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

9th October 2026

Dear Parents and Carers,

Tomorrow marks World Mental Health Day, a timely reminder to look after our mental wellbeing and make space for activities that support it. This week, as part of the work towards the Wellbeing Award for Schools, staff reflected on ways to improve wellbeing in school, and today our students took part in a range of activities designed to promote happiness and wellbeing.



Highlights from this week

Reading at Home Family Sessions

Thank you to everyone who joined me for Thursday's *Reading at Home* sessions. It was a wonderful opportunity to share ideas about how to make reading a shared, enjoyable part of daily life for the whole family.

Mental Health at Spa Camberwell

The Happiness Project & Special Interests

Every Friday afternoon, our primary pupils take part in *The Happiness Project* and our secondary students in *Special Interests* — a time for activities that bring joy and calm. Pupils and students choose from a range of activities, including sewing, singing, construction, arts and crafts, yoga, structured play, and sensory play — a lovely way to end the week feeling positive and relaxed.

Daily Mindfulness Sessions

Mindfulness is an important part of our daily routine, with primary and secondary pupils taking part in a 10-minute session after lunch to support a calm and positive transition into the afternoon. Teachers lead a range of activities, including breathing and sensory regulation exercises, to help pupils develop strategies to manage their emotions, regulate their sensory needs, and support their wellbeing. These sessions give pupils valuable time to pause, reset, and prepare for afternoon learning, while building skills that support them in everyday life. To mark World Mental Health Day, we extended our mindfulness activities throughout the day, giving pupils more opportunities to focus on their mental health and wellbeing.

Looking Ahead

Parent Zone LEGO Build and Talk online safety workshop for parents and carers

Parent Zone is hosting a LEGO Build & Talk workshop for parents and carers to explore online safety, gaming and digital wellbeing together. Parents and carers will explore how playing with LEGO with their children can spark positive interactions about screen time, online friendships, kindness, privacy, in-game purchases and staying well when using technology.

The session is relaxed, practical and designed to help adults feel more confident talking with their children about online experiences. No LEGO experience needed.

Wednesday, 14th October – 1:30 pm

SeeAbility

We are delighted that SeeAbility will be working with our pupils this year to provide specialist eye care in school. This service enables pupils to have their eyes tested in a familiar environment, supported by staff who understand their individual needs and help them feel comfortable.

The service can offer:

- Eye tests and vision and eye health checks in school
- Advice about glasses, where needed
- Free glasses, repairs and adjustments, where appropriate
- Information and guidance for families about their child's vision

Good vision plays an important role in learning, communication and everyday activities. We are pleased that this service will help our pupils access the eye care they need in a setting that works for them.

We warmly invite parents and carers to join us for an information session to find out more about SeeAbility, ask questions and learn how the service can support your child.

Parent and Carer Information Session – Thursday 15 October at 2:00 pm

Online Safety

WhatsApp's New Teen Controls

WhatsApp is introducing new parental controls for teenagers aged 13–17.

Parents and teenagers will be able to link their accounts and choose settings around privacy, groups, Channels, Status and Meta AI. Parents will not be able to read their teenager's private messages or listen to calls.

The features are being introduced gradually, so they may not appear just yet.

WhatsApp is also developing parent-managed accounts for younger children, but these have not yet had a full rollout.

Links:

WhatsApp – New Controls for Teens

WhatsApp Help Centre – Parental Controls

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Flu Vaccinations

The school nursing team will be visiting on Monday, 3rd November to offer flu vaccinations for pupils whose families have completed the online consent form. The vaccine is a quick nasal spray (not an injection).
You can find the online form here:
https://cypcis.kingstonandrichmond.nhs.uk/flu/2025/southwark

As always, please don't hesitate to get in touch if you have any questions.

Wishing you all a restful weekend.



Rian Ehlers
Head of School

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Support and activities for families

Access Sport October Holiday Programme
Access Sport is excited to be hosting a free October Holiday Programme for children and young people with SEND living in Southwark and the surrounding areas.
This is a fantastic opportunity for young people to try a range of local activities in a welcoming and inclusive environment. All sessions are adapted to meet individual needs and designed to be fun, accessible, and engaging.

