



A Holistic Approach to Education and Childhood Development



We look after **Ourselves**
We look after **Each Other**.
We look after our **Learning, School, Community & World**.
We look after our **Future**.

Dear Parents and Carers,

It seems like only yesterday that I walked through the Serenity School gates for the first time and it has been a privilege to oversee the school's journey over the last half term. I have learnt a lot and I know we still have a lot to do. I am confident that with the support of my hard-working team, parents and students, we will continue to provide the first class education for our students.

When I reflect on the last six weeks, there have been so many achievements of which the children and indeed the whole school community should be immensely proud. Recognition and rewarding those students who uphold Serenity School values. Sport has been a strength at Serenity and that continues to be the case and we want to build on this with many more sporting events and opportunities. Watch this space!

Trips and visits have also returned this term with Nurture leading the way with their trip to the Aquarium. As I write this, staff are busy planning trips to the Globe Theatre and many other exciting venues around London. And yet, there is still more to come!

We are working hard to improve communication, attendance and punctuality. Remember that punctuality and attendance are a simple life skill that applies to all aspects of life. We are also planning a few workshops where parents can attend so that they can better understand what the school does and how they can help their children at home.

What a rollercoaster it has been as Head teacher, but what has really stuck with me is the passion and care that every staff member has for Serenity school, and this is the glue that will surely lead to a wonderful 2023-24 academic year.

Ms Koza
Headteacher

Goodbye – Farewell

This term also sees us saying goodbye to staff who have played an integral part in the Serenity Eltham journey: Mr Baruti is leaving to retire. This is a well-earned break for our oldest and dedicated member of our office team. I am sure you will all join me in wishing him a well deserved, long and happy retirement.

Mr. Yazid our hard-working tutor is also leaving to pursue other interests nearer home. If you did not know, Mr Yazid endured 3 hours round trips to and fro work daily for nearly two years. That is dedication! We wish him all the best in his new ventures.

Mr. Egejuru our dedicated tutor is also leaving to spend more time with family and enjoy a slower pace of life. He will be sorely missed but we wish him all the best for the future.



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Inclusion-Independence-Self worth



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Enrolment to Graduation

We would like to welcome some new key members of our team:

My name is Mr Murphy, and I am delighted to be joining Serenity School Eltham as an Assistant Headteacher and cannot wait to start working closely with staff, students and parents. I am a firm believer that every child deserves equal opportunities to learn academically, socially, and emotionally. I will work closely with you all to make sure this is a constant provision for every child. My experiences in education have carried me across PE and pastoral leadership, I am excited to see what our students can show on the PE front!

I am looking forward to continuing the great work the schools' fantastic teachers already provide, maintaining high standards and providing our students with opportunities for personal growth by creating a positive environment for all to succeed.

My name is Miss Reid, and I'll be joining Serenity, Eltham as an Assistant Head. I am excited to be working with you all and looking forward to getting to know you all better. I have been a teacher for more than ten years, working in mainstream all through schools. In my years as a teacher, I have shaped my beliefs that as an educator, we do the very best to mould children and young people into the greatest version of themselves that we can. It is important to create an engaging space for students to want to learn and realise their full potential, as well as challenging them to sometimes go outside of their usual comfort zones. I believe that in doing this, and offering a supportive learning environment, the best outcomes are achieved.

I look forward to beginning my journey at Serenity Eltham and working with all of you within the school and local communities.

