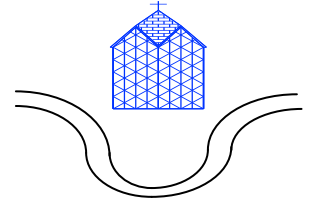


# St Paul with St Luke C of E Primary School

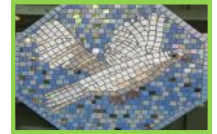
School website: [www.spsl.towerhamlets.sch.uk](http://www.spsl.towerhamlets.sch.uk)

Email: [admin@spsl.towerhamlets.sch.uk](mailto:admin@spsl.towerhamlets.sch.uk)

Phone: 020 7987 4624



Friday 4<sup>th</sup> November 2016



**Love God, love yourself, love one another**

Dear Parents and Carers,

The pupil leadership team led the assembly this morning. They told us about how this half terms Personal, Social, Health and Emotional (PSHCE) learning links to our school value of 'Celebrating Individuality'. We thought about what is the same and what is different about each of us and how to respect each other. Thank you pupil leadership team—you did a great job!

School council elections have taken place this week. A representative from each house team has been chosen from each class—we will let you know who these children are in next weeks newsletter.

We are looking for a new parent governor—please see over the page for how you can find out more about this important and rewarding role in our school.

Have a lovely weekend,

Best wishes

Nicola Horton



<b>Nursery</b>	Archie Smith	For being a good role model.
<b>Reception</b>	Iqra Ahmed	For playing nicely with her friends.
<b>Year 1</b>	Holly Watkins	Amazing homework every week.
<b>Year 2</b>	Syed Najmus Saqib	Practising his spellings and learning them so well.
<b>Year 3</b>	Jeremiah Olukayode-Owokoya	For excellent use of key vocabulary, brilliant handwriting and concentration in RE.
<b>Year 4</b>	Dora Veronica Baroi	Excellent effort in school work and using the values.
<b>Year 5</b>	Lilabell Hornsby	Great talk partner work during Literacy. Displaying a good positive attitude all the time.
<b>Year 6</b>	Arafath Choudhury	For a great positive attitude and a good moral compass.

## HOUSE TEAM POINTS

<b>289</b>	<b>Blyton House</b>	<b>225</b>	<b>Dahl House</b>
<b>299</b>	<b>Donaldson House</b>	<b>239</b>	<b>Rosen House</b>



## THIS WEEK'S RESULTS:

Class	Attendance	Number of Lates	Lining up Awards
<b>Nursery</b>	<b>97.4%</b>	<b>3</b>	
<b>Reception</b>	<b>92.4%</b>	<b>1</b>	
<b>Year 1</b>	<b>96.6%</b>	<b>1</b>	<b>4</b>
<b>Year 2</b>	<b>99.6%</b>	<b>0</b>	<b>1</b>
<b>Year 3</b>	<b>99.1%</b>	<b>5</b>	<b>1</b>
<b>Year 4</b>	<b>97.5%</b>	<b>2</b>	<b>2</b>
<b>Year 5</b>	<b>97.5%</b>	<b>1</b>	<b>5</b>
<b>Year 6</b>	<b>96.0%</b>	<b>2</b>	<b>2</b>
<b>Overall</b>	<b>97.1%</b>	<b>15</b>	<b>Well-done Year 5! Keep it up.</b>



# Emotional First Aid

Do you sometimes feel anxious about everyday life?  
Do children and family life sometimes cause you stress?  
Don't worry - it's normal, but talking can help you manage those feelings

The Emotional First Aid course helps parents explore their own feelings and gain an understanding of their own emotional well-being

I had a chance to talk about my feelings- something I never do.

I really enjoyed the course, I feel more able to deal with my anxieties and realise that being anxious is a normal part of life

#### Course dates

Tuesday 8<sup>th</sup> November – 13<sup>th</sup> December 2016  
9:30am - 12:00pm

This course will take place in the Father Duncan Ross Room.

Course activities are practical and discussion based and you will:

- Meet other parents and build up a network of support
- Learn to recognise and understand your own emotional needs
- Find new ways to manage your worries
- Discuss how to identify early signs of anxiety in children and young people
- Gain information about services to support families in Tower Hamlets

If you would like to attend this course please contact Khalidah Khanom to book a place, we have limited spaces. Please note you will have to attend every to get the certificate. Unfortunately we cannot provide a crèche facility, please make alternative arrangements if you wish to attend.  
Thank you.

Please remember to check the diary dates weekly.  
(Changes might apply).

