



Week Gone/Ahead –10th March 2023

Centre Academy London (CAL)

Dear Parents/Carers, Students & Staff,

Another busy week has flown by and we cannot believe that it is only two weeks before it is the Easter break; however, there is plenty to do and the students are preparing for their Functional Skills Tests and GCSEs after the holidays.

It is only weeks away for our residential trip to Devon and we have a healthy group of students going from the middle school but we are extending it to any age group (except Eilish) as we have the whole campsite and it would be good to take additional students this year. If you are interested in your child going on the trip, please ask Karen in the office to send you an application form.

There will be an information evening about East Soar on **Wednesday 22nd March 2023 at 4pm** if your child has not been before. We will be sending out an information pack for parents when we return from the Easter break.

STRIKES

There are both tube and rail strikes happening next week. I believe the tube strikes will be on Wednesday 15th March and then there are some rail operators on strike on **16th and 18th March and 30th March and 1st April.**

Thank you to the handful of staff who come in to school and keep it open for all our students. Obviously, we are concerned about the progress of all our students but in particular, our GCSE students.

Here is the link for the dates below: [UK strike calendar – service stoppages planned for March and April | Industrial action | The Guardian](#)

Upcoming strikes

● Transport ● Health ● Education ● Mail ● Civil service ● Other

March

M	T	W	T	F	S	S
		1 ● ●	2 ● ●	3	4	5
6 ● ● ● ● ●	7	8 ●	9	10	11	12
13 ● ● ● ●	14 ● ● ● ●	15 ● ● ● ● ● ● ● ●	16 ● ● ● ●	17 ●	18 ●	19
20 ● ●	21 ●	22 ●	23	24	25	26
27	28	29	30 ●	31		

Wandsworth Emotional and Mental Health Services

Ms Palamartsuk, our SENDCo, has asked that I attach a wellbeing map for the CAMHS services in Wandsworth for your information. I hope you find it useful.

HOMEWORK PLANNERS



How are we getting on?

The SLT looked at these last Friday and there are mixed results. Some of our students "lose them" or feel they shouldn't have to do homework! but rest assured, they are being given homework and teachers covering Prep are aware of who exactly needs to do it, me included!

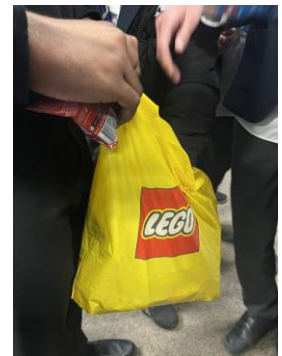
As I said last week, we aim to get most of the homework done during Prep but older students are given homework commensurate with their studies that does exceed the younger students.

A Day in the life of...Planned visitors, courtesy of Mr Jeffrey



This week we had Rachelle Denton, Head of Global Media at Lego to come and speak with the students. The students thoroughly enjoyed the visit; eagerly asking lots of questions and were rewarded with a grab bag at the end.

Cough, cough. Where's mine?



THE MIX -ESSENTIAL SUPPORT FOR UNDER 25S

Finally, a link from Ms Shaker, who is part of our Safeguarding Team and teaches PSHE/RSE.

The Mix is a UK based charity that provides essential support but also has many links to signpost young people to the agencies and support groups that they may need.

Please see this link if you require support: <https://www.themix.org.uk/>



Poet's Corner

This week is a lovely poem from Margie:

Glued to the Phone

by Margherita

I rushed inside the speeding train,
Rushing faster than a hurricane.
As I stepped in, I felt embarrassment mixed with hesitation,
For I felt I was being watched by a whole nation,
All looking at I.

I felt a slight tinge of dread,
So, then I said: 'Hey! Nice day, isn't it? I mean, sure -
It's not perfect, but that's just life, so we'll live with it'.
I suddenly felt surprised because no-one replied.

'What?' I thought, my mind as blank as naught.
'Why aren't you people speaking?'
Could it be possible that your brains are leaking?
Tell me – what is so much more-

Important than a person,
Someone to converse on,
A you or a me?
Tell me what could it possibly be?
So I looked around -
And I started to see.
All around me buzzing like drones--

Were hundreds of people staring down with a frown – all at their phones!
'Oh no!' I thought to myself.
'Are they trying to let communication,
The invisible language of every nation – go?
I feel like a box----
That sadly and limply falls to the floor and flops.

