



Safe – Happy - Learning



Building Bright Futures

April 2024



### A message from Nicola Crockatt and Becci McManus

Hopefully we are beginning to see a more positive turn in the weather at the start of the Summer term. This term is always very busy and we hope you are finding the parental calendar useful to help see what is coming up in the term ahead – key term dates can also be found on the last page of this newsletter.

It was a pleasure to welcome other TPA schools to our inaugural cross country competition where year 3 and 4 raced against 5 other schools in the trust and we are very proud to announce we came first overall! A fantastic achievement for all of the children who participated and a special thank you to Mr Fricker.

Thank you also to everyone who completed our survey for school uniform, we are currently analysing your feedback and will update you before half term on our uniform policy.

# Congratulations!

**THANK YOU TO EVERYONE  
WHO ATTENDED OUR  
TRAVELLING BOOK FAIR.**

Together we have raised...~~£235.08~~.....  
for our school to spend on **FREE BOOKS**

 TRAVELLING BOOKS



Building Bright Futures



## Reception News

Reception have had a wonderful start to their Topic 'Amazing Animals' the children created amazing animals for their homework and have produced these fantastic displays.



## Building Bright Futures

# YEAR 1 NEWS

Year 1 have had a brilliant time exploring our topics A Day in the Life and Green Fingers. We worked as a team to identify the features of different vehicles used by people in our community then in DT constructed our own.



To celebrate our new topic Green Fingers we made Fruit Salad and thought about the different places our food comes from. Check the next newsletter to see what we have grown this half term!



## Building Bright Futures

### YEAR 2 NEWS

Year 2 have had a busy start to the summer term. We had our entry point to our new topic - The Magic Toymaker, where we made our own toys such as chatterboxes and jack in the boxes. Already, we have organised toys chronologically as well as designed our own toy museum whilst considering what toys there could be in the future.



Primary S

In maths we have begun to recognise halves, quarters and thirds in shapes and then how to find a quarter of a number.

We have also been learning about Sir David Attenborough in guided reading and really enjoyed finding out all about his life as a naturalist. We will be using how this text is structured as well as our next text - Fanstically Great Women Who Changed the World to help us organise and create our own non-chronological reports on toys from the past.





Building Bright Futures

## Year 3 News



We have been busy in Year 3 preparing for our entry to the environmental awards. We have learned about the water tower that stood on Summer Hill which was demolished in 1963. We made prints of the water tower to make a 3D model as well as observational drawings which we turned into paper bag sculptures.

Year 4 have had a fun filled two weeks!

Last week, lots of us went on a residential trip to PGL and we had an AMAZING time! During our time away, we got to take part in many different activities that challenged us. We took part in activities like the giant swing, zip-wire, abseiling, rock climbing and team building activities. **PTO for more photos**



Red Hill Primary School  
Year 4 News



## Building Bright Futures

## Year 4 News continued

Here are some of our favourite memories from the trip:

My favourite memory was when we went abseiling because there was an amazing view when we came down.



My favourite part of the trip was when we went on the giant swing because it was really fun and we went up so high!



Safe – Happy - Learning

Building Bright Futures

Year 4 also went on another trip to a Charlton football match on Monday. We had a great time watching the match against Sheffield!

## Year 4 News continued





Building Bright Futures

## Year 5 News

This week Year 5 have been finishing off the science section of their topic Roots, Shoots and Fruits. They worked in groups to create two different flowers: one which they believed would attract pollinators, like bees and butterflies, and the other which they believed would not attract these pollinators. We will be completing the experiment by observing how many insects each of the flowers attract when placed outside.



## Year 6 News

We could not be prouder of year 6!

They are working so incredibly hard on their preparation for SATs and secondary school. They have been particularly amazing in our grammar sessions!

Thank you so much to all parents who are encouraging their children to attend Maths boosters, it has made a huge difference.





