

# Bessemer Primary School Newsletter



Part of The Gem Federation

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

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## Dates for your Diary

Friday 31<sup>st</sup> January 2025

### Term Dates 2024-25

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

| October 2024 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Mo           | Tu | We | Th | Fr | Sa | Su |
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| 7            | 8  | 9  | 10 | 11 | 12 | 13 |
| 14           | 15 | 16 | 17 | 18 | 19 | 20 |
| 21           | 22 | 23 | 24 | 25 | 26 | 27 |
| 28           | 29 | 30 | 31 |    |    |    |

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

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

| January 2025 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Mo           | Tu | We | Th | Fr | Sa | Su |
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| 6            | 7  | 8  | 9  | 10 | 11 | 12 |
| 13           | 14 | 15 | 16 | 17 | 18 | 19 |
| 20           | 21 | 22 | 23 | 24 | 25 | 26 |
| 27           | 28 | 29 | 30 | 31 |    |    |

| February 2025 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
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| 3             | 4  | 5  | 6  | 7  | 8  | 9  |
| 10            | 11 | 12 | 13 | 14 | 15 | 16 |
| 17            | 18 | 19 | 20 | 21 | 22 | 23 |
| 24            | 25 | 26 | 27 | 28 |    |    |

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

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

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

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

| July 2025 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| Mo        | Tu | We | Th | Fr | Sa | Su |
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| 7         | 8  | 9  | 10 | 11 | 12 | 13 |
| 14        | 15 | 16 | 17 | 18 | 19 | 20 |
| 21        | 22 | 23 | 24 | 25 | 26 | 27 |
| 28        | 29 | 30 | 31 |    |    |    |

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

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 <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:

WB 03.02.25 – Children’s Mental Health Week  
03.02.25 – Year 5 Young Voices concert at the O2  
05.02.25 – Wear bright colours / colours that make you feel good for Children’s Mental Health Week  
06.02.25 – Reception children’s eye tests in school  
07.02.25 – Year 3 benchball afternoon in school  
07.02.25 – Year 4 ballet workshops in school  
07.02.25 – NSPCC Number Day (number themed dress up)  
11.02.25 – Safer Internet Day  
12.02.25 – Year 5 trip to The London Eye  
13.02.25 – Year 1 trip to The National Maritime Museum  
13.02.25 – last day of this half term for children  
14.02.25 – Tutorial day, school closed to children – **booking is open, please make an appointment**  
WB 17.02.25 – Half term holiday  
24.02.25 – Children return to school  
06.03.25 – World Book Day (no dress up, dress up moved to next day)  
06.03.25 – Years 3 and 4 trip to The Royal Festival Hall  
07.03.25 – Dress up for World Book Day (book themed dress up)  
07.03.25 – International Women’s Day  
13.03.25 – Year 4 multiplication check parents’ and carers’ workshop, 9.15am  
19.03.25 – Early Years Celebration Day (for parents and carers) 9.15 – 10.15am

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.

|                            | <b>10.20-11.00</b> |                              | <b>10.20-11.00</b> |
|----------------------------|--------------------|------------------------------|--------------------|
| 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

### Tutorial Day

School is closed to children on 14<sup>th</sup> February for tutorial day. Please make a tutorial day appointment on Parentmail to see your child's teacher and receive their mid-year report.

### Inclusion

#### National Autistic Society coffee mornings



Our guest speaker this month:

**Laurain & Sue** from **The Autism Team** will offer advice and strategies to support your child's regulation at home. Please book your free ticket here:

<https://www.eventbrite.co.uk/e/1214906170059?aff=odtdtcreator>

For parents & carers of autistic children on:

Friday 7<sup>th</sup> February  
9:30am  
Carnegie Library Hub  
Herne Hill, SE24 0AG

And the first Friday of every month  
FREE of charge  
Open to parents/carers of autistic people  
of all ages in Lambeth & neighbouring  
boroughs



### Toys from Home

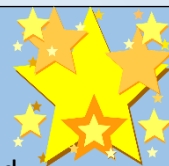
Children are not allowed to bring toys from home into school unless this has been agreed with staff for a particular reason. Children do not need to bring in their own stationary, notebooks, pencil cases etc.

