

# Holbeach WEEKLY NEWSLETTER

Friday 6th February 2026

## Art in Year 6

Congratulations to everyone in 6L for producing art work of the highest quality. They have been creating self-portraits in the style of Caravaggio's "Medusa" and really enjoyed sharing their final products with the rest of the

school in our Wednesday celebration assembly.

Also shared in this week's assembly was some impressive Geography work by Caroline (5G) and Braylan (4A)



### IMPORTANT DATES

#### Monday 9th February

- Year 2 DT Cooking workshop (making bread with Nourish)

#### Tuesday 10th February

- Year 4 Science Workshop about "The Human Machine"
- The Holbeach Hub Shop is open from 9am

#### Wednesday 11th February

- Safer Internet Day

#### Thursday 12th February

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

**Half Term Break (Monday 16th - Friday 20th February)**

#### Monday 23rd February

- Spring Term Begins again (9am)

#### Thursday 5th March

- World Book Day (see page 2 with more details to follow)

## 2A Class Assembly



Congratulations to the children in **2A** for their wonderful class assembly this week, called "Nobody Is Perfect."

Through a meaningful story, the children shared the message that our flaws and imperfections can become our greatest strengths.

The assembly was also linked to the Spring Term Science topic on materials, helping children understand that different materials have different properties, and each material has its own uses and purpose — just like people.

One of the highlights of the assembly was the children's singing performance, where they confidently showcased their outstanding talents. Thank you to everyone who came to this event.

## KS1 Parent Workshop

Thank you to all of the parents and carers who attended the "Managing Big Emotions" workshop this week.

Jess and Hannah from the CAMHS Mental Health Support Team shared some useful information and ideas about how to support children when they have difficulty managing big emotions (such as disappointment and anger).

This workshop was also attended by Melissa Whittington who is a Family Navigator at the local Family Hub.

This event is just one of a plethora of events the school is running that are designed to strengthen the community by putting families in touch with the wonderful services that are available in Lewisham. **We encourage all of you to attend them in the future.**

Inside the brain during a meltdown



## History in Year 5

Year 5 have been learning about the Ancient Greeks. They looked at lots of different artefacts and thought about what they could see and what they could feel. They also considered what the artefacts were made of and what they would have been used for. They recorded

their findings very neatly into their topic books.



## Incredible Years Parenting Programme

Holbeach Primary School are proud to announce that we have been chosen to be one of the **Lead Schools for Parent Engagement** in Lewisham, selected to take this forward-thinking, whole-school approach to supporting families.

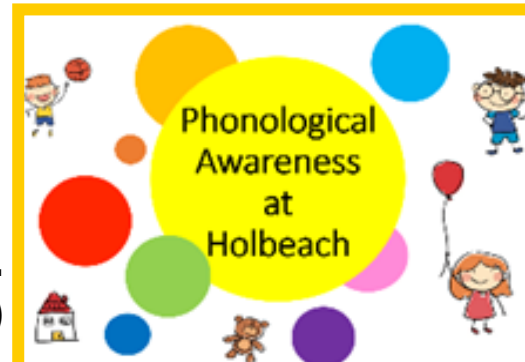
We are thrilled to confirm that this means that our school will be launching the **Incredible Years Parenting Programme** on site this April.

To find out more about this amazing opportunity please read pages 5 and 6.



# Supporting Learning

## Whole School Development of 'Phonological awareness'



We are currently working on “**Segmenting onset and rhyme**”. This 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>

## 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 Doqgett road

## HOLBEACH PRIMARY SCHOOL

# WORLD BOOK DAY 2026

## READING FOR FUN

### Thursday 5th March

- Children to dress as their favourite book character
- A special visit by Paterson Joseph
- Every class will visit a local bookshop and there will be lots of other exciting-reading-based activities throughout the week



# Signposting Support for Parents and Carers



## WORRIED ABOUT BEING MADE HOMELESS?

If you are at risk of homelessness, you can apply for assistance through an online referral system - Please visit [www.lewisham.hov.uk/housing](http://www.lewisham.hov.uk/housing)

If you need **URGENT** advice and are currently homeless, please contact the call centre on:

Phone - 0808 178 0939

Email -

[housingoptionsenquiry@lewisham.gov.uk](mailto:housingoptionsenquiry@lewisham.gov.uk)



## STRUGGLING TO AFFORD FOOD?



LEWISHAM FOODBANK IS HERE TO ENSURE YOU AND YOUR FAMILY DON'T GO HUNGRY.

PLEASE TALK TO

.....  
IN CONFIDENCE.



YOU WILL BE GIVEN A CODE & CAN COLLECT FOOD FROM ANY OF OUR CENTRES: **CATFORD, DEPTFORD, DOWNHAM, FOREST HILL & LEWISHAM.** YOU CAN HAVE UP TO 6 FOOD PARCELS IN 6 MONTHS.

[WWW.LEWISHAM.FOODBANK.ORG.UK](http://WWW.LEWISHAM.FOODBANK.ORG.UK)



## The Incredible Years Parenting Group Coffee Morning

Our evidence-based parenting sessions are for parents and carers with a child aged **4-11 years** who displays **serious behavioural challenges**. Your child may behave in ways that make places and spaces unsafe to be in, or cause harm to themselves and others.