Then, next to me I saw a kid playing an online game.
'He's playing a game? Poor soul. How droll.
He may think it's fun, but
Really, it's worse than a rotten pastry bun.
It's rotting his brain, and

Slowly but surely,
It'll make him insane'.

I tried to tell a joke.
But no-one was replying.
It was as if they were stuck on a boat,
In a moat,
With these wretched phones, buzzing like drones.
And to them those phones were lying.

It was no wonder,
They they weren't replying.
So I gave up.
It was pretty obvious that they weren't going to speak up.

Poor me.
This cannot be!
But it is.
And it felt like a never-ending quiz.
Before I used to feel strong and tall.
But with this phone – I felt lonely – and very small.

No-one wanted to speak to me,
It was as if they didn't even have the time.
It was as if the phone wrapped itself around their necks
And said, right into their ears:
'You're mine'.

Well done Margie – I love the sinister ending and it is certainly food for thought.

Ms Schwartz – This week's Art Gallery



George and his classmates enjoyed making Rangoli patterns this week using bottle tops that Ms Schwartz had sourced.

The students had great fun creating their own patterns and the results were impressive. Those pieces were tiny tiny, but they were focused and enthusiastic.

Not to be outdone, the GCSE students were using their observational skills to paint favourite cakes for their "Childhood Memories" portfolios. They were thoroughly engrossed and enjoyed eating their subjects afterwards.



Well done Noah, Jack, Jason, Nick, Jaylie, Louise and Margie.

This Week's Rewards- 10th March, 2023

House	Up to last week	This week						
		SotW	Head of School award	Kindness	Attendance	Tokens	Total for this week	Final
Falcon	406	80			70	-	150	556
Wandle	405	70		10	60	-	140	545
Effra	643	30	10	20	90	-	150	793

Effra are still doing well, partly due to the attendance awards. It is pleasing to see that other houses are now starting to "up their game."

Head of School Award



This week I have awarded this to Callum, who is in Achebe. We appreciate his motivation to learn, even when he is unwell.

Remote learning is never a substitute for the real thing so we encourage everyone to come in. No matter what you are going through, we are a team and a team helps each other.

A reminder:

For a student to achieve 100% attendance, they must be in school or present every day. If they are ill or have medical appointments, these are authorised but **do not** count towards their attendance.

Persistent absence is 10%+

Severe Absence is 50%+ and this may involve a possible referral to the School Attendance Panel (SAP). Severe absence is deemed as neglect and a referral is made to the Multi Agency Safeguarding Hub team to provide support for the CYP and family.

[School attendance and truancy - Wandsworth Borough Council](#)

Student of the Week		
Wandle	Falcon	Effra
George- ICT Michael- Maths, Science, Jason – Art Jaylie – Art Nick- Art, Uniform	Mimi – Music, Science, ICT Zack – Humanities, ICT Jack – Art Noah B- Art Louise- Art	Alfie- Science Jules – Humanities Freddie – ICT
Students with 100% attendance		
Jason Noah A Jaylie Thomas Spencer Michael	Farren Ollie Noah B Louise Kack Mimi Zack	Evan Rose Margie William Ethan Thomas W Leo Michele

Well done Mimi on your triple SOW certificates. Well deserved! Mr Dorjee says the following have earned Kindness Awards:

Kindness Awards

Evan For remembering international women's day. Also for giving flower to guest speaker from Lego.

Thomas M For kind towards another student and understanding his time of need.

What a lovely way to end this week's newsletter. We have some amazing students at CAL.

Have a good weekend everyone.

Kas Lee-Douglas
Head of School

Parent feedback

Please continue to email us at:

Londonschool@centreacademy.co.uk.



