



Grove Primary Newsletter: 30/1/2026



A Message from our Deputy Headteacher Dear Parents and Carers,

This week has been **Story Telling Week**! The week kicked off with an **Assembly** led by Jo McCoy about the National celebration of stories! We also had our **Talking Tuesday** themed around the question '**Which story would you like to visit and why?**' We would like to encourage parents to discuss your favorite stories with your children to promote the love of books!

We would also love to feature a **weekly Book Review from a child (and a parent!)** in the newsletter. If you would like to share a book you are reading at home with the school with the reasons for your recommendations, please pass this to Miss Grant who will post them in the newsletter!

Talking Tuesday

Every Tuesday, children in Reception up to Year 6 have been having class assemblies called '**Talking Tuesdays**'. The School Councilors in Years 1-6 are encouraged to lead their classes in a discussion around a question or 'silly' statement to debate. The children are also encouraged to use our 'Oracy Hand Signals' to support structuring their verbal debates.

We would love for our families to also have a go at debating at home! Our **question** this week was themed around 'Story Telling Week'.

"Which story would you like to visit and why?" What do you think?

ORACY HAND SIGNALS	
I agree because...	
I disagree because...	
I challenge that because...	
I would like to build on what has been said...	
Linking to what has been said...	



Year 3 Learning

Beech Class This Week

In our guided reading this week, we have been looking at the non-fiction text *Earth Shattering Events*. We've found out lots of interesting facts and new vocabulary all about earthquakes!

Wednesday 28th January 2026

LO: To retrieve information from a non-fiction text.

1. How many earthquakes happen annually?

550,000 500,000 ✓ 5,000,000

2. In which country are there 1500 earthquakes every year?

Indonesia Japan ✓ Java

3. Where do most earthquakes happen? Circle 2.

Pacific Plate Ring of Fire ✓ Russia

Look at the diagram and caption. Underline the word that means 'distance downwards'.

Most earthquakes happen at depths of less than 10km from the Earth's surface.

5. How long does an earthquake normally last for?

1-Minute ✓

Well done - great focus!

Thursday 29th January 2026

LO: To explain how content is related and contributes to the meaning of a whole.

Read and look at P. 14. Label the following words: heading, diagram, illustration.

MEASURING EARTHQUAKES ✓

Shock waves from an earthquake travel through the ground and are called seismic waves. Seismologists are people who study earthquakes.

SEISMOGRAPH ✓

The seismograph records an earthquake's vibrations, allowing scientists to measure its intensity.

The Richter scale measures earthquakes based on the amount of energy released. The Richter Magnitude scale (RMS) is a number that shows how strong the shaking of the earth is, as well as the damage caused. It is more accurate than the Richter scale, and is most commonly used for measuring large earthquakes.

What information does the seismograph give us?

It tells us how big an earthquake is happening.

Why do you think the author has included illustrations with key information? So that we understand better!

Friday 27th January 2026

LO: To read and understand new key vocabulary.

1. Read p.10 and p.11. Match the word to the correct definition.

Fault: A place between two surfaces rubbing or sliding against each other.

Fraction: A process used to extract oil and natural gas from the ground.

Fracking: A thin zone of crushed rock, separating two tectonic plates.

2. What form of energy is released when tectonic plates push against each other and suddenly slip?

Sound waves.

3. Fracking is used to extract oil and gas. What does the word **extract** mean in this sentence?

Extract is when you take.

4. Read P. 12. According to Hindu mythology, the earth stands on a 'coiled snake'. What does the word **coiled** mean in this sentence? Choose one.

Long curled around ✓ very small

5. What is the name of the Greek God of the Sea?

Poseidon ✓

6. Namata, the catfish from Hindi myths is said to thrash around, causing the earth to shake. Can you think of one or more synonyms for the word **thrash**?

to go up and down ✓

Did you know that the longest earthquake ever recorded lasted for 10 minutes and that someone who studies earthquakes is called a *seismologist*?



