Dream Big, Fly High!

Southbury Primary School Newsletter
13th November 2026

Dream Big, Fly High!

Important Dates

16th November—Parents Evening Week
17th November—Y1&Y2 Cinema Trip
19th November—Y5 Cinema Trip
20th November—1st Flu vaccination Rec-Y6
24th November—Y3&Y6 Cinema Trip
27th November—Y4 Cinema Trip
2nd December—Rocksteady Concert to Parents
2nd December—Winter Disco
3rd December—Y4 Lego Workshop
4th December—**Inset Day School Closed**
9th December – 2nd Flu vaccination Rec-Y6
10th December—KS1 Nativity to Parents 10am
11th December—Coffee Morning 9am
15th December – Reception Hearing Re-Test
16th December—Christmas lunch & Christmas Jumper Day
18th December—**Last Day of term. School closes at 1:15pm**
4th January – Start of the spring term **– all children return to school.**

Welcome from Ms Panteli

Last week, we had our School Improvement Advisor visit for the Autumn Term. It was a very successful visit and we got to show-case how wonderful the staff and pupils at Southbury are.

In our feedback it was noted that:

- School was calm and purposeful
- books showed the consistency of offer
- classes were showing that they were following routines which supported the calm, learning atmosphere
- support staff were working well with the children
- children were confident to speak about their learning.

It is always lovely when external visitors are able to come in and validate our judgements of the school. I am incredibly proud of how hard the staff work and of the excellent learning and behaviour displayed by our Southbury children.

Attendance Matters!

Overall attendance for week ending 6th November **95.29%**

Attendance winner's 2nd — 6th November

1st place – Y2 Bluebell with 100%

2nd place – YR Lily with 98.99%

3rd place – Y5 Primrose with 98.42%

Year 5 Pickleball Festival.

Some year 5 children enjoyed Enfield's first pickleball festival. They had lots of fun learning a brand-new sport!



Our Value this half term is…

Patience

This half term, we will be exploring the value of patience and what it means to show patience towards ourselves and others. Patience is about understanding that not everything happens straight away; learning takes time, challenges require perseverance and everyone develops at their own pace. It is also about showing kindness, empathy and understanding when others make mistakes or need a little more time. Talk to your child about how they can demonstrate patience at home, at school and within the community.



Remembering Together

Every child at Southbury Primary School has played their part in creating something truly special for Remembrance Day.

Each child made their own poppy, which have come together to create a beautiful whole-school display. A wonderful way to remember, reflect and show our respect to all those who have served and sacrificed for our freedom.

We are so proud of everyone who contributed to this meaningful display.





What have we been up to?

Nursery

This week in nursery the children enjoyed learning about Diwali the festival of light and how it is celebrated. They enjoyed making their own diva lamps with clay and painting them, they used colourful rice to make Rangoli pattens and made wonderful mehndi patterns.





Reception

Lily Class have been learning about fire safety, with a special focus on keeping safe on Bonfire Night!

We have been talking about staying close to a trusted adult, keeping a safe distance from bonfires and fireworks, and telling an adult if we spot danger.



Year 1

In Science, Jasmine Class have been exploring the signs of autumn and comparing what they see now with what they noticed during the summer.

Year 2

In Art this week, Year 2 have been busy adding the final touches to their clay pumpkin sculptures, inspired by the artist Yayoi Kusama. The children carefully painted their pumpkins using vibrant colours, bold patterns and Kusama's signature polka dots. They showed great creativity and attention to detail, bringing their wonderful sculptures to life!



Year 3

Year 3 celebrated Black History Month by learning about the life and achievements of Martin Luther King. The children used iPads to collect the information needed and completed a fact file about Martin Luther King's life.





Year 4

Year 4 brushed up on their thesaurus skills in English! They had different words that they needed to find synonyms for and sentences with words to replace.



Year 5

Children from Y5 had a very exciting week when they completed their Bikeability training! They learnt to ride proficiently and safely and even went riding on the road with the instructors! Well done Year 5!

Year 6

In Dance this week, Y6 choreographed dances based on The Lion King. After watching the opening scene, they decided which animal they would be and worked in groups to create short dance sequences that portrayed their chosen animal!



Dream Big, Fly High!

