

Dear Parents and Carers,

It has been wonderful to see so many of our children enthusiastically taking part in our after-school clubs this week, thank you for encouraging their involvement and support. A big thank you as well to all the parents who attended our recent Phonics Workshop; it was great to see such strong engagement in your children's learning.

We're also looking forward to our popular Hot Chocolate Morning event on **Friday, 23rd October** from **8:30am**, hosted by our School Council. It's a fantastic way to end the week, enjoy a warm drink, connect with other families, and help raise funds for our school. We hope to see many of you there!

If you haven't already booked an appointment for parents evening please [click here](#).

Wishing you all a restful and enjoyable weekend,

Mrs Kettory
Head of School

Year 1 Visit to St Mary Magdalene's Church

As part of our *Place of Worship* topic, we visited St Mary Magdalene's Church in East Ham. We were welcomed by Reverend Katherine, who told us all about the church's fascinating history. Did you know it's over 900 years old?

We had a wonderful time drawing and counting the crosses, learning about Christian symbols, and even watching Reverend Katherine baptise our baby doll, *Sarah*! To end our visit, we were treated to a special moment, Reverend Katherine playing the church organ for us. It was a truly memorable and inspiring afternoon!



Black History Month

Last week in our assemblies, we reflected on Black History Month—exploring its core message, why we celebrate it, and how it highlights our school ethos of "We All Belong." Later this month, we will be serving an African and Caribbean-inspired lunch menu (see poster below). If you would like to learn more about how Black culture and history are celebrated at North Beckton throughout the year, please take a look at the attached document.

 [Black History KO.pdf](#)

Harvest Festival: Supporting Helping Hands

Thank you so much to everyone who contributed to our Harvest collection! Your generous food donations are greatly appreciated and will be delivered

directly to [Helping Hands](#) to support local people in our community. Thank you for your continued kindness and support!



Lunch Menus

Please talk through the weekly lunch menu with your child/ren to help them select suitable meal choices. Next week we will be serving Week 3 of the menu (available on to view on our school website:

<https://www.northbeckton.newham.sch.uk/page/?title=Lunches%26%23160%3B&pid=51>



Our 'Thought for Next Week '

Next week, in our assemblies, we will be thinking about: *"Enjoying Friendships"* What qualities make a good friend? Can you still be friends if you have a disagreement?



Key Dates Autumn 1

**Monday 19th
October -**

9:15-10:00am

Well-Being Coffee
Morning

**Wednesday 21st
& Thursday 22nd**

October -

Parents' Evening

**Friday 23rd
October -**

Hot Chocolate
Morning

HALF TERM

Monday 26th -

Friday 30th

October

Staff Inset Day

Monday 2nd

November - no
school

Children Return

Tuesday 3rd

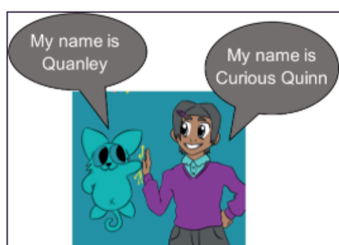
November

Attendance Winners This Week

Reception & KS1: **1G**

KS2: **3K**

Well Done!



Reminder: We are a Nut-Free School

Please be reminded that we have children and staff in school with severe nut allergies. For everyone's safety, **no nut products or items containing nuts are permitted on school premises.**

This includes packed lunches, daily snacks, and any birthday treats brought in to share (e.g., Celebrations, chocolates, or baked goods). Please carefully check ingredients before sending any items into school.

Thank you for your continued help and cooperation in keeping all of our children safe!



Social Media Wellbeing



This video, presented by a former *Facebook* engineer, advocates for delaying smartphone and social media use for children aged 10–13. It explores the negative impacts of constant connectivity, such as increased anxiety, decreased real-world social interaction, and the addictive nature of algorithm-driven platforms

By waiting until 14 for a smartphone and 16 for social media, children can reclaim focus, confidence, and sleep. The message is clear: opting out of early smartphone use isn't about missing out; it's about prioritizing real-life connections and healthy development in an increasingly distracted world.

BLACK HISTORY MONTH



AFRICAN & CARIBBEAN
INSPIRED MENU

OCTOBER THEME DAY

Juniper

CLUB

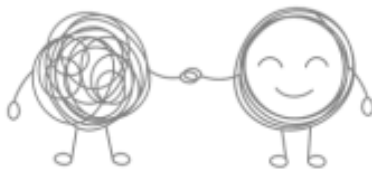
Newham Educational Psychology Service

Parent Advice Sessions with an Educational Psychologist (EP)



What are Parent Advice Sessions?

The EPS Parent Advice sessions are available to all parents and carers who are residents of Newham and would like to discuss any concerns about their child with an Educational Psychologist. This could include topics such as emotional well-being, challenging behaviours, learning progress, relationships with your child, or personal worries you may have as a parent.



These 45-minute sessions are designed to be supportive, confidential, and informal. Please note that these are one-off, stand-alone sessions and do not involve follow-up work. There is no criteria or threshold to access these sessions – they are completely free and open to all parents and carers who are residents of Newham.



Who are Educational Psychologists?

Educational psychologists (EPs) are registered psychologists with the Health and Care Professionals Council (HCPC), with enhanced DBS checks. EPs work with children and young people (0-25 years old) in partnership with families, schools, and services to promote educational, social, and emotional development.



What do Newham Educational Psychologists do?

Newham's Educational Psychology Service (NEPS) offer psychological services including consultation, advice and training, NEPS input aims to support children & young people to help facilitate their development, including improving learning, understanding their own learning needs, identifying, managing & exploring their emotions, regulating their behaviours, developing their communication and interaction skills and forming/maintaining positive peer relationships. Working with adults who support young people is central to our model of working.

When?

Sessions run termly between 10:00 am and 12:30 pm via telephone or microsoft teams.

Upcoming Parent Advice Sessions

Please book early to avoid disappointment

- 22 September 2026
- 20 October 2026
- 17 November 2026
- 15 December 2026

Please book your session via our Eventbrite link here - [Eventbrite Booking Link](https://www.eventbrite.com/e/newham-educational-psychology-service-parent-advice-sessions-tickets-1998874330932)

or copy & paste the below:
<https://www.eventbrite.com/e/newham-educational-psychology-service-parent-advice-sessions-tickets-1998874330932>

For any queries, please contact
eps@newham.gov.uk.