

Holbeach

WEEKLY NEWSLETTER

Friday 9th October 2026

Year 5 Swimming Lessons

Every afternoon this week, the children in Year 5 have been travelling to Forest Hill Swimming Pools to have a daily swimming lesson.

These lessons have given the children the opportunity to show off the values we hold dear at Holbeach.

For many children, it took a great deal of **fearlessness** to be able to get into the water in the first place. They were well supported by their **compassionate** peers.

For others, the skills of **hard-work** and **ambitiousness** were evident as they displayed the technique and stamina needed to complete lengths of the pool.



IMPORTANT DATES

Monday 12th October - Friday 16th October

- Year 5 continue their block of daily swimming lessons

Monday 12th October

- Year 6 School Journey to Isle of Wight Information Meeting (6pm)

Wednesday 14th October

- Year 1 Educational Visit to London Zoo

Thursday 15th October

- Shell and Pebble Classes: Parent Workshop and Stay an Play (Early Reading Skills)
- Governors Resources Committee meeting (6:30pm)

Friday 16th October

- Wear Red Day (see page 2 for details)

Tuesday 20th October

- 2F Educational Visit to The Horniman Museum

Wednesday 21st October

- Year 5 and Year 6 Educational Visit to London Southbank for a Book show

Thursday 22nd October

- 2T Educational Visit to The Horniman Museum

Friday 23rd October

- School Discos (see FOH article on this page)

Lewisham Youth Theatre

On Tuesday, Year 6 took part in a free taster Drama Workshop with the Lewisham Youth Theatre (LYT).

The workshop allowed the children to work creatively to better understand the various backstage roles within a theatre, through a range of drama games and activities.

LYT nurtures and inspires young people. Find out more about their amazing work [here](#).



Extra-Curricular Clubs

The Key Stage Two (Year 3 to Year 6) extra-curricular clubs have now begun in earnest, with the children all loving the chance to follow their passions.

We can confirm that there are one or two spaces still available in the following clubs:

- Ukulele (Tuesday)
- Choir (Wednesday)
- Boys Football Year 3 & 4 (Wednesday)
- Girls Football Year 3 & 4 (Thursday)

If you would like your child to be considered for one of these clubs please let the school office know by calling them on 0208 690 4713 or emailing them at this address: admin@holbeach.lewisham.sch.uk

Message from the Friends of Holbeach

On Monday evening, the Friends of Holbeach (FOH) held its AGM.

It was confirmed that the fundraising work of the FOH over the past year has enabled a pledge of £10k to the school for this upcoming year, to be used to subsidise trips, fund extra-curricular and cultural events as well as buy leavers gifts and starter gifts for Year 6 and Reception respectively.

At the meeting it was confirmed that FOH are looking for a new Chair to lead our Parents and Teachers Association (PTA).

This role is a chance to help shape the life of the school and bring our community together. The Chair helps lead our termly committee meetings, works with the Headteacher and school staff to understand what the school needs and helps to ensure the PTA is run fairly. You don't need any experience and the role takes a few hours a month, plus helping out at an occasional event. You will have the support of an experienced committee, including a Treasurer and a Secretary.

If you are interested or want a chat first then please do email us at: FriendsofHolbeach@gmail.com

All Parents, carers and family members of Holbeach pupils are welcome to apply for this very important role.

The next FOH event is the Autumn Term Discos on Friday 23rd October.

There are two Autumn Term Discos:

- Disco One (for Nursery, Reception, Years 1, 2 & 3) is from 4:00pm - 5:00pm
- Disco Two (for Years 4, 5 & 6) is from 5:15-6:30pm

Tickets are £2.50 per child and £1 per accompanying adult and need to be purchased in advance.

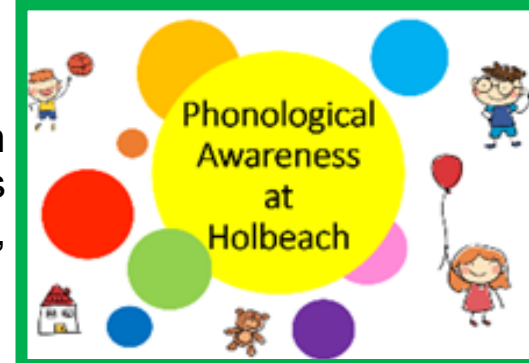
Tickets are now available through ParentPay.

