

Gloucester House

Newsletter

20th July 2026



North London
NHS Foundation Trust



END OF THE YEAR ISSUE



Content

- **Message from the Headteacher**
- **Neptune**
- **Publisher's Party**
- **Satun**
- **Saturn Graduations**
- **Updates**
- **Self Care for Parents and Children**



Message from Headteacher

As we reach the end of another academic year, it is a time to reflect on all that we have achieved together. Although we have faced challenges along the way, there have been so many positives to celebrate.

This year has been filled with memorable events, including Sports Day, Winter Festival, our Garden Party and a range of themed days. We have also welcomed an increase in pupil numbers and, most importantly, have seen our pupils make excellent progress and become increasingly engaged in their learning. It has been wonderful to see their confidence, resilience and enjoyment of learning continue to grow.

As Headteacher, I am incredibly proud of everything our pupils and staff have achieved this year. Every success, no matter how big or small, has been made possible through the dedication of our staff, the support of our families and, of course, the hard work of our pupils.

Last week, our Year 6 pupils received their SATs results. I am so proud of the way they approached the assessments, the progress they have made and the outcomes they achieved. They demonstrated resilience, determination and a positive attitude throughout, and I have every confidence that they are well prepared for the next stage of their education.

On Friday, we celebrated the end of our Year 6 pupils' primary journey with our first ever Gloucester House Graduation Assembly. The pupils received their graduation certificates, and those leaving Gloucester House this academic year were also recognised and celebrated. Every pupil took part with confidence, and it was wonderful to see our Year 6 pupils take centre stage.

Following the assembly, the pupils enjoyed a graduation banquet to celebrate the end of the school year. We would also like to extend a heartfelt thank you to one of our Year 6 families for generously gifting us a beautiful graduation cake. It was a thoughtful gesture that made the occasion even more special.

I have also been delighted to see the fantastic learning taking place across all of our classes. On Friday, I had the pleasure of attending Neptune Class's 'Publishers' Party', where pupils proudly shared the stories they had written. It was wonderful to see the confidence they showed when reading their work aloud and answering questions from their audience.

They should all be incredibly proud of themselves.

As we come to the end of the academic year, we also say goodbye to some valued members of our Gloucester House community. During Friday's graduation assembly, we wished two of our Year 6 pupils every success as they move on to their secondary schools. While we will miss them greatly, we know they are ready for the exciting opportunities ahead and wish them every happiness and success in the future.

We are also saying goodbye to Hoda (PSW), Hana (PSW) and Ilham (Teacher) as they begin new chapters in their careers. I would like to thank each of them for their dedication and the valuable contributions they have made to Gloucester House. We wish them every success in their future roles. As another successful academic year draws to a close, I would like to thank our entire Gloucester House community for your continued support, encouragement and partnership throughout the year. Your support plays a vital role in everything we achieve, and we are incredibly grateful to work alongside such a committed and caring school community.

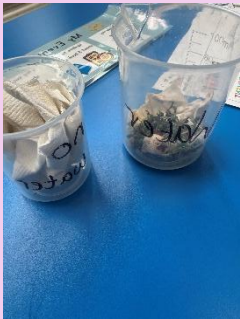
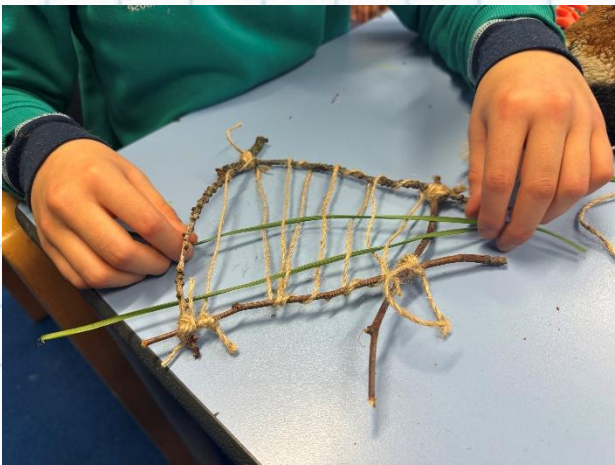
I hope you all have a happy, restful and safe summer holiday. We look forward to welcoming our returning families back in September and extending a warm welcome to those who will be joining Gloucester House for the first time.