CA LONDON ACADEMIC YEAR 2022/2023

Whilst every attempt has been made to publish dates accurately, the school reserves the right to change these dates should it be necessary to do so

AUTUMN TERM 2022

Inset day: Thursday 1st September 2022
Friday 2nd September 2022

First day: Monday 5th September 2022
Last day: Friday 21st October **School finishes at 3pm**
Half term: Monday 24th October to Friday 28th October 2022
Last day of term: Friday 9th December 2021 **School finishes at 3pm**

SPRING TERM 2023

Inset day: Wednesday 4th January 2023

First day: Thursday 5th January 2023
Last day: Friday 10th February 2023 **School finishes at 12pm** (Teachers Inset 1-3pm)
Half term: Monday 13th February to Friday 17th February 2023
Last day of term: Friday 24th March 2023 **School finishes at 3pm**

SUMMER TERM 2023

Inset day: Friday 14th April 2023

First day: Monday 17th April 2023
EXTRA BANK HOLIDAY MONDAY 8TH MAY King's Coronation
Last day: Friday 26th May 2023 **School finishes at 12pm** (Teachers Inset 1-3pm)
Half term: Monday 29th May to Friday 2nd June 2023
Inset day: Friday 30th of June -2023 (Graduation)
Sports' Day Wednesday 5th July 2023
Last day of term: Friday 7th July 2023 **School finishes at 1pm**

Christmas Bank Holidays:

Sunday 25th December/Monday 26th December 2022. Substitute day Tuesday 27th December 2022

Sunday 1st January 2023. Substitute Day: Tuesday 3rd January 2023

Easter Bank Holidays:

Good Friday 7th April 2023

Easter Monday 10th April 2023

May Bank Holidays:

Monday 1st May 2023

Monday 29th May 2023

6 staff INSET days

Young People's Emotional Support Services

Updated in September 2021

Getting Advice and Support

1) Access Service - Wandsworth CAMHS

One stop shop - the place to contact if you are looking for advice and support about your mental health. All enquiries will be sign posted onto the right service for the young person's needs.

Anyone can make a referral, including young people.
0 - 18 years old
wandsworthcamhsreferrals@swlstg.nhs.uk

KOOTH Online Counselling

New in 2021 Many young people suffer in silence. This service is a first step of many young people getting help.

Free anonymous online counselling service for young people feeling low, who may not feel comfortable speaking to adults/friends

11 - 25 year olds - self referral
www.KOOTH.com

School MH Trailblazers Mental Health Support Teams (See Map)

New in 2020 Four support teams working across schools and colleges in Wandsworth in Battersea, Southfields, Balham & Tooting, Putney & Roehampton and in FE Colleges. They provide training and guidance to teachers and other professionals and treatment for anxiety, low mood and problem behaviour for children & young people. They can also support swift access into other CAMHS services.

5 - 18 year olds who attend school in the borough of Wandsworth.

wandsworthwp@swlstg.nhs.uk

2) Wandsworth Autism Advisory Service (WAAS)

New in 2020 Service for children with Autism and Social, Communication Difficulties. Advice and support for families to understand autism and to address challenges experienced, including emergin challenging behaviours and school refusal.

Referrals by parents/carers and professionals
autismadvisory@wandsworth.gov.uk
020 8871 6882

3) Dramatherapy

New in 2020 Dramatherapy helps children with social & communication difficulties and autism to improve social skills, empathy and reduce problem behaviour and anxiety.

Delivered at various school locations particularly in Balham & Tooting and Putney & Roehampton

5 - 18 year olds who live or attend school in the borough of Wandsworth
info@roundaboutdramatherapy.org.uk
07849 090996

'Getting It On...' Advice & Guidance Website Wandsworth

Young person friendly information and advice on sexual and mental health issues, drugs & alcohol and relationship problems, including access to practical help, free condoms and other contraception and support.

For all young people aged 13 - 19 years old in Wandsworth

www.gettingiton.org.uk

Children's Centres & Under 5's Service - Wandsworth Schools and Community Education Psychology Service

Working with young people presenting with concerns about their development, and their families, to support and help with their development.

Referrals through professionals.

Young people aged 0-5 years old and their families.

Across all Children's Centres in Wandsworth and Outreach based.

edpsychs@wandsworth.gov.uk
020 8871 8744

CAMHS Young Commissioners.

Young people should be at the heart of shaping improvements to services. Any young person with an interest in public services and mental health services can get involved in monitoring existing services and creating new services.

Full training is provided and young people receive vouchers for their time and refreshments at meetings and on trips to see services.

