

'Success for Everyone'

# Newsletter

**OCTOBER 2024**  
**MENTAL HEALTH**

## Head of School's Message:

This month as a school we have marked World Mental Health day, celebrated the theme around 'Reclaiming the Narrative' as part of Black History and will be ending the month with a visit for our learners to The Royal Observatory in Greenwich.

We have recently begun working quite closely with the Safer School Team. Together we aim to keep our young people safe and informed within their community.

I would like to remind you all that British Summer time will end on **Sunday 27<sup>th</sup> October** when the clocks will go back one hour **at 2am**. Don't forget!



Another quick reminder that the school will be closed from **Friday 25<sup>th</sup> October 2024** and will reopen to learners on **Monday 4<sup>th</sup> November 2024**. I would like to wish you all a safe, restful and well-deserved break.

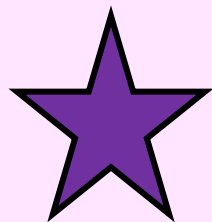
Ms Fletcher

If you have any concerns or issues please contact us on:

📞 0208 698 9663



Info@emlm.org.uk



## Achievement Certificates this month have been given to learners for:

*Always being on time for school.'*

*'Returning to school, even though faced with many of life's challenges.'*

*'Using the features of language to create a poem – Well Done!'*

*'Being helpful and encouraging to another learner.'*

*'Completing work in the time allocated.'*

*'Showing confidence to engage with an activity while off-site.'*



## Pupil Voice:

The focus for PSHE has been on learning about what things can affect our physical and mental health. We have explored lifestyle choices, physical activity, the importance of having a balanced diet and drug awareness.

*'I want to be good at sports... I know that I have to eat good food and get rest.'* *'You shouldn't take something that can affect you like drugs and smoking...'* *'I am not going to do anything that makes me sick...'*



## Attendance - Late arrivals...

**2 contact numbers required per learner**

**EMLM works in partnership with families/carers to find supportive routes to improve attendance.**

**Attendance Counts!  
Every Learner! Every Day!**

## Mental Health

**"It is easier to build strong children than to repair broken men" Frederick Douglass 1818 – 1895**

World Mental Health Day is celebrated every year on 10<sup>th</sup> October. We encourage our staff and learners to talk about mental health and show everyone that mental health matters. Talking about our mental health can help us cope better with life's ups and downs. We work together with our learners so they can understand anxiety, self-regulation, feelings, thoughts and behaviours and how these link together. We encourage positive relationships so that adults can be the trusted adult, notice and observe signs and indicators so the right intervention or support is in place for our young learners. Please do contact us if you need any support or guidance with mental health issues. For further information please see following sites:

<https://www.mind.org.uk/for-young-people/looking-after-yourself/looking-after-your-wellbeing/>

<https://www.youngminds.org.uk/>

<https://www.meandmymind.nhs.uk/getting-help/mental-health-websites/>



## Curriculum shout out... Reading - **Book Buzz**

We have been researching ways to embed a culture of Reading for Pleasure within the school for our learners. Through the Book Buzz programme learners are being given an opportunity to choose a book to keep from a specially chosen collection of books recommended by the Book Trust. Our learners can select books from a range of genres.

Here is what the learners think of the programme so far '...I really like this book I liked the cover that's why I picked it.' 'I'm excited to read all of the books...I am reading Glow Up Laura Bloom and Animal record breakers.' '...I don't really like reading but looking at the book cover and the name Running Out of Time – I want to find out what might happen.' Follow the link to find out more about the Book Trust offers: <https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/>

## Helpline to support families/carers/learners

<https://www.childnet.com/help-and-advice/parents-and-carers>  
<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>  
<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>  
<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/>  
<https://www.barnardos.org.uk/get-support/support-for-parents-and-carers>  
<https://www.barnardos.org.uk/get-support/support-for-young-people>



<https://lewisham.gov.uk/myservices/environment/climate-emergency/our-commitment/help-with-energy-bills>

<https://lewisham.gov.uk/myservices/cost-of-living/food-services>

<https://communityconnectionslewisham.org/financial-hardship/>

## Online Safety – Be careful what you post and where...

The internet does not have a delete key. Any comment or image you post online may stay online forever because removing the original won't remove any copies that other people may have made. There is no way for you to 'take back' a comment you wish you hadn't made or remove an embarrassing image you posted. So, don't put anything online that you would not want a parent or prospective employer to see.

Similarly, be careful about disclosing personal information about yourself online. For example, avoid disclosing your social security number, address or date of birth in social media bios. You wouldn't hand personal information out to strangers individually, so don't hand it out to millions of people online.

Be careful about where you display or submit your email address. It's good to have a secondary, throwaway email account that you use solely for email sign-ups and subscriptions, separate from the one you use for friends and family, and separate from the one you use for work.



## Postcards sent home for...

*'excellent participation in...cooking session.'*

*'supporting another learner to make the right choice.'*

*'contributing towards discussion on keeping safe.'*

*'remaining respectful when feeling challenged by others.'*

*'sharing with peer how to complete a squared number maths task.'*

*'completing all assessments and achieving a good outcome.'*

## KEY DATES

### Date for your Diary

Monday 2nd September 2024  
School closed for Learners -staff training.

### Autumn Term 1

Tuesday 3<sup>rd</sup> September  
to  
Friday 25th October 2024

### Half Term – EMLM closed

Monday 28<sup>th</sup> October  
to  
Friday 1<sup>st</sup> November 2024

### Autumn Term 2

Monday 4<sup>th</sup> November 2024  
to  
Thursday 19<sup>th</sup> December 2024

**Parent Consultation Days**  
**02.12.24 & 16.12.24**  
(9am – 3pm)

Friday 20<sup>th</sup> December 2024  
School closed for Learners.  
– staff training.

### Christmas Holidays

Monday 23<sup>rd</sup> December 2024  
to  
Friday 3rd January 2025