Grove Primary Newsletter: 30/1/2026



Thursday 29th January 2026
LO: To divide by 10

• Draw Dienes to complete the function machine problems.
• Write the full equation for each problem. E.g. $200 \div 10 = 20$

Equation: $30 \div 10 = 3$

Equation: $200 \div 10 = 20$

Equation: $6 \times 10 = 60$

Equation: $11 \times 10 = 110$

Equation: $120 \div 10 = 12$

Equation: $10 \div 10 = 1$

Equation: $200 \div 10 = 20$

Challenge: Create your own function machine problem and step by step instructions on how to solve it.

In Maths we have been working on multiplication and division, using our maths language and drawing representations to explain what happens when we multiply and divide by ten.

When 36 is multiplied by ten
the 3 tens get multiplied ten times
creating 300 then the 6 becomes
ten times as many.





Grove Primary Newsletter: 30/1/2026



In our English we have started to read the book *When the Giant Stirred*. We began the week by acting out the story as a class, and then we planned and wrote a setting description of the tropical island where the story is based.





Grove Primary Newsletter: 30/1/2026



Stars of the Week



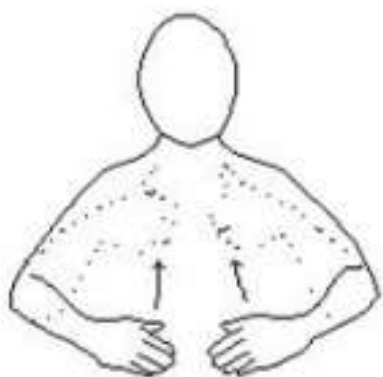
We would like to recognize the children who have been great examples of our School values and have shown a true commitment to their learning. Well done!

Caterpillar	Melissa for sharing numbers into equal groups in maths. Ibraheem for asking fantastic questions and sharing information about his own religion.
Willow	Abdulkarim for being so enthusiastic during mastering number sessions and becoming confident with his mental maths! Well done Abdulkarim, keep it up you maths superstar Ayla for persevering with her writing this week and writing great sentences in our non fiction toy booklet. Well done Ayla, I am so proud of you!
Elder	Ezekiel for working hard at home to improve his Maths and Handwriting Lianne for working hard at home on Maths skills
Beech	Tobi for really applying himself to his work this week, with great results! Ace for a excellent setting description of the tropical island from our book When the Giant Stirred
Cedar	Hania for writing an amazing Pompeii poem Eliz for excellent behaviour for learning in maths and writing this week
Hazel	Isla for identifying he factors that affect water resistance in Science Kawayne for a good understanding of halves and quarters in maths
Maple	Seyram for independently producing a wonderful character description at home, this showed excellent initiative, creativity and a real commitment to developing his writing skills. Nana for his exceptional effort in maths. His hard work and focus have really supported his understanding and helped him grasp key skills with confidence.



Makaton Sign of the Week

Every Monday the staff and the children will be learning a Makaton sign. Makaton is a language with speech, signs and symbols used to support people who have difficulty communicating. We teach it to all of our children and staff so that we can become even more inclusive as a school. This week our Makaton sign is "How are you?". Please practice this at home too!



how are you?

Attendance

Reception	88.02%
Year 1	83.40%
Year 2	94.09%
Year 3	94.28%
Year 4	96.26%
Year 5	93.98%
Year 6	95.34%

Please note that as directed by the Department of Education, term time holidays will not be authorised.



Breakfast and Afterschool Club



Come and join us for our Breakfast and Afterschool Clubs!

Breakfast club will start at 7.45am- This will include breakfast of cereal or toast and will cost £5.50 per day

After School club- Light snack and sports activities and games and will cost:

1 Hour £6.30 (Collection at 4:30pm)

2 Hour £12.00

Full session (2 1/2 hours) £13.65 (collection at 5:45pm)

Snack will only be offered to children staying over 1 hour.

We are able to offer a discount to families that wish to book full week after school club and this is charged at £66.00 per week.

Wraparound Care (ASC) will not be suitable for Nursey pupils (5 years old+) we may be able to offer wraparound care for Reception children based on numbers.