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Friendly February 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Send a message to let someone know you're thinking of them
- 2 Ask a friend how they have been feeling recently
- 3 Do an act of kindness to make life easier for someone
- 4 Invite a friend over for a 'tea break' (in person or virtual)
- 5 Make time to have a friendly chat with a neighbour
- 6 Get back in touch with an old friend you've not seen for a while
- 7 Show an active interest by asking questions when talking to others
- 8 Share what you're feeling with someone you really trust
- 9 Thank someone and tell them how they made a difference for you
- 10 Look for good in others, particularly when you feel frustrated with them
- 11 Send an encouraging note to someone who needs a boost
- 12 Focus on being kind rather than being right
- 13 Smile at the people you see and brighten their day
- 14 Tell a loved one or friend why they are special to you
- 15 Support a local business with a positive online review or friendly message
- 16 Check in on someone who may be struggling and offer to help
- 17 Appreciate the good qualities of someone in your life
- 18 Respond kindly to everyone you talk to today, including yourself
- 19 Share something you find inspiring, helpful or amusing
- 20 Make a plan to connect with others and do something fun
- 21 Really listen to what people say, without judging them
- 22 Give sincere compliments to people you talk to today
- 23 Be gentle with someone who you feel inclined to criticise
- 24 Tell a loved one about the strengths that you see in them
- 25 Thank three people you feel grateful to and tell them why
- 26 Make uninterrupted time for your loved ones
- 27 Call a friend to catch up and really listen to them
- 28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS **Happier · Kinder · Together**



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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about PHONE SCAMS

In a three-month period during 2021, no fewer than 45 million people in the UK experienced a suspicious attempt at being contacted via their mobile. Phone scams are a common form of cyber-attack where fraudsters engage directly with their intended victim through their smartphone. As our phones carry so many sensitive (and therefore potentially valuable) details about us, it's vital that trusted adults are alert to the tactics that scammers use to get access to user accounts, personal data and private information for financial gain.

WHAT ARE THE RISKS?

SMISHING

SMS phishing, or 'smishing' is one of the most common forms of mobile-based cyber-attack. Smishing is when a scammer texts their target, pretending to be a reputable person or organisation. They aim to trick the victim into supplying sensitive data such as bank details and personal information, so that they can then access the target's bank accounts and remove money.

IMPERSONATION

Fraudsters often impersonate someone else to trick the victim into actually transferring money directly. They might claim, for example, to be a friend or relative using a different number who urgently needs funds. Other common cons include sending fake texts informing the target that they have a package which requires a fee to be delivered, or that they have an unpaid bill to settle.

NUMBER SPOOFING

Here, the scammer takes impersonation one step further by cloning the phone number of a genuine company. So when the target receives a call or text, their phone recognises the sender's number as legitimately belonging to Amazon, HMRC, the NHS or the DVLA (who have all been impersonated in these cons). This makes the scam far harder to spot and the victim much more inclined to comply.



FAKE TECH SUPPORT

Attackers contact a target, pretending to work for their employer's IT support team. They then advise them to download some software to fix 'a technical issue' with their device. In reality, however, the software grants the scammers access to the victim's private data and sensitive information. This con is more common on desktop and laptop devices, but is still possible to accomplish on mobiles.

SIM HIJACKING

SIM hijacking switches control of a phone account from the victim's SIM card to one in the scammers' possession. Criminals use personal details pieced together from social media (birthday, address, pet's name and so on) to pose as you, then instruct your phone network to transfer your number to their SIM - giving them access to all calls and texts meant for you, including one-time login passcodes.

Advice for Parents & Carers

DO SOME DIGGING

If you've received a call or text asking for specific information, research the caller's number. There are several websites that allow you to enter a phone number and will then display any relevant information about it - this usually includes feedback and comments from other people, so you can easily see if that particular number has been implicated in potential scams.

TRY A CALL BLOCKER

If a suspicious call comes through on your mobile, you can manually block the number if you believe it to be dubious or a nuisance caller. Alternatively, you could consider installing a call blocker app on your phone. They automatically stop calls getting through from numbers which have been reported as suspicious, halting potential scammers in their tracks before they can reach you.

VERIFY THE SOURCE

Never disclose confidential details to an individual or organisation you're unfamiliar with. If the caller claims to represent a company you trust but is still asking for personal information or payment on an outstanding charge, end the conversation. Then find the company's genuine number on a bill or on their website and call them directly to confirm if there really is an issue you need to address.

BREAK OUT THE TECH

Lots of anti-virus software now also protects mobiles. Some anti-virus apps can detect phishing links in text messages and alert you to the risk. When you're out and about, try not to use public WiFi for sensitive transactions. It's far less secure than your home WiFi network. Instead, you could consider installing a VPN (virtual private network), which encrypts all data travelling to and from your phone.

