

Spa Camberwell, Southampton Way, SE5 7EW
A special school for autistic pupils



19th June 2026

Dear Parents and Carers,

Earlier today, we welcomed families to the first session of the National Autistic Society's EarlyBird Plus programme. EarlyBird Plus is designed for parents and carers of primary-aged children and focuses on developing practical strategies to support their child at home and in everyday life — from building communication and reducing anxiety to strengthening family relationships. We run this alongside the Teen Life Programme, which offers similar support for parents and carers of secondary-aged students.

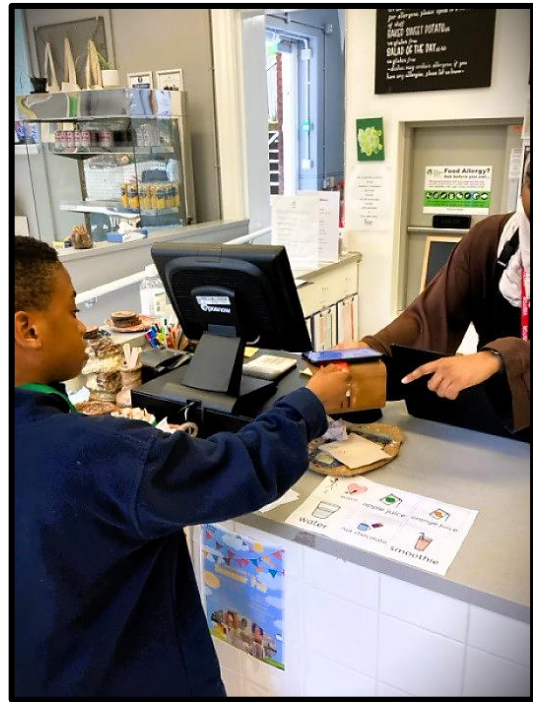
We hope all participants find the sessions valuable over the coming weeks. For those who expressed an interest but were unable to secure a place this time due to limited availability, we will be running both programmes again in the future, so do keep an eye on the newsletter for announcements.

News and highlights from the week

Visit to The Park College

On Wednesday, students in 3F visited the café at The Park College as part of their PSHE learning. It was an opportunity for our Key Stage 3 students to put into practice the skills they have been developing in relation to real-world expectations in the community and in a restaurant — including finding a table, ordering from a menu, waiting for their order to arrive and paying. The students also had a great time socialising with each other and with staff, giving them a chance to practise their social communication and interaction skills in an authentic community setting.

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Student council election

Over the past two weeks, students have been voting for the 2026/2027 Student Council during assemblies.

The election process is an important part of our broader curriculum. It gives students a genuine voice in their school community while also bringing to life the British values of democracy, accountability and active citizenship. Using ballot slips and voting booths, students experienced first-hand how democratic processes work — and came to understand that their individual opinions matter and can directly shape outcomes.

We look forward to announcing the new Student Council very soon — watch this space!

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Online Safety

Keeping your child safe online

Over the last few days, Internet Matters has released two new videos on its YouTube channel that will be useful to many parents. They are both very short; the first is 'what to do if a stranger contacts your child online', and the second is what to do if your child is bullied online '.

Link: Video - [what to do if a stranger contacts your child online.](#)

Link: Video - [what to do if your child is bullied online.](#)

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Looking Ahead

- **Sports Day** – Thursday, 9th July
- **Parents Evening** – Monday, 6th July
- **Spa Camberwell Carnival** – Friday, 10th July
- **Year 11s Leavers Event** – Wednesday, 15th July
- **Last Day of Term** – Friday, 17th July

The weather is due to be very hot next week, so do make sure your son or daughter is dressed appropriately. Please remember to send in any sunscreen your child may need. Make sure it has their name on it, and you have completed the permission slip we sent today.

As always, thank you for your continued support. We wish you and your family a restful and enjoyable weekend.

A handwritten signature in black ink that reads 'Steph Lea'.

Steph Lea
Executive Headteacher

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Support and activities for families

 Empowering
Young People

Youth Wellbeing Day

Fuel Your Mood !
Join us for a fun filled day of
dance, music & performances.
Open to young people and
their families.

SAVE THE DATE:
Mon 17th August, 11-4
Kings Cross Station, London

Follow us for updates ...

   juliancampbellfoundation

 [www. juliancampbellfoundation.org](http://www.juliancampbellfoundation.org)

Available for you to work through at your own pace through **Southwark One Plus One**.
Please contact Rebecca.Arinze@Southwark.gov.uk for more information



Arguing better

Disagreements are a normal part of life, and most couples agree that there is this. However, for some couples, disagreements can make a big difference to you, your partner and your children.

In this course, you will learn a range of skills, and a good listening technique, to help you to resolve your disagreements peacefully.

Register at this address:
www.oneplusone.org.uk/parents
to access the course

oneplusone



Me, You and Baby Too

When a baby comes to us, we often have feelings about it. We may feel nervous, excited, or even a bit overwhelmed. It's normal to feel this way. But it's important to talk about these feelings with your partner. This course will help you to do this.

