

Friday 23rd January 2026

Year 2 History Workshop

On Monday the children in Year Two had a truly exciting and unforgettable afternoon as The Rainbow Theatre Company visited our school for a special historical workshop.

2A and 2W were given the amazing opportunity to learn about and act out important scenes from the Great



Fire of London.

Through drama, they stepped back in time to 1666 and brought this famous story to life. They worked together to perform key moments, helping them to understand how the fire started, how it spread so quickly, and how it affected the people of London.

Acting out the scenes made the learning experience fun, memorable, and exciting.



Enjoying "Stick Man" in Reception

Last week, the children in Reception showed just how much fun can be had from a good book. The teachers focused all of the children's learning around Julia Donaldson's famous tale of Stick Man and the children made the most of all of the exciting opportunities that they had. The children loved designing and making their very own stick characters. They showed great creativity and pride in their ideas and enjoyed talking about who their characters were and what adventures they might go on.



IMPORTANT DATES

Tuesday 27th January

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

Wednesday 28th January

- 5G Educational Visit to the UCL Observatory

Thursday 29th January

- 5F Class Assembly (10:15am - parents and carers welcome to attend)

Tuesday 3rd February

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

Thursday 5th February

- KS1 Parent/Carer Workshop with the Mental Health Support Team (Managing Big Emotions) 9am
- 2A Class Assembly (10:15am - parents and carers welcome to attend)

Monday 9th - Friday 13th February

- Children's Mental Health Week ("This is My Place")

Tuesday 10th February

- Year 4 Science Workshop (The Human Machine)

Wednesday 11th February

- Safer Internet Day

5F Educational Visit

This week, 5F travelled to North London to visit the University College London Observatory.



They were taken on a tour by some students of Astrophysics at the university who showed them four of the telescopes that are used to study the planets, stars and moons in our solar system.

It was an absolutely fascinating Educational Visit and the children were even allowed to press the buttons that moved the huge telescopes and even the roofs!

Along the way, the children took the opportunity to ask lots of interesting questions about Space.

CAMHs Mental Health Support Team

Did you know that Holbeach Primary School and the Lewisham Mental Health Support Team (MHST) are working really closely together to support the mental health and emotional wellbeing of our pupils?

The focus of this work is on early intervention, prevention and promotion. It is aimed at young people who are not coping or would benefit from getting help.

The most common support being provided at the moment is the guided self-help interventions for anxiety or behaviour that challenges (see page 3). Full details can be found on this [page](#) of our website.

Donation to Diabetes UK

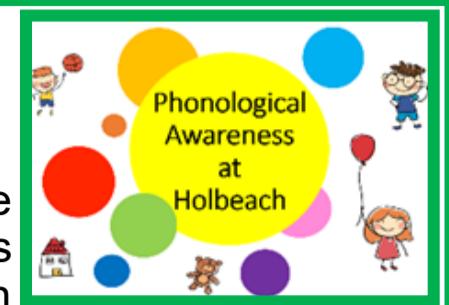
Thank you to everyone who contributed to our Winter Jumper Day collection back in December. You may remember that we were collecting for **Diabetes UK**, a charity that is close to our hearts as we have a child in Year 6 and a member of staff with type 1 diabetes. This year, we raised over £100 which we have donated to this very worthwhile cause.



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 your 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

