

Bessemer Primary School Newsletter



Part of The Gem Federation

www.thegemfederation.co.uk

Executive Headteacher: Sarah Beard

Address: Dylways, London, SE5 8HP

Email: bessemer@gemfed.co.uk

Telephone: 020 7274 2520

Head of School: Elizabeth Whitehead

Dates for your Diary

Friday 14th March 2025

Term Dates 2024-25

September 2024							October 2024							November 2024							December 2024						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
						1		1	2	3	4	5	6					1	2	3							1
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29
30																					30	31					

January 2025							February 2025							March 2025							April 2025						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
												1	2						1	2		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30	28	29	30				
														31													

May 2025							June 2025							July 2025							August 2025							
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	
													1		1	2	3	4	5	6						1	2	3
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31	
							30																					

School Holidays	INSET Days	Tutorial Day	Bank Holidays
-----------------	------------	--------------	---------------

This Year's Class Assembly Dates

Class assemblies take place at 9.15 am on Thursday mornings and last for about 15 minutes. Parents and carers are invited to come along and watch their children present their learning from their half termly topic.

Years 1,2 and 3		Years 4,5 and 6	
Thursday 21 st November	1NS	Thursday 28 th November	5FM
Thursday 30 th January	3/4BW	Thursday 6 th February	6LM
Thursday 13 th February	2SD	Thursday 13 th March	6KL
Thursday 20 th March	2LT	Thursday 27 th March	4BG
Thursday 3 rd April	3LS	Thursday 8 th May	5RS
Thursday 15 th May	3NI	Thursday 22 nd May	4GS
Thursday 5 th June	1ST	Thursday 12 th June	6SB
Thursday 19 th June		Thursday 26 th June	5OF
Thursday 3 rd July	1JM		

Dates for your Diary

Upcoming Events for the Spring Term:

- 19.03.25 – Early Years Celebration Day (for parents and carers) 9.15 – 10.15am
21.03.25 – Non-uniform day for Red Nose Day
26.03.25 – Year 2 Edith Cavell workshops in school
31.03.25 – Nursery reading workshop for parents and carers, 9.15am
31.03.25 – Year 6 residential trip meeting for parents and carers, 5pm
01.04.25 – Years 3 and 4 trip to The British Museum
03.04.25 – Nursery trip to The Unicorn Theatre
03.04.25 – Year 1 trip to Crystal Palace Park
04.04.25 – Last day of term (finish at usual time, ASC running as normal)
- 23.04.25 – Children return to school
23.04.25 – Year 6 violin concert at The Barbican after school

Please check this page weekly as dates will be added throughout the term.

Spring Term Library Visits

Each term every class has the opportunity to visit Grove Vale library. Children spend some time exploring the library, younger children often have a story session and then all children borrow a book to bring back to school with them. If you are able to accompany your child's class on their library visit please speak to their class teacher.

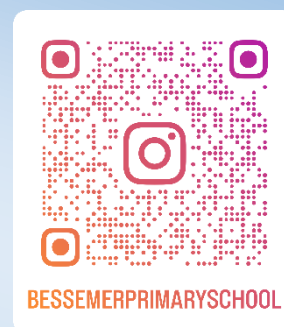
	10.20-11.00		10.20-11.00
Thurs 9 th Jan	6LM	Thurs 27 th Feb	3LS
Fri 10 th Jan	6MS	Fri 28 th Feb	2LT
Thurs 16 th Jan	6SB	Thurs 6 th March	2SD
Fri 17 th Jan	5RS	Fri 7 th March	1JM
Thurs 23 rd Jan	5FM	Thurs 13 th March	1NS
Fri 24 th Jan	5OF	Fri 14 th March	1ST
Thurs 30 th Jan	4GS	Thurs 20 th March	Moonbeam
Fri 31 st Jan	4BG	Fri 21 st March	Sunshine
Thurs 6 th Feb	3/4BW	Thurs 27 th March	Ladybird
Fri 7 th Feb	3NI	Fri 28 th March	Butterfly

News and Reminders

Instagram

For more updates about what's going on at Bessemer and insights into our creative and practical curriculum, follow us on Instagram!