Children are still allowed to bring a small number of trading cards to school. If your child is bringing in cards please ensure that they understand the nature of card trading and that they know that they should only swap cards if both they and the person they are swapping with really want to, because swaps are permanent and they won't get their cards back.

### Little Stars

#### Little Stars Enrolment Information

- Little Stars is our nursery provision for two to three year olds.
- You can add your child's name to the Little Stars waiting list once they are one year old.
- Places in Little Stars can be paid for privately or by using the government funding provided for childcare. Government funding starts in the term after a child's second birthday. E.g. a child who turns two in October will receive funding to start nursery in January.
- We have two intake points for Little Stars, in September and January. Children can be admitted in between intake points if a place is available, however children who turn two in the spring or summer term may have to wait for the September intake if no place is available before that.



## News and Reminders

### **Children's Mental Health Week**

Next week is Children's Mental Health Week. We will be taking part in various activities to support good mental health during the week in school and children are invited to wear bright colours, or colours that make them feel good to school on Wednesday.

### **NSPCC Number Day**

Friday 7<sup>th</sup> February is NSPCC Number Day. Children will be completing maths puzzles in their maths lessons and are invited to dress up as a number or something else maths related. We will be collecting money for the NSPCC on the gates.

As part of our Number Day celebrations we will be taking part in this Times Table Rock Stars competition. It runs throughout the day on Friday so children can take part before and after school as well – join in and help Bessemer win!



A message from Times Table Rock Stars:

As part of our commitment to make maths exciting and high profile in school, we are running a friendly competition involving schools across the UK. The competition runs from 07:30 GMT Friday 7th February 2025 to 19:30 GMT Friday 7th February 2025. It's all done online via [play.ttrockstars.com](https://play.ttrockstars.com).

Children can play in any game mode with every correct answer to a multiplication or division question earning themselves, their class and the school a point. The Times Tables Rock Stars platform will calculate the class average (the number of correct answers per pupil in the class who play during the competition hours, subject to a daily 60-minute limit (see below)). Winning classes in the school and in the competition as a whole will be the ones with the highest average.

To support player wellbeing, there is a daily time limit of 60-minutes per player. In other words, each player can earn competition points for up to 60-minutes between 07:30 GMT and 19:30 GMT on 07:30 GMT Friday 7th February 2025 to 19:30 GMT Friday 7th February 2025. Once the player goes beyond 60-minutes of play on that day, they will still earn coins but will no longer earn points towards the competition.

In the spirit of the competition, please don't play on their behalf but by all means encourage and support them to the extent that it doesn't cause high stress levels or impact on family plans.

## Sharing Children's Learning

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

Children in Years 5 and 6 were invited to JAGS for an author talk by M.G. Leonard, who has just released a new book *Hunt for the Golden Scarab*.



Children in Year 1 took part in a multi skills sports afternoon today:



## Sharing Children's Learning

Demonstrating our core values of being *Academically Ambitious* and *Creative and Practical*

In science, children in Year 5 have been learning about the effects of up thrust and water resistance by dropping different shaped objects into water and recording the way that they sank.



Children in Art Club enjoyed exploring block printing this week:



## Sharing Children's Learning

Demonstrating our core values of being *Creative and Practical* and *Respectful*

Children in Year 1 have been learning about Chinese New Year this week:



Children in Year 6 have been learning about Maya city states. They have made models of a cenote (a natural sinkhole filled with water), a house and a pyramid temple.



## 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 **scour**. 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

### F@B Party Bookings

Football fun and nature garden play - weekend and holiday party bookings open to all!

Did you know, Bessemer families can hire the Nature Garden or the Astro football pitch for a birthday party?

Find out more: [fab@friendsatbessemer.co.uk](mailto:fab@friendsatbessemer.co.uk)

## Online Safety Tip of the Week

### Advice for parents and carers

# Smart Speakers

More and more households own smart-speakers, but what conversations should we be having with children about how to use them safely and responsibly?

