

Dear Parents/Carers,

We have been learning outside as much as possible this week as the weather is starting to warm up. This included our Forest School and Edible Playground as well as some children attending a day trip to Fairplay House in Essex. Please can I remind all parents that children should be in their school uniforms everyday; either their 'normal' uniform or their PE kits just on their PE day. The full details of our school uniform are all on our website.

We also had a great time today with the whole school having a 'Day 4 Us' with everyone learning about Keeping Safe; look out for photos on next week's newsletter.

Regards, Ms Helm



WALK, RUN OR CYCLE AND WIN PRIZES WITH STREET TAG.



Street Tag has come to Newham. It's a FREE fun, family-friendly game which encourages greater participation in outdoor physical activity, such as walking, running and cycling. It helps to support an active lifestyle and improved mental health.

By participating you have a chance to discover your local area, parks and green spaces. Along the way you collect virtual tags, which all add up on your local leader board and can lead to prizes for families and schools.

Street Tag is launching on 10 May. Don't miss out!

Download the Street Tag app today on the App Store or Play Store.
For more information visit www.streettag.co.uk

WE ARE NEWHAM.

People at the Heart
of Everything We Do

Year 5 Fairplay House Trip

Our Year 5 children have been having a great time outdoors at Fairplay House this week; please see our website for more photos.



PARENTS' WEBINARS



Are you a Parent/Carer living or working in Newham?

Newham's Early Help Partnership invites you to attend our weekly themed Parents' Webinars every Thursday afternoon, 4.30pm-5.30pm via Microsoft Teams.

WE ARE NEWHAM.

People at the Heart of Everything We Do

Link to Join

Please click the link below to join the webinar:

<https://bit.ly/3sKR7vq>

Schedule

What is Early Help? 6th May 2021

Strengthening parents relationships 13th May 2021

Dealing with loss and bereavement 20th May 2021

The importance of fathers and significant males in a child's life 3rd June 2021

Raising black children in today's society 10th June 2021

Supporting your child with their gender and sexual identity 17th June 2021

Understanding anxiety and self-harming behaviour 24th June 2021

Youth Empowerment Programme 1st July 2021

Employment and benefits support 8th July 2021

Pathfinder Project: Holistic support to address over-representation of Black, Asian and Minority Ethnic children and young people in the justice system 15th July 2021

Supporting children and young people with health conditions 22nd July 2021

Check out our previous family support webinars:

www.youtube.com/playlist?list=PLfBuvuA_uMZIXIS5U9HlxG0QpjtEJ98zQ

Our 'Thought for Next Week'

Next week, in our assemblies, we will be thinking about:

"WORDS HAVE POWER"

How can we use words for good? How can we use words for bad?



EMPOWERING PARENTS EMPOWERING COMMUNITIES



A free 9 week course for parents of children aged 9 to 16 years



NEWHAM



A free 9 week course for parents of children aged 9 to 16 years



NEWHAM

Being a Parent Course

(for parents/carers with a 9 -16 year old)

Being a Parent Course

A **free** course for parents of children aged 9 to 16 years

Delivered digitally via a video call app called Zoom.

Delivered for Parents by Parents

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

Comfort breaks will be built in to the course

Course Details:

Tuesdays

Start: 18th May 2021
End: 13th July 2021
Time: 10-12:00pm

Thursdays

Start: 13th May 2021
End: 15th July 2021
Time: 6-8:00pm

Thursdays

Start: 6th May 2021
End: 8th July 2021
Time: 10-12:00pm

To sign up for the course, please follow the link below:

<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

For more information and support, please follow us on Facebook, Twitter and Instagram @HeadStartNewham

Each week the group looks at different topics related to your relationship with your child/ren including:

Being a Parent

The good enough parent
Taking care of ourselves

Parenting skills and Listening skills

Communication and listening

Feelings

Expressing and acknowledging feelings

Valuing your child

Using descriptive praise to change behaviour

Understanding conflict, negotiation and problem ownership

Negotiation skills
Choices, consequences and sanctions
Understanding children's behaviour
Exploring needs of your child and their behaviour
Discipline and household rules
Family meetings

Quality Time

Building your child's self esteem
What is it like to be a young person in Newham
Stress management, Review and Ending
Coping with stress
Reviewing your learning and celebration

For more information and support, please follow us Facebook, Twitter and Instagram @HeadStartNewham
You can also visit our website www.headstartnewham.co.uk

You can still contact us Monday-Friday from 9am-5pm on the following details:

T: 0203 373 9983 E: headstart.programmeteam@newham.gov.uk

You can still contact us Monday-Friday from 9am-5pm on the following details:

T: 0203 373 9983 E: headstart.programmeteam@newham.gov.uk