

10th October 2025

Dear Parents and Carers,

Today marks World Mental Health Day, a timely reminder of how important it is to look after our mental wellbeing and to make space for activities that support it. Throughout this week, staff have reflected on what good mental health truly means, and today our students took part in a range of activities designed to promote happiness and wellbeing.

Highlights from this week

Talk the Talk Oracy workshops.

This week, our Key Stage 4 students took part in *Talk the Talk* oracy workshops. The sessions focused on building confidence and communication skills — essential tools for life. It was wonderful to see all students engage so positively. A special congratulations to Riley and Libby, who received *Talk About the Future Champion* certificates for their outstanding contributions.



Reading at Home Family Sessions

Thank you to everyone who joined Beth and Erin for Thursday's *Reading at Home* sessions. Families shared fantastic ideas about how to make reading a shared, enjoyable part of daily life for the whole family. We loved hearing your insights and enthusiasm.

Parent Governor

We have had one parent express their interest in being a governor. The last date for anyone else to let us know is Wednesday October 15th. If there is more than one person we will hold a vote. If there is only one we will accept their offer.

Mental Health at Spa Camberwell

The Happiness Project

Every Friday afternoon, our primary pupils take part in *The Happiness Project* — a time for activities that bring joy and calm. Pupils choose from dance, arts and crafts, yoga, structured play, or sensory play — a lovely way to end the week feeling positive and relaxed.



Assembly

This week's assembly theme was *Good Mental Health and Happiness*. Students explored how kindness, shared interests, and giving to others can boost wellbeing — and participated in practical activities to bring more positivity into everyday life.

Student Council

Our Student Council held an exciting vote this week to elect our new *Mental Health and Wellbeing Champion*. This student leader will work closely with staff to help promote wellbeing initiatives across the school.

Support for families.

The Nest is a free mental health and wellbeing support service in Southwark for young people, families and carers. The service, based in Peckham, aims to help individuals and families develop emotional and social skills. Find out more by following this link: [The Nest](http://www.thenest.org.uk)



Join the **Autism Support Team** Coffee Mornings for an informal and friendly coffee morning with a Support Worker from the Autism Support Team. It's a welcoming space to ask questions, share experiences, or simply listen. Details of upcoming sessions can be found [HERE](#).

Looking Ahead

- **Thursday, 23rd October**
 - 9:45 am – Primary families: Autism and Starting Primary School
 - 2:15 pm – Secondary families: Autism and Starting Secondary School
- **Friday, 24th October**
 - Last day of term.

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>

Online Safety

App Safety Settings

Keeping safety settings turned on in your child's apps is an important part of staying safe online. Here's how to check settings for popular platforms:

Tik Tok parental controls - [HERE](#)

FaceTime privacy and safety settings - [HERE](#)

WhatsApp privacy guide - [HERE](#)

Celebrating Success – Autism Accreditation Advanced Status

This week we are proud to share highlights recognising our excellent work in supporting our students' sensory experiences:

- *Throughout the majority of sessions, a sensory element was seen to facilitate learning.*
- *Staff were seen facilitating emotional regulation through the use of sensory experiences, mindfulness, lavender, calming music, playtime, etc.*
- *Staff were quick to support students if they were starting to go into the yellow zone – co-regulation.*
- *The environment inside and outside the building are considerate of autistic students' needs.*

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



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

Wishing you all a restful weekend.

Steph Lea

Steph Lea
Executive Headteacher