Please see Carrie in the Office for more information!

Club Donations

We would really welcome donations of games and jigsaws for our clubs! Please drop any off to the Office!



Reception Reading Cafe



Our Reading Café has opened again in Reception! This week was our first session of the year and what an incredible turn out it was! Thank you for all coming along.

The Reading Café is an opportunity for you to support your child's reading development, learn new strategies to help them when reading and more importantly enjoy some quality time with your child over a book without the normal hustle and bustle of home life.

The sessions will be every week on a Tuesday 8:45 – 9am in the Classrooms.

You are invited to come along to the session with your child and share a book.



Study Bugs



Please continue to use Study Bugs when reporting your child's absence.

When stating the reason for your child's absence, please remember to specify the **exact symptoms** of the illness as these are required when marking them as 'illness' on our registers. If symptoms are not listed, it will be marked as an 'unauthorised absence'.

We are phasing out using Arbor for text messages. To replace this, we will be using the in App messaging service in Study Bugs.



Grove Primary Newsletter: 30/1/2026



Are you interested in working for NEST—or do you know someone who might be?

At NEST, we offer a wide range of rewarding roles across our schools. Whether you're an early careers teacher, an experienced educator, returning to work after a break, or simply looking for meaningful employment, we'd love to hear from you.

We have opportunities in **teaching, school administration, finance, HR, and estates.**

Click [here](https://www.nestschools.org/286/current-staff-vacancies) to view our current vacancies or register for our talent pool and learn more about joining the NEST team and the exciting career opportunities available.

<https://www.nestschools.org/286/current-staff-vacancies>



Scooter and Cycle Safety and Parking

If you are Scootering or cycling to school, please remember to wear your helmets! We have seen a number of children who are not wearing helmets as they are riding their bikes or scooters to school. It is essential that you wear one to protect your head from injury incase you accidentally fall off.

1



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Please also be advised that parking or idling is not permitted in Karen Court Carpark, neighboring residential parking spots or on the zig zags directly outside of school. There is free parking available in the surrounding areas.



Grove Primary Newsletter: 30/1/2026



Dates for your Diary

03/02/2026	School Photos
10/02/2026	Safer Internet Day
11/02/2026	Safer Internet Workshops
13/02/2026	Last Day of School
14- 20/02/2026	Half Term Holidays
23/02/2026	School Open First Day Back



Grove Primary Newsletter: 30/1/2026



THE PE & SCHOOL SPORTS NETWORK

THE PE & SCHOOL SPORTS NETWORK

AGES 5-18

SEND SATURDAY SPORTS CLUB

OPEN EVERY SATURDAY
(TERM TIME ONLY)

OPEN TO SEND PUPILS IN
SOUTHWARK

For more information please contact Glyn and George via the emails below:
Glyn Davies: glyn@lpessn.org.uk
George Richards: george@lpessn.org.uk

“The Saturday club has been a lifeline for my son. He has many friends and looks forward to going. He also uses the trampoline as a release of tension.”



Grove Primary Newsletter: 30/1/2026



THE PE & SCHOOL SPORTS NETWORK



The Saturday sports club runs through the year at Bacon's College. The club caters for SEND students of all disabilities between the ages of 5 -18 years old. Each session lasts for 60 minutes.

There is a highly skilled and motivated team of 14 working at the club ranging from teachers, teaching assistants, coaches, and special needs specialists.

As well as improving fitness levels and health and wellbeing the club works on social skills such as listening skills, waiting, sharing, teamwork, individual work and focus.

Sports and activities change weekly – trampolining, nature trail and the gym for the older clients, volleyball, football, basketball, multi skills, tennis, cricket, badminton, boccia, new age curling, dance, parachute games, athletics, capoeira, etc.