Register at this address:
www.oneplusone.org.uk/parents
to access the course

oneplusone

REDUCING PARENTAL CONFLICT



Getting it right for children

When parents are in conflict, it can be difficult for children to understand what is going on. This course will help you to talk to your children about the conflict in a way that is age-appropriate and helpful.

Register at this address:
www.oneplusone.org.uk/parents
to access the course

oneplusone



Debt and relationships

Debt can be a big problem for many people. It can affect your relationships and your mental health. This course will help you to understand debt and how to manage it.

Register at this address:
www.oneplusone.org.uk/parents
to access the course

oneplusone

Or Join our 10 week programme designed to support you and your co-parent(s) reduce conflict and improve communication through
Being A Parent together

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The logo for 'BEST START IN LIFE' with the text in blue and green.

PARENT CHAMPION PROGRAMME

We are looking for people to spread the word about what support is available to families in your area. As a parent we think you are the best person for the job and can include your own positive experiences.

If this is you; interested in becoming a volunteer, enjoy meeting people out and about and can spare a few hours a week, for a minimum of 6 months, please come along to both our training days.
(You can even take your own children with you when you volunteer!)

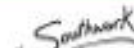
JOIN NOW

Please complete our online application via the QR Code

For further information and to register your interest

Email:
claire.gager@southwark.gov.uk

Or call:
07547 659 646

A circular photograph of a smiling family consisting of a mother, a father, and two young children.

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Sport and Physical Activity

There are lots of fantastic opportunities for disabled young people and adults in Southwark to live an active and healthy lifestyle. Keeping active has many health benefits for both your body and mind. Taking part in regular physical activity can help to reduce feelings of anxiety and depression.

So why not try one or more of these fun activities to help build physical activity into your daily life. Even a small change can boost your confidence and give you a sense of achievement.

Please contact clubs directly for further information.

Sailing – Tideway Sailability		
Day and time	Information	Location
Wednesday, Thursday and Sunday 1pm to 4pm	All welcome. Cost: various membership fees	Surrey Docks Water Sports Centre Greenland Dock Rope Street SE16 7SX
✉ info@tidewaysailability.org.uk		☎ 020 7237 9001

London PE Schools Sports Network – Saturday Sports Club		
Day and time	Information	Location
Saturday Time: 10.30am to 12pm Primary School age. 12pm to 1.30pm Secondary School age and above.	All disabled young people welcome. Cost: £25 membership for the year	Bacons College Timber Pond Road Rotherhithe SE16 6AT
Glyn Davies		☎ 07904 978 241

Cambridge House – Swimming (Hydrotherapy)		
Day and time	Information	Location
Friday 3.45pm to 5pm (Term time only)	Mixed gender session. Age 11 to 25 years with a range of needs. Cost: £2 per session	Peckham Pulse Healthy Living Centre Hydrotherapy Pool 10 Melon Road SE15 5QN
✉ Rachel Zipfel rzipfel@ch1889.org		☎ 020 7358 7716

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Save the Date!

For the Lewisham Disability Sports Network Multi-Sport SEND Festival, open to all abilities, aged 5-25!

Saturday 27 June 2026
The Alex Yee Ladywell Arena, SE6 4QX
14.00 - 16.00



www.AccessSport.org.uk



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PLAY LIKE A GIRL

PAN-DISABILITY FOOTBALL



Fridays

Ages 5-11

1700 - 1800

**Prendergast
Ladywell School
SE4 1SA**

SIGN UP & PLAY!

 girlsunitedfa.org/londonclub
or email lee@girlsunitedfa.org

 **GIRLS UNITED**

Supported by

 **Access Sport**

 **Shport**

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TAP – IN SESSIONS

Free and stand alone information sessions for parents and carers on a range of topics.

Join us with Thinking About Parenting and TAP in to.....

All sessions held online - link will be sent out 1-2 days before session via email

Monday 27th April 10am - 12 MS Teams Parenting and Autism	Thursday 30th April 10am - 12 MS Teams Parenting and ADHD	Monday 18th May 10am - 11.30 MS Teams Ages and Stages
Monday 1st June 10am - 11.30 MS Teams Parenting Foundations	Monday 8th June 10am - 11.30 MS Teams Parental Emotional Wellbeing	Monday 15th June 10am - 11.30 MS Teams Bullying Awareness
Monday 22nd June 10am - 11.30 MS Teams Emotional Based School Avoidance	Monday 29th June 10am - 11.30 MS Teams Digital Safety	Tuesday 6th July 10am MS Teams Parenting and ADHD
Thursday 16th July 10am MS Teams Parenting and Autism		
		

To register: Scan the QR code

Contact: Beth Gilbey

Email:
bethany.gilbey@southwark.gov.uk
parenting@southwark.gov.uk

Or call: 07394 865 980