We will also give Y5 and Y6 an opportunity to purchase tickets themselves, following one of the Key Stage Two assemblies.

Supporting Learning

'Phonological Awareness' Update

For the past few weeks, all of the children in the school have been learning the earliest Phonological Awareness Skills (Awareness of words in sentences and understanding the concepts of sentence, first, next, last).



'Phonological awareness' and how it helps us read and spell

Phonological awareness is the ability to hear and work with the sounds in spoken language, like recognising rhymes or breaking words into syllables/sounds. It helps with literacy development by building the foundation for children to understand how sounds connect to letters when learning to read and write.

How parents and careers can help at home

- Play simple listening activities – Play listening games, like clapping out syllables or identifying rhyming words, which help children become aware of how words are made up of sounds.
- Rhyme recognition and production – Encourage children to listen for words that rhyme and to think of words that rhyme themselves, which builds their awareness of sound patterns.
- Read! Reading books with your child helps develop phonological awareness by exposing them to rhymes, rhythms, and new words. As you read, you can point out sounds, clap syllables, or play with words, making it easier for them to notice how words are made up of smaller sounds.
- Make it part of daily routines – Practice these skills during everyday activities like reading books, singing songs, or playing word games, making learning fun and natural.
- Read the school's weekly newsletter together and check for any video clips or advice that is provided about Phonological Awareness.

Wear Red Day 2026

**Friday
16th
October**



Wear something red and join us in standing together against racism and discrimination.



WEAR RED. STAND TOGETHER. SPEAK UP. MAKE A DIFFERENCE.

**Holbeach
Primary School**

Parent & Carer Workshop

Thursday 15th October 2026

9:00am – 10:00am



Theme: Supporting Early Reading Skills!

Dear Parents and Carers of children in Reception,

We are pleased to announce that **each half term**, we will be holding a parent and carer workshop for you to be able to attend.

The first one of these workshops is taking place on **Thursday 15th October between 9am and 10am** at Holbeach Primary School.

This workshop will be run by our English Subject Leader (Chloe Spicer) and our Speech and Language Therapist (Bryony Langmaid).

Following the workshop, you will all be invited into your child's class for a quick '**stay-and-play**' to try out some of the ideas discussed in the workshop.

We encourage you all to attend and look forward to welcoming you on the day!

Mind Matters

with Lewisham MHST



TOP TIPS FOR TRANSITIONS

The transition to a new school year can bring along a mix of excitement, nerves and uncertainty for children. Possible new teachers, different classrooms, change in classmates and updated routines may feel overwhelming. These feelings are completely normal, and with support children can adjust successfully and build confidence.

Parents and carers can play a key role in supporting children to manage these changes by:

- **Talking openly** about the new school year, exploring what they are looking forward to as well as any possible worries. Listening and validating their feelings without trying to immediately 'fix' things can help children feel heard and supported.
- **Creating predictable routines** can help children feel secure. Regular wake up times, morning routines, and calm bedtime routines can help reduce worries and make transitions feel more manageable.
- **Talking through what will happen next** eg, "After we have breakfast, we'll walk to school." Visual timetables or picture cards can also help children who benefit from seeing what comes next.
- **Simple coping strategies** can help children feel calmer and more in control. Encouraging them to talk about their feelings, practice slow deep breaths, or spend a few minutes in a quiet space when upset can help reduce worries and frustration. For example, taking five slow "balloon breaths" can help their body and mind feel calmer.
- **Celebrating small wins** such as getting dressed on time or packing their bag the night before. Stickers, praise or small rewards can reinforce positive behaviours and make transitions less stressful.

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

Safeguarding Update

Getting the right help when your child is unwell



As a parent it can be difficult to know what to do when your child is unwell. This update explains which service to use when – and also when to care for your child at home if they have a common illness, which can usually be treated with over the counter medicine from your pharmacist and plenty of rest.



