

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.

Performing Arts Club

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

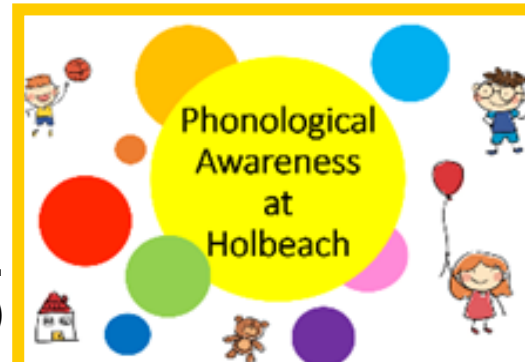
Samuel explained to the children what the journey from Performing arts Club to the professional stage looked like for him.

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 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 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 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 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.

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
- 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! / >

< Learn More, Save More! / >

Universal Credit

You can claim up to 85% back on your fees through government support!

Tax-Free Childcare

Save 20% automatically if you use childcare vouchers.

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

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.

Safeguarding Update

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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 group chat feature). This can expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to each other, such as general hostility – while predators can reach out to children directly.

ONLINE DATERS
These are also called 'Oders' and are quite common in Roblox. An Oder is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter Oders. Some have even been designed with online dating specifically in mind.

IN-APP PURCHASES
Roblox is actually free to download and play, but there are hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

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

Advice for Parents & Carers

SET PARENTAL CONTROLS
Roblox comes with several parental control options, which are explained on the game's official website. It's essential to enter the correct date of birth for your child, as this will determine what they can do in the game. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING
Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, hostility and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS
If your child has some genuine friends to play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some private servers are designed to be child-friendly – into the private server, if your child is a Roblox fan, it's important to talk with them regularly about what they are playing the game with.

MONITOR SPENDING
If they don't understand there's real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help 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.

DEALING WITH STRANGERS
At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about the risks – and what they should never tell a stranger online – will help them understand how to communicate with other people online safely.

Meet Our Expert
Claire Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2010, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

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Source: <https://www.roblox.com/help/article/133444/roblox-what-is-it>
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What Parents & Carers Need to Know about ARTIFICIAL INTELLIGENCE (AI) SOLUTIONS

AI 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 what they've been trained on, which often comes from sources on the internet. Whilst questions will often illicit relevant responses, if some of the information they've been trained on is incorrect, it follows that the answers too may contain factual errors or inaccuracies.

REINFORCING BIAS
AI solutions, such as those generating content or images, can perpetuate existing biases present in the data they've been trained on. For instance, image-generative AI can lead to output clearly derived from other peoples' content but without any attribution to the original source artist's work.

LACK OF ACCOUNTABILITY
Fundamentally, AI solutions are machines or technology programmed to follow instructions. They don't have the ability to take responsibility for the responses they generate. This could lead to confusion or misunderstandings in certain cases if the answers are flawed or given. For instance, image-generative AI can lead to output clearly derived from other peoples' content but without any attribution to the original source artist's work.

STIFLING CREATIVITY
One of the potential risks of children and young people continually using AI solutions for things (such as their homework) is that they may become reliant on it. In the long term, this could potentially impact their development and hamper their ability to think creatively or solve problems independently without the aid of an AI tool.

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 devoid of independent thought or reasoning, 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 ensure that children are using AI solutions responsibly and to be there to enable opportunities to discuss their use as part of a safe environment.

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 back – 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 they receive. Again, with any kind of technology, it's important to ensure that children are using AI solutions responsibly and to be there to enable opportunities to discuss their use as part of a safe environment.

ENCOURAGE HUMAN INTERACTION
Not only should children supplement any use of software like AI with additional resources such as books and reputable internet sites, but they also should remember what they can learn from interaction with other people. Discussing things with teachers, relatives and friends isn't just an important and often invaluable aspect of learning – it's an essential part of life, too.

CHECK SCHOOL RULES
Make yourself aware of any rules or guidance your child's school might have about the use of AI solutions. Most software is still extremely new, so many schools may not yet have a policy, however, it's important to make sure your child is aware of how to use it appropriately and will be using it for the right reasons.

Meet Our Expert
Ben Davidson 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. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children also become more aware of the risks associated with technology, as well as the many benefits.

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Source: <https://openai.com/blog/chatgpt/> | <https://generativelab.ai/> | <https://www.mckinsey.com/featured-insights/mckinsey-explains/what-is-generative-ai>
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Source: <https://openai.com/blog/chatgpt/> | <https://generativelab.ai/> | <https://www.mckinsey.com/featured-insights/mckinsey-explains/what-is-generative-ai>
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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.

PROMOTE SAFER GAME CHOICES
Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit the chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS
Help your child understand the need to take regular breaks, playing for shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from players, while others are team games, for example, can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in the breaks, such as having a drink or water or getting some fresh air.

AGREE SPENDING LIMITS
There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could agree on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their spending, but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS
Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS
If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they have access to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn an extra time slot on their game.

ENJOY GAMING TOGETHER
Setting time aside to play video games together can be an enjoyable bonding exercise. Encourage your young gamers to be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting a positive example is useful: if they love Minecraft, choose something to build together. For their first foray, ask to try out some of the fun game modes, like Parkour, which don't require high skill levels.

TALK ABOUT EMOTIONS
Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they refuse when they get angry if they lose? Do they think about their friends while playing? Some games can provoke anger, but others can be a great way of dealing with the thrill of everyday life. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS
A frequent problem when gaming online is other players who are deliberately inconsiderate. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is most frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert
David Greenhalgh is a writer specialising in technology, video gaming, virtual reality and more. He has also written in guidebooks for children, covering games such as Fortnite, Apex Legends, Pokémon, Roblox and Minecraft. With over 10 years of experience in the games industry, David has reviewed more than 100 games and products over the past year.

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Source: <https://npsol.app/about/privacy.html>
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