Any young person that lives or attends school in the borough can take part.

natasha.rego@silverlinedhorizons.com
07733 102182

4) Family Action Young Carers Service - Family Action

A range of services to support and improve the well-being of young carers to access opportunities.

Young carers aged between 5-18 years.

Family Action, 100 Wandsworth High Street, London SW18 4LA

wandsworthyoungcarers@family-action.org.uk 020 7288 2566
www.family-action.org.uk

The PATHS® Programme for Schools - Barnardo's

Whole-school learning programme to help young people learn social skills, emotional understanding, resilience and problem-solving. These programmes are a crucial part of improving children's mental wellbeing and have reduced exclusions and incidents. Schools are therefore creating new learning resources that they share.

All children aged 4 -11 years old in primary schools where the project is being delivered.

paths@barnardos.org.uk
0208 907 90133
www.pathseducation.co.uk

5) Mental Health First Aid - Putney Well-being Friends

Drop in sessions offering advice and self-help strategies for young people with anxiety, stress, depression and other common mental health illness.

Wednesdays, 6-8pm

Putney Library, Disraelli Road, London, SW15 2DR

rolfe.sue3@gmail.com

6) Free2Talk - Free2B Alliance

Youth Club and mentoring service for LGBTQ+ young people, providing a safe space to develop skills and strategies to manage difficulties
Self-referral or parents/ professionals
13 - 18 years identifying as LGBTQ+ or questioning sexuality and/or gender.

C/o 108 Battersea High Street, London, SW11 3HP

info@free2b-alliance.org.uk

7) Contact

Supporting families with disabled children. A range of support is on offer including family workers, educational workshops, drop in sessions, signposting to other services and trips and events

Cygnnet 7-week course for parents of children aged 6-19 years old with ASD

CATS 7-week course for parents of children aged 0-5 years with ASD diagnosis

123 Magic 3-week course for parents of children with ADHD

Families can self refer or referrals through professionals

Families with children aged 0-25 years with additional needs or a disability

Early Year's Centre, 1 Siward Road, SW17 0LA

wandsworth.office@contact.org.uk
0208 947 5260

8) Thrive Online

Online directory listing all services, support, activities and opportunities available to young people, across several different areas and topics.

On the young people's page, there's a section all about Mental Health too.

thrive.wandsworth.gov.uk

9) Youth Offending Team CAMHS

For young people experiencing the criminal justice system. Offering support for mental health, family and emotional well-being difficulties.

Referrals made by staff from the Youth Offending Team.

10 - 18 year olds who are working with one of the services within the Youth Offending Team, including Early Intervention and Youth Violence.

Wandsworth Youth Offending Team, 177 Blackshaw Road, London, SW17 0DJ

Osindall@wandsworth.gov.uk | 0208 871 6222

Getting Help

10) NHS Under 5's Therapy Service - CAMHS

1-2-1 sessions and groups with families and children to help with their development and emotional well-being.

Referrals from GP, HV, SLT, nurseries and professionals.

Children aged 0-5 years old. They must be registered with a GP in Wandsworth or live in the borough

Children's Centers across Wandsworth and home visits.

020 3513 4644

The Well Centre

This is a health hub for young people's physical and mental health support services, including youth work and CBT therapy. Experienced staff can manage moderate levels of need.

Young people can self refer and professionals can make referrals
Putneymead GP Practice

74 Herne Hill, London, SE24 9QP
lamccg.thewellcentre@nhs.net
020 8473 1581

12) Family Consultancy - CAMHS

Family sessions, working with parents/carers and young people to identify what is impacting on their well-being and how to improve it.

Young people are signposted through the CAMHS Access Service

Young people who are 5 - 18 years old

Harewood House, Springfield Hospital, 61 Glenburnie Road, Wandsworth, London SW17 7DJ

wandsworthcamhsreferrals@swlstg.nhs.uk 020 3513 4644

13) Wandsworth Child and Adolescent Mental Health Service

CAMHS - The NHS service that provides assessment and treatment services for young people with ill mental health, emotional and behavioural difficulties.

0 - 18 years old and live or attend a school in Wandsworth or are registered with a local GP.