The club currently run in 4 different sessions:

Session 1: 10:30 – 11:30

Session 2: 11:30 – 12:30

Session 3: 12:30 – 13:30

Session 4: 14:00 – 15:00

Venue:

Bacon's College, Timber Pond Road
Rotherhithe, London
SE16 6AT

“ The Network and Saturday Sports Club at Bacon's College has offered myself and family much-needed respite. Glyn, George and the team are very understanding and aware of my son's SEN needs: autism and ADHD. ”

SEND SATURDAY SPORTS CLUB

Telephone: 0207 237 1928 Ext: 4086 • Website: www.igssn.org.uk





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activ Non-stop fun
CAMPS

**NON-STOP FUN
ACTIVITY CAMPS
FOR SCHOOL
HOLIDAYS**

GET 25% OFF YOUR FIRST BOOKING!



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BOOK NOW TO JOIN THE FUN!

Activ Camps has been a trusted childcare option for families for over 20 years, providing exhilarating multi-activity experiences for children aged 4-14, in a **safe, inclusive, active** and **fun** environment.

Enjoy GIANT inflatables, swimming, terrific tag games, archery, dodgeball and much more, run by fun-loving, fully trained and Enhanced DBS checked staff. Activ Camps will make this a holiday to remember.

Your child will come home happy and exhausted, with amazing memories and new friends!



SCAN ME

Amazing discounts for siblings, full weeks and more

Drop off early and pick up late - 8:30am - 6:00pm

Pay with childcare vouchers and tax-free childcare

Get 25% off your first booking with us, email us at info@activcamps.com and quote FIRSTCAMP5.

OUR AMAZING VENUES

BALHAM

La Retraite School

CLAPHAM

Emanuel School

TOOTING

Graveney School

BARNES

St. Paul's School

HONOR OAK PARK

King's College London

WANDSWORTH

Burntwood School

PECKHAM & BROCKLEY

Nunhead Sports Ground

WIMBLEDON

Wimbledon College

SCAN THE CODE TO FIND OUT MORE OR VISIT WWW.ACTIVCAMPS.COM

Ofsted registered. Outstanding inspection results.
See our website for more details.
Swimming available at selected venues.

Ofsted

activ
CAMPS
Non-stop fun



Grove Primary Newsletter: 30/1/2026



Free Children Piano/Keyboard Taster Available Now

- Weekly 1 hour lessons available Monday to Sunday for children aged 5-13
- Children learn to read, write and play music in every lesson. we also provide keyboard at every lesson
- Termly Exams and certificate along with opportunities to sit at internationally recognised exams and perform at live events



Contacts us Now by Email, Phone, Whats App or via our Website/QR Code to Book Your "FREE TASTER SESSION"



e:office@soundstepsmusic.co.uk t:07926 371583
www.soundstepsmusic.co.uk



Grove Primary Newsletter: 30/1/2026



Mindful Mums

Free wellbeing groups for new mums

Parenting can be the most extraordinary thing we ever do. It can also be the most exhausting and challenging. If you feel overwhelmed, you're not alone, join one of our free 5-week meet up groups. Open to all mothers and birthing people with babies 0-12 months.

Rye Oak Children and Family Centre, SE15 3PD

Thursdays 1pm - 2.30pm
15 January - 12 February

Crawford Children and Family Centre, SE5 9NF

Thursdays, 11am - 12.30pm
6 February - 26 March

Book your place

selmind.org.uk/mindful-mums

Contact us

mindfulmums@selmind.org.uk



South East
London
mind

Southwark
Council



Grove Primary Newsletter: 30/1/2026



Mindful Mums

Free wellbeing in pregnancy online

Pregnancy can take a real toll on your mental health. In all the excitement and preparations, many of us deal with anxiety, intrusive thoughts, doubts, fears, and overwhelming emotions. It's OK if you're not enjoying every moment.

So much attention goes to the baby, but your wellbeing matters too. **Join our free 5-week online sessions** for a calm, honest and supportive space to talk openly, listen, or just be.

Mondays, 7.30 - 8.30pm
12 January - 9 February

Tuesdays, 7.30 - 8.30pm
13 January - 9 February

Book your place

selmind.org.uk/mindful-mums

Contact us

mindfulmums@selmind.org.uk



South East
London
mind

Southwark
Council



Grove Primary Newsletter: 30/1/2026



Start for Life

Southwark

Helping you to give your child
the best start in life, with support
during pregnancy to the age of 5.