Term Dates

Academic Year 2026/27

Autumn Term

Wednesday 2 September – Friday 18 December 2026

Half Term Holiday

Monday 26 October – Friday 30 October 2026

Spring Term

Monday 4 January – Thursday 25 March 2027

Half Term Holiday

Monday 15 February – Friday 19 February 2027

Summer Term

Monday 12 April – Thursday 22 July 2027

Bank Holidays – School Closed

Monday 3 May 2027

Half Term Holiday

Monday 31 May – Friday 4 June 2027

Inset Days: School Closed

Wednesday 2 September 2026
Friday 4 December 2026
Wednesday 3 March 2027
Monday 7 June 2027
Wednesday 14 July 2027

PlayOn ACTIVE

TASTER DAY

FREE



PLAY. DISCOVER. CREATE.

A welcoming space for children to get active, explore their creativity and enjoy a variety of fun activities at their own pace.

MULTI-SPORTS • CREATIVE ACTIVITIES • ACTIVE PLAY







When	Time	Where	Ages	Price
Saturdays 28 November & 5 December 2026	10:00–14:00 (4 hours)	Southbury Primary School, Enfield EN3 4JG	All children in School Years 1 to 5	Taster Day: FREE Play Day: £10

SATURDAY DATES

NOV 28TH — FREE TASTER DAY
Limited spaces – book now

DEC 5TH — PLAY DAY – £10
£5 if you come to the taster and complete our survey

SCAN TO BOOK YOUR PLACE

playonactive.co.uk/taster
hello@playonactive.co.uk

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

What parents need to know about INSTAGRAM

AGE RESTRICTION 13+ Anyone over the age of 13 can create an account

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive 'stories', exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioural economist, Nir Eyal, calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

SLIDING INTO DMS

Direct messages (or DMs) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire, creating a false sense of reality and potentially affecting their mental health and wellbeing.

IMPACT ON WELLBEING

In a report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform. They since extended the ban to include drawings, cartoons and memes.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In early 2019, data gathered by the NSPCC found that sex offenders were grooming children on Instagram more than on any other online platform.

IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

HIJACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same Hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similar to YouTube. Users can watch videos from favourite accounts on the platform or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents & Carers

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again. Children can also 'tap and hold' the individual message to report it directly to Instagram as well as reporting the account itself.

LOOK OUT FOR #ADS

In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories, from everyone, only people they follow, or no one at all.

MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if its been too long. In addition, once users have caught up with all the previous posts since they last logged on, they'll receive a 'You've completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

PROTECT PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything, including their location, to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!

Meet our expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience of working in the social media arena and is the founder of Kids N Clicks, a web resource helping parents and children thrive in a digital world.



NEW FOR 2020 INSTAGRAM REELS

Instagram Reels is the latest update from Instagram that gives users the ability to record and edit 15-second multi-clip videos with audio, effects, and new creative tools. It is the apps answer to TikTok and can be accessed via the Stories feature. Reels can be shared with friends and family, however, if your child has a public account, it could be shared wider via 'Explore' and viewed by millions of strangers online.

National Online Safety®

#WakeUpWednesday

SOURCES:
https://about.instagram.com/about-us | https://about.instagram.com/community/safety | https://www.bbc.co.uk/news/uk-47410520

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.08.2020

Please see below details of the next Supporting School Attendance Network Meeting for Parents & Carers.

The session will be a warm, welcoming space to share your views, connect with other parents, and help shape support that works for families.

Session Details:

- **Date:** Thursday 19th November
- **Time:** 12.00 – 2.00pm
- **Location:** Ponders End Youth & Families Hub, 141 South Street, Enfield, EN3 4PX

Parents will need to **register their attendance** via link on the flyer Supporting-School-Attendance-Parents-Leaflet-November-2026.pdf

As we continue to develop the barriers to school attendance offer, we are keen do so in partnership with families across Enfield.

A survey has been created to explore parent and carer's views on the support they would like going forward.

The link to the survey can be found here Supporting School Attendance & Wellbeing: Parent/Carer Questionnaire – Fill in form.

FREE online facilitated courses for parents & other adult Caregivers living in Enfield.

