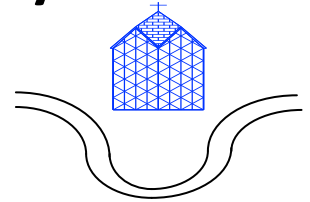


# St Paul with St Luke C of E Primary School

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 13<sup>th</sup> May 2016



Dear Parents and Carers,

Your copy of the recent Ofsted report is attached. The inspection team came on 26<sup>th</sup> and 27<sup>th</sup> April and we are delighted to be judged a GOOD school in all the areas that they inspected. We have moved from Requires Improvement to Good and now our next step is to be Outstanding at the next inspection in approximately three years time. The very positive report is a credit to the hard work of the children, staff, governors and parents.

The Eatwell Guide is attached as well as we are becoming a healthy school. Healthy Eating Week will be celebrated at school week beginning 13<sup>th</sup> June.

Well done to Year 3 who led an exciting and colourful assembly this morning about the ancient Egyptians and in particular the discovery of Tutankhamun's tomb.

Best wishes

Nicola Horton

Head Teacher



This week's results:

- Year 1 – 7 stars
- Year 2 – 4 stars
- Year 3 – 0 stars
- Year 4 – 1 star
- Year 5 – 9 stars
- Year 6 – 0 stars

Well done Year 5, keep it up!



**Nursery: Jebril Hussein**

**Reception: Raeef Areeb**

**Year 1: Mirsab Ahmed**

**Year 2: Abir Chowdhury**

**Year 3: Ehsani Zaman Tayyiba**

**Year 4: Lilabell Hornsby**

**Year 5: Keira Flannery**

**Year 6: Helin Sheen**

### Last week's attendance:

Nursery: 94.2%

Reception: 95.6%

Year 1: 98.3%

Year 2: 100%

Year 3: 98.9%

Year 4: 95.6%

Year 5: 97.0%

Year 6: 100%

**Overall Attendance: 97.5%**

### Reminder - School is Closed on:

**Friday 27<sup>th</sup> May - Inset Day**

**Half Term Holiday - From Monday 30<sup>th</sup> May until Friday 3<sup>rd</sup> June**

### Number of Lates:

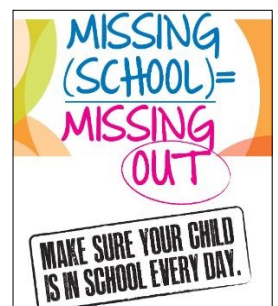
Monday: 20

Tuesday: 14

Wednesday: 12

Thursday: 20

Friday: 21





*We are a reading school!*

Order from The Book People and use discount code: **qrTN8zy** to receive a free gift! SPSL will receive a 10% discount every time you order using the fundraising code. This will be used to purchase more books for the school. **Expires 06/06/2016.**

Receive a free Helix Oxford Maths Instruments Set (CT0496) with your order

**Starts:** Monday, 11 April 2016

**Expires:** Monday, 6 June 2016

**Fundraising Code:** qrTN8zy

**Page:** [www.thebookpeople.co.uk/school-fundraising](http://www.thebookpeople.co.uk/school-fundraising)

**CELEBRATE QUEEN ELIZABETH'S 90th BIRTHDAY**

**Friday 10<sup>th</sup> June 2016**

**Non uniform day**

Dress up like a:  
King, Queen, Prince  
or Princess

**Bring snacks and drinks to share!**

£1 donation to go towards Save the Children's **Child Refugee Crisis Appeal** (chosen by our school council)

**Prizes for the best dressed and the best homemade crowns!**

### Cooking Club



The Reception children in the Cooking Club are really enjoying learning and making healthy as well as easy recipes! Stay tuned for more updates!



## Diary Dates:

- Friday 20<sup>th</sup> May** - Year 5 Class Assembly
- Friday 20<sup>th</sup> May** - Parent Coffee Morning - 9am - Father Duncan Ross Room - All parents/ Carers welcome
- Friday 27<sup>th</sup> May** - Inset Day - School Closed
- Monday 30<sup>th</sup> May - Friday 3<sup>rd</sup> June** - Half Term Holidays - School Closed
- Monday 6<sup>th</sup> June** - School open for all children
- Friday 10<sup>th</sup> June** - **The Queen's 90<sup>th</sup> birthday celebration** - **Non-uniform Day** - dress up like a King, Queen, Prince or Princess - Bring snacks/ drinks to share - Prizes for best dressed and best homemade crown! - £1 donation
- Friday 10<sup>th</sup> June** - Year 1 Class Assembly
- Monday 13<sup>th</sup> June - Friday 17<sup>rd</sup> June** - Healthy Eating Week
- Friday 17<sup>th</sup> June** - Reception Class Assembly
- Thursday 23<sup>rd</sup> June** - School Closed - Polling Day
- Friday 24<sup>th</sup> June** - Nursery Class Assembly
- Friday 1<sup>st</sup> July** - Year 2 Class Assembly
- Friday 8<sup>th</sup> July** - Year 4 Class Assembly
- Tuesday 12<sup>th</sup> July** - Nursery & Reception Sports Day
- Wednesday 13<sup>th</sup> July** - Year 1 and Year 2 Sports Day
- Thursday 14<sup>th</sup> July** - Year 3, 4, 5 and Year 6 Sports Day
- Friday 15<sup>th</sup> July** - Summer Fair
- Wednesday 20<sup>th</sup> July** - End of Year Service - St Paul's Church, Bow Common—9:30am - All parents/ Carers welcome
- Friday 22<sup>nd</sup> July** - School finishes at 1:30pm

## Health Festival

as part of  
BNF Healthy Eating Week 2016

Monday 13<sup>th</sup> June until Friday 17<sup>th</sup> June

Class competition to design and make the best fruit smoothie!