Download the Start for Life brochure

Packed with essential resources for parents and caregivers.
Useful information in one place to help you find a wide range of local
support and services.





Grove Primary Newsletter: 30/1/2026



e2e
end2end TV

**FOR AGES 8-16 FORTNIGHTLY
SATURDAY 10.30-12.30PM**

**DIGITAL CREW
SATURDAYS**

WWW.END2ENDTV.CO.UK



Grove Primary Newsletter: 30/1/2026



#NEW for 2026 SCREENLAB

MONTHLY CLUB FOR YOUNG PEOPLE
AGED 10-18 INCLUDING DIGIFILMIX™



SATURDAY AFTERNOON
1.30-4.30PM

ONCE A MONTH FUN!



**PREMIUM
BRAND NEW CLUB**

**FOR FILM MAKERS,
TECHIES & CREATIVES**

- USE BROADCAST TV & FILM EQUIPMENT
- EXPLORE MEDIA INC. NEW ANIMATION SUITE
- CONSIDER YOUR AUDIENCE
- BECOME GREAT CONTENT CREATORS

FIND OUT MORE & BOOK: WWW.END2ENDTV.CO.UK



Grove Primary Newsletter: 30/1/2026



EPEC BABY & US

Baby & Us is a 9 week peer-led group which helps parents gain confidence in parenting and everyday life with a new baby (0-9 months).

This includes supporting parents in understanding baby's cues, coping with challenges around feeding, sleep, and crying, interacting positively with baby and managing parental stress.

JOIN NOW



Contact: Claire Gager or Sunshine Brand

Email: Claire.gager@southwark.gov.uk or Sunshine.Brand@southwark.gov.uk

Call: 07547 659 646 / 07597 506 898

Or scan QR code to complete registration form



WHEN IS IT ON?

STARTING WEDNESDAY 14TH JANUARY 2026

RYE OAK BEST START FAMILY HUB
WHORLTON RD, LONDON SE15 3PD

What time?

10am - 12pm



Southwark Children & Family Hub



CPCS
Child Protection
Counselling Service



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



LMS
Local Multi-Sector
Support



Funded by
UK Government

Southwark
Council



Grove Primary Newsletter: 30/1/2026



EPEC BEING A PARENT 1-3

For parents of children aged 1 – 3 years

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

JOIN NOW

Contact: Claire Gager

Email: Claire.gager@southwark.gov.uk
or Sunshine.Brand@southwark.gov.uk

Call: 07547 659 646 / 07597 506 898



WHEN IS IT ON?

STARTING TUESDAY 13TH JANUARY 2026

1ST PLACE BEST START FAMILY HUB
12 CHUMLEIGH STREET
LONDON
SE5 0RN

What time?
10am-12pm



Southwark Children & Family Hub



CPCS
CHILD PROTECTION
COUNCIL



OXLEAS VALLEY
COMMUNITY CENTRE



MFL
South London
and Merton
Councils



Funded by
UK Government





Grove Primary Newsletter: 30/1/2026



EPEC BEING A PARENT

For parents of children aged 2 – 11 years

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

Contact: Claire Gager

JOIN NOW

Email:
Claire.gager@southwark.gov.uk

Call: 07547 659 646



WHEN IS IT ON?

WEDNESDAYS

STARTING 14TH JANUARY 2026

CRAWFORD BEST START
FAMILY HUB
5 CRAWFORD RD,
LONDON SE5 9NF

THURSDAYS

STARTING 15TH JANUARY 2026

COIN STREET
NEIGHBOURHOOD
FAMILY & CHILDREN CENTRE
108 STAMFORD STREET,
LONDON SE1 9NH

What time?
10am-12pm



Southwark Children & Family Hubs



CPCS
THE COUNCIL FOR
PARENTING & CHILD
SUPPORT



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



South London
and Maudsley
NHS Foundation Trust

Southwark
Council



Grove Primary Newsletter: 30/1/2026



FATHER'S GROUP



Join a 10-week course to
improve your parenting skills.