Thank you for being part of another wonderful year at Gloucester House. Have a fantastic summer!

Neptune



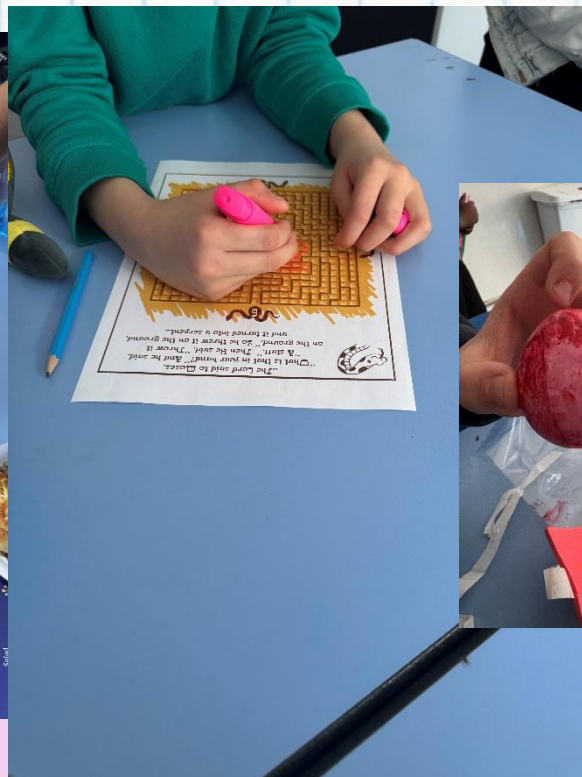
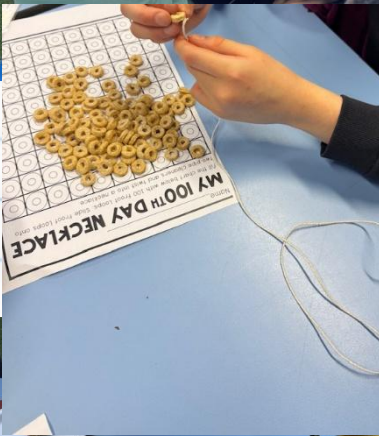
Neptune class
earning trips for
positive peer
interactions



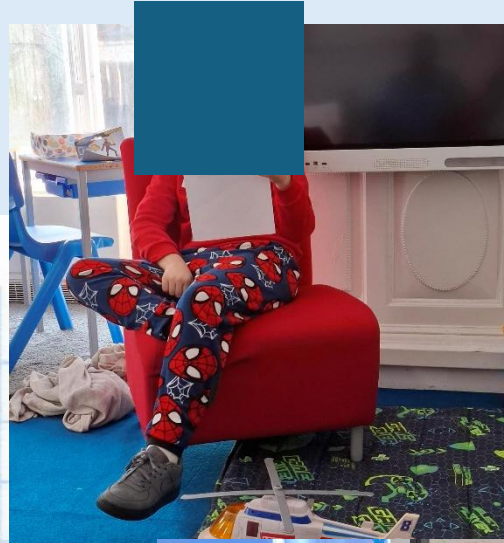
Neptune
class
engaging
the wider
curriculum

Neptune

Proud of Neptune class for joining wider school celebrations like Garden Party, Eid and Shavout breakfast, Easter and Passover activities.

