



Newsletter

Heber Primary School

Heber Road, London, SE22 9LA

t: 020 8693 2075 | F: 020 8299 0239
w: heberprimaryschool.com
e: adminoffice@heber.southwark.sch.uk

twitter : @heberschool

Welcome Back!

Issue number: 01 3rd September 2021

Welcome back to the new school year! The children have settled in brilliantly and are quickly getting to grips with our new routines. They were both shocked and delighted when they realised that they were allowed to cross the invisible line in the playgrounds that used to divide the classes at playtimes and are now playing happily alongside each other. Our school finally feels whole again.

The new start and end of day routines are working very well. Next week, Key Stage 2 will have successfully learned where their new classes are and will begin to come up to their classrooms independently when they arrive at school.

I would like to extend a very warm welcome to the new families who have joined us in Nursery and Reception and also to those who have joined us, filling up spaces in our older year groups.

We have so many exciting plans for the year. It will definitely be a year to remember... and this time for all the right reasons!

Best regards, Miss Rosenberg



Forest School and Outdoor Education

At Heber we have a long standing partnership with Alleyn's School, and having hosted many a Heber Sports Day, the use of the outdoor space at Alleyn's has grown as that partnership has developed. This year we have been given 10 hours per week to use the field and wooded area.

To support outdoor education in our curriculum, children in Reception have regular access to the wooded area at Alleyn's field on Turney Road for Forest School. This year, we are delighted to be able to extend this offer to our Year 1 children. This is a child-centred inspirational learning process that offers opportunities for holistic growth through regular sessions. It is a long-term program that supports play, exploration and supported risk taking. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting.

Furthermore, Mr Neve-Dunn is very pleased that our regular slots on the field for PE lessons throughout the week have been doubled this year. During the course of the year we aim to share the use of the field so that all children have the opportunity to benefit from learning outdoors.

Above are some pictures of how this initiative has benefited our children in the past.



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Family Early Help Parenting Courses & Group Work Programmes Autumn Term

All parents will at some point struggle with parenting their children and may need some practical support, a listening ear, or advice on what to do when parenting becomes a challenge. The Family Early Help (FEH) Service offers a range of universal parenting courses and targeted, evidenced based parenting group work programmes across the borough for parents/carers of children aged 0-19 years. The programmes will be delivered by trained parent facilitators, or specialist facilitators from their field of work.

FEH would like to work with parents/carers, Children and Family Centre's, school communities and colleagues from Children's Services, Health and other key partners to provide the best possible parenting support at times of need to help Keep Families Strong.

Below is a brief synopsis of the parenting groups that are run in the borough. For further information and referrals please contact our Inclusion Manager Mrs. Genevieve Joseph-Williams (gjoseph@heber.southwark.sch.uk)

Father's Group:

The Fathers Group is based on pre-existing parenting techniques surrounding the power of positive parenting, the importance of a positive male role model in children's lives and the need to include males in all planning for children where possible.

The programme will allow a space for any man with a caring responsibility for a child to discuss their parenting difficulties/strengths in a safe, confidential and encouraging space. Its main aim is to ensure that 'us men' can be the best we can possibly be with our children.

The course includes information on the impact of adult conflict on children, boundary setting, managing difficult behaviours, Fathers and the law and much more.

Strengthening Families, Strengthening Communities (SFSC), Parenting Programme:

Strengthening Families, Strengthening Communities (SFSC) is an inclusive 10-week evidence-based parenting programme, designed to promote protective factors which are associated with good parenting and better outcomes for children. SFSC helps parents with children aged up to 18 years to think about how their actions and experiences may influence their parenting style. In particular, SFSC helps parents to gain a better understanding of child development, use of positive discipline techniques, promote children's social skills and self-discipline, achieve positive change in family relationships, explore and develop strategies to deal with factors that risk poor outcomes for children, such as harsh and/or inconsistent discipline, encouraging parents to share their experiences and values undertaking practical activities, which are then built on through homework.

Empowering Parents Empowering Communities (EPEC) - Being A Parent, Parenting Programme:

This course is delivered by Parent Facilitators who themselves have undertaken the EPEC Parenting Programme before becoming trained facilitators. EPEC is an 8 week evidenced based model for parents of 2-11 year olds devised by the South London and Maudsley, the Centre of Parent and Child Support. This programme is based on the best of the current theoretical and practical knowledge and provides an alternative model to practitioner-led parenting interventions. The programme focuses on what it means to be a parent, the positives and challenges faced, the importance of parents having time for themselves and supporting child parent attachment in a non-threatening way. It encourages parents to consider behaviour that inadvertently encourages unwanted child behaviours. Parents learn strategies for discouraging unwanted behaviours and promoting positive behaviours in children and improved communication and family interactions.



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Empowering Parents Empowering Communities (EPEC) - Being A Parent Together

This programme incorporates the key components of the EPEC original Parenting Programme with an integrated focus upon parental conflict. This 8-week course encourages parents to look at their relationship, how well they work together, consider the impact of conflict on themselves and their children. The programme improves communication and relationships within the family and promotes positive family outcomes. The couples that come to this programme do not necessarily have to be living together in the same household, but need to want to work together for the best outcomes for their children. Please note, that this parenting programme requires the commitment of both parents and they both need to attend each week.

PE Kit and Days

Teachers will be writing to parents next week to confirm the PE days for their class. Please send your child to school on Monday with their PE kits so that we can keep them in school. Kits will be sent home every Friday to be washed. Please make sure that your child's kit is sent back into school each week.

As a reminder, our PE Kit consists of:

- Plain white t-shirt or Heber Fun Run t-shirt
- Black or navy shorts or jogging bottoms
- Black trainers

Covid-19 in the Community

Whilst we are very pleased to have been able to remove some of the Covid-19 restrictions in and around the school, the virus is still a threat to our community. Please be reminded that there are members of our school community who remain particularly vulnerable and would appreciate less crowding around the school entrances. Please try to move away from the school promptly after drop off and collection to support more vulnerable members of our community

September

Tuesday 28 th , Wednesday 29 th , Thursday 30 th	Curriculum evenings
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October

Monday 18 th , Tuesday 19 th , Wednesday 20 th	Parents' Evening
Thursday 21 st and Friday 22 nd	INSET Day
Monday 25 th – Friday 29 th	Half Term Holiday