

14th November 2025

Dear Parents and Carers,

As the days continue to grow shorter, November shines a light on mental health and wellbeing through Anti-Bullying Week and Men's Mental Health Month. At Spa Camberwell, we are proud to take part in these initiatives, recognising how vital the issues they highlight are for every member of our school community.

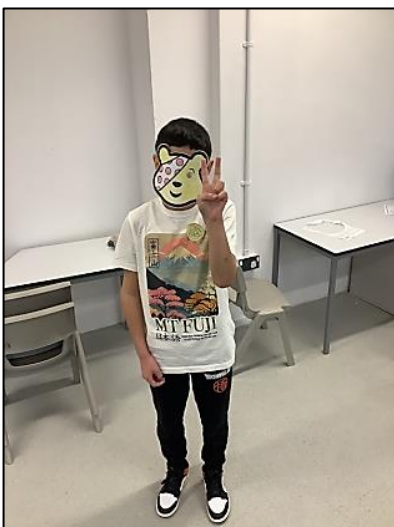
Highlights from this week

It was lovely to see so many of you at **Parents' Evening**. It is an important way for us to work together and we really appreciate your time.

On Thursday, pupils celebrated the work of children's author and poet **Michael Rosen**. Classes took part in creative reading and poetry activities, and some groups even joined a live virtual session with Michael Rosen himself.



On Friday, the school was bright with splashes of yellow as we supported **Children in Need**. This event helps our pupils build life skills, develop empathy, and strengthen their sense of community and wellbeing.



Anti-Bullying Week

Anti-Bullying Week is a key part of the Spa Camberwell calendar. We know our pupils can be particularly vulnerable, so this week gives us a valuable chance to deepen their understanding of what bullying is and how to keep themselves safe.

Throughout the week, staff led a range of meaningful, accessible activities to help pupils practise positive communication, self-advocacy and social skills. Although we teach these topics all year round, it was wonderful to see such focused learning taking place.

3A class poem:

*We look after each other
We share
We take turns
Bullying is MEAN!
Bullying is UNKIND!
We have to be BRAVE!
and tell bullies to STOP!
We look after our friends*



Calling all dads – Men's Mental Health Month

We are pleased to be working with the Southwark Parenting Team to offer three workshops especially for dads. These friendly and supportive sessions will cover:

- Monday, 24th November - Parenting and autism: 2:00 – 2:45
- Tuesday, 25th November - Digital Safety: 2:00 – 2:45
- Wednesday, 26th November - Parenting and emotional well-being: 2:00 – 2:45

This is a great opportunity to share experiences, learn together, and connect with other dads. We hope you can join us.

Support for families

A reminder that **Southwark Independent Voice** (SIV) is hosting a free event this month in partnership with the NHS. The session will include medical professionals from *Sunshine House* and *CAMHS*, who will discuss topics such as Autism, ADHD, and Restricted Eating.

This event is open to all parents and carers of children and young people with SEND living in Southwark. Spaces are limited and will be allocated on a *first come, first served* basis.

Please see the flyer at the back of the newsletter for details and how to sign up.



Looking Ahead

- **Friday, 21st November** – KS2 Family Assembly (Burgess & Rye): 10:00 am
- **Monday, 24th November** – Parent Training Workshop - Makaton: 9:45–10:30 am
- **Friday, 28th November** – KS2 Family Assembly (Brenchley & Mint): 10:00 am

As always, please get in touch if there is anything we can help with.
Wishing you all a calm, happy and restful weekend.

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

Steph Lea
Executive Headteacher



Southwark
Independent
Voice

Empowering families - creating brighter futures

**Sunshine House and CAMHs
Autism and ADHD diagnosis pathways
Restricted eating including ARFID plus dietician**

**Thursday 20th November 2025
10am until 2.30pm**

**353 Rotherhithe New Road
SE16 3HF**

****Please note places are limited and will be allocated on a first come first serve basis.***

The Autism & Related Disorders (ARD) pathway

Come along and learn how to apply for an assessment: pre-assessment support available, what the process in the assessment includes and post-assessment support. This presentation including Q&A will be presented by a **Sunshine House Paediatrician, Speech & Language therapist plus clinical psychologist.**

ADHD pathway

Learn how to apply for an assessment: pre-assessment support what the process in the assessment entails plus post-assessment support. This presentation including Q&A will be presented by a **CAMHs Consultant Child and Adolescent Psychiatrist, Senior Clinical Specialist and Psychologist.**

Restricted Feeding including ARFID pathway

Learn what restricted feeding is and what support is available. Referral criteria: assessment and therapy offer. This presentation with Q&A will be presented by **Dietician, Occupational Therapist and Speech & Language therapist**

*This event is for parent carers only who live in Southwark.
Any questions email: info@southwarkiv.co.uk*