



'Success for Everyone'

Newsletter

MAY 2026

MENTAL HEALTH AWARENESS

Head of School's Message:

As we move through the month of May, I would like to take a moment to reflect on what has been a positive and productive term so far. It has been wonderful to see learners continuing to grow in confidence, engage in their learning and show resilience in all that they do .

This is also an especially important time for those learners who are preparing for and taking exams. We are very proud of the commitment, determination and maturity they are showing during this busy time. As always, thank you for your continued support which plays such an important part in helping our learners feel encouraged, prepared and ready to do their best.

Just a quick reminder that school will close from **Friday 22nd May 2026** and will reopen to learners on **Monday 1st of June 2026** and finally, I would like to wish you all an enjoyable and restful 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:

'Going to... exam with a positive attitude.' *Having excellent manners and for helping out.'*

'Very well done for all your hard work, particularly in Maths!'

'Having a fantastic mindset in preparing for your exam.'

'...positive attitude and resilience towards learning, especially mathematics.'

'Always being responsible and taking control of your future!'



Pupil Voice:

Part of our tailored intervention programme includes daily opportunities for some learners who struggle with early mornings and regulation to use outdoor experiences to build their confidence and give them a sense of wellbeing.

Outdoor learning this half term has provided meaningful links between pupil voice and mental health. The quotes below show that being outside helps them feel calm, safe and ready to engage in learning and this also supports the theme of Action from Mental Health Awareness Week by recognising the positive impact that nature, routine and belonging can have on mental health

'Every day, I know what to expect when I turn up at EMLM, my teachers will greet me, then Handwriting/reading and Forest School, I enjoy my routine.'

'I love Forest School because the trees make me be able to breath and relax,'



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!

Allergies: To help us maintain a safe and healthy environment for all students, we kindly ask parents to inform the school immediately of any allergies or medical conditions their child may have, including food allergies, medication allergies, or other health concerns. In accordance with Benedict's Law and our school safety procedures, up-to-date medical information is essential so we can respond appropriately in case of an emergency. Please contact the school office as soon as possible if there are any updates to your child's health records or allergy information. For further information please check the fact sheet on The Allergy Team website - <https://eu1.hubs.ly/H03xCD70>



Curriculum shout out... Geography: Fieldwork

Geographical fieldwork provides students with experiences that are intrinsically valuable, but detailed planning can ensure they maximise the wide ranging education benefits from such activities. Holmes and Walker, 2006.

Through Geography fieldwork, learners need to understand that fieldwork is an opportunity to explore the world beyond the classroom by observing places carefully, asking geographical questions and collecting information in real contexts. They learn how to

- identify physical and human features,
- use maps and simple fieldwork equipment,
- record findings through notes, sketches, photographs or surveys
- and compare places by noticing similarities, differences and changes overtime

Fieldwork also helps learners understand how people interact with their environment, while developing inquiry, observation and interpretation skills, alongside the importance of safety, teamwork and respect for the natural world.

Mental Health Awareness

Mental health is just as important as physical health. It affects how we think, feel, learn, handle stress, build relationships, and make decisions every day. In schools and at home, creating supportive environments where students feel safe, heard, and valued can make a meaningful difference in emotional well-being and academic success.

Why does it matter?

Children and teenagers face many pressures — academic expectations, social challenges, extracurricular commitments, online activity, and changes in their personal lives. While occasional stress is normal, ongoing feelings of sadness, anxiety, loneliness, or overwhelm should not be ignored.

When schools and families openly talk about mental health, students are more likely to:

- Ask for help when they need it
- Develop healthy coping skills
- Build resilience and confidence
- Support their peers with kindness and empathy
- Understand that mental health challenges are common and treatable

Creating awareness helps reduce stigma and reminds students that they are never alone.

Services to support families/carers:

<https://lewisham.gov.uk/my services/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...

'Being intentional about getting to school on time and making the effort to communicate when she can't.'

'Making positive healthy changes and choices!' 'Having a fantastic week at school!'

'Showing respect to a teacher.'

'Sharing cooking skills with others.' 'Having an amazing week.'

'...setting up the timetable for today.' 'Engaging well during Food Technology!'

KEY DATES

Date for your Diary

Summer Term 1

INSET DAY

Monday 13 April 2026
(School closed to learners)

Tuesday 14 April 2026 -
Friday 22 May 2026

Spring Bank Holiday

Monday 04 May 2026
(School closed to learners)

Half Term

Monday 25 May 2026 -
Friday 29 May 2026

Summer Term 2

Monday 01 June 2026 -
Friday 17 July 2026

17.07.26 - School closes at
2pm

INSET DAY

Monday 21 July 2026
(School closed to learners)

Other key dates:

Work Experience
Year 10 & Year 11
27.04.26 - 01.05.26

Mental Health Awareness
Week - 11.05.26

15.06.26 - Art Week

10.07.26 - Reports to Parents
and Carers

Open Afternoon for
Parents/Carers
16th July 2026