

Bessemer Primary School Newsletter



Part of The Gem Federation

www.thegemfederation.co.uk

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Email: bessemer@gemfed.co.uk

Telephone: 020 7274 2520

Head of School: Elizabeth Whitehead

Dates for your Diary

Friday 28th March 2025

Term Dates 2024-25

September 2024						
Mo	Tu	We	Th	Fr	Sa	Su
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30						

October 2024						
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November 2024						
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December 2024						
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30	31					

January 2025						
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February 2025						
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March 2025						
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31						

April 2025						
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May 2025						
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June 2025						
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30						

July 2025						
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28	29	30	31			

August 2025						
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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 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:

- 27.3.25 – 03.04.25 – Book fair in the bottom lobby before and after 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
- 02.04.25 – Year 3 ballet workshop in school
- 03.04.25 – Nursery trip to The Unicorn Theatre
- 03.04.25 – Years 3 and 4 author talk in school and after school book signing
- 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)

Summer Term Diary Dates:

- 23.04.25 – Children return to school
- 23.04.25 – Year 6 violin concert at The Barbican after school
- 24.04.25 – Year 1 Wildlife Centre trip
- 07.05.25 – Year 1 to JAGS music festival
- 09.05.25 – Years 1 and 2 athletics afternoon at JAGS
- 10.06.25 – Year 4 cricket festival

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.

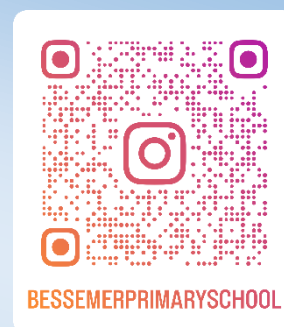
	10.20-11.00		10.20-11.00
Thurs 9 th Jan	6LM	Thurs 27 th Feb	3LS
Fri 10 th Jan	6MS	Fri 28 th Feb	2LT
Thurs 16 th Jan	6SB	Thurs 6 th March	2SD
Fri 17 th Jan	5RS	Fri 7 th March	1JM
Thurs 23 rd Jan	5FM	Thurs 13 th March	1NS
Fri 24 th Jan	5OF	Fri 14 th March	1ST
Thurs 30 th Jan	4GS	Thurs 20 th March	Moonbeam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

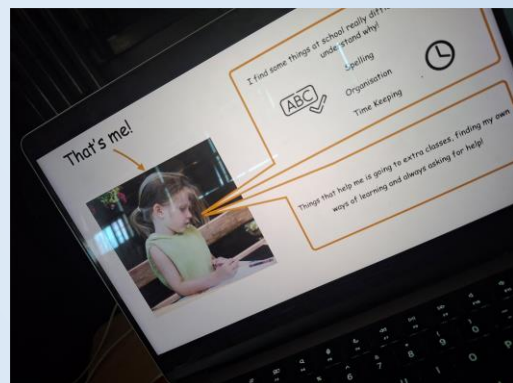
Saying Goodbye

Almost unimaginably, the time has come to say goodbye to Colin. Colin has worked at Bessemer for 19 years and in many ways is the heart of our school, knowing where everything is, how it all works and what to do when it doesn't! He is often the first port of call when things go wrong and is unfailingly calm, resourceful and dependable. As well as his invaluable work in the premises department Colin also works with the children in the playground, successfully managing the balance of firmness and kindness (while indulging his love of football at the same time!) and is just as popular and loved by the children as he is by the staff. I know that parents and carers are also hugely grateful to Colin for all the work he does to support school fairs and other events and I think you will all share our overriding sentiment at the moment – what in the world are we going to do without him?!

There is no way to thank Colin enough for everything he has done above and beyond the call of duty over the years and no words to express quite how much he will be missed, but we send him on his way with all our love and thanks and the very best wishes for his new adventure. We hope he'll come back and visit us soon!

Inclusion Update – a message from Lori

We'd like to say a huge thank you to Bessemer parent Clare Saoul, who organised another guest speaker for the children this week. Alice Kell, who is an award-winning illustrator and a passionate advocate for neurodiversity came to Key Stage 2's assembly on Tuesday and shared her experience as an illustrator, including some of the challenges and strengths she has experienced due to her dyslexia. The children were lucky enough to view some of her work which is not even available to the public yet. Many questions were asked with children feeling empowered to continue to advocate for their needs, and the needs of others.



Please see the flyers at the end of the newsletter for details of an Autism Acceptance Month coffee morning taking place next week and the next National Autistic Society monthly coffee morning.

