

Dear Ivydale families,

This week is Children's Mental Health Week. At our assemblies on Monday we talked about how important it is to keep our minds healthy, in the same way that we keep our bodies healthy. We talked about how recognising and naming emotions can help managing difficult feelings and we watched a clip from the film 'Inside Out' to get started.

I have attached some tips for families to help support your children's mental health. Do get in touch with your child's class teacher or Terri Cowdrey, our Pastoral Support Manager, if you want any further support.

Next week we will be marking Safer Internet Day in school by teaching children how to spot an online scam. This is a really good chance to start having conversations at home about how to keep safe online.

Another useful resource is the NSPCC Online Safety blog. Here is a link to their information on WhatsApp and whether it is safe for children. It is worth a read!

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/>

Remember, at Ivydale we recommend you do not allow your child access to smartphones while they are at primary school. Attached to this email is information about our upcoming vacancy for a Parent Governor. Please do consider standing – we really value the contribution of our committed and engaged Governing Body. See below for an update from the Resources Committee of the Governing Body.

Many thanks for your support,
Judith Lambert
Head of School

Come and see plans for the Bellwood renovation project!

Tuesday 25th Feb (during parents evening)
3.45-6.30pm drop in

Members of the Southwark Team and architects will be here to show you plans and answer your questions

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.

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.

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.

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.

3 Be visual

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



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)



- S** If something **seems to good to be true.**
- C** If someone **contacts you, when you weren't expecting it, like in a message or email.**
- A** If someone or something **asks for your personal information.**
- M** If someone asks for **money or to trade with you.**

Governor News

As Chair of the Resources Committee, I wanted to take a moment to introduce myself and share a little about the work we do to support the school. The Resources Committee plays a crucial role in ensuring Ivydale Primary School is financially sustainable, well-resourced, and operating in a safe and effective environment for our children.

At our most recent meeting, we discussed a range of important topics, including the school's financial position, staffing stability, premises developments, and key projects such as the transition to a new HR and payroll provider. We also reviewed the ongoing project to refurbish the Bellwood site which is an exciting step towards rightsizing the school and bringing it onto one site.

One of our key focuses is making sure the school's budget is managed wisely, so that every penny benefits our children's education. We are exploring ways to increase income through lettings, along with other available funding streams, and closely monitoring spending to address the school's budget deficit.

Health and safety, premises management, and compliance with key policies are also at the heart of what we do. Our recent review of GDPR and financial policies ensures that the school remains compliant and well-prepared for the future.

It's an exciting time for Ivydale, and I'm proud to be part of a team working hard to secure the best possible future for our children. If you have any questions or ideas, please feel free to reach out - we always welcome input from parents and carers.

Hywel Wilson

THINKING ABOUT PARENTING COURSES.....

PARENT SESSIONS

WE WILL BE RUNNING 2 SESSIONS ON PARENTING CHILDREN WITH AUTISM OR ADHD.

SESSION 1 – WEDNESDAY 12TH FEB 9.15-10.45

INVERTON BUILDING

PARENTING & AUTISM (YOUR CHILD DOESN'T NEED A DIAGNOSIS IN ORDER TO JOIN)

SESSION 2 – WEDNESDAY 12TH MARCH 9.15-10.45

INVERTON BUILDING

PARENTING & ADHD (YOUR CHILD DOESN'T NEED A DIAGNOSIS IN ORDER TO JOIN)

PLEASE COME ALONG AND JOIN US FOR AN INFORMAL SESSION TO DISCUSS HOW BEST TO SUPPORT YOUR CHILD AND LEARN MORE ABOUT HOW THEIR NEEDS CAN BE BEST SUPPORTED IN A RELAXED, JUDGEMENT FREE ENVIRONMENT. TEA & COFFEE PROVIDED. YOUNGER SIBLINGS WELCOME.

INTERESTED? SPEAK TO JAN JHARPLEY@IVYDALE.SOUTHWARK.SCH.UK
020 7639 2702

DIARY DATES

Please note: - dates added for the first time will appear in red

Date	Time	Class	Event	Location
Friday 7th February	am	Y5	Benchball Competition	Inverton
Friday 7th February	3.20pm	All	ILOF Bake Sale	Bellwood Y1-3 Playground
Tuesday 11th February	4-6.30pm	Y4-6	Parents' Evening	Inverton
Wednesday 12th February	9.15-10.45am	For parents of pupils with Autism	Parenting and Autism Session	Inverton
Thursday 13th February	9am	Y2	Assembly for Parents	Bellwood Top Hall
Thursday 13th February	3.45-7.30pm	N-Y3	Parents' Evening	Bellwood
Monday 17th - Friday 21st February	All week	All	Half Term	
Tuesday 25th February	3.45-6.30pm	N-Y3	Parents' Evening	Bellwood
Tuesday 25th February	3.45-6.30pm drop in	All	Exhibition of plans for Bellwood renovation project	Bellwood bottom hall
Thursday 27th February	4-7.30pm	Y4-6	Parents' Evening	Inverton
Friday 28th February	am	Y2	Multiskills Competition	Bellwood
Tuesday 4th March	All day	Kenya	Trip	British Museum
Wednesday 5th March	All day	Mongolia & Latvia	Trip	British Museum
Thursday 6th March	All day	All	World Book Day - dress up as your favourite book character	
Thursday 6th March	9am	Y4	Assembly for Parents	Inverton
Thursday 6th March NB date change!	Evening	All	ILOF Quiz Night	Inverton Main Hall
Wednesday 12th March	9.15-10.45am	For parents of pupils with ADHD	Parenting and ADHD session	Inverton
Wednesday 12th March	2.15pm	Inverton Choir	Concert for Parents	Dog Kennel Hill School
Wednesday 19th March	All day	Uzbekistan	Visit	Deptford Creekside
Friday 21st March	All day	Togo	Visit	Deptford Creekside
Monday 24th March	2:30pm	Y6	Exhibition of Work	Inverton
Tuesday 25th March	2:45pm	France	Old toys workshop for parents	France Classroom
Wednesday 26th March	am	China and Egypt	Theatre Trip	Unicorn Theatre
Wednesday 26th March	2:45pm	India	Old toys workshop for parents	India Classroom
Thursday 27th March	All day	Y3	Road Safety Training	
Friday 28th March	am	Denmark	Theatre Trip	Unicorn Theatre
Friday 28 th March	All day	Y4, 5 & 6	Intra School PE Challenge	Inverton
Friday 28th March	3.30	All	ILOF Bake Sale	Bellwood Y1-3 Playground