



Children's Mental Health Week Monday 3rd – Friday 9th February 2025

The theme this year is "Know yourself, grow yourself", helping children and young people build self awareness and resilience.

Place2Be has some free information on their website to help you take part in the week at home. <https://www.childrensmentalhealthweek.org.uk/families/>

Kooth is an NHS mental health and wellbeing website for older children 11-18. There are a variety of online activities to boost wellbeing as well as access to online counselling. <https://www.kooth.com/>

MindEd is an NHS website that offers information to support children and adults mental health.

<https://www.mindedforfamilies.org.uk/young-people>

They have a free online resource that is helpful when talking and listening to your child https://www.mindedforfamilies.org.uk/Content/talking_to_my_child/course/assets/ead7fead_d93a86f6f334fc875e7e29ddff6c2df.pdf

Waiting Area

We appreciate that some parents have to wait around when their children are in the after school clubs. If you are finding it too cold / wet to wait outside, please come into the main school office area and wait there. Please do not enter the main school buildings as children are on site until 6pm everyday. Thank you.

Nursery Parents' Evening

Wednesday 12th February
Booking system to open at a later date

There will be no afternoon Nursery on this day

Dates for the Diary

Monday 3rd February - Year 4 trip to British Museum

Children's Mental Health Week Monday 3rd - Friday 9th February 2025

Wednesday 5th February - 1 Cobra Class Assembly and Open Morning
9:15am – 10:30am

Thursday 6th February – 1 Dugong Class Assembly and Open Morning
9:15am – 10:30am

Friday 7th February - 1 Sunbird Class Assembly and Open Morning
9:15am – 10:30am

Tuesday 11th February – 3 Jaguar Class Assembly and Open Morning
9:15am – 10:30am

Tuesday 11th February –
Safer Internet Day

Wednesday 12th February
Nursery Parents' Evening
Booking system to open at a later date
There will be no afternoon Nursery on this day

Wednesday 12th February – Year 6 trip to The British Museum

Wednesday 12th February – 3 Anaconda Class Assembly and Open Morning
9:15am – 10:30am

Thursday 13th February - 3 Macaw Assembly and Open Morning
9:15am – 10:30am

Thursday 13th February – Coffee morning in the Children's Centre at Hitherfield Children's Centre
9:15am – 11:30am

Friday 14th February – **Hitherfield's Got Talent**



GOOD NEWS CARDS

Congratulations to these children who have really impressed their Teachers this week.

1 COBRA	1 DUGONG	1 SUNBIRD
Matilda and Nour	Miah and Reuben	Thomas and Logan
2 MANATEE	2 MONGOOSE	2 HUMMINGBIRD
Ferdie and Eva	Amir and Julian	Max and Arabella
3 JAGUAR	3 MACAW	3 ANACONDA
Flynn and Aroosha	Rita and Amar	FE and Michelle
4 HIPPOPOTAMUS	4 FLAMINGO	4 CHEETAH
Amalia and Matteo	Poppy and Esme	Nora and Dexter
5 KINGFISHER	5 HEDGEHOG	5 OTTER
Amy and Abraham	Theo and Zoe	Abbie and Adam
6 ORCA	6 PUFFIN	6 WOLVERINE
Jaiyana and Javaun	A'Zari and Kavali	Debroah and Peter

HENRY: a healthy start for a brighter future

A holistic approach that focuses on improving nutrition, emotional wellbeing, parenting confidence, oral health and a more active lifestyle.

Evelina London is providing **free** local HENRY sessions for Lambeth & Southwark families with children under 5.

We offer **individual workshops** on the following topics:

- Starting Solids
- Fussy Eating
- Healthy Drinks
- Healthy Teeth
- Eating Well for Less
- Let's Get Active

We also offer an **8 - week programme** called 'Healthy Families: Right from the Start'.

