

Mr Rohan Allen  
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**Rebecca Cheetham Nursery & Children's Centre**  
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Wednesday, 19 December 2018

Dear Parents and Carers,

What a fabulous and busy first term we have had here at Rebecca Cheetham and a huge **thank you** for joining us on the journey!

First of all, I would like to express thanks to all the parents that showed their support to the school by speaking with the **Ofsted** Inspector or giving their views on the school via Parent View. It is really important that Ofsted have an opportunity to find out what parents think about the school to assist in forming their judgements. Ofsted will provide us with a letter detailing their findings during the inspection some time in January and we will then forward all our parents the letter before it goes live to the public.

It is important that parents and carers have an opportunity to give us their views and suggestions and you are always welcome to speak to a member of staff to let us know how we are doing; good or could be better! We also have a **suggestion box** available for your comments when you first walk into the building for your benefit. It's always better to talk about things and generally there is always a resolution that makes everyone happy!

Our **Christmas Concert** was a resounding success and I couldn't have felt more proud of our wonderful children and the huge efforts they made in practicing their songs and actions and the staff for guiding them through and putting the show together. I was also very happy to see such effort go into the costumes; so if you had a hand in this, thank you! Please remember the pledge you made regarding social media and to ensure any photos and videos you took are for your own personal use and not for public view.

I also need to remind all our parents who have children leaving us in September for Reception that time is running out to submit your **Primary School Application**. You should have already registered on the eadmissions website and visited the schools you are interested in to help make your decision. The final date for you to submit your application is **Tuesday 15<sup>th</sup> January 2019**. Please ensure that you adhere to this deadline to avoid disappointment. If you need further help or advice in regards to the application process, please speak to a member of the office team or directly to me.

Whilst we all hope for and anticipate a wonderful and happy time at Christmas, it can also be a very overwhelming and difficult time for some people. Not everyone has a lot of family around or



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support networks to help them through this period. It is important to acknowledge this and let you know that there is help out there. Obviously, you can always speak to one of our staff members who can link you to the right kind of in-house support we have available in the Children's Centre. If that isn't possible, there are organisations that are there specifically to help people and the adverse things they may be experiencing. We are happy to link you up with the charity Mind, who do fabulous work with people who need some support with their wellbeing. Take the time to have a look at their website and in particular this page on their website which deals with loneliness and how to cope; <https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.XBoE6M3grIU>

**Mind** also has an info line that you can contact for further information and support: **0300 123 3393**. There is never anything wrong with seeking advice and support and remember you never need feel alone whilst you're part of our Rebecca Cheetham community.

We also want to let you know of a fabulous initiative that the Mind charity supports, **Red Together** which has the motto, "*Active Every Day To Beat The Blues Away*". You can find out more at this webpage: <https://redtogether.co.uk/> and we have attached the January Active Calendar to help you along. I, for one, will be making sure I do something everyday and I look forward to you sharing what you were able to achieve throughout January.



In closing, I would like to wish you a wonderful Christmas for those who are celebrating and a happy, restful time away from school for everyone to give you all a chance to recharge your batteries and return on January 7<sup>th</sup> 2019 (Government-funded children, Extended day return on the 2<sup>nd</sup> January). Be safe and enjoy time with family and friends.

Best wishes from

Rohan and all the team at Rebecca Cheetham.



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# JANUARY

Active every day, to beat the blues away.

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As you countdown to RED January, a great way to build support for yourself and others is to get your local community involved. Forming a local network of REDers can be a fantastic way to stay motivated, helping each other to get active in support of your mental health.

Whether it's chatting to your friends and family or getting the word out to local schools and workplaces, we've got a handy 5 step guide to help you on your way.

## 1 What is RED January?

It's a community initiative encouraging people to support their mental health by doing something active every day in January.

If it's running 5k, or walking to work a new way, a morning swim or just taking the bike for a spin – the choice is yours!

## 2 Why January?

- Expensive Christmas? RED is free to take part
- RED provides a goal and focus to help you through a characteristically tough month
- People can feel isolated and pressured to achieve New Year's resolutions. RED is a no pressure movement fuelled by community spirit.
- RED empowers, educates and supports people to start the year as they mean to go on, forming healthy habits to continue beyond January.

## 3 Helping to support yourself and others.

RED January helps people find the tools to manage and support their own mental health via physical activity.

**87% of REDers felt significantly better physically and mentally after completing RED January 2018\***

\*according to the post RED January 2018 survey.

There's also the option to support others by fundraising for Mind, RED's exclusive charity partner. All proceeds will go towards supporting their vital work.

## 4 Exercising every day might be daunting for some.

Whether you're planning on swimming lengths, walking 10 mins a day or running 100 miles in the month, RED promotes a flexible exercise schedule that celebrates every achievement, no matter how large or small.

You can scale things up or ease them back, just keep listening to your body. RED experts will be on hand to offer handy tips and advice.

## 5 Where do I sign up?

Register for FREE at [redtogether.co.uk](http://redtogether.co.uk)

Registration closes on January 3rd 2019, but we suggest signing up early to get the most out of your RED January experience.

To support you on your RED journey join the RED January community today and see the difference it can make to you and others.

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We'll be with you every step, splash and pedal of the way!



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# RED January in 5 Easy Steps