

Weekly Newsletter

#19

31 January 2025



NB: The newsletter is sent from a no-reply email system. If you have a query or question relating to the content of the newsletter(s), please email office@johnruskin.southwark.sch.uk

Children's Mental Health Week



Next week is Children's Mental Health Week. In 2025, the week's focus will be **Know Yourself, Grow Yourself**.

We want to equip and empower children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them.

Each year, Place2Be experts create fun and engaging resources for families, parents and carers to take part in Children's Mental Health Week.

This year, they have **partnered with Here4You, supported by The Walt Disney Company** and the *Inside Out 2* characters to explore the theme Know Yourself, Grow Yourself.

The resources encourage children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.



TIPS FOR FAMILIES

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



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Curriculum in Action – Music



Year 6 have been exploring classical pieces using their own lyrics, melodies and instruments.

"I thought that classical music didn't have any lyrics but sometimes it does!"



Year 5 have been playing music in different parts using different techniques such as call and response.

"I find listening to different music really calming"



Year 4 have been creating music inspired by pictures.

"We've been writing our own lyrics"

Year 3 have been developing their rhythmic skills playing different patterns and reading notation.



KS1 have been discriminating between different sounds including long/short and soft/loud.

"I like the parachute"



Reception have been moving their bodies to match high and low sounds.



"My favourite song is the bungalo"

"I like using the instruments"

Nursery have been reciting a range of nursery rhymes whilst focusing on their 'singing' voices.



"I like to sing songs"



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Saturday School - www.slmbermondsey.org/saturday-school

SOUTH LONDON MISSION

SATURDAY SCHOOL

10.00am - 1pm

Technological Innovation

Civic & Social Engagement

English & Maths

Philosophy

South London Mission's Back Pack of Life

256 Bermondsey Street, London SE1 3UJ
www.slmbermondsey.org contact@slmbermondsey.org
020 7407 2014

A poster for South London Mission's Saturday School. The background is dark blue. At the top, there are colorful hands in various colors (yellow, green, red, blue) reaching out. In the center, a yellow backpack is surrounded by various school supplies like a laptop, books, a globe, and a pen. The text is in white and yellow. At the bottom, there is a colorful illustration of a city skyline with buildings in red, yellow, and blue.





"Childhood is not a dress rehearsal for life, but is life itself and must be lived to its fullest"



What:

Our Saturday school supports pupils in Key Stages 1 & 2 in filling educational gaps, whilst also helping pupils flourish in their core subject areas English and mathematics.

We do this through assessing and tailoring our teaching to suit pupils needs whilst working closely with schools as we supplement their education.

We plan and aim to attend local trips termly to enhance or give social and cultural experiences.

We have a no phones policy and fruits are provided as a midday snack.

When:

We follow the Southwark academic calendar September - July 10:00 - 13:00

Where:

Bermondsey Central Hall, South London Mission, 256 Bermondsey Street, SE1 3UJ

Fees:

£50.00 per term and concessions for siblings

How:

To sign up, complete an application form online or request a hard copy in person.



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Flu Vaccinations – February Catch Up Sessions



South London Children and
Young People's Community
Immunisation Service

Missed your flu vaccine?

Live or attend school in the boroughs of
Lambeth or Southwark? Aged 2-19?

Come down to a flu catch-up clinic and
protect yourself this winter!

Monday 17 February, 10:00 - 14:00
Stockwell Children's Centre, SW9 9TG

Wednesday 19 February, 10:00 - 14:00
Stockwell Children's Centre, SW9 9TG

Thursday 20 February, 10:00 - 14:00
Rye Oak Childrens Centre, SE15 3PD

Friday 21 February, 10:00 - 14:00
Rye Oak Childrens Centre, SE15 3PD

Our clinics are walk-in, so no need to book
an appointment.

Call 020 8614 5495 for more information



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Free Basketball

Burgess Park

FREE BASKETBALL SUNDAYS 11-1PM

STARTING FROM 9TH FEBRUARY 2025

BURGESS PARK BASKETBALL COURT SE5 0JB

OPEN TO ALL AGES AND ABILITIES

SIGN UP VIA QR CODE OR USE CODE YYSYJ ON SPOND

More Information
Contact Jay.Kinyera@AccessSport.org.uk Instagram [@BurgessParkBasketballClub](https://www.instagram.com/BurgessParkBasketballClub)



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Sign of the Week



[Signing 2024-25](#) - this week's sign is 'Talk'

Key Events for Week Commencing 3 February 2025

Children's mental health week – theme 'Know Yourself, Grow Yourself'

www.childrensmentalhealthweek.org.uk

Monday

2.00-2.30 Burgundy Class swimming

Tuesday

10.00-10.30 Turquoise Class swimming

10.30-11.00 Scarlet Class swimming

Wednesday

Thursday

Friday

2.00-2.30 Vermilion swimming

Forthcoming Dates

Tuesday 11 February

Safer Internet Day – theme: 'Too good to be true? Protecting yourself and others from scams online.'

www.childnet.com/safer-internet-day

Friday 14 February

Reward afternoon

Monday 17 February - Friday 21 February

Half Term Holiday



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Thursday 27 February

Yr6 Homework Club (for 5/6 weeks)

Thursday 6 March

World Book Day - Read Your Way

www.worldbookday.com

Thursday 6 March – Wednesday 12th March

Book Fair open

Monday 10 – Friday 14 March

Science Week – theme Change and Adapt

www.britishtscienceweek.org

Friday 4 April

Reward morning

Last day of spring term - school finishes 2.00pm

Monday 7 April – Monday 21 March

Easter Holiday

Useful Links

School term dates 25-26 - [Term Dates 2025-26](#)

Our website – www.johnruskin.southwark.sch.uk

School caterer - www.harrisoncatering.co.uk

Uniform supplier – www.earthuniform.com/collections/john-ruskin-primary-school

Secondhand uniform supplier – uniformerly.co.uk/search-listings/?q=&c=17273

The Nest - thenestsouthwark.org.uk

Chess in Schools - www.chessinschools.co.uk

Southwark Council – www.southwark.gov.uk

Camberwell Leisure Centre - southwarkleisure.co.uk/centres/camberwell-leisure-centre

Parentkind - www.parentkind.org.uk

Children’s Commissioner - www.childrenscommissioner.gov.uk

Department for Education - www.gov.uk/government/organisations/department-for-education

Ofsted - www.gov.uk/government/organisations/ofsted

NHS - www.nhs.uk

TFL - travelforlife.tfl.gov.uk



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