@[bessemerprimaryschool](https://www.instagram.com/bessemerprimaryschool)

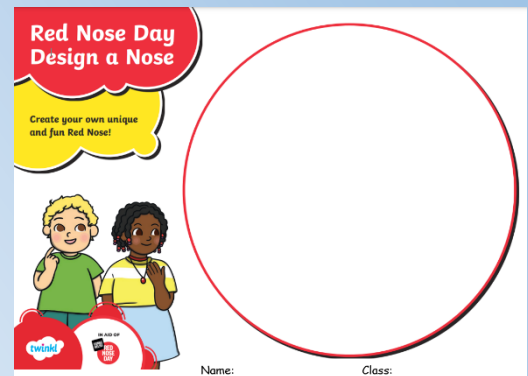


News and Reminders

Red Nose Day

Next Friday, 21st March is Red Nose Day. We are having a non-uniform day and asking for donations to Comic Relief on the gates in the morning.

We will be taking part in fun Red Nose Day activities in school on Friday and we are running a 'Design a Nose' competition, with prizes of red noses for the best entry in each year group. Your child can get an entry form from their class teacher, the deadline for entries is Red Nose Day itself.



Year 4 Multiplication Check

The Year 4 multiplication check takes place in June, by which time all children in Year 4 are expected to know all of their times tables by heart. This is really important as being able to recall multiplication facts quickly is essential as children go up the school and move on to more challenging areas of maths. We held a workshop this week to share information about the check and advice and strategies for helping children to learn their tables. The feedback following the workshop was excellent, but unfortunately it was not well attended. If your child is in Year 4 and you did not attend the workshop please take a few minutes to look at the presentation on Google Classroom.

Medication

If your child needs medication in school, this must be taken to the office and you must complete a medication form before it can be administered. Children must not have medication on them or in their bags in school, this is a serious safeguarding issue.

Year 1 Mystery Readers Wanted!

This half term Year 1 teachers have been inviting parents, grandparents and carers to come in to school and share a story with the children at 3pm. The children never know who the mystery reader is going to be until they arrive! There have been some lovely sessions so far, if you would like to take part please speak to your child's teacher.



Mental Health Support

Please see the new flyers at the end of the newsletter for details of ways to support children who are struggling with mental health needs.

Sharing Children's Learning

Demonstrating our core values of being *Academically Ambitious, Creative and Practical* and *Connected to the Community*

We had a great time celebrating World Book Day all last week! We had lots going on, from parents and KS2 reading buddies reading to children in Early Years, book making and illustration workshops, F@B's amazing book give away in the pop-up bookshop and of course, dressing up as our favourite book characters!



Sharing Children's Learning

Demonstrating our core values of being *Creative and Practical* and *Connected to the Community*

Look at some of our amazing World Book Day costumes!



Sharing Children's Learning

Demonstrating our core values of being *Progressive* and *Respectful*

For international Women's Day classes researched inspirational women from various fields such as sports, science, education and politics. Children put together presentations about the inspiration women they had chosen and the best presentations from each year group were chosen to share in assembly. Here is the Year 5 presentation and some pictures from the assembly:

Who is Malala Yousafzai

Malala was born on June the 12th 1997. She was born in Mingora, Pakistan. Malala Yousafzai is a Muslim, and she believed that everyone should have an education. When the Taliban took control of Malala's area, they then banned girls over the age of 8 going to school. Malala decided to rebel and continue going to school. One day, when she was on the bus from school, she was shot in the head by the Taliban and 2 of her friends were injured during the attack.

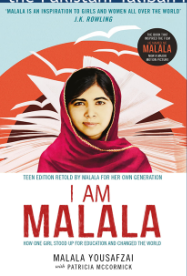


She was flown from Pakistan to Birmingham on a special medical plane for treatment. Miraculously, she recovered. After the fortunate recovery she was given the Nobel Peace Prize!!

Why was Malala so important?