Whether you are a father, grandfather or stepdad,
receive advice and tips on topics such as positive
parenting, improving relationships and role modelling.

Crèche provided.

When

Friday Morning's at 10.30am - 12.30
Starting 16th January 2026

Where

1st Place Best Start Family Hub
12 Chumleigh Street, Burgess Park, SE5 0RN

BOOK A PLACE

Email: tara.long@southwark.gov.uk or
jamal.jones-Thomas@southwark.gov.uk

Phone: 07513 713 090





Grove Primary Newsletter: 30/1/2026



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.....

Monday 19th January
10am - 12
MS Teams

[Parenting and Autism](#)

Thursday 29th January
10am - 12
MS Teams

[Parenting and ADHD](#)

w/c 9th Feb
10am - 11.30
MS Teams

[Ages and Stages](#)

w/c 23rd Feb
10am - 11.30
MS Teams

[Parenting Foundations](#)

w/c 2nd March
10am - 11.30
MS Teams

[Parental Emotional Wellbeing](#)

w/c 9th March
10am - 11.30
MS Teams

[Bullying Awareness](#)

w/c 16th March
10am - 11.30
MS Teams

[Emotional-Based School Avoidance](#)

w/c 23rd March
10am - 11.30
MS Teams

[Digital Safety](#)

Tuesday 24th March
10am
MS Teams

[Parenting and ADHD](#)

Thursday 19th March
10am
MS Teams

[Parenting and Autism](#)

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



TO REGISTER FOR A PLACE
[CLICK HERE](#) OR CONTACT

Beth Gilbey

07394 865 980

bethany.gilbey@southwark.gov.uk

earlyhelp@southwark.gov.uk



Grove Primary Newsletter: 30/1/2026



junior parkrun – where everyone is



welcome

junior parkrun is a free, fun,
friendly, weekly, community
event organised by volunteers
of all ages for children
aged 4 to 14.

2k junior parkrun events
take place on Sunday mornings
and are for the whole community
to come together to walk, jog,
run and volunteer. Join in on
the fun at junior parkrun!



junior parkrun



Grove Primary Newsletter: 30/1/2026



junior parkrun – where everyone is



welcome

junior parkrun is a free, fun, friendly, weekly, community event organised by volunteers of all ages for children aged 4 to 14.

2k junior parkrun events take place on Sunday mornings and are for the whole community to come together to walk, jog, run and volunteer. Join in on the fun at junior parkrun!



junior parkrun



Grove Primary Newsletter: 30/1/2026



Support your child's development for free

Get unlimited access by scanning the QR code*



Parenting advice and
activity ideas for children
aged from birth to five,
shared by our community
and experts.

Available for all parents
and carers in Southwark.



easypeasyapp.com/southwark



*For full terms and conditions, please visit easypeasyapp.com/terms.



Grove Primary Newsletter: 30/1/2026



In Partnership With



Nexus Education Schools Trust Talent Pool

Looking to extend your talents to other schools
within NEST and provide more support?

NEST is now offering the opportunity for any staff wishing to increase their hours and to help provide greater support with their skills to sign up to our talent pool to be considered first for any vacancies across the Trust. All choices are yours to make, meaning you can highlight which positions you would like to work in and what schools you would be willing to commute to.

If you are interested in the chance to help make a difference and enjoy new experiences at an additional school within the Trust, please head over to MyNewTerm, create an account and search for 'Nexus Education Schools Trust' under employers in 'Find a Job' which will then allow you to sign up to the talent pool. Alternatively, you can head over to the NEST website where we have a link under staff vacancies which will direct you to our MyNewTerm page.

This is not just an exclusive opportunity to existing staff within NEST so if you know any friends or family who may be interested in this venture we would love to welcome them aboard!

Thank you for your interest!