For full information, upcoming dates, locations and how to **book** your place, please visit our page on the Evelina London website:

evelinalondon.nhs.uk/henry

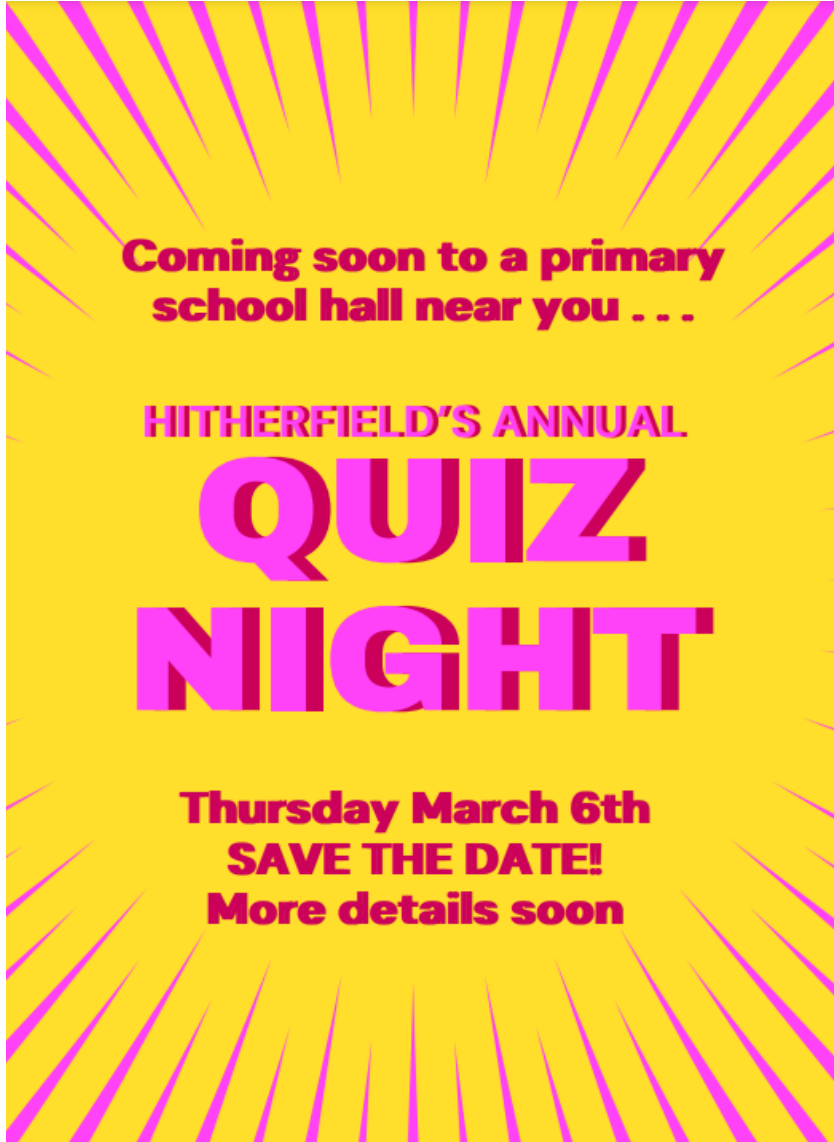


www.henry.org.uk

Fussy Eating workshop
Monday 24th February 13:00 to 15:00
at Streatham Hub Children's Centre

Come along and get support and new ideas for:

- How to encourage your child to try new foods - and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes



To ensure that no child is left out, the school-age immunisation service is offering additional flu vaccination clinics at trusted local community centres. These clinics are available for children who missed their in-school flu vaccinations.

The details of the additional clinics in Lambeth are as follows:

- Monday 17th February, 10:00 - 14:00, Stockwell Children's Centre, SW9 9TG
- Wednesday 19th February, 10:00 - 14:00, Stockwell Children's Centre, SW9 9TG
- Thursday 20th February, 10:00 - 14:00, Rye Oak Children & Family Centre, SE15 3PD
- Friday 21st February, 10:00 - 14:00, Rye Oak Children & Family Centre, SE15 3PD

To help the team manage appointments more effectively, please book a time by calling 020 8614 5495. There are also other community clinics available across southeast London, so please feel free to inquire about alternative dates, times, and venues if the Lambeth schedule is inconvenient.

We strongly encourage you to take advantage of this opportunity to ensure your child is protected against the flu.

Kind regards,
Lambeth Public Health



Enjoy books together!

Join our new book activity sessions with your child. These fun and interactive sessions have been designed by Coram Beanstalk to support parents to:

- Discover the **joy and fun** of sharing books together
- Build **new skills** in reading aloud to your child
- **Encourage your child** to explore and enjoy a range of books

These activity sessions are designed for both parent and child to attend together.