She is the youngest Nobel Prize laureate in history, the second Pakistani and the only Pashtun to receive a Nobel Prize. Yousafzai is a human rights advocate for the education of women and children in her native homeland, Swat, where the Pakistani Taliban had at times banned girls from attending school. She then wrote a book about her life called *I AM MALALA*, she also made a quote,

“One child, one teacher, one book, one pen can change the world.”



How she changed the world.

Malala Yousafzai became an international model for the fight for girls' education after she was shot in 2012 for opposing Taliban restrictions on female education in her home country of Pakistan. After her identity was revealed, Malala continued to speak out for the right to education. The Taliban's attack on Malala on 9 October 2012 as she was returning home from school with her friends received worldwide condemnation. In Pakistan, over 2 million people signed a right to education petition, and the National Assembly ratified Pakistan's first Right to Free and Compulsory Education Bill. In 2013, Malala and her father co-founded the Malala Fund to bring awareness to the impact of girls' education and to empower girls to demand change.



Why is equality important



We should embrace and respect all backgrounds. There are many different types of diversity including age, ethnicity, gender, physical, cultural, mental capabilities, religion, socio-economic status, privilege, and nationality. Embracing diversity is crucial in creating inclusive environments that honour the human existence and celebrate all our differences. We believe that people no matter how different they are from us, should be treated with respect and kindness ☺



Word of the Week

Word of the Week is all about developing children's vocabularies by increasing the number of words they know and use. Making these challenging words part of their vocabulary improves children's speaking and listening, reading and writing skills.

The Word of the Week next week is **delegate**. Please help your child to find out the meaning of the word and try using it in different ways in sentences.

Try to use the word of the week as much as possible so that it becomes part of your child's vocabulary. Children will receive gems in school for using the word in their speech and writing and for explaining its meaning and origin.

F@B Update

Giving online and monthly giving

Did you know it's possible to support Bessemer with a donation via our People's Fundraising online giving? You can find it here: <https://www.peoplesfundraising.com/donation/friends-at-bessemer>

Sadly there have been significant cuts to school funding over the last 15 years which have left school budgets at Bessemer and other schools very thinly stretched. F@B is keen to work with the Bessemer community to get as much support as possible to help the school in these difficult times.

And for this week's newsletter we wanted to tell you all about **monthly giving!**

We think it's pretty great, and we'd love to welcome more monthly givers on board... Currently we have a group of families who are donating between £5 and £50 a month. Why is monthly giving so great?

- **It's super easy** - it takes 5 minutes to set up and once that's done it runs through automatically every month. The F@B team are here to do the Gift Aid claims and make sure the funds reach Bessemer where they can be spent on helping all of our children.
- **Gift aid boosts the value** of donations. If you sign up for Gift Aid we can claim an extra 25p more for every £1 donated!
- **It supports planning ahead**, giving the Bessemer team more time to think about activities and projects they would like to run to support our children to thrive in school. F@B shares regular giving information with the school as part of how we work together.

We do want to say that we recognise that monthly giving isn't an option for lots of families due to the cost-of-living crisis. We don't want anyone to feel under any pressure in relation to this request.

Please get in touch with our Treasurer Mark on 07816 496238 if you have any questions 😊

Online Safety Tip of the Week

Online Gaming

This week's tip is about online gaming – children LOVE spending time on devices playing games. They are a really fun way to spend time and connect with friends and family. But which games are most suitable for different age groups? What risks might children be exposed to? How can we best support our children to get the most out of online gaming while staying safe? Internet Matters has some excellent resources to support parents around these and many other common questions:

<https://www.internetmatters.org/resources/online-gaming-advice/>





Celebrations!