The UK Safer Internet Centre has compiled a guide with the following advice for parents and carers:

- talking to children about responsible use of smart speakers
- what to do if something upsetting or worrying happens
- how to set parental controls on different devices

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/smart-speakers>







# Celebrations!

## Certificates

|                 | Star        | Writer   | Mathematician | Presenter | Scientist          |
|-----------------|-------------|----------|---------------|-----------|--------------------|
| <b>Sunshine</b> | Micah-James | Zella    | Dylan         |           |                    |
| <b>Moonbeam</b> | Bryan       | George   | Ursula        |           |                    |
| <b>1JM</b>      | Storm       | Theo     | Luna          | Nickell   |                    |
| <b>1NS</b>      | Amir        | T'mari   | Alma          | Cormac    |                    |
| <b>1ST</b>      | Yonathan    | Violet   | James         | Safiyatu  | Nasir              |
| <b>2SD</b>      | Freddie     | Lyra     | Jennyfer      | Jago      |                    |
| <b>2LT</b>      | Blessing    | Sorrel   | Ruona         | Jasper    | Eve, Larry, Josiah |
| <b>3LS</b>      | Ibrahim     | Aidan    | Phoebe        | Amina     |                    |
| <b>3NI</b>      | Gwen        | Emma     | Athena        | Santi     |                    |
| <b>3/4BW</b>    | Whole class | Rebecca  | Felix         | Ruby      | Melody             |
| <b>4BG</b>      | Valentina   | Sarah    | Beau          | Maia      |                    |
| <b>4GS</b>      | Mikey       | Nikolas  | Rene          | Grace     | Hari               |
| <b>5RS</b>      | Florence    | Esme     | Freddie       | Malachi   | Leo                |
| <b>5OF</b>      | Johnny      | Holly    | Alkyoni       | Billy     |                    |
| <b>5FM</b>      | Amelia      | Riccardo | Aishah        | Harry     |                    |
| <b>6LM</b>      | Michael     | Carter   | Kitty         | Rehana    | Jacob              |
| <b>6SB</b>      | Alice       | Arda     | Lucy          | Kelvin    |                    |
| <b>6KL</b>      | Finn        | Neron    | Ezekiel       | Fayo      | Stephen            |

## Individual Timetable Rockstars

| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|--------|--------|--------|--------|--------|--------|
| Angus  | Teresa | Casper | Stiven | Noah   | Poppy  |

## Timetable Rockstars Winning Classes

| Key Stage 1 | Lower Key Stage 2 | Upper Key Stage 2 |
|-------------|-------------------|-------------------|
| 1NS         | 3LS               | 5OF               |

|               |                  |
|---------------|------------------|
| House Winners | <b>Emeralds!</b> |
|---------------|------------------|



Have a great weekend!

*Elizabeth*

# SPORTS FOCUS COACHING

## Holiday Camp



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

Location: Bessemer Primary School, Dylways

Ages: Reception - Year 6

Dates Live: February Half Term

Easter

May Half Term

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 up 17:00 additional £7

Dodge Ball, 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)



London Wildlife Trust  
**Centre for  
Wildlife Gardening**

## Half Term Family Workshops

At the Centre for Wildlife Gardening, 28 Marsden Road, SE15 4EE



### Nature Detectives

**Monday 17<sup>th</sup> and/or Tuesday 18<sup>th</sup> February 10am-3pm**

Tune up your senses with fun activities discovering the clues about the animals that live around us. On Monday try out all your sense and set footprint and other traps to gather information. On Tuesday make plaster casts of footprints and make your own trails.

### And after half term ....

#### Afterschool Bushcraft

**Thursday 27<sup>th</sup> February -20<sup>th</sup> March 3.40 - 5pm**

Practise different survival skills each week on this 4 week course for families.

**Pond Life Sunday 30<sup>th</sup> March 10am till 3pm**

Find out what lives in and around our ponds.

Fun workshops for families living in Southwark suitable for all ages funded by Southwark Council run by London Wildlife Trust. Booking essential.

Booking fee £3 but let us know if that is too much for you (email [dwallace@wildlondon.org.uk](mailto:dwallace@wildlondon.org.uk))

To book: <https://www.wildlondon.org.uk/events>

Funded by

*Southwark*  
Council





# PARENT SPACE

## A QUARTERLY ONLINE & IN PERSON PROGRAM

A QUARTERLY COFFEE MORNING FOR PARENTS WITH SPECIAL NEEDS CHILDREN TO SHARE THEIR ISSUES AND CHALLENGES AS WELL AS GOOD TIPS ON HOW THEY SUPPORT THEIR CHILDREN

### DATES

WEDNESDAY 15TH  
JANUARY 2025 TIME: 9:30 -11AM

WEDNESDAY 2ND  
APRIL 2025 TIME: 9:30-11AM

WEDNESDAY 16TH  
JULY 2025 TIME: 9:30-11AM



### FOR DETAILS & TO REGISTER

✉ [Admin@parentskills2go.com](mailto:Admin@parentskills2go.com)  
🌐 [parentskills2go.org](http://parentskills2go.org)

### OR CALL:

07507443737  
07725818283  
02035369609  
07394662602

**PLEASE NOTE 1:1 DROP IN SESSIONS  
ARE MONTHLY BASED ON REQUEST**



Impact  
on Urban  
Health



# MY CHILD & ME

**A 10 WEEK  
INTERACTIVE WORKSHOP  
FOR BLACK AND MINORITY FAMILIES**



**DATES:**

■ JANUARY 16TH - 20TH  
MARCH 2025

■ 1ST MAY - 9TH JULY 2025

**TIME: 10:00AM - 12:00PM**

**VENUE:**

THE LEWINGTON CENTRE  
COMMUNITY CENTRE  
9, EUGENIA ROTHERHITHE SE16 2RU

**FOR DETAILS & TO REGISTER**

02035369609, 07394662602

✉ [Admin@parentskills2go.com](mailto:Admin@parentskills2go.com)

🌐 [parentskills2go.org](http://parentskills2go.org)

**Parent feedback**

“This program taught me  
that I am not alone...”

**crèche  
will be  
provided**

Supported by

Impact  
on Urban  
Health





ALLEYNIAN RUGBY

**SCAN HERE**



If your child would like to give rugby a try, then please use the QR code to register your interest and for more information. We are an RFU Accredited and Age Grade Rugby Champion Club.

# Still LIFE

An exhibition  
about depicting  
nature, from  
woodcuts  
to x-rays

**FREE ENTRY**

10.00–17.00 Tues–Fri

13 September 2024–28 February 2025

The Linnean Society of London

Burlington House, Piccadilly W1J 0BF



[www.linnean.org](http://www.linnean.org)

The  
**LINNEAN**  
**SOCIETY**  
of London 



**BREATHE**  
ARTS HEALTH RESEARCH

FREE

# Hello New Dads!



Looking for a fun way to bond with your little one?

**Free 8-week music-making group  
just for dads and babies**

**Breathe Melodies for Dads** is a friendly, no-pressure environment where you can sing, laugh, and connect (no experience needed!)

Have fun, make memories, and enjoy quality time with your baby while meeting other dads who are in the same boat.

**For dads living in Southwark with  
babies aged 0 - 12 months**





# Breathe Melodies for Dads is designed to:

- Be a space just for dads
- Boost your wellbeing
- Support your mental health
- Build your confidence
- Help you bond with your baby
- Connect you with other dads

## When:

Saturdays (10 - 11am)  
Feb 15th - April 5th 2025

## Where:

Ann Bernardt Children & Family Centre, 29 Chandler Way, SE15 6DT

**Please register online before attending**



[breatheahr.org](https://breatheahr.org)

**[Click here to register](#)**

**For enquiries contact:**

Email:  
[melodies@breatheahr.org](mailto:melodies@breatheahr.org)

Phone:  
07511 214 069  
0203 290 2013



# 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.

# 1:1 Parent-led Interventions

# 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 include 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)



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