

Holbeach

WEEKLY NEWSLETTER

Friday 13th February 2026



Year 4 Science Workshop

On Tuesday, the children in Year 4 took part in a Science Workshop where they learned all about the important parts of the human body (heart, brain, eyes etc.). It was an interactive workshop where the children were dressed up as body parts while an expert explained how each part works. "My favourite bit was when we were shown the digestive system. It was fun seeing smelly poo being created. It was very messy too!" Ayomidipupo (4F)



Children's Mental Health Week

This week, the children have been thinking about the theme of children's mental health week: "This is My Place".

Mr Bulpitt started the week off with a special assembly which encouraged the children to ensure that everyone considers Holbeach to be "their place" by being kind and keeping to the class agreements. In class, the children used the great resources shared by [Place2Be](#).



IMPORTANT DATES

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

Monday 23rd February

- Spring Term Begins again (9am)

Tuesday 24th February

- Holbeach Hub Shop (9am in the school house)

Monday 2nd March - Friday 6th March

- Local Visits for each class to a book shop or a library

Thursday 5th March

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

Monday 9th March

- Living Eggs delivered to the Year 1 Classrooms

Thursday 12th March

- 3B Class Assembly (10:15am)

Making Pancakes in Year 1

As the Year 1 topic this term is 'Eggs let's get cracking' they have been looking at recipes that contain eggs.

Last week, they measured out all of the ingredients and made pancakes!

Once they had carefully made the batter an adult cooked the

pancakes before the children added some of their favourite toppings and enjoyed eating them!

Once the pan had cooled, they each had a turn at flipping the pancakes.



2W Class Assembly

Huge congratulations to 2W for their amazing class assembly all about the Great Fire of London!

The children showed off some fantastic acting skills and shared the knowledge they have gained about this historical event with confidence.

Their singing was beautiful as were their musical skills which they showed by playing London's Burning on the xylophone.

Thanks to everyone who came along to support this event.



Safer Internet Day

Thank you to Mr Bothick for the thought provoking assemblies that he shared with the children on Wednesday.

The assembly was focused on the Safer Internet Day theme for this

year which was: "Smart tech, safe choices – Exploring the safe and responsible use of AI."

On page 5 of this weeks newsletter (the Safeguarding update page) are some helpful posters from the national college online. These posters ([and more like them](#)) offer families advice and guidance around internet safety.

Last Friday, the Holbeach Performing Arts Club enjoyed a visit from Samuel Haughton, an actor who recently finished a run in *The Phantom of the Opera*.

Samuel explained to the children what the journey from Performing arts Club to the professional stage looked like for him.

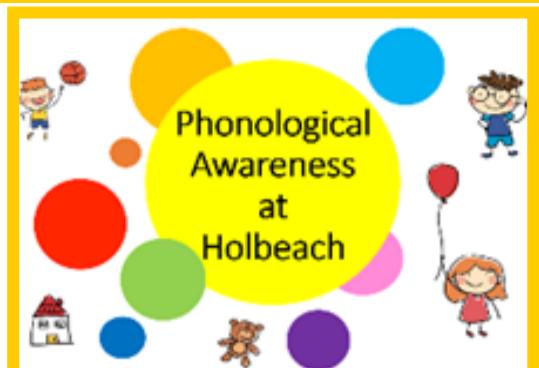
The children asked some thoughtful questions and loved seeing him do a live performance of a song from *Wind in the Willows*.



Supporting Learning

Whole School Development of 'Phonological awareness'

This was our last week 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 Doggett 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 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 breaths 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 Seascape Primary School and Ark Globe Primary School.

BEANO

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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 somethings 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.

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.

Signposting Support for Parents and Carers



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 24th 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/
www.lewishamcfc.org.uk



South London Girls Football Academy



Individual development focus

Be your best

Support for all abilities

Your next level

Professional coaches

Expert guidance

Come and join us for a free taster session!

Players of all abilities welcome

Register now:

www.southlondongirlsfootballacademy.co.uk



Tech Club

Holbeach Primary School

Pricing

£10 per week!

Afterschool coding club on Mondays

Starting in
January 2026

15% OFF

For Early bird bookings
Reserve your spot in
advance and enjoy
exclusive savings!

Exciting after-school
coding & digital skills
Children learn coding,
game design, and
problem-solving.
We cover **AI safety** as
part of the learning.
We are Ofsted
registered!

< Affordable! / >

Universal Credit

Tax-Free Childcare

Klarna

Flexible Payments and spread the cost monthly, interest-free.

Debit/Credit Card Option

Pay securely each month.

Membership Plan

Keep your child's place guaranteed every week
— no need to re-book. Cancel anytime.



For more info and bookings visit:
learn.uteachmi.com/downsway

info@uteachmi.com

0203 962 7354

Klarna

Ofsted

U Teach Mi

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 20th July - Friday 24th July

Week 2: Monday 27th July - Friday 31st July.

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

Fun Activities



Sports & Team Games



Water Fun



Park Days & Playground Games



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

Safeguarding Update

What Parents & Carers Need to Know about ROBLOX

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

WHAT ARE THE RISKS?