Certificates

	Star	Writer	Mathematician	Presenter	Scientist
Sunshine	Sunshine Class	Lorenzo	Samara		
Moonbeam	Moonbeam Class Tymek	Archie	William M		
1JM	Rex	Nickell	Storm	Janaya	
1NS	Alma	Amir	Arlo	Liam	Tobi
1ST	Rudy	Arlo	Kassie	Olivia	
2SD	Rufus	Freddie	Tammany	Laura	
2LT	Blessing	Lariyah	Lydia	Teddy	
3LS	Nathaniel	Sebastian	Abdulai	Yaseerah	
3NI	Emma	Joseph	Jose	Taylan	
3/4BW	Ramsay	Agibu	Talya	Elham	
4BG	Leila	Felix	Makai	Eustache	Donatas
4GS	Grace	Joel	Phoenix S	Jacob	
5RS	Fran	Jadon	Rose	Elijah	
5OF	Alkyoni	Nicolas	Suraya	Ebony	
5FM	Mariatu Aishah	Isabella	Callum	Riccardo Abemelek Remy	
6LM	Kitty	Jacob	Bryan	Hameed	
6SB	Lenny	Ruby	Emily	Bailey	
6KL	Paul	Ali	Bill	Rayanne	Tiger

Individual Timestable Rockstars

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
James	Djene	Ramsay	Nikolas	Aishah	Lorelie

Timestable Rockstars Winning Classes

Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
1ST	4BG	6KL

House Winners	Rubies!
------------------	----------------



Have a great weekend!

Elizabeth

SPORTS FOCUS COACHING

Easter Camp



Football, Floor is Lava, Arts & Crafts, Tennis, Nerf Battles

Location: Bessemer Grange Primary School, Dylways

Ages: Reception - Year 6

Dates: Monday, 7th April - Friday, 11th April

Monday, 14th April - Thursday, 17th April

Times & Prices:

9:00 - 12:00 £25

12:00 - 15:00 £25

9:00 - 15:00 £35

Early drop off 8:30 additional £3.50 Late pick up 17:00 additional £5



Dodge Ball, Yoga, Dance, Cricket, Athletics, Cooking & More!

Spaces are limited

To book

www.sportsfocusuk.co.uk

For further info

Email: bookings@sportsfocusuk.co.uk

or Call: 07946 007937



[Sportsfocuscoaching_](https://www.instagram.com/sportsfocuscoaching_)



[Sports Focus Coaching Limited](https://www.facebook.com/sportsfocuscoaching)

Southwark
Council



Activity programme for children and young people aged 4-16 years who get benefits-related free school meals

7 April to 17 April 2025

www.southwark.gov.uk/foodandfun

Funded by



Department
for Education



Contact our providers to sign up

North East Southwark

AUTISM VOICE

- Ages: 5 to 15
- Neckinger Tenants and Residents Association (TRA) Hall, 87 Spa Road, SE16 3SG
- 07460 399 290
- autismvoice1@gmail.com
www.autismvoice.org.uk

BALLERS ACADEMY - TEENS ONLY

- Ages: 13 to 15
- Peter Hills Primary School, Salter Road entrance, SE16 5ED
- 07400 543 210
- info@ballersacademy.co.uk
www.ballersacademy.co.uk

CITY HOPE CHURCH

- Ages: 12 to 16
- City Hope Church, 121 Drummond Road, SE16 2JY
- 07305 163 038
- kwame@cityhope.london
www.cityhope.london

MILLWALL COMMUNITY TRUST

- Ages: 6 to 13
- St Pauls Sports Ground, Salter Road, SE16 5EF
- 07903 245 058
- tsells@millwallcommunity.org.uk
www.millwallcommunity.org.uk

PARENT SKILLS2GO

- Ages: 4 to 10
- Lewington Community Centre, 9 Eugenia Road, SE16 2RU
- 07725 818 283
07394 662 602
- admin@parentskills2go.com
www.parentskills2go.com

ZENOCH COMMUNITY HUB

- Ages: 5 to 16
- City of London Academy (COLA), 240 Lynton Road, SE16 5LA
- zenochservices@gmail.com
www.zenoch.co.uk

North West Southwark

FAST 58

- Ages: 5 to 15
- Roundhouse Hall, 2 Cardinal Bourne Street, SE1 4EJ
- 07973 311 684
- dwalsh1503@gmail.com
www.fast58.org.uk

