

29th January 2026

Dear Parents and Carers,

From next week we will be inviting all parents, carers, and students to take part in Fizz Free February. The challenge is to stop drinking fizzy drinks for the whole month of February. This includes sodas, sparkling juices, and energy drinks. Reducing high-sugar drinks can help improve dental health, lower the risk of obesity and diabetes, and encourage healthier, long-term hydration habits. To support our students in school, we will be learning about Fizz Free February through assemblies and workshops.

Students will also be encouraged with Fizz Free February calendars and certificates to celebrate their efforts. Your child has brought a calendar home in their diary today — why not stick it on the fridge and join in as a family?



Parent/carer training: Communication

Thank you to everyone who attended the recent communication training with Beth and Lauren.

It was helpful to share successes and challenges from home and to have supportive discussions. Developing our pupils' and students' ability to communicate is one of our key priorities. Having a consistent approach between school and home makes a huge difference, and these conversations are an important part of working together to support our children.



Online safety

Set Up Safe Guide

Internet Matters has put together a new resource for parents and carers. The **Set Up Safe** guide simplifies all the confusing tech/device settings, advising that online safety works best when it's shaped around how children actually use their devices; it's all about 'layering'.

Download and read the Internet Matters Layer Up for Online Safety Guide [HERE](#)

Safeguarding support: Parent webinars

The Ivison Trust (formerly Pace) is a national charity working to keep children safe from exploitation by supporting parents and partnering with police and family services.

Throughout March, the Ivison Trust is delivering a series of live webinars for parents and carers focused on county lines and criminal exploitation. The sessions help parents understand how exploitation happens, how children are groomed, what warning signs to look out for, and where to access advice and support. Each webinar includes local context, time for questions, and input from a parent with lived experience. Find out more and book your place on a webinar by clicking [HERE](#)

Looking Ahead

- **Secondary Family Training - Behaviour** – Thursday, 5th February at 09:15
- **Children's Mental Health Week** - Monday, 9th February 2026
- **Ranger Stu** – Tuesday, 10th February 2026
- **Last day of school Spring 1** – Friday, 13th February 2026
- **First day of school Spring 2** – Tuesday, 24th February 2026

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Support and activities for families

Join the Frost Fair this weekend

From around 1605 to 1814, the surface of the Thames froze over 24 times, bringing all trade on the water to a standstill - so the people of Bankside took to the ice, creating Frost Fairs. This Saturday, 31 January, you can experience the 21st century version of the traditional Frost Fair, with street performances, traditional games, music, art and craft workshops, food and drink and more. More information here: [Frost Fair 2026](#)

LGBT+ History Month in Southwark Libraries

February is LGBT+ History Month, and there is a range of free events at Southwark libraries. From family crafts to book clubs, author talks, a play and a film screening - everything is free and open to all, even if you're not a library member.

More information here: [All LGBT+ History Month Events](#)

Help Into Work in Southwark

This week, the new Southwark Works hub in Peckham Hill Street, behind Peckham Library is launched. It will welcome all residents who want help finding employment or better roles, alongside the existing Walworth Road hub. The Southwark Works teams specialise in supporting residents with health issues or complex needs, breaking down barriers to work, and connecting them to better-paid, sustainable jobs.



[Cost of Living](#)

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As always, please do not hesitate to contact us if there is anything we can support you with. We wish you and your families a calm, happy, and restful weekend.

Steph Lea

Steph Lea
Executive Headteacher