Holbeach WEEKLY NEWSLETTER

Friday 6th November 2026

IMPORTANT DATES

Monday 9th November
- Year 1 Parent/Carer workshop for the SoundSmart programme (9am)

Tuesday 10th November
- Prospective Parents Tour of School (2pm)

Wednesday 11th November
- Year 2 & Year 3 Educational Visit to the Vue Cinema
- NHS National Child Measurement Programme (Height & Weight for Reception and Year 6)

Thursday 12th November
- Year 5 & 6 Anti-Bullying Theatre workshop

Shakespeare in School Festival

A huge congratulations to the Holbeach Performing Arts Club who took part in the Shakespeare in School Festival on Wednesday evening. Their joyful performance of "Twelfth Night" was a colourful delight.

Thank you to Mrs Freeman for directing this production and to Miss Oasgood and Mrs Gibbs for supporting her with this. The children and their families will never forget this amazing evening.





Resources Needed

Do you have any resources that you can donate to the Holbech Breakfast Club or After School Club?

These two clubs are desperately looking for:
- Wooden coat hangers,
- Spare clothing for 4 and 5 year olds,
- Dressing up clothes,
- Board games and jigsaw puzzles,
- Turn taking games (e.g. Pop-up Pirates and Hungry Hippos).



Message from the Friends of Holbeach

We're offering premium-grade trees at prices lower than you'll find elsewhere (£20 less than our nearest competitor), and all while supporting a good cause! We apply only a modest markup, with every penny of profit going towards school projects and activities.

Each tree requires a stand, which we are also selling. If you don't already have one, you'll find them at the bottom of the order form. We're also offering a collection service, for after the festive period.

There's also an option to donate a tree to a local family in need. Logistics will be arranged in collaboration with the school.

Please place your order here:
https://www.zeffy.com/en-GB/ticketing/friends-of-holbeachs-christmas-tree-orders--2026

The platform we're using covers all processing fees, so 100% of your payment goes directly to the school. At checkout there's an optional donation to the platform itself. If you'd prefer to donate only to the school, simply select 'Other' and set the amount to £0.

We have until November 27th to sell as many trees as possible, let's beat last year's record!

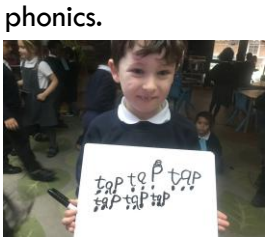
Update from Reception

This week, Shell and Pebble classes started their new topic, "Up Above and Down Below".

The children have had a wonderful week exploring this new topic, with the highlight being fireworks lighting up the sky!

The children have loved getting creative and exploring construction, using the blocks to build some fantastic tall towers and even having a go at building the Houses of Parliament!

They also continued their important work around phonics.




'Phonological Awareness'

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.

Over the past three weeks, at Holbeach, we have been getting the children to practice **Blending Syllables**.

This means **sticking syllables together** to make a word. Here are some ideas to help children blend syllables to make words:

Younger children

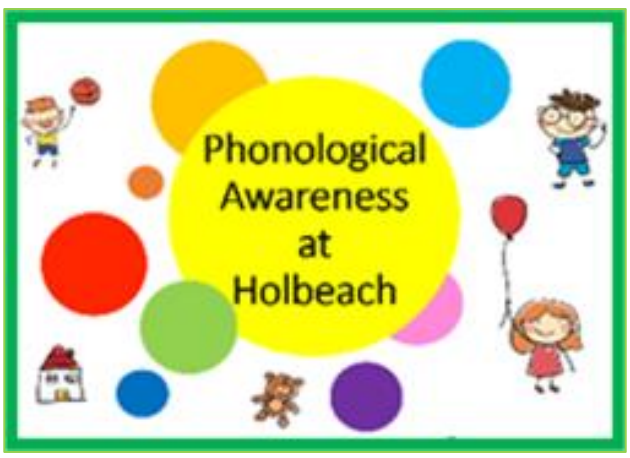
Guess the word: when looking at books / pictures with your child (or when out and about), tell them to guess what word you are saying.

For example, "can you find/point to the… am-bu-lance (ambulance)… te-le-vi-sion (television)…"

Older children

Guess the word (but harder!): Adults can Google 'multi-syllabic words' for ideas, then sit opposite the child and challenge them to guess the word you are saying. The adult should leave a small gap between syllables and allow them time to work on sticking it together. To help, give them a clue, such as "it flies".

If your child WANTS to have a go at breaking the words into syllables, great! But at the moment we are working on them STICKING SYLLABLES TOGETHER



Holbeach Primary School

Parent & Carer Workshop

Thursday 19th November 2026

9:00am – 10:00am



Theme: Common Behavioural Problems

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 second of these workshops is taking place on **Thursday 19th November** between **9am and 10am** at Holbeach Primary School.

This workshop will be run by the CAMHs Mental Health Support Team who the school works very closely with in order to support parents/carers.

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!

The **Holbeach School Council** would like to remind you that it is…

Time to dig out your

Winter woollies!



The Holbeach annual Winter Jumper Day is taking place on

Friday 11th December 2026

This year, we are asking for a small donation per family (e.g. 50p / £1) for your child/ren to wear their own Winter jumper to school along with their normal school trousers or skirts for the day.

The money collected will be donated to **the Friends of Holbeach.**

EVENTS IN OUR COMMUNITY





Mind Matters

with Lewisham MHST

MHST Mental Health Support Team — It's okay to say you're not okay.

NHS South London and Maudsley NHS Foundation Trust

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**





Helping families to thrive



Welcome to Lewisham's

Family Hubs

Lewisham

What is a Family Hub?

A Family Hub is a place where children, young people and their families can go for help and support – or just to meet other families and socialise.

A Family Hub is a one-stop shop with different support services in one location.

Who can access a Family Hub?

Any family with a child between the ages of 0 and 19 (or 25 with special educational needs and disabilities) can access a Family Hub. Pregnant women and birthing people can also access Family Hubs.

What services are offered within a Family Hub?

- Stay and Play activities that enable children and families to socialise, connect and play!
- Parenting support
- Employment and benefits advice
- Housing advocacy
- Special educational needs and disabilities (SEND)
- Low mood and mental health
- Domestic abuse support
- Midwifery
- Support for fathers and male carers
- Health Visiting
- Much, much more!



How can I access a Family Hub?

To access a Family Hub, simply walk-in during opening times or call the Family Hub. All Family Hub services are free and interpreters are available for families where English is an additional language. You can also access Family Hub services by reaching out to our Family Navigators (more information below).

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.



What do families that have used a Family Hub say about it?

'It makes you feel listened to and part of a family who cares about you and your problems'.

'Good, friendly environment. I love that they have included services to support us with childcare and financial help'.

'My baby daughter enjoys all the activities and especially singing the songs. She repeats the movements while singing. She is very excited about coming to Stay and Play'.

'Being in a group with people going through the same sort of thing as you is comforting and lets you feel less alone'.



Family Hubs