JUNIOR ADVENTURE GROUP - ELEPHANT & CASTLE

- Ages: 5 to 11
- The Castle Centre, 2 St Gabriel Walk, SE1 6FG
- 0800 640 9516
- hello@junioradventuresgroup.co.uk
www.junioradventuresgroup.co.uk

East Central Southwark

ANGELS BREAKFAST AND AFTERSCHOOL CLUB

- 👤 Ages: 8 to 16
- 📍 Parish Church of St Luke's, Chandler Way, SE15 6DT
- ☎ 07957 472 504
- ✉ angelsbreakfastafterschoolclub@gmail.com

BIRD IN BUSH CHAMPS

- 👤 Ages: 5 to 11
- 📍 Bird in Bush Primary School, Bird in Bush Road, SE15 1QP
- ☎ 07512 514 833
- ✉ iali@birdinbush.southwark.sch.uk
<https://birdinbushprimary.co.uk>

DAMILOLA TAYLOR CENTRE

- 👤 Ages: 11 to 16
- 📍 Damilola Taylor Centre, 1 East Surrey Grove, SE15 6DR
- ✉ youthservicesinfo@southwark.gov.uk

JUNIOR ADVENTURE GROUP - PECKHAM

- 👤 Ages: 5 to 11
- 📍 Peckham Pulse Leisure Centre, 10 Melon Road, SE15 5QN
- ☎ 0800 640 9516
- ✉ hello@junioradventuresgroup.co.uk
www.junioradventuresgroup.co.uk



See the listings to choose the best club for your child. Please book a place with your chosen provider as soon as possible to avoid disappointment. If you have any queries, please contact the Holiday Activities and Food Team at haf@southwark.gov.uk.

West Central Southwark

BURGESS SPORTS

- 👤 Ages: 5 to 12
- 📍 Surrey Square Primary School, Surrey Square, SE17 2JY
- ☎ 07384 336 925
- ✉ afruja@burgesssports.org
www.burgesssports.org

South Southwark

DYNAMIC COACHING

- 👤 Ages: 4 to 16
- 📍 Dulwich Hamlet Football Club, Champion Hill, Edgar Way, SE22 8BD
- ☎ 07756 826 105
- ✉ admin@dynamicmail.co.uk
www.dynamiccoachinguk.com

EXCEL BEYOND BARRIERS

- 👤 Ages: 4 to 16
- 📍 Ketra Community Hall, Telfer House, Seeley Drive, Kingswood Estate, SE21 8QW
- ☎ 07958 064 597
020 8079 7290
- ✉ info@excelbeyondbarriers.com
www.excelbeyondbarriers.com

JUNIOR ADVENTURE GROUP - CAMBERWELL

- 👤 Ages: 5 to 11
- 📍 Camberwell Leisure Centre, Artichoke Place, Camberwell Church Street, SE5 8TS
- ☎ 0800 640 9516
- ✉ hello@junioradventuresgroup.co.uk
www.junioradventuresgroup.co.uk

AK0225

SUPPORTING ADOLESCENT

Anxiety

WHAT IS ANXIETY?

We often experience '*normal*' anxiety when we have a big test coming up or we're facing a fear for the first time. However, sometimes we can be confronted with '*problematic anxiety*' which is persistent and interferes with things that are important to us such as school, relationships and hobbies.

WHAT MIGHT THIS LOOK LIKE?

- Avoiding day to day things that make you feel worried
- Physical symptoms (e.g heart racing, trembling hands)
- Problems getting to sleep/ Issues with your appetite
- Finding it hard to concentrate
- Getting caught up in your negative thoughts

HOW CAN WE HELP?

EWPs help students over 8-sessions to break their cycle of anxiety by supporting them to challenging their anxious thoughts and encouraging them to face their fears in a way that feels manageable. This helps create a positive cycle that lessens the symptoms of anxiety .