## Building Bright Futures



## PE News

There have been lots going on across many sports this month. The year 4 children came 3rd in a Tri golf competition, they were incredible. The football season is coming to a close both the boys and girls have played some amazing football and should all be so proud. The year 4 children were also very lucky they got to watch an under 21 Charlton game at The Valley. And finally we hosted the Pioneer year 3 and 4 cross country event which was such a great afternoon.



## Building Bright Futures

### Spotlight on Mental Health – April 2024

#### SUPPORT AND INFORMATION

##### Mental Health Foundation

Our website offers information on mental health, mental health problems, self-help and how to get help. [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

##### Confidential help and support

The Samaritans provides emotional support 24 hours a day. [www.samaritans.org](http://www.samaritans.org)  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Telephone: 08457 90 90 90

##### Counselling

The British Association of Counselling and Psychotherapy [www.bacp.co.uk](http://www.bacp.co.uk)  
Email: [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)  
Telephone: 01455 883300

##### UK Council for Psychotherapy

[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)  
Email: [info@ukcp.org.uk](mailto:info@ukcp.org.uk)  
Telephone: 020 7014 9955

##### General health information

NHS 111 provides information 24 hours a day. [www.nhs.uk](http://www.nhs.uk) Telephone: 111

For free support for children, young people and their families, please contact <https://bromley-y.org/>

Parkruns are free, weekly community events which take place on Saturday and Sunday mornings in local parks. You can run, jog or walk your way around the 2k or 5k track with family and friends! To find out more, visit [www.parkrun.org.uk](http://www.parkrun.org.uk)

Child and Adolescent Mental Health Services (CAMHS) is a free service run by the NHS and is made up of medical and mental health professionals. If you have concerns about your child, please call 0208 315 4430 (Mon – Fri 9am – 5pm) or 0208 3228 5980 (Sat – Sun 9am – 10pm)

##### Simply Connect Bromley

<https://bromley.simplyconnect.uk/> shares everything happening in Bromley and is an easy way to connect you and your family to your local community. If you're looking for parenting services, youth services, hobby clubs, etc. this is your one stop shop!

For practical tips to support children's wellbeing and behaviour, there is a wealth of information on the following website. From supporting children with homework, to help with peer pressure, to sleep issues ... there are short videos and texts to help.

#### [Place2Be: Parenting Smart: Articles](#)

<p>How to manage and prevent overwhelm in children</p> <p>10 min read</p> <p><a href="#">Read now</a></p>	<p>Problem-solving with Children</p> <p>5 min read</p> <p><a href="#">Read now</a></p>	<p>My child says "I hate you!"</p> <p>2 min video 5 min read</p> <p><a href="#">Read now</a></p>
<p>My child has trouble going to sleep</p> <p>2 min video 8 min read</p> <p><a href="#">Read now</a></p>	<p>How do I get my child to listen?</p> <p>2 min video 4 min read</p> <p><a href="#">Read now</a></p>	<p>Co-Parenting after a separation or divorce</p> <p>6 min read</p> <p><a href="#">Read now</a></p>

# Young Person's Webinars

**BROMLEY Y**  
Building Strengths

Summer 2024

## Understanding and Managing Anxiety

Anxiety webinar for young people struggling with physical symptoms and anxious behaviours

**This one hour session covers:**

- What anxiety actually is and where it comes from
- A range of physical and mental anxiety symptoms
- How anxiety can become a vicious cycle
- Step-by-step approaches to gradually overcome anxiety
- Coping strategies and distraction techniques

Bromley Y practitioners host this free session once a month via Microsoft Teams.

**Upcoming sessions**

**Thurs 16th May @ 4:30pm**  
**Thurs 4th July @ 4:30pm**

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).

SCAN ME

**BROMLEY Y**  
Building Strengths

Summer 2024

## Managing Anxious Thoughts

Anxiety webinar for young people struggling with thoughts & worries

**This one hour session covers:**

- The role thoughts play in keeping anxiety going
- How anxious thoughts impact our mood and behaviours
- Why anxious thoughts do not deserve our attention
- Coping strategies and techniques to contain worries and what ifs
- The difference between worries and problems

Bromley Y practitioners host this free session via Microsoft Teams.