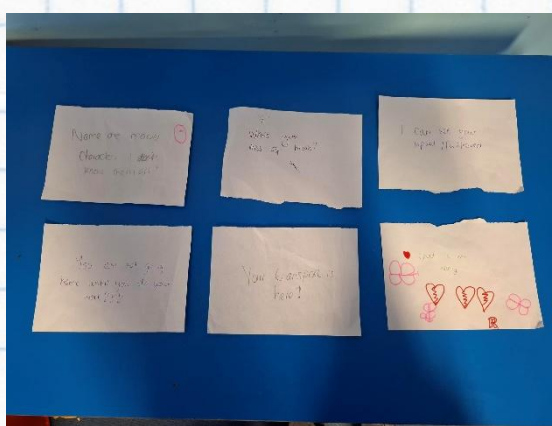
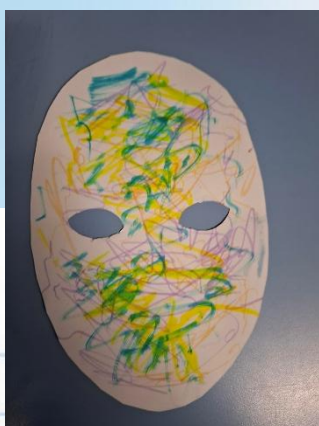


Publisher's Party



Last day of school we celebrated how we started Neptune with a publisher's party our Neptune authors have worked so hard this half term, developing sentence writing, story mapping and writing then editing and typing our final versions of our stories.

Saturn



Saturn class made a special assembly for the whole school. We took catchy phrases that staff and student said and turned it into a game show. We made masks to hide our faces, and it was so much fun

Saturn Graduations



Saturn Graduations



In Saturn and Mars class we have had some students complete their primary education. We have also had some students graduating and completing their learning journey at Gloucester House. We had a special assembly to celebrate this followed by a special lunch. Hope you like the photos

Saturn Graduations



Updates

Attendance for the
whole year was
87.12%



Girls Group

This week marked the final session of our Girls Group, where each girl received a personalised bracelet to celebrate the end of the year.

Self-Care for Parents and Carers

Parenting a child with behavioural needs can be deeply rewarding but also emotionally and physically demanding.

Self-care is not selfish—it's essential. When parents look after themselves, they are better equipped to support their child with patience, resilience, and compassion.

Self-care is a **necessity, not a luxury.**

Practical Self-Care Strategies

Set boundaries: Schedule short breaks during the day, even 10 minutes of quiet time.

Mind-body care: Exercise, healthy meals, and adequate sleep.

Mindfulness: Breathing exercises, meditation, or journaling to manage stress.

Build a network: Connect with other parents, support groups, or trusted friends.

Ask for help: Share responsibilities with family members or professionals.

Engage in hobbies: Reading, gardening, music, or creative outlets.

Celebrate small wins: Acknowledge progress in your child's journey and your own efforts.

Overcoming Barriers

Challenge	Start small	Plan ahead	Ask
Remind yourself that caring for your wellbeing benefits your child.	Even brief moments of self-care add up.	Use calendars or reminders to protect time for yourself	There are services and people who are here to help you.

Where to find support

Have a look at our 'Summer Holidays Family Support' leaflet for information on parent groups, social events and child care.

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

- Call **116 123** to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
- Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19
- National Domestic Abuse helpline **0808 2000 247** [Contact us - National Domestic Abuse Helpline](#)

Summer Holidays Family Support

Camden:

Community Hubs/engagement:

[Getting out and about in Camden this summer - Camden Council](#)

Parent support groups:

<http://www.nwlondonwi.com/>

The Womens institute

Food Banks/Financial Support:

[Find Food Support in Camden](#)

Kids Clubs:

[Young Camden Foundation | Holiday, Activities and Food Programme](#)

The Camden Holiday Activities and Food (HAF) Programme offers free activities and meals for children and young people, or you can contact: haf@youngcamdenfoundation.org.uk

[After-school clubs and holiday playschemes - Camden Council](#)

Holiday play schemes for children aged four to 12. This provision includes specialist services for children and young people with additional needs

Brent:

Community Hubs/engagement:

[Best Start Family Hubs | Brent Council](#)

Family Hubs are available and provide drop-in sessions, kids clubs and SEND support

Social care support:

For support with financial worries, help to access services or other family needs, please see [Brent's Local Offer - Family Solutions Service](#)

Parent support groups:

[Parenting support services | Brent Council](#)

[AWRC | Women's services Brent | Welfare advice Brent | Women's services Brent](#)

AWRC specialist women's organisation for Black, Minority and Ethnic (BME) women and girls experiencing abuse across London.