CONTACT US

MHSTSouthwark@groundwork.org.uk



PARENT-LED INTERVENTIONS FOR COMMON BEHAVIOUR PROBLEMS

Facilitated by Groundwork MHST



COMMON BEHAVIOUR PROBLEMS

Lots of children demonstrate challenging behaviour at some point. Common behaviour problems are persistent and difficult for both you and your child to manage. This includes things like having lots of angry outbursts, regularly shouting, swearing and being very argumentative, frequently hitting, biting or kicking others, being unkind or bullying towards other family members or children.



WHY IS IT LED BY PARENTS ?

Parent-led interventions are the single most effective intervention for the treatment of conduct problems in children. This intervention allows parents to share their experiences and feel supported. It is designed to promote positive relationships, attachment and pro-social behaviour through sensitive responding, and to provide appropriate routines, boundaries and limit setting.



WHAT DOES THE INTERVENTION INVOLVE ?

The intervention is based on social learning theory and focused on implementing strategies with two main principles:

1. Reinforcement: Behaviour that is reinforced immediately is more likely to occur
2. Attention: Children's behaviour is often oriented to gaining attention from others, especially parents.

THE EVIDENCE

Numerous clinical trials have shown that parenting interventions developed from social learning theory and relationship based approaches improve disruptive behaviour problems in children

(Dretzke et al 2009)

HOW LONG DOES IT TAKE ?

The intervention consists of 8 weekly sessions. Each session lasts up to one hour and is focused on a different strategy.

There will be a follow-up session after the intervention ends to see how you and your child are getting on.

BETWEEN SESSIONS...



Parents are encouraged to try out the strategies with their child between sessions to find out the ones that work best for you and your child.

If you have any questions, please contact us at MHSTSouthwark@groundwork.org.uk



SUPPORTING ADOLESCENT

Low Mood & Depression

WHAT IS LOW MOOD AND DEPRESSION?

We all experience 'low mood' when we are sad, unhappy, fed up, feel down or 'have the blues'. Usually our mood changes and we feel better. However, this doesn't always happen and if our low mood continues or becomes more severe it can become 'depression'

WHAT MIGHT THIS LOOK LIKE?

- Feeling down most of the time
- Things don't feel as fun as they used
- Drop in motivation and engagement in school
- Struggling to maintain friendships and relationships
- Irritable, more easily upset or quicker to anger

HOW CAN WE HELP?

EWPs help students over 6-sessions break the vicious cycle of low mood/depression using 'Behavioural Activation' to identify values and introduce activities based on these values. This helps create a positive cycle that lessens the symptoms of depression.

CONTACT US

MHSTSouthwark@groundwork.org.uk



Mental Health Support Team

Groundwork London

MHST Aims

Mental Health Support Teams are part of a governmental initiative to transform children and young people's mental health. To promote access to mental health services and improve children and young people's wellbeing.

MHST Primary School Offer

✨ One to One Parent Support

Anxiety

In Primary schools the Educational Wellbeing Practitioner (EWP) will deliver Low-Intensity Cognitive Behavioural Therapy (CBT) based parent interventions to support children with anxiety disorders. The interventions consist of one-to-one weekly sessions with parents/carers over a 6-8 week period. EWPs work collaboratively with parents to support their child with low to moderate anxiety including Generalised Anxiety, Separation Anxiety, Panic or phobia.

Challenging Behaviour

In Primary schools EWPs will deliver Anna Freud Centre's Social Learning Therapy (SLT), which explores techniques such as modelling and positive reinforcement to support children with low to moderate challenging behaviour. The interventions consist of one-to-one weekly sessions with parents/carers over a 9 week period.

✨ Group work

EWPs can deliver the Brain Buddies Emotional Regulation programme to Years 4, 5 or 6 within whole-class groups. The aim of the programme is develop students' understanding of what emotion regulation is. Over a 10 week period, it focuses on psychoeducation and skills building in understanding, identifying and developing strategies for children to regulate their emotions through self-care, self-calming strategies and thinking strategies such as problem-solving.

✨ Further Support

The MHST is flexible and can tailor support depending on the school's need. We can offer assemblies, workshops and short term groups around wellbeing themes such as transition to secondary school, exam stress and self-care, as well as specific themes identified by the school. MHST can provide psycho-education and support to children, staff, and parents / carers.

