

# Bessemer Primary School Newsletter



Part of The Gem Federation

[www.thegemfederation.co.uk](http://www.thegemfederation.co.uk)

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Head of School: Elizabeth Whitehead

## Dates for your Diary

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

## Dates for your Diary

### Upcoming Events for the Spring Term:

- 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.

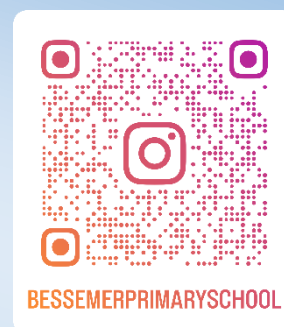
	10.20-11.00		10.20-11.00
Thurs 9 <sup>th</sup> Jan	6LM	Thurs 27 <sup>th</sup> Feb	3LS
Fri 10 <sup>th</sup> Jan	6MS	Fri 28 <sup>th</sup> Feb	2LT
Thurs 16 <sup>th</sup> Jan	6SB	Thurs 6 <sup>th</sup> March	2SD
Fri 17 <sup>th</sup> Jan	5RS	Fri 7 <sup>th</sup> March	1JM
Thurs 23 <sup>rd</sup> Jan	5FM	Thurs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

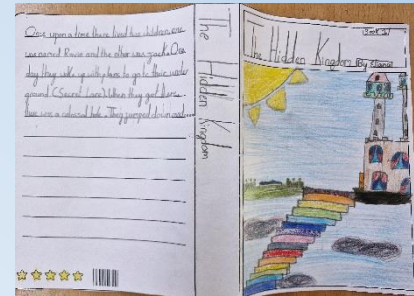
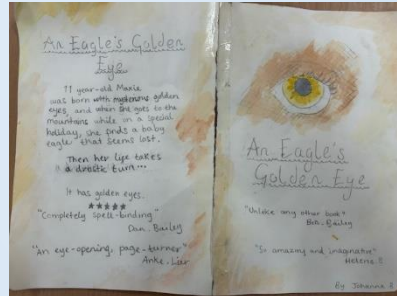
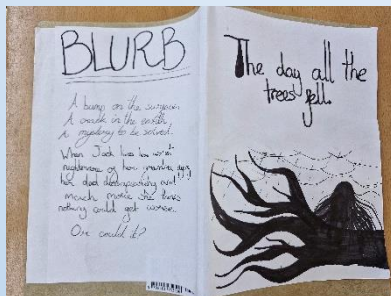
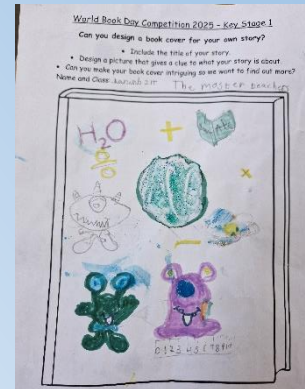


## News and Reminders

### World Book Day Competition

In Celebration of World Book Day we ran competitions to design your own book cover or write your own blurb. We had some fantastic entries, well done everyone! Congratulations to our winners:

- Year 1: Samuel 1ST
- Year 2: Lariah 2LT
- Year 3: Eliana 3NI
- Year 4: Seren 4BG
- Year 5: Remy 5FM
- Year 6: Johanna 6KL



### Football

#### Jack's League Report

We are delighted to announce that Bessemer Girls have won the 24/25 Southwark Girls League! The final league standings are as follows:

<b>Girls Group</b>									
Position	Team	P	W	D	L	+	-	GD	Pts
1	Bessemer	6	5	1	0	21	2	19	17
2	Goodrich	6	4	0	2	18	16	2	14
3	Grange	6	4	1	1	25	9	16	15
4	St Peters	6	2	0	4	10	19	-9	10
5	Michael Faraday	6	2	0	4	14	17	-3	10
6	Charles Dickens	6	2	0	4	9	21	-12	10
7	SSQ	6	1	0	5	5	20	-15	8

We are incredibly proud of the team work, resilience, and skill they have shown throughout the season. Thank you to all the volunteers, parents who came to support, and staff that helped make this possible. Special mention must be made of Joe Plews for all his hard work and fantastic coaching skills. Bessemer Boys will conclude their season next week.



## Sharing Children's Learning

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

Children in Reception had a great time visiting The Horniman Museum last week. They went to the aquarium to revisit their learning from their *Under the Sea* topic and took part in a workshop that took them on an imaginary trip around the world, meeting lots of different animals.



## Sharing Children's Learning

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

Thank you to all of the parents, carers and family members who joined us for a really beautiful Early Years Celebration Day this week. This term the focus was science and the children (and adults!) all had a lovely morning exploring, investigating and getting messy! A huge well done and thank you to our wonderful Early Years team for putting it together!



