



St. John's CE Primary School Family Support Newsletter



Spring Term 2026



Welcome to the Spring edition of our Family Support newsletter. It's so lovely to finally see a change in the weather and get to spend some time outside. There are so many green spaces in our local area for families to explore and spend time in nature, which is also the best way to help support our well-being.

We continue to ensure the needs of our children and families are recognised, and offer support for you, but if you need further help, we can guide you to services that will provide you with any assistance you may need. Please let us know if there is any other information you feel could be added to future newsletters.

If you need any support, advice or a listening ear, please contact the office and ask to leave a message for Mrs. Warren – Nurture Learning Mentor/Family Support.

Coffee Morning

As you may be aware, we are currently not running our monthly Coffee Mornings. We are in the process of gathering ideas of what would benefit our families best, from social interactions with other parents, school engagement and for support with daily elements of life including emotional support and resilience, self-esteem and confidence and social skills to name a few.

Please find below a parent questionnaire to help us determine the best support for our families:

[St. John's Family Support Questionnaire – Fill out form](#)

Pre-Loved school Uniform

Our pre-loved uniform is currently well stocked in all items. If you would like to acquire any item, please ask our lovely office staff who would be happy to help.

Food Banks

Please speak to the office staff if you need any support with food donations



Spotlight on..... Bromley Y

Bromley Y is a long-established local charity offering mental health and emotional wellbeing advice and support to children and young people. They aim to promote and support the emotional wellbeing and mental health of children, young people, and families by enabling change, fostering resilience, and helping them build healthy relationships.

The Bromley Y practitioners have a wide range of qualifications, expertise and skills and can provide support to children and young people in a range of ways:

- ◆ *Advice and guidance through workshops and groups*
- ◆ *Signposting to more appropriate support*
- ◆ *One to one intervention tailored to meet the needs of the child*

Bromley Y also offer many webinars for topics such as:

- ◆ Stress and worry management
- ◆ Fears and worries
- ◆ Sleep problems
- ◆ Emotionally Based School Avoidance

More information about these and links to booking can be found on their website:

<https://bromley-y.org/support-we-offer/#section-2>

Parents can call or make self referrals online for their child, or you can come in and speak with Mrs. Warren or Ms. Brock about any concerns you have, and we can make a referral for you.

Bromley Y website offers a vast array of services and information:

<https://bromley-y.org/>

What's on...

Bromley Children Centres

For a timetable of events at **Community Vision Penge**, please click on the link below:

https://issuu.com/bromleychildrenproject/docs/community_vision_january

Penge Library

A wide range of activities including:

Baby bounce, Toddler time, reading groups, lego club and arts and crafts:

<https://www.better.org.uk/library/london/bromley/penge-library/whats-on>