REPORT INCIDENTS

If you or a family member does give out confidential information to a caller you aren't sure about, contact the actual company mentioned to check if the call was genuine. If they confirm that the call was not made by their organisation, you should report it as a potential scam via the Action Fraud website and (depending on exactly what information was divulged) consider involving the police.

BE WARY OF LINKS

If you get a message from an unknown number asking you to click on a link, especially to spam and do not open the link. One recent example 'warned' victims they'd been exposed to the Omicron variant and needed to click a link to buy a special test - only to find they had paid their money to scammers. Links can also install malware onto your device, so always treat them with extreme caution.

Meet Our Expert

Formed in 2016, Kryptokloud provides cyber security and resilience solutions to its customers. With offices in the UK, the company offers managed service operational packages including cyber security monitoring and testing, risk audit, threat intelligence and incident response.



#WakeUpWednesday

Sources: <https://www.actionfraud.gov.uk/news-centre/2021/45-million-people-targeted-by-scams> (<https://www.actionfraud.gov.uk/news-centre/2021/45-million-people-targeted-by-scams>), <https://www.actionfraud.gov.uk/news-centre/2021/45-million-people-targeted-by-scams> (<https://www.actionfraud.gov.uk/news-centre/2021/45-million-people-targeted-by-scams>), <https://www.actionfraud.gov.uk/news-centre/2021/45-million-people-targeted-by-scams> (<https://www.actionfraud.gov.uk/news-centre/2021/45-million-people-targeted-by-scams>)

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Lower School News

End of Term Reward Trip to the Aquarium:



The children who met the challenge of 90% attendance and no C4's enjoyed their reward by visiting the London Aquarium. All behaved well and enjoyed learning about the sea life creatures. The children were complimented on their manners and politeness especially whilst travelling on the trains.

Sports:

Kayaking: The children have learnt lots of new skills kayaking and have received Level 1 certificates for their progress. When the lake was frozen, they were able to do rock climbing instead!



Swimming lessons continue. The instructor is currently training the children to see who we can enter into the London Youth Swimming competition following Ronnie's amazing achievement last year.



Spring Term 1 Rewards:

Well done to everyone who has received certificates during our weekly celebration Assemblies. A big shout out to our Star of the Week children from this term: Javani, Nickai, Aoun, Sidney, Jessica, Izzy, Alan, Max, Michael and Junior.



Crack the Code Winners: Archie, Ethan and Lekan

High Grove class have been working hard on their creative writing as they have entered a very exciting competition.



Key Stage 2 pupils become published authors in our collaborative writing project

Primary school pupils have the opportunity to collaborate with brilliant children's writers and illustrators from under-represented backgrounds for our Imagine a Story creative writing project.

The children will get the opportunity to read their finished chapter at the Southbank Centre in the Summer. Updates will follow when they become published authors!

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Upper School News

This term pupils in the upper school took part in a CV workshop. Supporting young people to feel confident about entering the world of work can be key to their employment journey. A useful first step to this is understanding how to demonstrate their skills, interests and experience and creating an impactful CV to showcase them.

They focused on understanding the purpose and function of a CV, including what information it needs to include, and how best to organise that information. The lesson plan builds further on this learning through activities that look at example student CVs and consider different CV layouts.



We are delighted to inform you that our independent, impartial, and qualified careers advisor, from **Prospects part of Shaw Trust**, is available this term to provide careers advice to pupils at Serenity School Eltham. We are offering pupils in Key Stage 3 onwards the opportunity to have careers interview with her. A career guidance interview is an opportunity for pupils to discuss their career ideas in more detail. It can also be an opportunity for them to explore their educational options. When students need to make major decisions, they do value being able to discuss their career options with a trained, qualified, independent, and impartial careers professional.



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TERM DATES:

Academic Year 2022 – 2023

Term Three:

Term time: Tuesday 3 January to Friday 10 February 2023.
 Half-term holiday: Monday 13 February to Friday 17 February 2023.

Term Four:

Term time: Monday 20 February to Friday 31 March 2023.
 Easter holiday: Monday 3 April to Friday 14 April 2023.