**Upcoming session**

**Sat 1st June @ 10:00am**

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).

SCAN ME

**BROMLEY Y**  
Building Strengths

Summer 2024

## Tackling Low Mood & Depression

Webinar for young people who are struggling with mood and motivation

**This one hour session covers:**

- Mental and physical symptoms
- The impact of low mood and depression
- Things that keep us stuck in our low mood
- How to balance activities to boost mood and motivation
- Strategies to tackle negative thinking patterns

Bromley Y practitioners host this free session via Microsoft Teams.

**Upcoming session**

**Mon 20th May @ 4:30pm**

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).

SCAN ME

**BROMLEY Y**  
Building Strengths

Summer 2024

## Managing Exam Stress

Webinars for Y10-Y13 students

**This one hour session covers:**

- What to do about negative thoughts around exams
- Practical strategies to stay motivated and manage the panic in exams
- The impact of stress on wellbeing and study habits
- Top tips to tackle the study traps of procrastination and perfectionism
- Ways of maintaining a healthy balance of activities during revision and exams

Bromley Y practitioners host these free sessions monthly via Microsoft Teams.

**Managing Exam Stress**

**Weds 1st May @ 4:30pm**

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).

SCAN ME



Safe – Happy - Learning

## Building Bright Futures



### Wellbeing Webinars

for Young People  
Which one is right for me?

#### Understanding & Managing Anxiety

Struggling with anxiety?

Experiencing physical symptoms such as shallow breathing, nausea or shaking?

Avoiding situations that make you feel anxious?

#### Managing Anxious Thoughts

Always running through different scenarios in your head?

Do you experience racing thoughts and 'what ifs'?

Do you find yourself going over and over the same worries?

Sign up at our Eventbrite page



SCAN ME

#### Managing Academic Stress

Do exams give you anxiety?

Are you struggling with procrastination or perfectionism?

Do you end up feeling run down and overwhelmed when revising?

#### Tackling Low Mood & Depression

Is your mood lower than usual?

Struggling to find motivation?

Spending more time by yourself due to how you feel?

These free sessions are hosted by Bromley Y practitioners every month outside of school hours on Microsoft Teams to help you look after your mental health and wellbeing.

Spotlight on  
Mental Health  
April 2024



This week, Will, Charlie and Ethan brought in their medals they received when they completed the 2.6 km course of the London Mini Marathon on Sunday 20th April. We're so proud of you, and well done to everyone who took part!





Safe – Happy - Learning



Building Bright Futures



### Quiz night

Thank you to everybody who supported our quiz night on Friday! We hope you all had a great evening! We are very pleased to announce that we raised an amazing £1,300 for the school and £450 for Cancer research!

### Summer Fair

Don't forget to save the date for this year's Summer Fair! It will be held on 6<sup>th</sup> July, with inflatables, food & drink, games and more!

If you are interested in a stall, please email [friendsofredhill@live.co.uk](mailto:friendsofredhill@live.co.uk)

### Joining us at FORH

We are always looking to welcome new members to come and join us. If you would like any more info, feel free to contact us on the following -

Facebook - Friends of Red Hill School (PTA)

Instagram - @friends.of.red.hill.primary

Email - [friendsofredhill@live.co.uk](mailto:friendsofredhill@live.co.uk)

Thank you as always for your support!

**NEW – Thursday 2<sup>nd</sup> May - Polling Day – School closed to pupils**

Friday 24<sup>th</sup> May - Summer 1 ends

**Half Term** – Monday 27<sup>th</sup> May to Friday 31<sup>st</sup> May

Monday 3<sup>rd</sup> June – Inset – school closed to pupils

Tuesday 4<sup>th</sup> June - Summer 2 begins

Wednesday 24<sup>th</sup> July – Summer 2 ends

**Term Dates**