Harewood House, Springfield Hospital, 61 Glenburnie Road, Wandsworth, London SW17 7DJ

wandsworthcamhsreferrals@swlstg.nhs.uk 020 3513 4644

14) Schools and Community Education Psychology Service

Working with schools to support students who are struggling with their emotional well-being. A variety of support from assessment, sign posting and direct work.

Young people older than 16 can access the service through their school. Those younger are referred by the school.

Available to all schools in Wandsworth.
edpsychs@wandsworth.gov.uk
02088718744

★ Place2Be Therapeutic Support in Primary Schools

A whole school approach to improving young people's well-being.

For Young People - Helping young people to enhance their emotional well-being, through one-to-one counselling, group work and class based work.
Young people can self-refer, be referred by parents, school staff or other professionals

For Teachers / Staff - Various support to help with their emotional well-being, as well as training to help teachers understand how to support young people's well-being.

For Parents - One to one therapeutic support, short term and long term, for parents and carers.

Available to young people, parents/carers and staff within primary schools who have Place2Be

Offered in 17 primary schools. Enquire in your child's primary school about the service

Khaled.musse@place2be.org.uk
07790 604 911

★ Young People's Health: Counselling in Secondary Schools - Catch 22

Counselling service in secondary schools. For young people who are using drugs and/or alcohol or are having difficulties with their emotional well-being.

Young people can access sessions through their school, can self-refer or be referred by parents/ carers and professionals

Based in secondary schools who have taken up the service.

Limited sessions are offered at their office, for young people who are NEET or do not attend a school they are based in.

Catch22, 201-203 Lavender Hill, SW11 5TB.

yphealth.office@catch-22.org.uk
www.catch-22.org.uk
07770 573131

15) Home Visiting - Home Start

One-to-one home visits for families and care-givers that are struggling with their emotional well-being. Through supporting care givers, they improve their ability to support the well-being of the young people they care for.

Parents/ carers can self-refer and referrals also come from professionals.

Resident in Wandsworth and at least one child under the age of 5

Home Start Wandsworth, 20-22 York Road, Battersea, SW11 3QA.

* But sessions take place in the homes of the families being supported.

enquiries@homestartwandsworth.org.uk
02079245268
www.homestartwandsworth.org.uk

16) Bump to Baby - Home Start

One to one home visits, offering emotional and practical support for pregnant women and families with a new baby, under 3 months old, who are struggling.

Parents/ carer's can self-refer and referrals also come from professionals.

Home Start Wandsworth, 20-22 York Road, Battersea, SW11 3QA.

* Sessions take place in the homes of the families being supported.

enquiries@homestartwandsworth.org.uk
020 7924 5268

17) Journey of Hope Therapy

New in 2021 Place2Be are now offering therapy groups to primary age children with low mood, confidence issues and social & communication difficulties. This is based on an award winning 'Save the Children' programme.

Schools can sign up to this programme and start running groups for pupils age 5 to 11. Each group is run by an experienced therapist and a member of staff from the school.

Referrals are via children's own school
Various location on request.

Khaled.musse@place2be.org.uk
07790 604 911

18a) Systemic Therapy Team Wandsworth Council

New in 2021 Support for families and professionals. This new team are driving an improvement in 'practice based social work', helping professionals to work with vulnerable children and their families and resolving family issues. This will strengthen family stability and reduce numbers of children having to be taken into Local Authority care.

Referrals made through professionals.

Wandsworth Town Hall, Wandsworth High Street, SW18 2PU.

nana.bonsu@richmondandwandsworth.gov.uk

18b) Intensive Intervention Team (IIT) in Social Care

Treatment for Children in Need, Looked After Children and families being supported by Social Care professionals. Advice and guidance for Social Workers on next steps for families.

Referrals from Council professionals.

Wandsworth Town Hall, Wandsworth High Street, SW18 2PU.

charles.sackey@richmondandwandsworth.gov.uk

Getting Further Support

19) Learning Disability Service - CAMHS

Assessments of young people with learning disabilities, and providing advice on how best to support their needs to improve quality of life and access to community activities.

Referral via special schools, developmental pediatricians or GP.

Up to 18 years old, who have moderate to profound intellectual disability and additional mental health needs or attend a special educational needs school.

