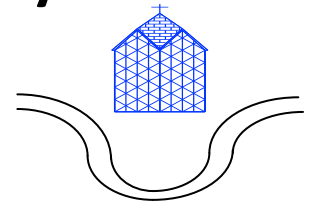


St Paul with St Luke C of E Primary School

School website: www.spsl.towerhamlets.sch.uk

Email: admin@spsl.towerhamlets.sch.uk

Phone: 020 7987 4624



Friday 12th February 2016



Dear Parents and Carers,

We enjoyed Year 2's class assembly very much today. They shared, with great enthusiasm, some of the exciting learning that they have been doing in literacy, topic, science and RE. Their singing and team work was also amazing! Well done Year 2.

This has been a successful half term at SPSL. We have launched our new focus on being a 'reading school' with attractive reading areas around the school and in classrooms. Now when I walk around the school at playtimes, I am pleased to see children sitting comfortably on cushions, deep in concentration, enjoying reading books. Please encourage your child to read next week in the half term holiday, or take them to join the local library if you aren't already members.

Have a good half term break and happy reading.

Best wishes

Nicola Horton

Reminder: School is closed for the half term holidays. We return to school on Monday 22nd February 2016.

There are many activities for children in Tower Hamlets during the holidays. Please contact the school office for further information or visit the Tower Hamlets website.



Nursery: Inaya Akther

Reception: Zaina Ahmed

Year 1: Anisha Islam

Year 2: Hafizur Rahman

Year 2: Kibria Ahmed

Year 3: Yumna Ahmed

Year 4: Arif Al-Hussain

Year 5: Amina Kayum

Year 6: Noelia Banuelos-Jechiu

Last week's attendance:

Nursery: 87.8%

Reception: 87.3%

Year 1: 95.5%

Year 2: 100%

Year 3: 97.9%

Year 4: 98.3%

Year 5: 98.6%

Year 6: 95.7%

Overall Attendance: 95.3%

Number of Lates:

Monday: 10

Tuesday: 8

Wednesday: 17

Thursday: 14

Friday: 10



Safer Internet Day 2016

Tuesday 9th February #SID2016



Find out more at
www.saferinternetday.org.uk



As part of the **Safer Internet Day**, Year 5 produced some posters to show everyone how to stay safe when using the internet. We hope you like them as they are very helpful and teach you to be 'SMART' online. Remember to 'play your part for a better internet'.



SAFE

Keep your personal information safe

MEET

Friends made online are strangers; meeting them can be dangerous

ACCEPTING

Accepting files can be dangerous. If unsure, ask an adult!

RELIABLE

Not everyone or everything online is reliable or trustworthy

TELL

Always tell an adult if something online upsets or worries you



For Shrove Tuesday, Reception and Year 3 went to the Father Duncan Ross Room to make some yummy pancakes! All of the children took turns to mix the batter and the adults cooked them in the frying pan. Then the children chose strawberry sauce, chocolate sauce or lemon and sugar to put on their pancakes. They were very yummy!



Tasty pancakes!



Chinese New Year 2016

To celebrate Chinese New Year, in Nursery we have been creating cherry blossom paintings and making paper lanterns as a way to celebrate. We also have been having fun learning about the zodiac animals. We were all born in the year of the dragon! Did you know that this year is the year of the Monkey?



Ms Horton led a very interesting assembly this week for Chinese New Year! Learning to use chopsticks was so much fun!



BETTER EXTREME

On Wednesday Year 6 went to Better Extreme in Barking and did rock climbing and trampolining. The children had such a great time. Some of them said it was the best trip they'd ever been on!



Dinner Money and Club Money Receipts

Nursery dinner money and club money receipts have been sent home today.

If you have not received a receipt and you paid dinner or club money between Tuesday 26th January 2016 and Friday 12th February 2016, please contact the School Office as soon as possible.



Children's Mental Health Week 2016
8-14 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Dear Parents and Carers,

This week (8-14 February 2016), it's Children's Mental Health Week.

Run by school-based children's mental health charity Place2Be, this year's theme is 'building resilience'

Life often throws challenges our way. It could be the death of a close family member or friend, a serious illness, the loss of a job or the breakdown of a relationship.

