



Comber Grove Primary School Weekly Newsletter Spring Term 1

Friday, 09th February 2024



A message from our Headteacher

Dear Comber Grove families,

Thank you to the many parents who attended the Meeting with Councillor Jasmine Ali and Alasdair Smith on Thursday. It was good to see so many of you!

Year 1 PHONICS SCREENING

Thank you to them any parents who attended the Year 1 Phonics Parent Meeting this week. We hope you found it useful. More information about the Year 1 Phonics Test can be found on the school website on the hyperlink below:
[Phonics Screening Check – Comber Grove Primary School](#)

HALF TERM HOLIDAY CLUB (CASP)

CASP will be running a Halfterm Club at our school from **Monday, 12th to Friday, 16th February 2024!** They have planned some very exciting activities for the week.

Children's Mental Health Week:

This week we celebrated Children's Mental Health Week. The theme this year is **'My Voice Matters'**. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Thank you to Izzy and Rebecca for leading a very engaging assembly this week!



Key Dates:

**Monday, 12/02/2024 to
Friday, 16/02/2024**
February Half term

**Beginning of Spring Term 2:
Monday, 19th February 2024**

20/02/2024-

Resources Committee
Meeting at 8:30am

20/02/2024-

Admissions Meeting with
Local Authority **01/03/2024-**
National offer day for
Secondary Schools

08/03/2024-

TIME Photography (class
photos)

12/03/2024-

Full Governing Body
Meeting

22/03/2024-

SPRING TERM OPEN DAY for
parents (School closed to
pupils)

28/03/2024-

Last day of Spring Term 2
(school closing at 2pm)

**Easter Holiday
(School closed)**

**Thursday, 29th March to
Friday, 12th April 2024**

Community

Pride

Empathy

Happiness

Individuality

Creativity



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Weekly Support for Comber Grove Pupils and families:

The MHST Groundwork London Team (Izzy and Rebecca) support our pupils on a weekly basis. They are currently leading wellbeing sessions in Years 3 and 4 at the moment. Years 5 and 6 have enjoyed a sessions on 'Brain Buddies'. Our children still speak very positively about all that they learnt with Izzy and Rebecca!

Children also have the opportunity to attend mindfulness activities during the day.



HAPPY CHINESE NEW YEAR!!!



Chinese New Year

We would like to wish all families that are celebrating Chinese New Year a very happy new year! We hope you enjoy your special day.

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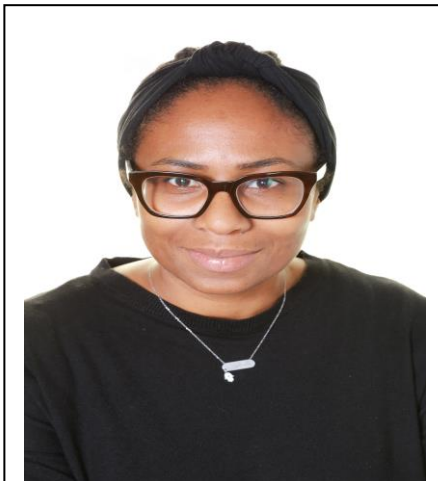
Creativity



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MENTAL HEALTH FIRST AIDERS AT COMBER GROVE



Miss Clare Rowe

- A Mental Health First Aider is to be a point of contact for all who are experiencing a mental health issue or emotional distress. This could range from having an initial conversation through to supporting the person to get appropriate help.
- As well as in a crisis, Mental Health First Aiders are valuable in providing early intervention help for someone who may be developing a mental health issue.
- Mental Health First Aiders are not trained to be therapists or psychiatrists but they can offer initial support through non-judgemental listening and guidance.

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Decision about the future of Comber Grove Primary School

Thank you for participating in the recent consultation. All your views have been shared with the council and they will be using this to inform their decision making process.

As yet, **NO DECISION** has been made about the future of our school. This was shared with the many parents who attended the meeting on Thursday, 08th February 2024 with Councillor Jasmine Ali, Alasdair Smith and Richard Hunter.

Parents shared their views and opinions very passionately with the Member of Cabinet and Southwark Education.

I would like to reassure all our families that we will continue supporting our children by teaching them and ensuring that they do not miss out on any of the planned exciting learning and opportunities available to them. We do need you to continue supporting us!!!

THANK YOU FOR YOUR SUPPORT!!!

Since returning to school in the Autumn Term, there is been a palpable air of uncertainty amongst parents, staff and our community. This is expected in light of the uncertainty of the future of our school.

I would, however, like to take this opportunity to thank you for your patience whilst the Cabinet decides about the future of our school.

Our Governing Body has been very supportive throughout this process and we want to thank them for ALL their support and encouragement!!!

