

## North Beckton News



Dear Parents/Carers,

We have had quite a few new children starting with us this week and it has been lovely to see how welcoming all their classmates have been; a true representation of our "We All Belong" ethos. Please can I encourage all parents to complete the 'Pupil Premium' funding application as, if your child is eligible, this does bring more money into the school for resources and supporting with trips.

We are hoping that the Newham swimming pools will be back open next week so please can 6E bring their swimming things just in case.

https://newham-self.achieveservice.com/service/Application for Free School Meals

Regards, Ms Helm: Head Teacher

We had out first Day 4 Us of the year on Friday; this was entitled "Democracy and Our Campaigns for Change." It was incredible to see how many children put themselves forward for the various leadership opportunities across the school - whilst showing utmost respect and care for their classmates.









# Newham Mental Health Support Team (MHST)

#### WHO ARE WE?

MHST Practitioners work directly with schools and colleges to provide mental health support. We use evidence-based, guided self-help and CBT techniques to empower young people to improve their mental health and emotional wellbeing.

#### WHY?

MHSTs were developed as part of the governments initiative to increase access to mental health support in education settings.

We aim to collaborate with health and education services to provide well-rounded support to children and familian

#### WHAT WE DO

- 1-1 sessions (parent-led in primary school)
- Small group sessions
- Whole class groups
- One-off workshops
- Staff training
- Staff wellbeing

#### OTHER SUPPORT

We work together with mental health professionals, including CAMHS, to ensure each child receives the rght support for them.

Please contact Mrs Ojo if you would like to hear more or to discuss a referral.





### Stay & Play



Come and learn with your child through play and

explore a range of different art activities that will

support their development.

Gain ideas to take

home to extend your child's learning.

Every Wednesday starting from 05th October at North Beckton

Primary School

2:10pm-3.10pm





Hi, I'm Ellie and I am your MHST Practitioner at North Beckton.

Please let me know if have any ideas about improving mental health support at your school or if you would like to find out

COME AND JOIN US NEXT WEDNESDAY FOR OUR FIRST STAY AND PLAY SESSION

#### Our 'Thought for Next Week '

I BELIEVE THAT
CHILDREN ARE OUR FUTURE.
TEACH THEM WELL
AND LET THEM LEAD THE WAY.
SHOW THEM ALL THE BEAUTY
THEY POSSESS INSIDE.

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

#### "LEADING THE WAY—not following the crowd"

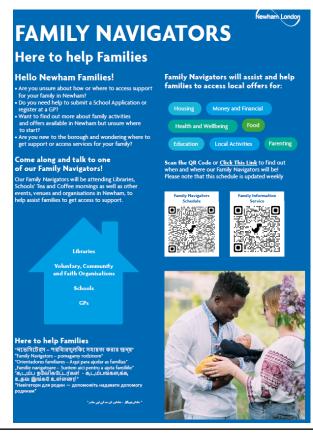
What makes a good leader? What characteristics do they need?

When is it good to lead and when is it good to follow?



# WE ARE SUPPORTING.







not a referral service, instead Navigators will regularly attend exist s and sessions out in the community such as Food Hubs, Schools, cally in Newham and will assist families that they meet at these nect them to the appropriate support.



#### **PLACE 2 BE**

Please see this website for all the different ways Place 2 Be can support parents:

https://www.place2be.org.uk/family

Our School Based Manager is Elisa Fontana who works in school on Thursdays and Fridays.

#### **Singing Assembly Lyrics:**

#### The higher you build your barriers

The taller I become
The further you take my rights away
The faster I will run
You can deny me
You can decide to turn your face away
No matter, cos there's

#### ... Something inside so strong

I know that I can make it
Tho' you're doing me wrong, so wrong
You thought that my pride was gone
Oh no, something inside so strong
Oh oh oh oh something inside so strong

#### **LEGO DONATIONS WANTED**

We are really short of Lego to use in some of our after school clubs. If you have any available, which you no longer want at home, please drop it into the school office. Thank you in advance for your donations.