Current available options:

- **Strengthening Families Online** -
  Registration – Strengthening Families, Strengthening Communities

  - **starting Thursday 12/11/2026, 10:00am**
  - **starting Wednesday 18/11/2026, 6:00pm**





- **Stronger Relationships Online-facilitated –**
  Stronger Relationships Programme Registration – Strengthening Families, Strengthening Communities
  (various day & evening groups available);

Current available options:

- **starting Tuesday 10/11/2026, 6:00pm**
- **starting Thursday 12/11/2026, 11:30am**
- **starting Monday 16/11/2026, 6:30pm**
- **starting Thursday 19/11/2026, 1:00pm**
- **starting Thursday 19/11/2026, 7:30pm**
- **starting Tuesday 24/11/2026, 7:30pm**
- **starting Wednesday 02/12/2026, 12:00pm**
- **starting Friday 04/12/2026, 12:00pm**





SUPPORTING PARENTS AND CARERS IN ENFIELD

Enfield Parenting Directory

Our Directory has a range of evidence-based parenting resources to support parents & carers through their parenting journey

- Accessible and easy to use
- Available in different languages
- Direct links to Enfield Start for Life, Local Offer, Informed Families, My Life, EarlyHelp4All directory

Start for Life
0-2 years



Early Years
1-5 years



Primary Years
4-11 years



Tweens & Teens
10-18 years



For more information visit **www.enfieldparentingdirectory.co.uk**

FAMILY HUB

ENFIELD Council

SOUTHBURY PRIMARY SCHOOL

AFTER SCHOOL CLUB.

Reception - Year 6





About Us

We are an after school club that provides childcare and activities for just £6 per session for up to 2.5 hours. If you would like your child to attend a non sports related after-school, this is the place! Please contact the office for how to enrol your child.

Activities include:

- Cooking
- Computing
- Games
- Arts and Crafts

HES

FREE COURSE - LEVEL 3 AWARD IN CHILDCARE AND EDUCATION

"A FULLY FUNDED SKILLS BOOTCAMP DESIGNED TO EQUIP LEARNERS WITH THE QUALIFICATIONS, SKILLS AND CONFIDENCE NEEDED TO WORK IN EARLY YEARS OR SCHOOL SETTINGS."



Added benefits include:

1. **Awareness of Learning Disability and Autism**
2. **Safeguarding**
3. **Emergency Paediatric First Aid**
4. **Job opportunities and interviews upon completion of the course!**

APPLY NOW!

Use the 'Register' button below register your interest

REGISTER NOW

Who is this course for?

- ✓ Aspiring Early Years practitioners
- ✓ Nursery, preschool and childcare staff looking to upskill
- ✓ Career changers interested in working with children
- ✓ Unemployed or under-employed adults aged 19+
- ✓ MUST live in London

FUNDING & ELIGIBILITY:

- ✓ **Aged 19+**
- ✓ **Right to work in the UK**
- ✓ **Basic English and maths required**
- ✓ **Interest in working in an Early Years setting**

Phone: 07897460501
Email: info@hescic.co.uk
Website: www.hescic.co.uk

ncfe. | cache

SUPPORTED BY MAYOR OF LONDON

SKILLS FOR LIFE
SKILLS BOOTCAMPS

strengthening families strengthening communities

Programme for Parents/Carers

Strengthening Families, Strengthening Communities (SFSC) is a 13-week inclusive evidence-based parenting programme for all parents and carers of children aged 0-18.

The programme will help parents/carers think about how their experiences, culture, upbringing, and family background have influenced their parenting style.

It will also help parents/carers answer some important parenting questions, such as:

- How do I build a better relationship with my child?
- How can I motivate my child to try their best at school?
- How do I encourage my teenager to make better decisions?
- How do I put boundaries in place with my child?
- How do I connect with the wider communities and services in my area?

Who is it for? All parents/carers of any ethnic and faith background

How long? 13 weeks - each week you attend a 3-hour session in person

Programme ends with a certificate award ceremony

How to Book?
Strengthening Families, Strengthening Communities Programme or scan QR code



www.enfield.gov.uk

Race Equality Foundation

ENFIELD Council

Welcome to the Ponders End Youth & Family Hub

All families need support from time to time to help their babies and children thrive, whether that's from friends, family, volunteers, or professionals.