Term Five:

Term time: Monday 17 April to Friday 26 May 2023 (except May Day Bank Holiday on 1 May).
 Half-term holiday: Monday 29 May to Friday 2 June 2023 (spring bank holiday on 29 May).

Term Six:

Term time: Monday 5 June to Friday 14 July 2023.

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2023
 COURTESY OF MONEY SAVING CENTRAL

<p>ASDA CAFE Kids eat for £1 all day, every day with no adult spend until the end of March 2023</p> <p>HUNGRY HORSE Kids eat for £1 on Mondays. Then Tuesday to Friday between 3 - 5pm selected Kids' meals are £1 & larger meals are £1.50.</p> <p>PAUSA CAFE @ DUNELM Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm</p> <p>WHITBREAD INNS Two kids under 16 eat for FREE with every adult breakfast purchased</p> <p>ANGUS STEAKHOUSE One free children's meal per paid adult meal 12-5pm daily throughout the holidays</p> <p>TABLE TABLE Two children under 16 can get a free breakfast every day with one paying adult!</p> <p>THE REAL GREEK Kids eat FREE every Sunday for every £10 spent by an adult</p> <p>SIZZLING PUBS Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.</p> <p>BEEFEATER & BREWERS FAYRE Two children under 16 can get a free breakfast every day with one paying adult!</p>	<p>MORRISONS Spend £4.99 & get one free kids meal all day, every day.</p> <p>PRETO Kids up to age 10 eat free all day, every day with paying adults at Preto during Half Terms</p> <p>BELLA ITALIA Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.</p> <p>YO! SUSHI From February half term, kids eat free all day at YO! Sushi with any adult £10 spend</p> <p>SA BRAINS PUBS Children can eat for £1 with any adult main. Valid All Day Wednesdays</p> <p>FUTURE INNS Under 12's eat for free with any adult meal. During the school holidays</p> <p>IKEA Kids get a meal for 95p or £1.50 from 11am - All day, every day.</p> <p>FARMHOUSE INNS Kids eat for £1 is currently on until Jan 31st but expected to be extended</p> <p>TESCO CAFES Likely but not yet announced</p>
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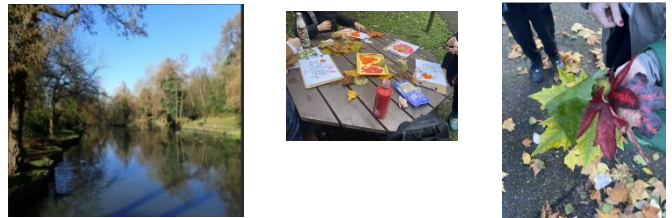
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Be Wellbeing Aware
Strategies to help your wellbeing

- Look After Yourself**
 - Set **time limits** to help manage your workload.
 - Put **time aside** to do the things you love.
 - Practise **mindfulness** - spend time in the moment.
- Look After Your Body**
 - Aim to be moderately **physically active** for about **150 minutes** each week.
 - Eat **regularly and healthily**.
 - Stay **hydrated** - drink between 1 and 1.5 litres of water each day.
- Look After Others**
 - Share your **successes** with others. If something has worked well, let others benefit from it too.
 - Acknowledge and **praise your colleagues'** successes. Let them know that they are doing a good job and shout it from the rooftops for others to know too.
 - Give. Whether it is your time, thanks or a small gift, **giving to others can boost their wellbeing and will make you feel good too.**
- Talk and Listen**
 - Talk to others - know who you can talk to and share your thoughts and feelings.
 - Listen to others - give them the opportunity to share if they need it.
- Know Who You Can Speak To**
If you would like to find out more or would like to talk about your wellbeing, the following organisations can help:

Education Support Call: 08000 562 561 Text: 07909 341229 Mind Call: 0300 123 3393 Email: info@mind.org.uk	CALM Call: 0800 58 58 58 Website: www.thecalzone.net	The Samaritans Call: 116 123 (24 hours a day) Email: jo@samaritans.org
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Forest School: The children continue to enjoy their outdoor learning (even in this cold weather!)



Monty School Therapy Dog continues to attend weekly:



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