CONTACT WITH STRANGERS

Roblox encourages players to communicate online, including a 'chat' feature which could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat function is safe, but isn't perfect. It's possible to still send hurtful messages to others – such as general nastiness – while predators can reach out to children directly.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most public servers allow anyone to join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games are safe, though, and others will put children more at risk of contact from strangers than others.

IN-APP PURCHASES

Roblox is actually free to download and play, but keep in mind that there are in-app purchases. Players are encouraged to make purchases in the game, for example buying real money to use to buy 'Robux' (the in-game currency) to spend on cosmetic items in the game, or to buy items at in-game sites. These items have a cost.

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's important to enable the controls of birth for your child's account, so that they can automatically apply the appropriate chart filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

MONITOR SPENDING

If they don't understand why they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using two-factor authentication on the payment method will avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

Meet Our Expert

Clare Godwin (a.k.a. Lunewolf) has worked as an editor and journalist in the gaming industry since 2015, providing reviews, news, and guides for many publications. She is the owner of Lunewolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

[Source: https://www.nationalonlinesafety.com/2020/02/03/roblox-what-parents-need-to-know](https://www.nationalonlinesafety.com/2020/02/03/roblox-what-parents-need-to-know)

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What Parents & Carers Need to Know about ARTIFICIAL INTELLIGENCE (AI) SOLUTIONS

All solutions are becoming increasingly popular. Trained on vast datasets of text (such as books, articles and websites) in order to learn patterns and relationships, AI solutions can generate text, images, audio, video, code or synthetic data, and can be used for things such as crafting poems or books, creating digital imagery or delivering video content. Recently there's been significant discussion in relation to the benefits and risks of AI solutions, with many undecided on whether it will be a force for good or potentially reduce the need for some job roles.

WHAT ARE THE RISKS?

ROOM FOR INACCURACY

AI solutions, such as language models, generate their responses purely based on the data they've been trained on. If the data they come from sources on the internet, whilst questions will often still be answered accurately, if the information they've been fed is incorrect, it follows that the answers are also likely to be incorrect or inaccurate.

REINFORCING BIAS

AI solutions, such as those generating content or images, can reinforce the biases present in the data they were trained on. Whilst they might not necessarily be child friendly – into the private server, if your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

IRRELEVANT INFORMATION

AI solutions don't have the ability to understand the context or meaning behind a question or a user request. Although highly advanced, the AI relies entirely on the data it's been exposed to and is often unable to understand or reason, which could lead to irrelevant or even nonsensical responses to queries.

Advice for Parents & Carers

CREATE A SAFE ENVIRONMENT

If possible, try to be around when your child uses any type of AI solution and employ content filters to try and reduce the chance of profanity or age-inappropriate subjects appearing in responses. As with any kind of technology, it's important to explain to your child that AI solutions are devoid of independent thought or reasoning, which could lead to them receiving nonsensical responses to queries.

PROMOTE CRITICAL THINKING

Explain to your child that AI solutions can be used as one of many tools to help them research and learn, but that they shouldn't simply accept the responses they receive as the truth. Encourage them to question, verify and think critically about the information they get online, all of which apply equally to any website or platform they use.

DISCUSS BIAS

Talk to your child about the potential biases that may be present in the data that AI solutions are trained on, and how these viewpoints might find their way into the responses that AI generates. Again, with many things children might read online, it's healthy for them to consider whether the information is factual and presented fairly.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. When he's not working, he enjoys reading, writing, and spending time with his wife and two sons. He believes that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.

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Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

FACTOR IN FRIENDS

If your child is a keen video gamer, they'll have other gamers among their social circle, too. When friends visit, it's important to make sure they put boundaries in place before they pass the console or computer. It's also a good idea to set a limit on the length of gaming time. Bear in mind, though, that they may try to extend this by coming up with activities or challenges for them during screen time, so it's a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an excellent way to bond. Unfortunately, some young gamers may be less enthusiastic about a parent joining in, so it's a productive way of encouraging them to share their hobby with you. If they love Minecraft, choose something to build together; if they like Call of Duty, try out some of the fun game modes, like Prove It, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their own emotions. Discuss what is (and isn't) an acceptable level of competitiveness to show others, and what it means to trash talk other players, for example? Can they notice when they are angry or annoyed? Are these emotions healthy? Some games can provide anger, but others can bring joy and the thrill of overcoming a challenge. Try to steer your child towards games that can produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately mean to you. Make sure your child knows how to report and block someone who makes their account feel unsafe. When you decide if or how they should deal with these online trolls, take into account how serious the issues are in terms of what they think is acceptable: what behaviour by other players is acceptable, and when it crosses the line to become upsetting or abusive.

Meet Our Expert

David Jansson is a writer specialising in technology, video gaming, virtual reality and Web. He has also written 10 guides for children, covering games such as Minecraft, Age of Empires, Civilization, and StarCraft. When not writing, he plays PC, Xbox, PlayStation, and Wii. In 2012, he has reviewed more than 100 games and products over the past year.

[Source: https://www.nationalonlinesafety.com/2020/02/03/gaming-top-tips-set-boundaries-around-gaming](https://www.nationalonlinesafety.com/2020/02/03/gaming-top-tips-set-boundaries-around-gaming)

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