## 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 **assertive**. 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

As we start to see more spring sunshine we wanted to share 2 ways that Bessemer families can get more involved with F@B:

1. **Ice cream Fridays** are coming back - could you join our ice cream Friday WhatsApp group and lend a hand with shopping for ice creams or helping out on the stall?

We'd like to run this stall pretty regularly as it's always very popular and a great fundraiser. We're always keen for more helpers!

2. **Chicken crew** - our chicken crew WhatsApp group is also looking for more volunteers who can feed and care for the school chickens during holidays and at weekends. It's lovely to spend an hour with the chickens - giving them treats, topping up their food and drink and a bit of a clean up too. And our chickens team are on hand for advice, support and induction sessions for new crew members.

You can access any groups - there's one for the nature garden, another supporting school music, via the WhatsApp community and we're always keen to welcome new members! Or email F@B for more details: [fab@friendsatbessemer.co.uk](mailto:fab@friendsatbessemer.co.uk)

## Online Safety Tip of the Week

### **Instant Messaging**

Many people enjoy using the wide range of instant messaging apps to stay in touch with family and friends. They are a great way to stay connected, socialise and keep up to date with things that are happening.

However, there can be some risks involved, such as messages from unsolicited sources. It's important to talk to your child about what is and isn't appropriate to send, what to do if someone they don't know contacts them, and how to respond if they receive a message that they don't like or makes them feel uncomfortable.

It is also important to check privacy settings on any apps that you or your child uses regularly.





# Celebrations!

## Certificates

	Star	Writer	Mathematician	Presenter	Scientist
<b>Sunshine</b>	Mabel	Rory	Hugh		
<b>Moonbeam</b>	Yahya	Novah	Leon		
<b>1JM</b>	Leo I	Gabriel	Janaya	Leo T	Phoenix
<b>1NS</b>	Ava	Violet	Cormac	Dylan	
<b>1ST</b>	Maya	Scarlett	Raymond	Kassie	
<b>2SD</b>	Nia Bella	Benjamin	Jolyon	Freddie	
<b>2LT</b>	Amber	Jacob	Josiah	Sorrel	Lucy
<b>3LS</b>	Keyan	Dougie	Aidan	Margot C-G	
<b>3NI</b>	Dylan	Jules	Athena	Margot P	
<b>3/4BW</b>	Jake	Harrison	Maya	Otis	Y3 - Malaki Y4 - Felix
<b>4BG</b>	Donatas	Beau	Sophie	Wolfe	
<b>4GS</b>	Temí	Rene	Ezra	Aidan	
<b>5RS</b>	Elena	Freddie	Leo	Stella	
<b>5OF</b>	Uriel	Sam	Sophie	Holly	
<b>5FM</b>	Kyanna	Esther	Winnie	Amelia	Millie-Rose
<b>6LM</b>	Poppy	Toferati	Jacob	Emily W	Virtue
<b>6SB</b>	Arda	Edward	Alice	Alexis	
<b>6KL</b>	Owen	Fayo	Frankie	Molly	

## Individual Timestable Rockstars

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Samuel	Ella	Albie	Jacob	Lacey	Eve

## Timestable Rockstars Winning Classes

Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
1NS	3/4BW	5RS

House  
Winners

**Sapphires!**



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](http://www.sportsfocusuk.co.uk)

For further info

Email: [bookings@sportsfocusuk.co.uk](mailto: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](http://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](mailto:autismvoice1@gmail.com)  
[www.autismvoice.org.uk](http://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](mailto:info@ballersacademy.co.uk)  
[www.ballersacademy.co.uk](http://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](mailto:kwame@cityhope.london)  
[www.cityhope.london](http://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](mailto:tsells@millwallcommunity.org.uk)  
[www.millwallcommunity.org.uk](http://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](mailto:admin@parentskills2go.com)  
[www.parentskills2go.com](http://www.parentskills2go.com)

#### ZENOCH COMMUNITY HUB

- 👤 Ages: 5 to 16
- 📍 City of London Academy (COLA), 240 Lynton Road, SE16 5LA
- ✉ [zenochservices@gmail.com](mailto:zenochservices@gmail.com)  
[www.zenoch.co.uk](http://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](mailto:dwalsh1503@gmail.com)  
[www.fast58.org.uk](http://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](mailto:hello@junioradventuresgroup.co.uk)  
[www.junioradventuresgroup.co.uk](http://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](http://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](mailto: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](http://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](http://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](http://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](http://www.junioradventuresgroup.co.uk)

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# 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](mailto: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](mailto: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](mailto: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 help 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](mailto:MHSTSouthwark@groundwork.org.uk)





# SOCIAL SKILLS

Let's Learn and Play Together

## 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](mailto: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 through a difficult time in life and need a safe space to explore that





# 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



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