RED

If your child has any of the following signs:

- Pale, mottled (blotchy) skin that feels unusually cold.
- Severe breathing difficulty – long pauses in their breathing, irregular breathing, starts going blue, or is too breathless to talk / eat / drink.
- A fit / seizure (unless these are expected).
- Becomes extremely distressed (crying for a very long time despite distraction), is confused, sleepy all the time and difficult to wake up or not responding even when awake.
- Has a rash that does not disappear when a glass is lightly pressed against the skin.
- Under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other RED or AMBER features).
- Pain in the testicles, especially in teenage boys.
- The child has seriously harmed themselves and needs medical help.
- **If you are frightened because your child looks very unwell.**

You need urgent help:

Go to the nearest A&E department or call 999



AMBER

If your child has any of the following signs:

- Finding it hard to breathe, including: drawing in of the muscles below their lower ribs, at their neck or between their ribs.
- Seems dehydrated (sunken eyes, drowsy or no wee passed for 12 hours).
- Becomes excessively sleepy or irritable (unable to settle with toys, TV, food or comfort) - especially despite their temperature coming down.
- Extreme shivering or muscle pain without an obvious explanation.
- Babies of 3 to 6 months of age with a temperature of 39°C / 102.2°F or above.
- Babies and children with a fever of 38°C or above for more than 5 days
- Constantly being sick.
- Constant or worsening tummy pain.
- Blood in the poo or wee.
- Increasingly thirsty and weeing more.
- Any injury of arms or legs causing reduced movement or persistent pain.
- Head injury causing constant crying or drowsiness.
- **Is getting worse or if you are worried.**

Contact your GP, call NHS 111 or visit NHS 111 online straight away for your child to be seen that day



GREEN

Your child has none of the RED or AMBER signs above, care for them at home but watch for any new signs developing:

- If your child has any symptoms that might be COVID-19 (high temperature, new continuous cough or loss of taste/smell) arrange for them to be tested via the NHS testing website or by calling 119, and follow the latest guidance.
- If your child has been burned, visit 111.nhs.uk for first aid advice and for information about when to seek medical attention.

Continue providing your child's care at home.

Your local pharmacist can give you advice on the best over the counter medicine to treat common bugs and illnesses

If you are still concerned about your child, visit 111.nhs.uk or call NHS 111 - dial 111

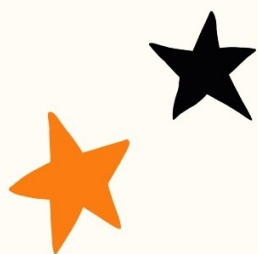


MENTAL HEALTH

- If you are worried and your child is known to child or adolescent mental health services (CAMHS), please contact them.
- If your child needs urgent mental health support or advice, visit <https://www.nhs.uk/service-search/mental-health> for local services and 24/7 urgent helplines, or text SHOUT to 85258
- If you notice any self-harm injuries on your child, please contact the NHS 24/7 Mental Health online support (visit www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/) or your GP.
- If you are worried about an eating problem/disorder, contact your GP. BEAT has helpful information on their website (visit <https://www.beateatingdisorders.org.uk/support-services>).
- Helpful advice is also available at Every Mind Matters (<https://www.nhs.uk/oneyou/every-mind-matters>) and MindEd for Families (<https://www.mindedforfamilies.org.uk/>).

HELP US
HELP YOU
GET THE RIGHT CARE

This information has been adapted from advice provided by the Royal College of Paediatrics and Child Health by Surrey Heartlands CCG, July 2021



FRIENDS OF HOLBEACH

AUTUMN DISCO



FRIDAY 23RD OCTOBER

DISCO 1: 4 - 5PM

(NURSERY, RECEPTION, YEARS 1, 2 AND 3)

DISCO 2: 5.15 - 6.30PM

(YEARS 4, 5 AND 6)

In the hall (entrance via main gates on Doggett Road)

Tickets £2.50 kids/£1 adults - buy in advance on ParentPay

Hot dogs, sweets, drinks, crisps and
glitter tattoos available to buy.

Fancy dress is welcome!