How to Access Support

If you feel you and your child may benefit from support please speak to your school's Mental Health Lead, who can then make a referral to our service.

For further information please contact:
MHSTsouthwark@groundwork.org.uk



Mental Health Support Team

Groundwork London

MHST Aims

Mental Health Support Teams are part of a governmental initiative to transform children and young people's mental health. To promote access to mental health services and improve children and young people's wellbeing.

MHST Secondary School Offer

✦ One to One Support

Anxiety

Educational Wellbeing Practitioners (EWPs) help students distinguish between worries they can and can't control, then provide them with the skills needed to manage these worries (e.g. problem solving, 'worry time' and re-focusing techniques). EMHPs deliver up to 8 weekly sessions to help students overcome their fears and phobias through graded exposure and step by step plans. EMHPs also teach students how to identify factors which maintain their anxiety and support them to reduce these factors.

Low mood

EWPs can offer students up to 8 weekly sessions to help them break the vicious cycle of low mood/depression. Using a brief form of Behavioural Activation, EWPs helps students to identify their values then introduces activities which student have to complete, based on these values. Completing valued activities helps create a positive cycle that lessens the symptoms of depression.

✦ Group work

In Secondary schools the MHST can offer a 6 - 8 week targeted group (up to 12) for young people in Years 9 -12 with low mood and anxiety. The group focuses on learning practical strategies such as spotting and challenging negative thoughts, mindfulness and identifying the impacts of different activities on mood, to help empower the young people attending to enact changes in their lives to improve their wellbeing.

✦ Further Support

The MHST is flexible and can tailor support depending on the school's need. We offer assemblies, workshops and short term groups around wellbeing including themes such as exam stress and self-care, as well as specific themes identified by the school. We deliver psycho-education, training and support to students, staff, and parents / carers.

How to Access Support

If you feel your child may benefit from support please speak to your school's Mental Health Lead, who can then make a referral to our service.

For further information please contact us on:
MHSTsouthwark@groundwork.org.uk



PARENT-LED INTERVENTIONS FOR CHILD ANXIETY

Facilitated by Groundwork MHST



CHILD ANXIETY

Many children experience problems from anxiety. If left unchecked, these feelings can continue over time. They can affect a child's ability to cope with every day life. It can also impact their schooling, friendships, family life and hopes for the future.



WHY IS IT LED BY PARENTS ?

Parents are in a great position to help their child with their anxiety, because they can teach them to apply the skills in their everyday life. Many parents feel empowered by working on their child's anxiety as a family. This intervention allows parents to share their experiences and feel supported. Parents are also more likely to remember the strategies if problems occur in the future, and children do not miss any time at school.



WHAT DOES THE INTERVENTION INVOLVE ?

The intervention is based on CBT and involves five steps:

- Setting goals for your child's progress
- Understanding what your child needs to learn to help them with their anxiety
- Encouraging independence and brave behaviour
- Developing a plan to help your child face their fears
- Help your child learn how to become an independent problem-solver and develop autonomy

THE EVIDENCE



Research suggests that when following this Parent-led intervention, 65% of children under the age of 10 lose their anxiety diagnosis (compared to 18% on the wait list)*

At 3-8 months after treatment, 70% of children do not require any further interventions for anxiety **



*(Cartwright-Hatton et al, 2010)

** (Evans et al, 2018)



HOW LONG DOES IT TAKE ?

The intervention consists of 8 sessions, which last up to one hour.

There will be a follow-up session after the sessions end, to see how the child is coping with their anxiety.



BETWEEN SESSIONS...

The intervention is based on *Helping your Child with Fears and Worries* by Cathy Cresswell & Lucy Willetts. Parents are given book chapters to read between sessions. Parents are encouraged to try out the strategies with their child between sessions.

If you have any questions, please contact us at MHSTSouthwark@groundwork.org.uk





WHAT IS A SOCIAL SKILLS GROUP?

A small group of 6-8 children learning together how to build and develop their social skills to support communication and interaction with peers and school staff.