<http://www.nwlondonwi.com/>

The Womens institute

Food Banks/Financial Support:

[Childcare and early education | Brent Council](#)

Information about child care support

[Brent Foodbank | Helping Local People in Crisis](#)

Kids Clubs:

[Childcare for school aged children | Brent Council](#)

Holiday play schemes

[Holiday Activities and Food Programme | Brent Council.](#)

The Holiday Activities and Food (HAF) Programme provides free holiday provision including healthy food and enriching activities. Please contact the HAF Team on haf@brent.gov.uk for more information. You will need to inform them that your child lives in Brent but attends a specialist school provision in Camden.

[The SEND Local Offer directory | Brent Council](#)

Find out about organisations and activities in Brent that support children and young people with Special Educational Needs and Disabilities and their families.

[Summer in Brent | Brent Council](#)

Brent's go-to guide for sports activities, children's events and everything happening over the summer.

Ealing:

Community Hubs/engagement:

[Leisure activities](#) | [Leisure activities](#) | [Ealing Council](#)

Parent support groups:

Ealing support and information [For Parents and Carers](#)

<http://www.nwlondonwi.com/>

The Womens institute

Food Banks/Financial Support:

[Food](#) | [Food](#) | [Ealing Council](#)

Kids Clubs:

[What's on in Ealing](#)

The Holiday Activities and Food Programme is funded by the Department for Education (DfE), offering healthy food and enriching activities for children and young people in school years reception to year 11 [Holiday Activities & Food \(HAF\) Programme](#)

Barnet:

Community Hubs/engagement:

[Wellbeing Hub](#) | [Barnet Wellbeing](#)

Parent support groups:

<http://www.nwlondonwi.com/>

The Womens institute

Food Banks/Financial Support:

[Barnet Youth – Child and Family Early Help Service - Food Hubs - Food Hubs](#)

Kids Clubs:

[Youth Hub – Barnet Homes](#)

[Barnet Youth – Child and Family Early Help Service -Events?CalendarID=207](#) - HAF, *apply for a voucher on the link.*

[Holiday Activities and Food \(HAF\) Programme | Barnet Council](#) Holiday Activities and Food (HAF) is a Department for Education (DfE) funded programme. It provides physical and enrichment activities and healthy food to children aged 5 to 16 years (including 4 year old children enrolled in reception at Barnet schools) who are eligible for benefits related free school meals (FSM).

Haringey:

Community Hubs/engagement:

[Haringey Best Start Family Hubs](#) | [Waiting Room](#)

Parent support groups:

<http://www.nwlondonwi.com/>

The Womens institute

Food Banks/Financial Support:

[Food banks and food support | Haringey Council](#) - *list of food banks in local area and financial support contact*

Kids Clubs:

[Holiday fun](#) | [Haringey Council](#)

[Holiday Fun booklet – summer 2026](#) - *Activities over the summer*

[Holiday Activities and Food \(HAF\) programme | Haringey Council](#) Children and young people aged 5 to 16 who are eligible for free school meals and their families can go to free activities during the Easter, summer and Christmas holidays.

General information:

Things/events in London:

[Group learning for families of autistic people](#) | [Autism Central](#) : Scroll to the bottom of the page and there are lots of virtual sessions/talks over the summer on a range of topics including:

Asking for help & building a support network

Boundaries & consistency without conflict

Stress management for parents

Autistic communication

[Calm zone](#) | [Childline](#) ChildLine have some helpful information to support children with emotional regulation

Emergency support:

If you are concerned for anyone's welfare and immediate safety, you should call 999. A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time.

If you need out of hours support, please contact 111, option 2 for mental health support.

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

Call [116 123](#) to talk to [Samaritans](#), or email: jo@samaritans.org for a reply within 24 hours

Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](#), or text "YM" if you're under 19

National Domestic Abuse helpline [0808 2000 247](#) [Contact us - National Domestic Abuse Helpline](#)