Please direct any queries to recruitment@nestschools.org



Grove Primary Newsletter: 30/1/2026



SUCCESSFUL MUMS

Career Academy

FIND A JOB YOU LOVE

A **FREE** event for parents

**LOOKING FOR FLEXIBLE WORK?
A CAREER CHANGE? OR JUST
NEED A CONFIDENCE BOOST?**

Join us for a friendly, informal coffee morning where you'll discover hundreds of part-time and flexible jobs in your area. Whether you're returning to work, starting a business or figuring out your next move, we're here to help!



Monday 19 January



9:30 to 11:00



**Grove Primary School
(formerly Dog Kennel
Hill) SE22 8AB**

What we'll cover

- How to update your CV after a break
- Where to find local part-time and flexible jobs
- 10 great career ideas including Digital, SEN, Green roles..
- The Working in Education Course with a guaranteed interview
- The skills from parenting that employers are look for
- Links to 7 local family-friendly employers
- A 5-step action plan to make it happen!



@successfulmums_



020 3633 9672



successfulmums.co.uk



Nexus Education Schools Trust

SCAN ME



TO BOOK



Grove Primary Newsletter: 30/1/2026



AutismSupportTeam@
Southwark.gov.uk

AUTISM SUPPORT TEAM TOILET TRAINING FOR PARENT/CARER ONLY

HOW TO SUPPORT YOUR AUTISTIC CHILD TO DEVELOP TOILETING SKILLS

In partnership with the Autism Education Trust (AET) we are offering Developing Toileting Skills Training for Parent + Carers of autistic children.

Aims:

- To develop knowledge of how to support autistic children to achieve toileting independence.
- To understand the importance of working with others to support autistic children to develop independent toileting skills

Learning objectives:

- Understand how autism can impact on children developing independent toileting skills.
- Understand the importance of all adults working together to support the development of independent toileting skills.
- Consider how to remove barriers to developing toileting skills and how to make reasonable adjustments to support further toileting independence.

Free Training Online Dates:

- | | |
|----------------------------------|-------------------|
| • 21 st October | 9.45 – 11.45 2025 |
| • 15 th December 2025 | 12.30 – 2.30 2025 |
| • 9 th February | 9.45 – 11.45 2026 |
| • 23 rd March | 12.30 – 2.30 2026 |
| • 18 th May | 9.45 – 11.45 2026 |
| • 23 rd July | 12.30 – 2.30 2026 |
| • 6 th August | 9.45 – 11.45 2026 |
| • 13 th August | 12.30 – 2.30 2026 |

Register [here](#)

Online Microsoft Teams Training Link will be sent to your email 2 days prior to start date of training.



Grove Primary Newsletter: 30/1/2026



Rose  **VOUCHERS**
for
fruit & veg

 **1st Place**

Free fruit and vegetables for families with young children

The Rose Vouchers Project gives vouchers to buy fresh fruit and vegetables from local markets and some other places. If eligible, you will receive at least £4 of vouchers every week.

Who is it for?

If you live in Southwark and have children under 5*, or are more than 10 weeks pregnant, you may be able to get Rose Vouchers if one of the following applies:

- You receive Healthy Start
- You have a low or no household income (less than £408 income a month if you are on Universal Credit)
- You have no recourse to public funds (NRPF)

** Children must be under 5 until 31st August*

SCAN ME



Find out more

1stplace.uk.com/rosevouchers

 rosevouchers@1stplace.uk.com



 Alexandra Rose Charity

 Southwark Council

 Impact on Urban Health



HER TRIBE

A Community of Support for Women

Looking for connection, support, and a space to just be you?
Join our welcoming women's group right here in your
community.

★ **What to expect:**

- Monthly workshops on wellness, growth & empowerment
- Weekly drop-in sessions: every Wednesday, 6–8 PM
(We start on 24 September)
- A chance to meet like-minded women, share stories & build friendships
- Creche provided – so you can come stress-free

Venue: Albrighton Community Centre, SE22 8AH

**Come for the workshops, stay for the connections —
Together, we lift each other.**





Grove Primary Newsletter: 30/1/2026