WHAT WILL THEY LEARN?

Group sessions will be tailored to children and families goals. We typically cover: Friendships, Making Conversations, Working with Others (Taking Turns, Boundaries and Empathy) and Thinking Things Through (Choices and Consequences)

WHY ARE SOCIAL SKILLS IMPORTANT?

Social skills are important for all of us and they enable an individual to make and maintain positive interactions with others. These skills helps us make and keep friends, problem solve when difficulties arise and recognise our own and other's feelings so we can respond in an understanding and caring way.

WHO IS IT FOR?

The group has been designed for primary aged children with an Autism Spectrum Condition diagnosis, those who are awaiting a diagnosis or those who just need a little extra help to improve their relationships with others in and outside the classroom.

ANY QUESTIONS

If you have any further questions please contact us:

MHSTSouthwark@groundwork.org.uk





INTEGRATIVE COUNSELLING

WHAT IS INTEGRATIVE COUNSELLING?

Integrative Counselling uses a mixture of different evidence-based therapies tailored to the individual to help them express and make sense of feelings, thoughts and experiences. This supports them to have a better understanding of themselves, to build self-esteem and resilience and to feel better able to cope with the challenges they face.



WHO IS INTEGRATIVE COUNSELLING FOR?

This support might be suitable for young people people who are experiencing social or emotional difficulties such as :

- Low self-esteem and confidence
- Finding it hard to make sense of themselves
- Struggling to process and/or express their emotions
- Having difficulties connecting with others/ friendship issues
- Have experienced or are going though a difficult time in life and need a safe space to explore that





GROUNDWORK
CHANGING PLACES
CHANGING LIVES

INTEGRATIVE CHILDREN'S COUNSELLING

What is Integrative Children's Counselling?

Integrative Children's Counselling uses a mixture of different evidence-based therapies tailored to the child to help them express and make sense of feelings, thoughts and experiences.

This supports them to have a better understanding of themselves, to build self-esteem and resilience and to feel better able to cope with the challenges they face.

Who is Integrative Children's Counselling for?

This support might be suitable for children who are experiencing social or emotional difficulties such as:

- Difficulties connecting with others/ friendship struggles
- Difficulties processing and/or expressing their emotions
- Low self-esteem and confidence
- External events that are impacting their everyday lives



Dramatherapy

What is dramatherapy?

Dramatherapy is a form of psychotherapy that uses drama or creative techniques, such as role play, movement, art making and storytelling, to offer children a space to express themselves freely, and in a way that they feel safe and comfortable. It uses these techniques to provide an indirect way of working through thoughts and feelings, or external events that might be impacting their everyday lives.

What a session might look like

Dramatherapy uses a six-part structure in each session:

Focus - A check in with the clients current thoughts and feelings

Warm up - Preparing our bodies and imaginations for the session

Bridge in - Introducing an activity and images we might use

Main Event - Working through activities to express and process emotions

Bridge out - Leaving the activity in a contained way

Grounding - Shifting focus to what is happening when they leave the session

Myth Vs Facts

Clients perform their problems in front of people X Clients will only perform to the therapist if they choose to, and to no one else.

My child will be fixed by the end of therapy X Clients are not broken but their behaviour may change depending on whether there has been the appropriate amount of space to process their feelings and experiences.

Dramatherapy is very vague X Dramatherapy can be direct if the client needs it to be, there is always space to speak candidly about something they would like to explore.



WOMENS FUNCTIONAL STRENGTH CLASS

**TUESDAYS &
THURSDAYS**
9.15-10AM



OUTSIDE MAIN CLUBHOUSE
DULWICH SPORTS CLUB



STRAIGHT AFTER
SCHOOL DROP OFF

SUPER NICE INCLUSIVE
GROUP OF WOMEN

LEARN TO LIFT
WEIGHTS SAFELY

LOOK, FEEL AND
PERFORM AT YOUR
BEST THIS SUMMER

POP US A MESSAGE
FOR MORE INFO!



@extramileathletes



07871277913