Southwark Inclusive October Holiday Programme
When: Tuesday 27 October 2pm - 4pm and Thursday 29 October, 10am - 12pm
Where: Canada Water Leisure Centre, SE16 2AJ
Who: Children and young people with SEND aged 5–18
Cost: Free
Find out more and sign up:
Southwark Inclusive Sport & Physical Activity Network - SEND October Half Term Sports and Activities 2026 - Google Forms

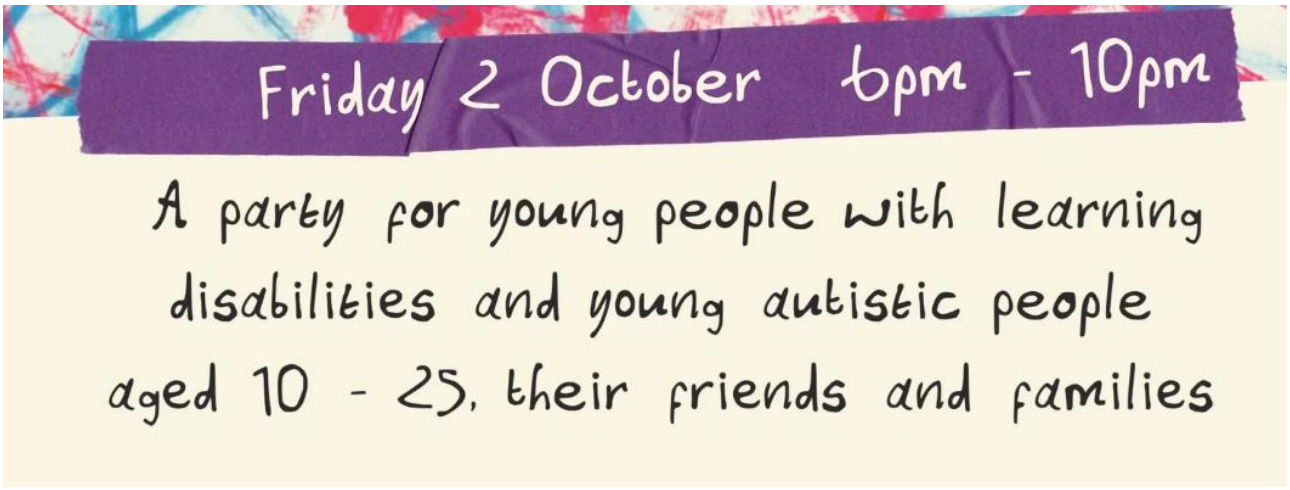
Please note: Parents and carers must remain at sessions at all times, as we are unable to provide 1:1 support. Siblings are also welcome to attend; however, please complete a separate registration form for each child.

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Support and activities for families

Click on the link for a health and attendance-related messages from the Department of Education

https://www.youtube.com/watch?v=_i5KxggkPTw



Good Chaos Party

Friday 2 October 2026

18:00 – 22:00

The Albany

Douglas Way, London, SE8 4AG

https://www.heartnsoul.co.uk/whatson/goodchaos26

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Best Start Family Hub Activity Timetable
Southwark's Best Start Family Hubs continue to offer a range of activities, groups and support for families. Click on the links below for the Family Hub timetables
Rye Oak Ann Bernadt Best Start Family Hub
Dulwich Wood Best Start Family Hub
South Bermondsey Best Start Family Hub
1st Place Best Start Family Hub

Fathers' Group Friday mornings- Starting 2nd October

Encourage fathers, grandfathers and stepdads to take part in this engaging 10-week parenting course. Participants will gain practical tips on positive parenting, strengthening family relationships, communication and positive role modelling. The programme offers a supportive environment to build confidence and skills that benefit the whole family. Crèche provided.

Fathers can sign up here

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BFI London Film Festival – Free Tickets to Gala screenings – Bookings start today!



The 70th BFI London Film Festival returns from 7-18 October and **we've got a special code for you to attend films in the Gala programme for free**!
Galas are exciting public premieres of some of the most highly anticipated films of the year: think big crowds, red carpets, and a chance to see the filmmakers and actors themselves!

Booking for free tickets opens **this Friday 18th September at 10am.** Your special booking code is **TSDHLFF26** - entitling you to **4 free tickets** across all the Gala screenings. Book quickly to secure your spots!

Guide to booking free Gala tickets

See all Gala screenings here

Please note that **all Gala films are for persons 15 and over** - with the exception of **Wildwood**, which is rated 12A.

A number of screenings are offered with access provisions including:

- Descriptive subtitles: On-screen subtitles that include descriptions of non-dialogue audio.

- Closed Captions: Descriptive subtitles that include descriptions of non-dialogue audio via WatchWord smart glasses.
- Audio description: Audio narration including descriptions of key visual elements of the film.
- Relaxed screenings: Relaxed screenings with house lights on a lower level and reduced volume.
- Specific seating requirements: These are often designated for wheelchair users, restricted mobility and sight view.

See all Gala films with access provision here



CLICK HERE TO COMPLETE THE SURVEY

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