Thank you to **ALL** our very dedicated families and community for your **SUPPORT** demonstrated in so many ways.

We appreciate all that you do for our children and their school.

'Actions speak louder than words!'

Wishing you all a very restful February Halfterm. We look forward to seeing you all on Monday, 19th February 2024!
Lorram Black and Staff of Comber Grove Primary School



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PUPIL LEADERSHIP 2023 – 2024



Head Boy
George



Head Girl
Emely



Deputy Head Boy
Khalid



Deputy Head Girl
Yasmin



Empathy Leader
L'Riyah



Pride Leader
Ranya



Community Leader
Raiyan



Happiness Leader
Adem



Individuality Leader
Vlad



Creativity Leader
Djenebou



PE Leader
Giuseppe



PE Leader
Esila

At Comber Grove Primary School, we believe it is vital that children are provided the opportunity to develop their leadership experience and confidence. Congratulations to our Pupil Leadership Team who were elected this week.

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Stars of the Week



Value of the Week: **CREATIVE**

Class:	Pupil:	Reason:
Year 1 Benjamin Zephaniah	Ela C.	For showing creativity in her writing. Well Done!
	Zaina	Well Done for showing creativity in all your lessons this week Zaina!
Year 2 David Attenborough	Bryan	Well Done for showing creativity in your Art this week!
	Dane	Well Done for showing creativity in your Art this week!
Year 3 Mo Farah	Manuella	Well Done for showing creativity in your Art this week!
	Karadie	Well Done for showing creativity in your Writing this week!
Year 4 Marcus Rashford	Fatima	For showing creativity in your work this week! Well Done Fatima!
	Osman	For showing creativity in your work this week! Well Done Osman!
Year 5 Mae Jemison	Bilal	For showing creativity in his writing this week. Well Done Bilal!
	Gulsen	For showing creativity in her writing this week. Well Done Gulsen!
Year 6 Olive Morris	Emely	Well Done for showing creativity in your work this week!
	Vlad	Well Done for always showing creativity in your Art and drawings!



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ATTENDANCE MATTERS!!!



ATTENDANCE MATTERS *every student, every day*

Attendance Winners

School Target: 95.6%

This week's attendance: 88.9%

Group	Present	Comment:
Nursery David Bowie	89.4%	Cause for Concern
Reception Aderin-Pocock	92.5%	Requires improvement
Year 1 Benjamin Zephaniah	87.9%	Cause for Concern
Year 2 David Attenborough	91.1%	Requires improvement
Year 3 Mo Farah	85.8%	Cause for Concern
Year 4 Marcus Rashford	87.5%	Cause for Concern
Year 5 Mae Jemison	89.9%	Cause for Concern
Year 6 Olive Morris	88.7%	Cause for Concern

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Child's Name	Class	Age
Abdul	Marcus Rashford	9
Karadie	Mo Farah	8
Zineb	Mo Farah	8
Riley	Mo Farah	8
Adesola	Mo Farah	8
Jeremy	David Attenborough	7
Joziah	Benjamin Zephaniah	6
Amir	David Bowie	4
Malaika	David Bowie	4



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Parent/ Carer Information and Support

What Parents & Carers Need to Know about **PERSUASIVE DESIGN ONLINE**

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE), as well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024

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Southwark Children and Family Centres



SENsational Stay & Play



Free February Half Term Fun for Autistic Children aged 5-11

Delivered in partnership with Southwark Autism Support Team

- Have fun with your child through a range of activities, including arts and craft, games, food play
- Capoeira sessions [More Info](#)
- Meet other families
- Get advice and support on a range of topics including: communication, behaviour, and toileting



Thursday 15th February 2024 10-3pm

Dulwich Wood Children's Centre

Lyall Avenue , London SE21 8QS

Places are limited, please register
your interest via :

<https://forms.office.com/e/1uHcNtR8mh>

Or scan QR code



Sessions provided by Southwark C&F centres in collaboration with Cherry Garden School

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Activities, events and holiday provision for children and young people with SEND during February half term 2024

<https://localoffer.southwark.gov.uk/leisure/february-half-term-2024>



February Half Term 2024

Activities, events and holiday provision for children and young people with SEND during February half term 2024

Endorphins

Ages 8-12 years and 13-18 years with SEND



Whippersnappers

Ages 5-19



The Beat Goes On

Free half term African Drumming, dance and crafts for SEN children



SENSational Stay & Play and Short Breaks

Ages 0-11, Check each session details



Asking for a Friend

New Youth Collective exploring friendship & mental health - Ages 11-15



The Neurodiversity Family Hub, Level Up

Check ages for the activities below



Coding and Computer Club

Computing and Programming Academy, Ages 16-25



Angels Community Hub - SEND Special Connect

Ages 16-25



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