Sessions are for children aged 2 - 5 and are free to attend. Families who sign up are required to attend all three sessions.

Sessions:

Monday 24 February, Monday 3 March and
Monday 10 March, 10.30am - 11.30am

Hitherfield Children's Centre
Hitherfield Road, Streatham, SW16 2LW

Interested in attending?

Please call the children's centre on 020 8835 9569
to book your place

For more information contact:

Jessie Hammans: JHammans1@lambeth.gov.uk
07922 293 684



HITHERFIELD HERALD

www.hitherfield.co.uk



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Starting Solids workshop
Wednesday 12th March 13:00 to 15:00
at Benton's Lane Children's Centre

Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

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www.henry.org.uk

8-week course running every Tuesday
from 28th January to 25th March
(excluding 18th February)
12:30 to 15:00

at Hitherfield Children's Centre

- Feel more confident as a parent
- Reduce mealtime stress
- Enjoy being active as a family more often
- Encourage your child away from screens and TV
- See your child eat more fruit and vegetables
- Gain ideas to help with family routines
- Enjoying life as a family



Hitherfield Children's Centre

Streatham & Norwood Better Start

Coffee Morning



**Free drop in coffee morning especially for parents
with children aged 5-11 yrs.**

**A great opportunity to meet new people, share ideas
and experiences and find out what is happening in
your local Family Hub.**

**Sensitive support to access tailored, confidential help
and advice.**

Thursday 13th February 2025

9:15 - 11:30am

With special guests from Grow (Get Ready for Work)

Hitherfield Children's Centre, Hitherfield Road, SW16 2LW



Funded by
UK Government

LAMBETH

GR^{OW}

Get ready for work

ARE YOU BRINGING UP KIDS AND WANT TO WORK?

Grow is here to help you get a job, start training, build confidence and give you the support you need to succeed. We specialise in supporting mums just like you, who want to train, retrain, and get into work.

Join us: make new friends and a fresh start in the Grow Community. We are an award winning London project that makes a difference. **SIGN UP by 14th February to receive a £10 LoveToShop voucher**



Welcome & Registration
Hitherfield Children's Centre
9.30 - 11.30
Thursday 13 February 2025

Text or call 07552 128668
For more information



SUPPORTED BY
MAYOR OF LONDON





Circle of Security Parenting

The programme is designed to offer you relationship tools to provide you with a new way of understanding your child's needs, helping them feel more secure and you feel more confident as a parent.



Where will the sessions be held?

The sessions will be delivered during the daytime in small group settings, at various Children's Centres across the borough of Lambeth.

When does the programme start and how do I sign up?

To find out more about when a programme is starting at a Children's Centre near you and to sign up, please visit www.lambeth.gov.uk/parenting and we will contact you with further details.

What is Circle of Security Parenting?

A FREE 8-week programme, with **creche available**. You'll learn how to:

- Understand your child's emotional world by learning to read their emotional needs.
- Support your child's ability to manage emotions.
- Enhance the development of your child's self-esteem.

The programme is offered to Lambeth families with children aged 6 months to 5 years.



LOVE TO SING?

WHY NOT JOIN

THE HITHERFIELD PARENTS' CHOIR

FOR PARENTS AND CARERS OF HITHERFIELD

- NO CHOIR EXPERIENCE NEEDED -
- ALL SONGS LEARNT BY EAR (NO SHEET MUSIC) -
- SING FOLK, POP, ROUNDS AND SHANTIES -
- AUDIO LEARNING TRACKS PROVIDED -
- A GREAT WAY TO MEET OTHER HITHERFIELD PARENTS/CARERS -
- FUN, RELAXED AND INCLUSIVE -
- BABIES/TODDLERS WELCOME -

NOT SURE IF ITS FOR YOU?
TRY A FREE DROP IN SESSION!

EVERY MONDAY 9:15AM TO 10:15AM
IN THE DOWNSTAIRS HALL

£70 PER 10-WEEK TERM

FREE PLACES AVAILABLE TO
THOSE ELIGIBLE FOR PUPIL PREMIUM

Email choir leader Ian Bennett
if you'd like a place or free taster session:
ibmuso@gmail.com