## Diary Dates:

**Friday 11<sup>th</sup> November** - Year 4 Class Assembly

**Friday 11<sup>th</sup> November** - Parent Coffee Morning (Remembrance Day & Parent Governor) - 9am - Father Duncan Ross Room - All parents/carers welcome

**Monday 14<sup>th</sup> November** - Nursery & Reception Parent Workshop - 9am-11am—Father Duncan Ross Room

**Wednesday 16<sup>th</sup> November** - All pupils to bring in their PE Kits - sponsored fitness circuit with all pupils

**Friday 18<sup>th</sup> November** - Nursery Class Assembly

**Friday 18<sup>th</sup> November** - Non-uniform Day - Wear your spots and donate £1 - Children in Need

**Friday 25<sup>th</sup> November** - Year 5 Class Assembly

**Wednesday 14<sup>th</sup> December** - Christmas Service - 9:30am - St Paul's Church, Bow Common - All parents/carers welcome

**Friday 16<sup>th</sup> December** - School finishes at 1:30pm

**Monday 19<sup>th</sup> December - Monday 2<sup>nd</sup> January 2017** - (Christmas Holidays) - School is Closed

**Tuesday 3<sup>rd</sup> January 2017** - All pupils are back in school

**Monday 13<sup>th</sup> February - Friday 17<sup>th</sup> February** - Half Term Holidays - (school is closed)

**Monday 20<sup>th</sup> February** - All pupils are back in school

**Wednesday 29<sup>th</sup> March** - Easter Service - 9:30am - St Paul's Church, Bow Common - All parents/carers welcome

**Monday 3<sup>rd</sup> April - Monday 17<sup>th</sup> April** - (Easter Holidays) - School is Closed

**Monday 1<sup>st</sup> May** - Bank Holiday - School is Closed

**Tuesday 2<sup>nd</sup> May** - All pupils are back in school

**Monday 29<sup>th</sup> May - Friday 2<sup>nd</sup> June** - Half Term Holidays - (school is closed)

**Monday 5<sup>th</sup> June** - All pupils are back in school

**Friday 21<sup>st</sup> July** - School finishes at 1:30pm

## SPONSORED FITNESS CIRCUIT

**Wednesday 16<sup>th</sup> November 2016**



GB Athlete **Joseph Ikhinwin** is coming to SPSL to lead a fun, inspirational fitness circuit with every child.

We need your help to raise money for sports equipment for the school, while also supporting GB athletes (including Paralympic athletes).

Please see the sponsorship form or set up a fundraiser page online by visiting [www.sportsforschools.org/event/E422](http://www.sportsforschools.org/event/E422) (It only takes a few clicks to set up and then you can share the page with your friends and family).

Please ensure that the sponsorship form and money are returned to the school office by 4pm on **Wednesday 23<sup>rd</sup> November 2016**.

Please also make sure that your child/children come to school with their full PE Kits on Wednesday 16<sup>th</sup> November!

## Nursery and Reception Parent Workshop

5 Parenting

Workshops for parents/carers of children in Nursery and Reception.

**Through fun activities and discussions we will consider how to:**

- Encourage children during the different stages of their development
- Build on parent-child relationship
- Increase respectful behaviour
- Positively discipline
- Be effective role models

**Please contact the school office or Jenny**

**Soyode**, School Home Support Practitioner  
Mobile: 07811994235 on Monday or Tuesday to reserve your place.

**When:** Every Monday from 14<sup>th</sup> November 2016 until 12<sup>th</sup> December 2016

**Where:** The Father Duncan Ross Room

**Time:** 9.00am to 11.00am

**\*Come to all 5 sessions and receive a complimentary gift\***



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## Remembrance Day

Parent Coffee Morning

Friday 11<sup>th</sup> November

Father Duncan Ross Room

(All parents/carers welcome) - 9am

If parents/carers have family members who fought in the war and wish to share stories, please come to this coffee morning.



**Ms Horton will be joining us to also talk about the parent governor vacancy, parents who are interested in this should come to the meeting to find out more.**

## Parent Governor Vacancy





**Friday 18<sup>th</sup> November 2016**

**Wear your spots and donate £1**

All donations will go towards BBC Children in Need

Best dressed pupils will win a prize!

**DECORATE YOURSELF**

Have fun with face paint!

**CUSTOMISE CLOTHES**

How about turning an old t-shirt spotty? You could stick or sew on multi-coloured spots, buttons, pom poms or sequins, or go spotty with the help of fabric pens or round stickers.

**GO FOR FANCY DRESS**

Dalmatians, ladybirds, clowns, Minnie Mouse... What spotty fancy dress can you find or make? Add the Pudsey face mask for your own Spotacular Pudsey party.

**ACCESSORISE WITH SPOTS**

Get all spotted up with ties, hats, scarves, shoes, socks, hair decorations... Finish off your outfit with Pudsey ears, this year's must-have accessory!

**WHAT'S IN YOUR WARDROBE?**

Root through your cupboards and drawers for spotty jumpers, pyjamas, t-shirts, skirts, leggings, dresses and trousers!

**Visit online:** <https://www.bbcchildreninneed.co.uk/schools/resources>



# CHRISTMAS BAZAAR

## St Paul's Church

(Corner of Burdett Rd & St Paul's Way)

**Saturday 26 November**

**12 noon - 3 pm**

Tombola Books Toys Face-Painting Music

New & Nearly New Fair Trade Bric-a Brac

Great Prizes – Tablet Gift Vouchers

Hair Cut Giant Hamper *and lots more...*

Entrance 50p

**Everyone Welcome!**






## Christingle Service

St Paul's Church, Bow Common  
(Corner of Burdett Rd & St Paul's Way)

### Saturday 10 December 2016

### 1.00pm

**Come along anytime after 11.30am and make your Christingle for the Service**



Any donations will go to The Children's Society to help vulnerable children.