Book Fair

There is a book fair selling books in the lobby outside the bottom hall every day until Thursday next week. The book fair is open from 8.30-8.55am and 3.30-4.00pm on Monday, Tuesday and Wednesday and from 8.30-8.55am on Thursday. Children who attend After School Club and want to buy a book will be taken to the book fair during their ASC session, if you would like your child to do this please give their spending money to the school office in a named envelope.

On Thursday author Abiola Bello will be in the 3/4 playground after school selling and signing copies of her new book *Wild Magic*.

Don't forget, you can also use the free lending library outside the school office to make sure your child always has a good book on the go!

Sharing Children's Learning

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

Children in Year 2 enjoyed an interactive workshop from *Teach it Thru Drama* this week. The children were transported to the battle fields of The First World War where they learnt all about the work of Edith Cavell.



Sharing Children's Learning

Demonstrating our core values of being *Creative and Practical*

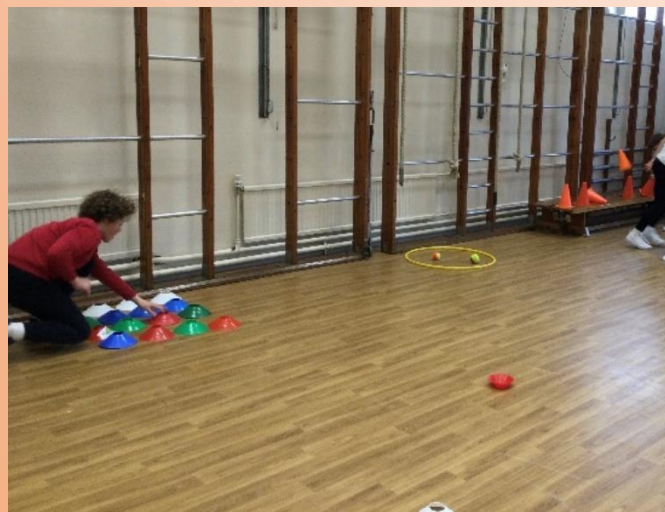
Children in Year 5 had a great time preparing Mexican inspired food this week as part of their *North America – Mexico* topic.



Sharing Children's Learning

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

Children in Years 5 and 6 took part in an intra school challenge day on Monday which was a fun team building exercise and an opportunity to develop their collaboration and leadership skills.



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 **evasive**. 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

Today is Colin's last day with Bessemer.

Thank you Colin, for everything! We are so grateful to you for all your brilliant help and support with F@B events. We wish you and Amy and the girls all the best for your move to Sheffield - we'll miss you!

Online Safety Tip of the Week

Banning Smartphones

Secondary Schools often now have Smartphone bans and there is a strong chance this will be rolled out to all schools in Southwark.

There has been a lot of recent debate about children and young teens using smartphones. Studies have reported that 99% of children are regularly spending time online, and 9 out of 10 children own a mobile phone by the time they are 11. Additionally, children from the ages of 8 upwards are accessing social media accounts and some are even holding their own accounts (despite most social media platforms like TikTok, Instagram and Facebook having age limits of 13 and upwards).

Reports show that three-quarters of children state they have experienced harm online, and that smartphone use contributes to a decline in mental health and well-being, and exposure to harmful content.

Many parent groups and campaigners are fighting to protect young children from these potential harms by calling for a ban on smartphones for under 14's.

You can explore more on this topic by following these links:

<https://www.bbc.co.uk/news/technology-68838029>

<https://commonslibrary.parliament.uk/research-briefings/cdp-2024-0103/>

<https://www.cune.edu/news/examining-effect-smartphones-child-development>

Does your child have a smartphone?

How do you set limits and monitor what they are accessing? Many parents and guardians have turned to monitoring apps. Read the article below to find out more about the issue of using monitoring apps for your child's phone.

<https://swgfl.org.uk/magazine/monitoring-apps-a-guide-for-parents-and-carers/>

There are many different monitoring apps available, but it is important to research and choose one that is most suitable for you. Here are two examples, for iPhones and Android:

Apple's Monitoring app:

<https://apps.apple.com/us/app/parental-control-app-ourpact/id954029412>

Google monitoring app:

https://play.google.com/store/apps/details?id=com.qustodio.family.parental.control.app.screenime&hl=en_US&pli=1





Celebrations!

Certificates

	Star	Writer	Mathematician	Presenter	Scientist
Sunshine	Henry	Mathew	Ricardo		
Moonbeam	Romai	Ursula	Liam		
1JM	Rex	Janaya	Storm	Clem	
1NS	Felix	Florence	Hadley	Marlow	
1ST	Jude	Safiyatu	Alden	Violet	Atreen
2SD	Arthur	Jake	Laura	Georgios	Jago
2LT	Rosa	Larry	Teresa	Briyit	
3LS	Ellie Mae	Keyan	Nathan	Aidan	
3NI	Georgie	Santi	Stephany	Henry	Joseph
3/4BW	Finn	Ava	Evie	Shafi	
4BG	Wolfe	Sophie	Donatas	Felix	
4GS	Alessandro	Henry	Rene	Charlotte	Salome
5RS	Abass	George	Jadon	Aubrey	Cavalli
5OF	Amelia	Callum	Tobias	Adeola	
5FM	Abemelek	Radin	Daniel	Arthur	
6LM	Hameed	Virtue	Francesco	Izzy	
6SB	Azariah	Amelia	Mahnaz	Lucy	Ozgur
6KL	Einas	Sami	Neron	Aimenya	

Individual Timestable Rockstars

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Nickell	Hamilton	Kenza	Wolfe	Luciano	Fayo

Timestable Rockstars Winning Classes

Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
2LT	4GS	5FM

House Winners	Rubies!
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Have a great weekend!

Elizabeth

Southwark

AUTISM ACCEPTANCE COFFEE MORNING

We are excited to invite parents and families of Autistic children to our upcoming coffee morning to celebrate World Autism Acceptance Month.

Event Highlights

Free tea, coffee and biscuits!

Meet the Autism Support Team

Connect with other parents of Autistic children

Speak to representative from local services available to you and your child, including:

- Southwark Information Advice and Support (SIAS)
- SENSational Stay and Play
- Sportworks
- Neurodiversity Hub
- Autism Voice
- ...and more!

Register your interest



Please let us know that you will be attending by filling in the short form available via the QR or by following this link: <https://forms.office.com/e/JDzJrBLpKc>

See you there!

9:30-11:30am

2

April

Crampton Primary
School

Iliffe St, London
SE17 3QA



Autism Support Team



Southwark
Council

National Autistic Society coffee mornings



For parents & carers of autistic children on:

Friday 4th April
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

Our guest speaker this month:

Viv Dawes autistic advocate, consultant & author of *Supporting Children and Young People Through Autistic Burnout* will be discussing causes of autistic burnout, recovery and how to prevent and stop cycles of burnout.



EASTER FOOTBALL CAMPS



GIRLS UNITED

IMPROVE YOUR SKILLS ON AND OFF THE PITCH IN A **FUN** AND **SUPPORTIVE** ENVIRONMENT.



DULWICH SPORTS GROUND
Turney Road
SE21 7JH

10TH & 11TH
APRIL
0900 - 1500

SIGN UP & PLAY!



girlsunitedfa.org/londoncamps

GIRLS UNITED

EASTER FOOTBALL CAMPS



INDIVIDUAL
TECHNIQUE
FOOTBALL CLINICS
WORKSHOPS
GAME-RELATED
PRACTICE

AGES 5 TO 14
ALL LEVELS
OF FOOTBALL
EXPERIENCE
WELCOME



Free & discounted
memberships
available

girlsunitedfa.org/communitypricing



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

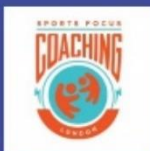
To book

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)



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



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
- ✉ iall@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



EASTER CAMPS

GAMER EASTER CAMPS
Get Off The Screen & Unleash Your Creativity
Bring Your Favourite Games To Life.

AGES 7 - 14

POP ICONS EASTER CAMPS
Sing The Songs Learn The Routines
Concert At The End Of Each Day

Ages 7 - 14

ANIMATION POP EASTER CAMPS
Sing The Songs Learn The Routines
Concert At The End Of Each Day

AGES 3 - 7

DAILY CAMPS

10% off for siblings

Discounts for multiple Days!

RUNNING ALL EASTER

Childcare Vouchers

Accepted

CATERHAM CR3 & DULWICH SE21

CAMP TIMETABLE	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
POP ICONS CAMP	Wiley Cyrus & Beason Soles	Ariana Grande & Bruno Mars	Ed Sheeran & Michael Jackson	Sabrina Carpenter & Olivia Rodrigo	Taylor Swift & Harry Styles
GAMER CAMP	Extreme Hide & Seek, Among Us and more	Minecraft Build Day	Dress To Impress Create & Fashion Show	Obby Creation Day	Extreme Hide & Seek, Among Us and more
ANIMATION POP CAMP	Veevo	Sing	Trolls	Shrek	Tangled



Book Now

www.freedomacademy.co.uk/camps

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 through 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!



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