Wandsworth CAMHS Learning Disability Service, Springfield Hospital, 61 Glenburnie Road, Tooting, SW17 7DJ

denise.gentry@swlstg.nhs.uk
0203 513 4650

20) Children and Young People's Community Eating Disorders Service - South West London & St George's Mental Health NHS Trust

Assessment and treatment for young people that are presenting with eating disorders.

Referrals made by professionals and adults, and young people can self-refer through CAMHS Access Service

Young people 0-18 years old

Children and Young Persons Community Eating Disorders Service, Newton 5, Entrance 7, Springfield University Hospital, 61 Glenburnie Road, SW17 7DJ

wandsworthcamhsreferrals@swlstg.nhs.uk

21) Psychiatric Liaison to A&E and Assertive Outreach Team

These services respond to young people in mental health crisis who require an assessment in A&E. AOT then provide ongoing crisis support and treatment to children and y p in the community.

Referrals made through professionals.

Springfield Hospital, 61 Glenburnie Road, Wandsworth, London SW17 7DJ

aotadmin@swlstg.nhs.uk

0203 513 6609

DBT Therapy Services

New in 2021 Dialectical Behavioural Therapy is a specialist treatment for adolescents with high needs, including those that self-harm, where there is emotional dysregulation and who have an emerging borderline personality disorder

Referral via CAMHS Tier 3 Service

Based at Birches House, Mitcham, Merton, CR4 4LQ

camhdbt@swlstg.nhs.uk
elizabeth.goddard@swlstg.nhs.uk

23) Speech and Language Therapy - South West London & St George's Mental Health NHS Trust

Providing assessment and therapy for young people struggling with communication difficulties that impact on learning and their social, emotional and mental wellbeing.

Professionals and parents/carers
Varying locations across the borough

marian.williams@stgeorges.nhs.uk
0208 812 4030

Young Person's Making Music - Sound Minds

Music workshops for young people who are transitioning from CAMHS to adult Mental Health services, to help with confidence building.

Referrals through professionals

Young people aged 18 - 25 years old, and previously known to CAMHS

Sound Minds, 20-22 york road, SW11 3QA

paul.brewer@soundminds.co.uk
020 7207 1786 www.soundminds.co.uk

24) Mental Health Transition Project

A specialist mental health nurse works with professionals supporting them to improve young people's transition to adult mental health services.

Referrals through professionals

Young people aged 18 - 25 years old, and previously known to CAMHS

Springfield Hospital, 61 Glenburnie Road, Wandsworth, London SW17 7DJ

georgia.freeman@swlstg.nhs.uk
07970 288 359

SLAM - National Specialist CAMHS Services

There are a wide range of community Tier 4 specialist CAMHS services, including the Forensic Service and Adoption & Fostering Services

Referrals from Wandsworth CAMHS and approval by Wandsworth CCG (Transformation Manager details below)

Michael Rutter Centre, Maudsley Hospital, De Crespigny Park, SE5 8AB

www.slam.nhs.uk/national-services/child-and-adolescent-services

020 3228 6000

Created with Wandsworth Youth Council and Wandsworth CLICK. .



The Participation People

For commissioning queries please contact
CAMHS Senior Transformation Manager - Robert Dyer

robert.dyer@swlondon.nhs.uk | 020 3574 8614



YOUR WELL-BEING MAP

Everyone is on a journey through Well-Being. Open me up and let's start your well-being journey



For young people aged 0 - 25

How we can help...

Everyone has Mental Health! We all need a little help sometimes. Let us help you out!

Advice and support

Feeling low but not sure why? Just want someone to help you understand what's going on?

Getting help

Been feeling this way for quite a while? Want some more targeted support to help you understand how you are feeling?

Further support

Struggling with overwhelming thoughts and feelings and need specific help? These are some services that offer an extra level of help.

NEED HELP RIGHT NOW?

KOOTH – Online Counselling (anonymous)

www.kooth.com

Childline – Help and Advice

0800 1111

Samaritans Helpline

Open Until 9.00pm Every Day - 116 123

CAMHS Access Service

Assessments within 14 Days - 020 3513 4644

24 Hour Crisis Help

via your GP and A&E at St George's Hospital

And Remember.
It's OK, to not
be OK!

