

Friday 30th January 2026

OPAL Update

Despite the changeable weather, the children continue to enjoy their playtimes at Holbeam.

This week, it was good to see how they adapted their play to include the extra water available due to the rain.

Please continue to send your children in with suitable clothing for being out in all forms of weather.



IMPORTANT DATES

Tuesday 3rd February

- The Holbeam Hub Shop is open from 9am (see page 3 for details)

Thursday 5th February

- KS1 Parent/Carer "Managing Big Emotions" Workshop with the Mental Health Support Team (9am - see page 2)
- 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")

Monday 9th February

- Year 2 DT Cookery Workshop (Making Bread)

Tuesday 10th February

- Year 4 Science Workshop (The Human Machine)

Wednesday 11th February

- Safer Internet Day

Thursday 12th February

- 2W Class Assembly (10:15am - parents and carers welcome to attend)

Reception have been busy again!

The children in Reception continue to work really hard. They are using good quality texts (like "Supertato" and "I want my hat back") to inspire lots of hands on learning and some really good writing too.

For example, Pebble Class made a fruit and vegetable shop in their role play area and then wrote shopping lists and counted out the coins and vegetables. Then, on Wednesday, the Evil Pea left them a note which they had great fun responding to.



5F Class Assembly



On Thursday, 5F produced a hugely entertaining and informative assembly all about space.

They demonstrated what they had learnt about each planets whilst showing off the models that they had made of each one.

They sang a song about the man on the moon and pretended to be alien life forms. Thank you to all of the family members who came to watch.



Science in Year 1

Recently, in their Science lessons, Year 1 have been learning about the life cycles of different animals.

They researched the life cycles of frogs, butterflies and sea turtles and then talked about what the word "metamorphosis" means in relation to these animals.

They presented their findings by using paper plates to draw out the 4 main stages in the life cycle of a frog.

All of the children worked really hard and did a fantastic job. You can see more examples on the class blogs.



Safeguarding Reminder

At Holbeam Primary School, we take our responsibilities for child protection seriously. We strive to achieve an environment where children feel secure, supported and valued within and beyond the school gate.

We realise that some of our children are the victims of neglect and/or physical, sexual or emotional abuse. Staff at school, by virtue of their knowledge of the children in their care, are well placed to identify such abuse.

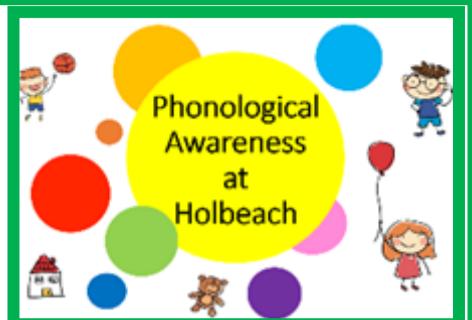
All child protection concerns and referrals will be handled sensitively, professionally and in ways which support the needs of the child. They are usually handled by our Designated Safeguarding Lead / DSL (Mr Bulpitt) or by one of our Deputy Safeguarding Leads (Mr Morriss and Mrs Howes).

Parents and Carers can share any safeguarding concerns that they have with the school's DSL. Further reminders about our Safeguarding Processes will be in each weekly newsletter.

Supporting Your Child's Learning

Whole School Development of ‘Phonological awareness’

At Holbeam, we are constantly promoting and teaching the key skills involved in “**Phonological Awareness**” in order to help the children with both their reading and their spelling. The skill we are currently working on is “Segmenting onset and rhyme”



Segmenting onset and rhyme means breaking a word up into its first sound (the onset) and the rest of the word (the rhyme). For example, in the word "dog," the "d" is the onset and "og" is the rhyme. If a word has more than one sound at the beginning, break them off together (e.g. clip = 'cl' + 'ip, break = 'br' + 'eak')

Younger children

Play a word game! Show your child how to break a word (such as ‘cat’) into onset and rhyme: c—at. Then ask your child to have a go. Try showing them how to break other simple words into onset and rhyme (p-ig, s-un, d-og).

Older children

Spelling Fun: To support your child to better understand how to break down words, go over their weekly spellings and ask them to break each word into onset and rhyme. This can also get them thinking more carefully about the sounds in the words they are writing.

Here is a video showing a teacher working on onset and rhyme using a simple visual:

<https://www.youtube.com/watch?v=C0S6t0MU4SU>

Five Ways to Wellbeing

CONNECT

Socialise or connect with friends and family. You can do this in person (if allowed), via the internet (Zoom) or over the telephone or Facetime. When social distancing permits join a new club or group.



BE ACTIVE

Do something active every day. Physical exercise helps us to keep both our body fit. Find an activity you can enjoy or challenge yourself with. If it involves someone else then you also get connection.



KEEP LEARNING

Learning new things keeps our brains energised and healthy. Think of something you would like to learn more about, something you would like to learn how to do - a new skill or a new hobby.



GIVE

Giving to others, and to ourselves - this can be compliments, thoughtful gestures, listening, advice, time or doing something helpful for someone.



TAKE NOTICE

Take notice of the world around you - notice the beauty of nature. Be mindful of your thoughts and feelings.



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



Signposting to services

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



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.



Helping families to thrive

Welcome to Lewisham's

Family Hubs



Lewisham



Is a Family Hub just for families who need help?

No! While help is available at the Family Hubs for those who need it, their doors are open to all parents, carers and young people – whether they feel they need support or not.

Everyone is very welcome, even if you just want to pop in for the activity sessions that give children, parents and carers the chance to socialise and support their children's development.

Where are the Lewisham Family Hubs?

1. Clyde Family Hub, Alverton Street, SE8 5NH
2. Downderry Family Hub, Shroffold Road, BR1 5PD
3. Bellingham Family Hub, 109 Randlesdown Road, SE6 3HB

Who are 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.



Family Navigators can:

1. Provide advice and information on a range of different topics
2. Signpost you to local support and services
3. Introduce you to services located within Family Hubs and elsewhere
4. Provide you with a listening ear
5. Support you with form filling
6. Provide practical advice and guidance

Family Navigators can be accessed by asking a Family Hub member of staff or by scanning the QR code below.



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.