is essential Visit blgmind.org.uk/lewisham/mindful-mums/</p>	<p>Baby Stay & Play 10.00am - 11.30am Based on Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk Age group: Birth to 18 mths</p> <p>Triple P for Baby Course 10.00am - 12.00pm 3rd - 24th Feb This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 9 months. Email lg.pairslewisham@nhs.net</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>Feel Positive about Parenting 1.00pm - 3.00pm 3rd Feb Being a parent can be difficult, these 1:1 sessions can help. Age Group: 18mths - 10yrs See details above to book.</p> <p>Stay & Play 1.15pm - 2.45pm Help your child learn through play and experience messy play, craft activities, singing and much more! Bring a change of clothes if possible - it might get messy! Age group: 0 - 5 years</p>	<p>Fussy Eating Workshop 10.30am - 12.00noon 28th Jan Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet. See details above to book.</p> <p>Introducing Solids 10.30am - 12.00noon 11th March Get your baby off to a great start when starting solids. See details above to book.</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>Triple P for Baby Course 1.00pm - 3.00pm 4th - 25th March This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 1. Email lg.pairslewisham@nhs.net</p>	<p>Baby Messy Play 10.00am - 11.30am Starts back 22nd Jan Sensory, fun & mess play. Bring a change of clothes if possible - it will get messy! Age group: Birth - 18mths See details above to book</p> <p>Triple P Parenting Course 10.00am - 12 noon Starts 22nd Jan 6 - 8 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour. To book email family.hub.bookings@lewisham.gov.uk or call 07720 152902</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>Children's Bladder and Bowel NHS session 9.30am - 11.30am 5th March This service support children and young people aged 3-16 who are experiencing constipation, daytime wetting and other bladder and bowel difficulties.</p> <p>Mindful Mums 1.00pm - 2.30pm 15th Jan - 12th Feb Course for pregnant women and new mums to look after themselves during what can be a challenging period. Visit blgmind.org.uk/lewisham/mindful-mums/</p>	<p>Breastfeeding Hub 10.00am - 12.00noon Get support and discuss any breastfeeding issues that you may be having.</p> <p>Education Advocacy Drop-In 10.00am - 5.00pm 27th Feb Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents & carers.</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p>
<p>FREE Vitamin D Come and register and collect your free Vitamin D at the Family Hubs</p> <p>What is Vitamin D? Find out more by searching 'Vitamin D' on our website lewishamfamilyhubs.org.uk</p>				<p>Family Navigators Family Navigators are based within Family Hubs and offer free, confidential, and non-judgmental support by connecting you with on site and local support services, led by you. Sign up via this form, the QR code, call or speak to someone at the Family Hub.</p>