'Resilience' means our ability to cope with these events. Through our experiences, we develop new knowledge and perhaps new coping skills. At Place2Be we call this 'bouncing forward'. As parents and carers, you play a vital role in helping to prepare your children for the difficult times that life brings.



Visit www.ChildrensMentalHealthWeek.org.uk for advice and ideas for getting involved

Every child and family's circumstances are different, but here are four simple tips that we hope you may find helpful to build your child's resilience:

- Let them know it is perfectly normal to feel upset or angry sometimes. As a parent, you can **be an emotional role model** for your children by showing them how to behave when you're frustrated or upset – although we know this isn't always easy!
- Make time for fun and "down time" with your children to help keep some balance. This is also a great opportunity to enjoy some time listening and playing with your child.
- Allow your child to **learn from their own mistakes** with support. Giving them age-appropriate freedoms will help them learn their own limits, and show you trust them to make appropriate decisions.
- **Get advice and support** – if you're worried that something has changed with your child, talk to your GP or someone at your child's school. There is also great advice available for parents online, for instance on MindEd (www.minded.org.uk).

Diary Dates:

Monday 15th February – Friday 19th February - Half term holiday - School Closed

Friday 26th February - Year 3 Class Assembly

Friday 4th March - Year 4 Class Assembly

Friday 4th March - World Book Day Coffee Morning

Friday 11th March - Year 5 Class Assembly

Friday 11th March - Cultural Afternoon/International Women's Day Celebration

Friday 18th March - Reception Class Assembly

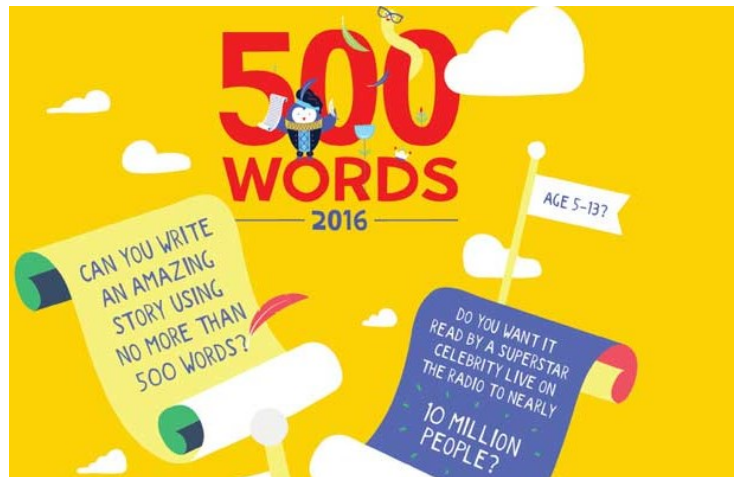
Wednesday 23rd March - Easter Service - St Paul's Church, Bow Common - Parents/Carers welcome - 9:30am

Friday 25th March - Friday 8th April - Easter Holidays - School Closed

Monday 2nd May - Bank Holiday - School Closed

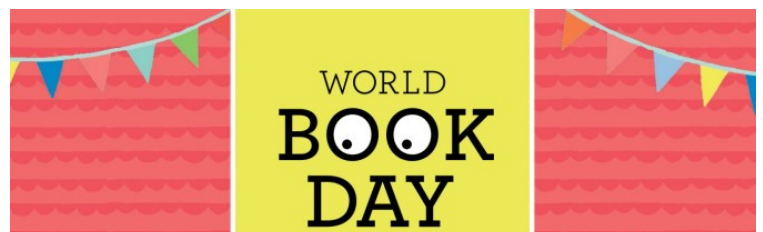
SPSL Football Club Update...

On Monday, the SPSL football team enjoyed great success at their weekly league at Bow School. They played 4 games, won 2, drew 1 and lost 1. Mizanur and Eli both scored hat-tricks too!



Please bring your entries on Monday 22nd February 2016 and hand them to Ms Sharpe or Safia.

Visit: bbc.co.uk/500words for more information.



Parent Coffee Morning

9am - 10:30am

Father Duncan Ross Room

Please join us for tea/coffee and biscuits.

Please contact Khalidah Khanom for more information.