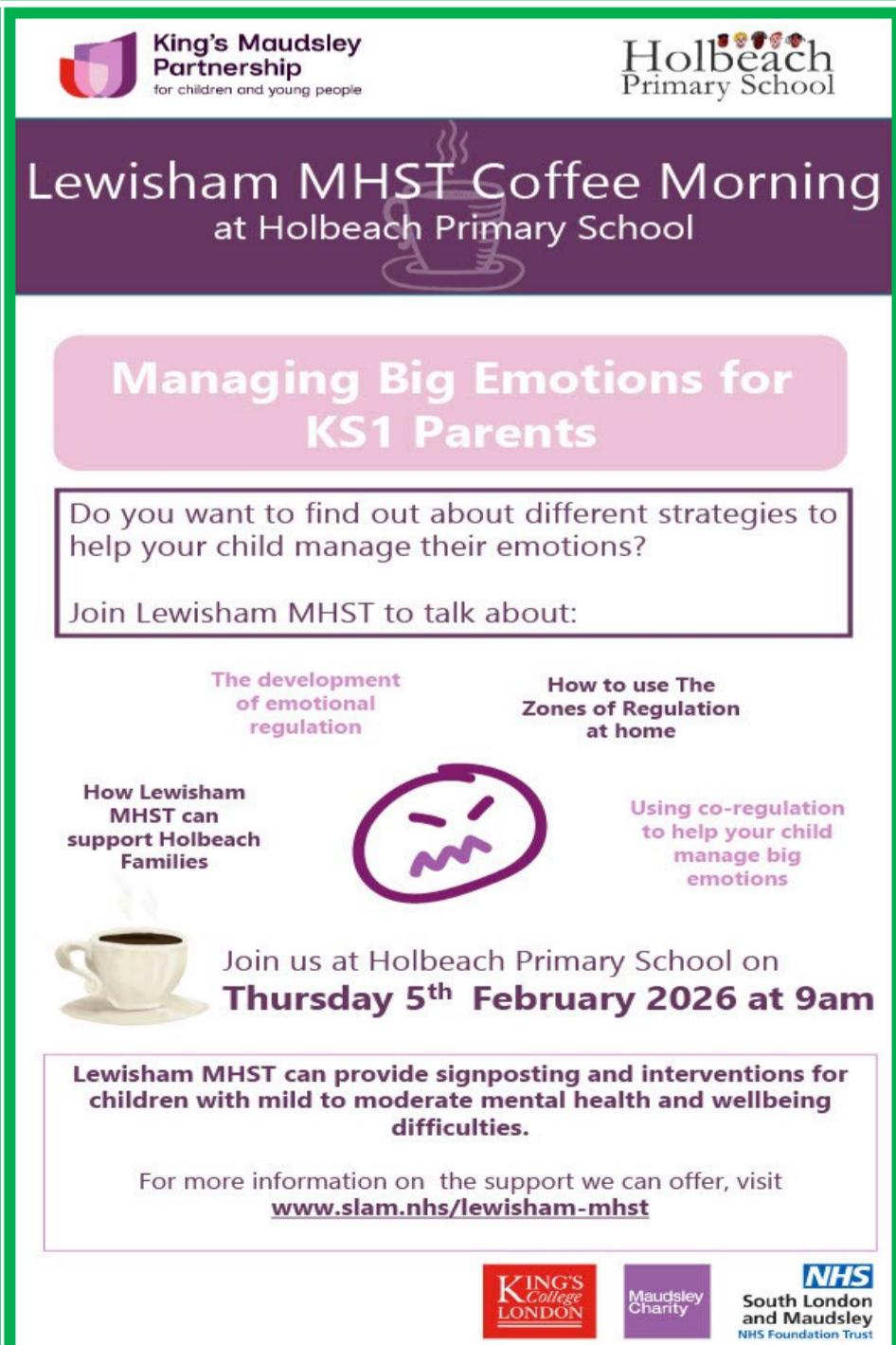
Second hand school uniform and other items
Come and help yourself or Donate what you can

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 Holbeam Hub can be found at the school house on the corner of Holbeam and Doggett road



King's Maudsley Partnership
for children and young people

Holbeam Primary School

Lewisham MHST Coffee Morning
at Holbeam 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 Holbeam Families
Using co-regulation to help your child manage big emotions

Join us at Holbeam 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

KING'S COLLEGE LONDON
MAUDSLEY CHARITY
South London and Maudsley NHS Foundation Trust

Mental Health Support



Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

**THIS IS
MY PLACE**

Primary School Pack

9-15 February 2026

Everything you need to get your school involved in Children's Mental Health Week 2026

#ChildrensMentalHealthWeek childrensmentalhealthweek.org.uk



kooth

Your free, safe and anonymous online mental wellbeing community

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

Magazine	Chat with the team	Discussion boards	Daily journal and goal setting	Mini activity hub
Helpful articles, personal experiences and tips from young people and our Kooth team.	Chat to our helpful team about anything that's on your mind. Message us or have a live chat.	Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!	Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.	Select from a growing menu of fun, therapeutic and useful activities.

How to sign up

- 1 Head to [Kooth.com](https://kooth.com)
- 2 Click on the 'Join Kooth' button on the homepage.
- 3 Choose your **area** and **location** from the drop down menu.
- 4 Select the **year** and **month** you were born.
- 5 Click on the **gender, ethnicity** and **background** that most closely describes you.
- 6 Create an **anonymous username** and secure **password**.
- 7 Let us know how you found out about Kooth from the drop down menu.
- 8 Select **Next Step** to complete your registration!

Where to find us

 kooth.com  @Kooth_UK  Kooth_UK & Kooth Podcast  Kooth-Podcast



NHS
South London and Maudsley NHS Foundation Trust

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

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

Get in touch

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.

Holbeam SUMMER CAMP!

We are excited to announce that the Holbeam Summer Camp is set to return for another year. The camp will once again be run for 2 weeks by the Holbeam Wrap Around Team.

Week 1: Monday 20th July – Friday 24th July

Week 2: Monday 27th July – Friday 31st July

Admission: £35 a day or £150 per week.

Breakfast and snacks included.

For Reception to Year 6 children.

Monday to Friday 9am – 5pm.

Fun Activities:

- Sports & Team Games
- Arts & Crafts
- Park Days
- Water Fun
- Outdoor Adventures.

If you would like an Application Form
scan the QR code or collect a
paper copy from the Main Office.



SCAN HERE TO APPLY!