Ponders End Youth & Family Hub brings together lots of different services for children and families, making it easier for families to get the help they need at the right time. We offer help and support for families, from pregnancy up until age 19, or 25 for young people with special educational needs and disabilities.

YOUTH & FAMILY HUB
HELPING CHILDREN, YOUNG PEOPLE AND FAMILIES THRIVE

Our Youth and Family Hub provide support for any family, child or young person living in Enfield who needs them. Our doors are open to everyone, ensuring that families get the help and support they need.

Who can I see, speak to & find out more / ask for help?	There is a Family Navigator at the hub to support families to access information, advice, and services. **To find out more:** **Call** – 0208 379 2002 **Email** – pondersendfamilyhub@enfield.gov.uk Over the coming months extra activities will be added to the hub schedule; support for parents and carers through pregnancy and up until their child is 2 years old, and opportunities for families with children under 5, to learn, develop and have fun.
Where to find us	**Ponders End Family & Youth Hub**: 141 South Street, EN3 4PX Next to Oasis Hadley Academy – what3words ///pink.sleeps.filed **Buses:** • 191 bus stop PZ from Edmonton Green towards Enfield Town/Brimsdown • 191 bus stop PU from Brimsdown/Enfield Town towards Edmonton Green **Ponders End Rail Station:** Greater Anglia Services between Liverpool Street and Hertford East.



Please see page 2, for the latest Ponders End Youth & Family Hub activity Schedule.
As we continue to update the schedule with new services as and when they are introduced, please use the QR code to ensure you remain up to date with all the latest activity taking place from Ponders End Youth & Family Hub.

https://www.enfield.gov.uk/services/children-and-education/family-hubs

ENFIELD Council

Keep Your Child Safe Online

T E C H

TALK
Talk to your child about their internet use and safety
Have meaningful conversations about how they use the internet
Praise your child for safe online behaviours
Welcome your child if they want to ask you a question or tell you about a problem, even if they've done something unwise themselves

EDUCATE
Learn as much as you can about games, platforms, parental controls and the benefits and risks of online activity
Teach your child about specific issues and concerns
Teach your child about safe and unsafe relationships and how to repair friendships following disagreements online

CO-VIEW
Co-view your child's online activity at least 1x/week
Interact with your child online
Model appropriate online behaviour
Co-operate with each other to promote the well-being of all

HOUSE RULES
Set clear routines, rules and boundaries ("house rules")
Keep to age ratings and guidance for apps, games and devices
Restrict online activity to daytime and communal areas
Use filters and parental controls
Spend regular screen-free time with your child

AGE 11+ for a basic phone or highly restricted smart phone without internet access or social media

AGE 14+ for a smart phone with parental controls

*Agree a contract with your child to encourage responsible phone use

www.enfield.gov.uk

ENFIELD Council



NLFT NORTH LONDON FOUNDATION TRUST

FOR GPs, SCHOOLS AND COMMUNITY PARTNERS
Please refer children, young people and families that the CAMHS Crisis Helpline is accessed by calling NHS 111 and selecting Option 2.

CAMHS CRISIS LINE?

GET HELP. GET SUPPORT.



CRISIS HELPLINE
CALL NHS 111
SELECT OPTION 2
OPTION 2

24 hours a day | 7 days a week | 365 days a year

You can call this number to get help or advice in a crisis from our trained mental health advisors and clinicians.

If you are worried about your immediate safety or have thoughts about hurting yourself or other people, call 999 for emergency services.

You're not alone. We're here to help.

SOUTHBURY SCHOOL NURSERY

DREAM BIG. FLY HIGH!

A happy, inclusive and supportive environment where children thrive!

15 HOURS FUNDED CHILDCARE FOR TWO YEAR OLDS.

FOR ELIGIBLE FAMILIES

UP TO 30 HOURS FUNDED CHILDCARE FOR THREE YEAR OLDS.

FOR ELIGIBLE FAMILIES



FOR MORE INFORMATION OR TO BOOK A VISIT TO SEE OUR SCHOOL, PLEASE CONTACT THE OFFICE: 080 8804 1710

OFFICE@SOUTHBURY.ENFIELD.SCH.UK

SWANSEA ROAD, EN3 4JG