### HELP IMPROVE...

- Your child's **self-esteem** and **wellbeing**
- **Relationships**
- **Resilience** and **stress**
- Your **confidence** as a parent

To find out more about the Programme, join us on

**Tuesday 24<sup>th</sup> March**  
**9-10am**

**Holbeach Primary School**

Nelgarde Rd, London SE6 4TP

Learn alongside other parents about:

- **Child-led play** and its importance
- Creating and enforcing **boundaries**
- Helping your child **calm down**
- Recognising the **positives**
- How incentives can help with **behaviour change**
- **Consequences** and how and when they are helpful

To enquire or book your place please contact us via

[www.lewishamcfc.org.uk/contact-us/](http://www.lewishamcfc.org.uk/contact-us/)  
[www.lewishamcfc.org.uk](http://www.lewishamcfc.org.uk)

## Holbeach Summer Camp

We are excited to announce that the Holbeach Summer Camp is set to return for another year.

The camp will once again be run for 2 weeks by the Holbeach Wrap Around Team.

**Week 1: Monday 20<sup>th</sup> July - Friday 24<sup>th</sup> July**  
**Week 2: Monday 27<sup>th</sup> July - Friday 31<sup>st</sup> July.**

**Cost: £35 a day or £150 per week.**  
**Breakfast and snacks included.**

### Fun Activities

### Water Fun

### Sports & Team Games

### Park Days & Playground Games



If you would like an Application Form visit the School Website or collect a paper copy from the Main Office.



# Signposting Wellbeing Support

## DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you\*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breathers or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



## DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:



\*With thanks to the pupils at Seascope Primary School and Ark Globe Primary School.

BEANO

place2be's CHILDREN'S MENTAL HEALTH WEEK

Beano Characters: A Beano Studios Product ©DC Thomson Ltd (2023)

## 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.

CONNECT

### 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.

BE ACTIVE

### 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.

KEEP LEARNING

### GIVE

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

GIVE

### TAKE NOTICE

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

TAKE NOTICE

## 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](mailto:LewishamMHST@slam.nhs.uk)
- Call 020 7138 1250 or 020 7138 1230 and ask for the MHST
- Go to [www.slam.nhs.uk/mhst](http://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.





💬 ***“The Most Impactful Thing I’ve Done as a Parent...”***

**Coming This April - Join the Incredible Years Programme**

Holbeach Primary School are proud to announce that we have been chosen to be one of the **Lead Schools for Parent Engagement** in Lewisham, selected to take this forward-thinking, whole-school approach to supporting families.

We are thrilled to confirm that this means that our school will be launching the **Incredible Years Parenting Programme** on site this April.

This evidence-based programme is not just another parenting course – it is a transformational journey that empowers you with practical strategies, new perspectives, and meaningful connection with other parents. It is a chance to press pause, reflect, and grow – alongside a group of people who are navigating the same challenges as you.

Whether your child is just starting Reception or you are navigating the ups and downs of Key Stage 1 or 2, the skills and insight you will gain through this programme will help you feel more confident, more connected, and more equipped to support your child’s emotional and behavioural development.

**Why parents love it:**

- It’s recommended by NICE (National Institute for Health and Care Excellence) for a reason – it works.
- It’s rooted in social learning theory – a gentle and effective way of understanding behaviour and building strong relationships.
- It’s warm, inclusive, and non-judgemental – you don’t need to have the “right” answers, just a willingness to explore and grow.
- Oh, and did we mention? There are always great refreshments on offer each week – because we believe a relaxed parent learns best!

***“I didn’t realise how much I needed this until I started. The support, the strategies, the space to talk... it’s changed how I parent and how my child responds to me.” – Past participant***



### **Places Are Extremely Limited – Don't Miss Out!!**

We are anticipating high demand, and because the groups are intentionally designed to allow for genuine connection and discussion, spaces are limited and available strictly on a first-come, first-served basis. Once they are gone – they are gone!!

If you are reading this article please do go tell a friend, to tell a friend...






We anticipate a huge response from our new Reception parents, and felt it is only right that we now open registration to parents across all year groups.

If you've ever wished for:



- ✅ A calmer home environment
- ✅ Clear, consistent routines
- ✅ Less shouting and more connection
- ✅ Support from people who truly understand
- ✅ Simple tools to help your child thrive...

... then this is for you.

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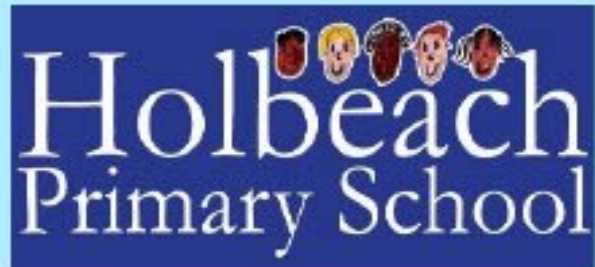
 Starts April |  Weekly 2-hour sessions |  Held in the Holbeach School House |  Free of charge |  Great refreshments provided

To secure your place or learn more, please **speaK to Annette Howes** - [a.howes@holbeach.lewisham.sch.uk](mailto:a.howes@holbeach.lewisham.sch.uk)

 Be part of something special.  
Let's build a stronger parenting community -  
together. 



# Safeguarding Update



## Safeguarding Notice

Safeguarding children at Holbeach is **everyone's** responsibility

If you have any concerns regarding the safety and welfare of any child within our school, then please ask to speak with one of the following people:

**Designated Safeguarding Lead**

Tom Bulpitt (Headteacher)



**Deputy Safeguarding Leads**

Phil Morriss (Deputy Headteacher)

Annette Howes (Learning Mentor)



You can also share your concerns directly by contacting the **Lewisham Families First Contact Point (FFCP)** team on 020 8314 6660.

Alternatively, you can call **Childline** on 0800 1111.

However, if you believe a child is in imminent danger, you should contact the **police** immediately by calling **999**.