



'Success for Everyone'

Newsletter

FEBRUARY 2026

Wellbeing

Head of School's Message:

February has been a positive month at EMLM with our learners showing a strong focus, improved engagement and a genuine pride in their progress so far. It has been encouraging to see them taking more responsibility for their learning and demonstrating greater respect for each other and for different viewpoints.

This month we recognised Children's Mental Health week and Safer Internet day, giving the learners opportunities to explore well-being and digital safety. We also welcomed a Careers visitor, which prompted valuable discussions about future pathways and we have now started arranging work experience placements to help our learners build confidence and 'real world' skills.

As we move into the next half term, we also acknowledge the observance of Lent and fasting for the month of Ramadan, wishing all who are taking part a meaningful and reflective time.

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:

'Continuing the hard work at the gym and making healthy lifestyle choices! Keep on pushing.'

'Outstanding engagement in learning and keeping a smile on his face at all times.'

'Focusing on your Functional Skills work. You are almost at the finish line!'

'...being polite and respectful while interacting with staff.'

'A great week and improvement in attitude to work.'

'Making a good attempt to get assigned class activities done.'



Pupil Voice:

My Voice Matters

Our learners are now increasingly able to respect an opinion or perspective different from their own. Here are some of their thoughts: *'Everyone's voices matters because a lot of people have different points and views about certain things.'* *'If you believe that what you're saying is the correct thing, even if others do not agree, then by all means speak up.'*

Each morning our learners reflect on a quote for that day. Here are some recent ones. We hope you agree they can be quite philosophical at times:

'Spring will come, and so will happiness. Hold on, life will get warmer.' Anita Krizzan *'Happiness goes, but don't let it bring you down when it goes because it will come back if you don't give up.'*

'Both tears and sweat are salty, but render a different result. Tears will get you sympathy, sweat will get you change.' Jesse Jackson

'No matter what you are doing there is always going to be a reaction.'

🕒 Attendance - Late arrivals...

Punctuality

EMLM school day begins at 9.00 and the Learners are required to be in school by then. If a Learners arrives after the register has closed at 9.10, they will be marked as 'late.'

Every Second Counts!

Online Safety: Teenagers' wellbeing is closely linked to their online lives. Social media, messaging and gaming can support connection and creativity, but they can also bring pressures around comparison, friendships and feeling "always available".

Online safety isn't just about privacy settings; it's also about **emotional wellbeing**. Checking in regularly with young people about how they feel online, encouraging breaks from screens and reminding them where to get help can make a real difference. Open conversations at home and consistent messages from school help young people feel supported, confident and safe — both online and offline. ***If you ever have concerns about your child's online experiences or wellbeing, please reach out as we can support you.***



Curriculum shout out...cognitive overload

Cognitive overload happens when students are asked to take in too much information at once, which can feel overwhelming and make it harder to focus, process learning and regulate emotions. For many young people with SEND, this can increase anxiety, lead to fatigue and impact engagement in learning.

At EMLM, we are especially mindful of this. Learning is carefully structured, broken into manageable steps and delivered at a pace that meets individual needs. By reducing unnecessary overload and focusing on clarity, consistency and reassurance, we support students' wellbeing and help them feel safe, confident and ready to learn.

This approach allows our students to build understanding gradually, without feeling rushed or pressured. It also supports emotional regulation and helps them experience success in their learning each day.

Wellbeing is taught across several areas of the secondary curriculum rather than in one single subject.

PSHE (Personal, Social, Health and Economic education) This is the main place where mental health, emotional wellbeing, resilience, healthy relationships and coping strategies are taught. **Relationships, Sex and Health Education (RSHE)** include learning about positive relationships, consent, online behaviour, peer pressure and how to seek help. **Computing** covers online safety, digital wellbeing, managing screen time, privacy, and dealing with risks such as cyberbullying. **PE and Physical Health** supports wellbeing through physical activity, teamwork, confidence and understanding the link between physical and mental health. **Pastoral support** we also reinforce wellbeing through daily check-in -both in school and out of school, awareness weeks and targeted support.

Together, these areas help students develop the skills they need to stay healthy, safe and supported — both online and offline.

Services to support families/carers:

<https://lewisham.gov.uk/myservices/socialcare/adult/disability-support/practical-support>

<https://lewishamfamilyhubs.org.uk/p/accessing-support/accessing-support>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

National Domestic Abuse helpline 0808 2000 247

<https://www.lewishamcfc.org.uk/parenting-support/>

[NSPCC - Artificial intelligence safety tips](#)

[Internet Matters - Using artificial intelligence: Facts & advice](#)

[Lewisham Local Card - Lewisham Local](#)

Lewisham Warm Welcomes 2025-26 [2025 WW Map](#)



Postcards home for...

'Making a good effort to complete his Geography task today.'

'Making the right choice.'

'Being focused and getting some good work done in English.'

'A great week and start to your journey at EMLM.'

'Being respectful and eager to do schoolwork.'

'Finished mathematics task with very little supervision.'

'...an amazing effort during the maths lesson, and an all-round good day.'

'Fantastic work in maths. You are doing so well!'

'Keep up the hard work. You can do it!'

KEY DATES

Date for your Diary

Spring Term 1

Monday 5th January 2026

School closed for Learners
staff training

Tuesday 6th January 2026 -
Friday 13th February 2026

16th February - 20th
February

(Monday - Friday)
Half Term - EMLM closed

Spring Term 2

Monday 23rd February 2026 -
Friday 27th March 2026

Monday 30th March -
Friday 10th April
Easter Holidays

Parent Consultation Days

W/c 16th March 2026 &
W/c 23rd March 2026

Other key dates:

Children's Mental Health
Week

9th - 13th February 2026

Safer Internet Day
10th February 2026

World Book Day
5th March 2026

Red Nose Day
23rd March 2026