Stickers and certificates for all children who participate!

Many more challenges to be announced!

## Swimming in Tower Hamlets

- Free Swim Fridays during public sessions
  - Free Family Swim Saturdays from 12:00pm till close
- For these free swims you will need a Pay & Play Card
- Juniors £2.70 per year  
Adults £5.65  
Concessions £1.45 (bring proof of your concession)





# Eatwell Guide

Check the label on packaged foods

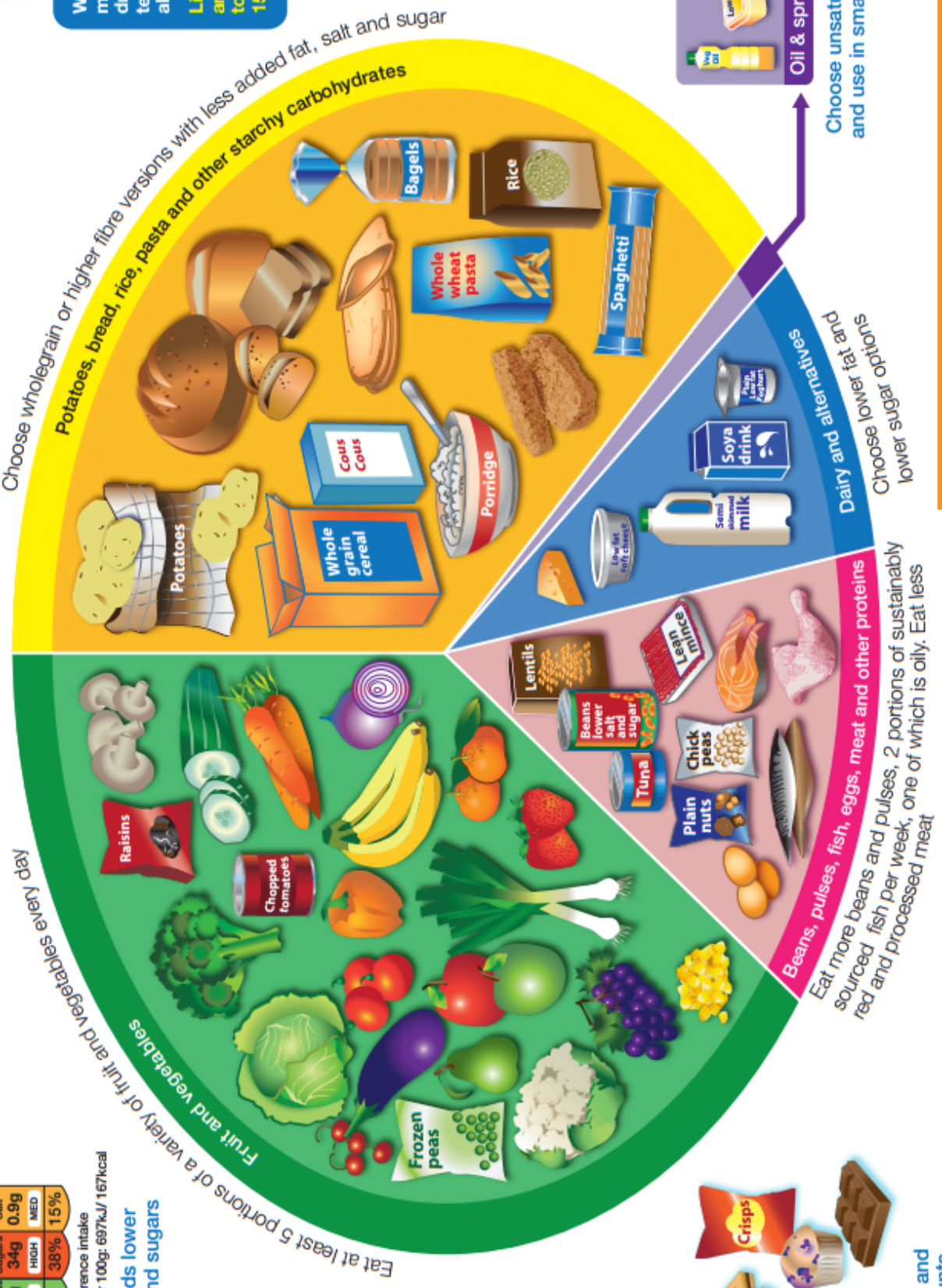
Each serving (150g) contains

Energy	1045kJ	Saturates	3.0g	Sugars	34g	Salt	0.9g
	250kcal		LOW		HIGH		MED
	13%		4%		38%		15%
			7%				

Typical values (as sold) per 100g: 697kJ/167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS