



NEWSLETTER

Week ending 19th January 2024

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Dear Families,

We started the week with some of the children visiting Clifford Chance, A new partnership which continues to grow and benefit the children through amazing opportunities. The children met with artist Anita Chanda, whose art sculpture has recently been displayed in the CC offices. Anita visited school this afternoon to work with the children to evaluate the artwork. It is wonderful to be able to share with you how well behaved the children were, staff at Clifford Chance reported that they were perfectly behaved, curious, imaginative and engaged!

This week we also had our gardeners work with the children in year five and six creating their very own art using the school garden materials for inspiration.

Have a wonderful weekend.



*Mrs Smith
& Mr Hall*



DIARY DATES

23/01/2024	New Nursery students school tour	26/02/2024	Bow Art Workshop for Y3 & Y4
29/01/2024	Young Voices performance	27/02/2024	Bow Art Workshop for Y1 & Y2
06/02/2024	Nur, Rec and Year 1 fluoride dental visit		
23/02/2024	Bow Art Workshop for Y5 & Y6		

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Students were perfectly behaved, curious, imaginative and engaged!



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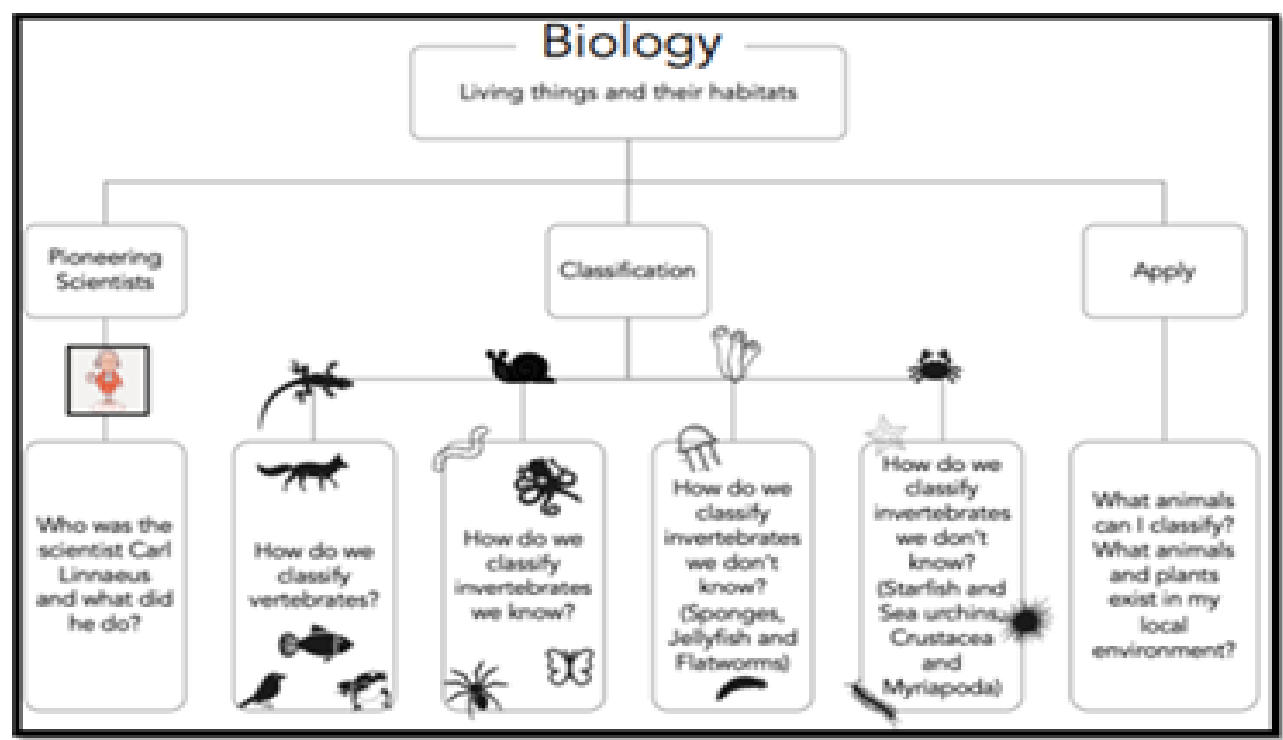
At SPSL we have a new, exciting curriculum across all our foundation subjects including Science! The CUSP Science curriculum provides opportunities for our pupils to gain rich, in depth and expert knowledge of topics and key scientific skills with a big focus on vocabulary.

Each unit begins with a knowledge organiser, sequence of learning and key vocabulary and a scientist study. The format for lessons are similar to allow for continuity and consistency: Vocabulary, Connect, Explain, Attempt, Apply and Combine. Every science lesson begins with the knowledge notes, vocabulary for each lesson, recap of previous learning, the teacher explains the new learning and models the task, then children get an opportunity to practise the new skills/learning with the teacher and then pupils have the opportunity to independently apply this skill. The lesson ends with a challenge to assess pupils or prepare the children for the next part of the learning.

There are special Strong Start lessons which equips pupils key scientific skills:

- identifying and classifying
- pattern seeking
- research
- observing over time
- fair and comparative testing

In Year 6, we have been learning about Living things and their habitat in Science, see the CUSP graphic below. We think this is great and so do the children! Here are some examples of children's learning:



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Lesson 1: Scientist study

Shahrin: "I like how the layout of the work is organised and the step by approach of each task."

Ridoan: "I like the vocab quadrants because I am learning about the origin of the word and how to apply it."



Lesson 2

Riley: "I enjoyed learning about the scientist Carl Linnaeus and taxonomy."

Phylida: "The hexagon pathway helps me to link words together."





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At St Paul with St Luke, we place a huge emphasis on physical education, our children being fit and healthy has a big impact on their wellbeing in their lives now and sets them up for their future fitness, physical and mental. The NHS recommendations are <https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-and-young-people/#:~:text=aim%20for%20an%20average%20of,movement%20skills%2C%20muscles%20and%20bones>

Along with improvements in physical health, exercise and sport support and protect children's mental health including decreasing anxiety, depression and improving behavioural difficulties.

<https://www.healthline.com/health-news/exercise-benefits-children-physically-and-mentally> Research shows that a child's fitness in their primary years affects their heart, lung and mental health in later years.

To support this we have brought in specialist coaches from West Ham, to deliver sessions that run alongside lessons taught by class teachers. In these sessions, the children are able to develop their individual and team skills. Children from years 3 to 6 have a term and a half of swimming lessons per year.

We ask you to make sure that children are encouraged to attend swimming lessons as there are lots of reasons why learning to swim is vital to children.

The most important reason is that swimming is the only sport which can save your child's life. Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill, especially when living close to canals. It is important to remember that children who appear water-confident are not always competent swimmers.

Swimming is lots of fun for people of all ages and children especially love getting in the water and enjoying themselves. But it is not just fun, swimming also provides many health benefits which can help to keep your children healthy and happy at the same time:

Swimming keeps your child's heart and lungs healthy, improves strength, and flexibility, increases stamina and even improves balance and posture. Another great thing about swimming is that it is accessible to children of any age or ability.

Swimming provides challenges and rewards accomplishments, which helps children become self-confident and believe in their abilities irrespective of how far they can swim, just to start can be a success in overcoming challenges. Your child will have plenty of opportunities to grow in confidence in a safe environment with trained experts.

Please remember that a PE kit is simple, it is not a time to show if you own a brand name in tracksuits. As the weather draws colder, we are increasingly having PE inside the hall as much as possible and hope to be able to get the children to dry their hair before coming away from the swimming pool. We, like you know that colds are viral but it is unpleasant to feel wet hair when it is so cold outside so please do allow your child to have a big towel or hair towel for drying whilst we negotiate other ways of doing so.





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ATTENDANCE MATTERS

Our school target is 96%
This week: 89%

1st place:
Year 5 with 98%
You met the school target!

2nd place:
Year 1 with 96%

Congratulations to the top classes this week!

Best punctuality (fewest lates)
Nursery – 7 lates

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Our attendance policy is on our school website.
Paper copies are available from the office.

The Attendance Welfare Officer (AWO) checks our school registers regularly and will contact parents by letter, telephone or a home visit if there is a cause for concern. Formal referral of pupils with persistently less than 90% attendance may be made. Be aware that parents can ultimately be prosecuted for non-attendance offences.



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STARS OF THE WEEK

Rec.	Istiyak	For trying really hard in all his learning.
Year 1	Phong	For having a great attitude towards learning.
Year 2	Tawhid	For his great effort during carpet time.
Year 3	Ishmael	For living the school vision and giving his lunch club space to another child.
Year 4	Samuel	For following our love, learn and flourish to do his best always and in everything.
Year 5	Ava	For coming back with a positive attitude and making effort in class. Also, for trying hard in Math's and is able to successfully sort fractions in ascending and descending order.
Year 6	Aisha	For he active participation and research skills during science lessons.
Flamingo	Safwan	For being consistent for completing tasks.

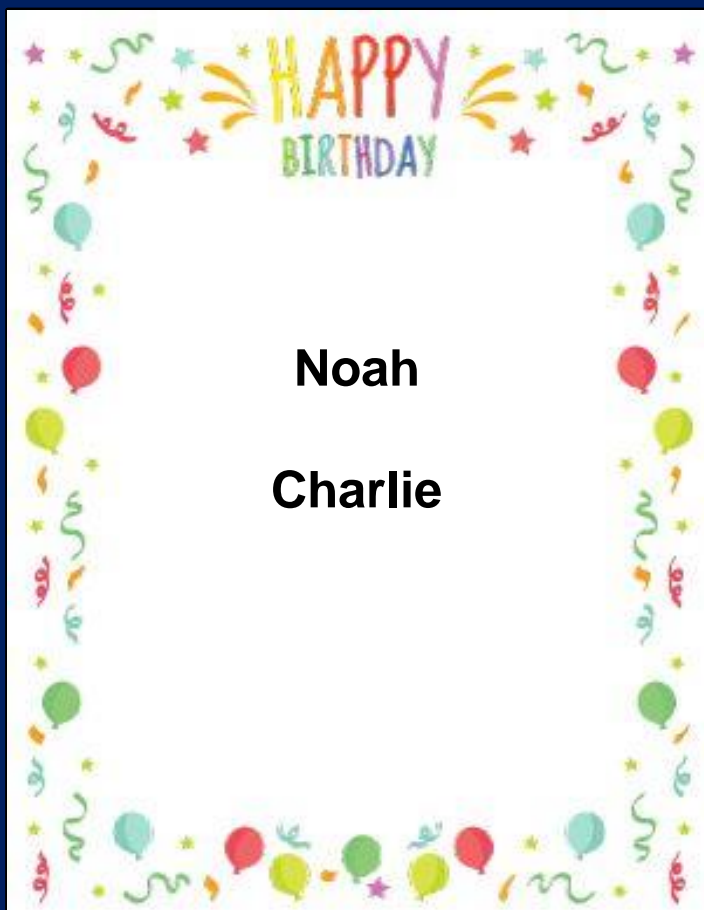
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POLITE NOTICE

At St. Paul with St. Luke, we are very fortunate to have supportive and friendly parents/carers. Our parents recognise that educating children is a process that involves partnership between parents, class teachers and the school community. As a partnership, our parents will understand the importance of a good working relationship to equip children with the necessary skills for adulthood. For these reasons we continue to welcome and encourage parents/carers to participate fully in the life of our school. However, if a parent/carer's conduct falls short of this we will take necessary steps to address this.

Every child has the right to be on the school site but parents and carers are invited, therefore we remind you that you must conduct yourself in line with our code of conduct policy.

This policy is on our website and paper copies are available from the office.



CLUB INFORMATION

All clubs must be paid through Parent Pay, we no longer accept cash payments.

If you require your login, please see the office. In addition, if you require help please see Madeha or Demi.

ALL clubs finish at 4:15 except Arabic Club which finishes at 4:30.



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Applying for a nursery or reception school place for September 2024?



To support families with the nursery and reception school application process, the Transition Support Service in partnership with the School Admissions Service are offering free online advice sessions.

Nursery application advice sessions (children born between 1 September 2020 and 31 August 2021): <https://www.eventbrite.co.uk/e/tower-hamlets-get-set-2024-applying-to-nursery-tickets-751629101877>

Tuesday 19 December 2023, 1pm

Wednesday 17 January 2024, 10am

Nursery application deadline: Friday 16 February 2024.

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Make 2024 a Healthier year

Bromley by Bow Centre

Come along, meet our healthcare teams, and join in the family fun activities.

St Leonard's Street, London, E3 3BT.

Saturday 27th January 2024

11 am - 3 pm

On the day:

Health advice from local GPs

Social prescribers

Health checks

Cost of living advice

Learning disability awareness and advice

Mental Health advice

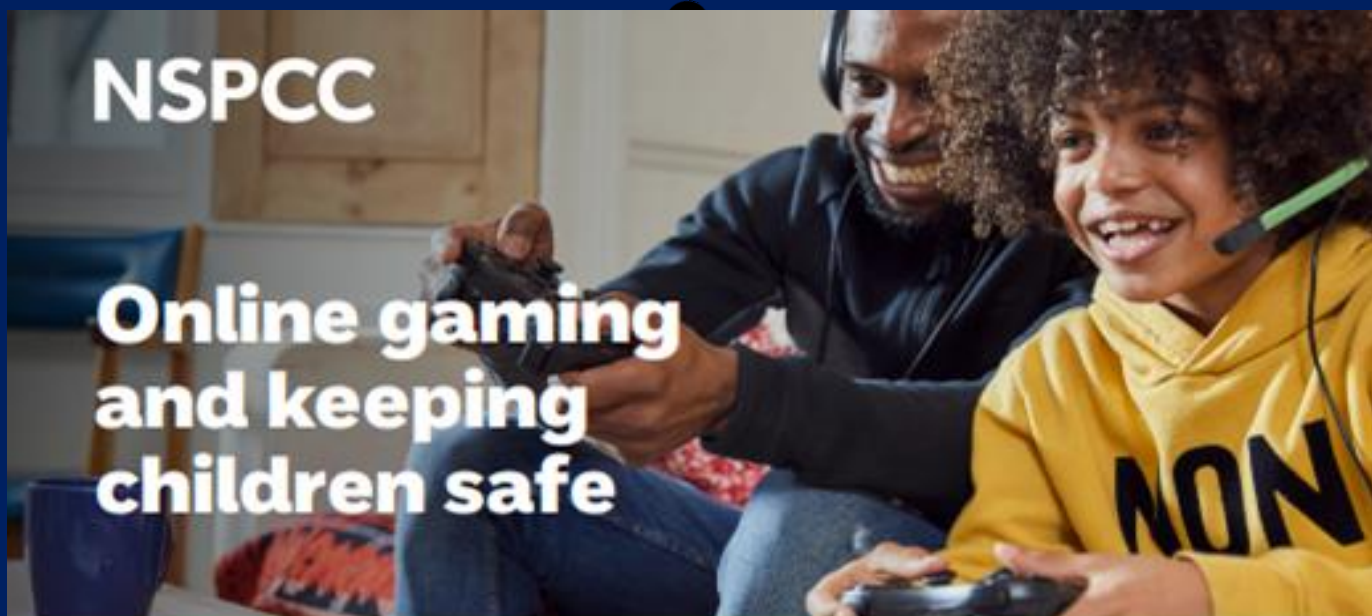


Find out what's happening locally. Children welcome, refreshments provided. Drop-in, no need to pre-register



Covid & Flu Vaccine
Available at this session (no need to book)

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NSPCC

Online gaming and keeping children safe

Do you know your whispers from your skins? Your Fortnite from your EA Sports FC 24?

As part of the NSPCC Game Safe Festival, we're encouraging parents, carers and those working with children and families to have conversations about online gaming.

GamCare will be sharing expert advice, and you'll hear directly from young people.

Our webinar will help you:

- understand how young people game online.
- learn about tools and resources that support safe play.
- gain the knowledge you need to keep children safe.



**GAME SAFE
FESTIVAL**

7 February 2024, 7pm-8pm, via Zoom. Book your place via this link: nspcc.org.uk/gamesafe/tickets

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JOIN OUR PATIENT PARTICIPATION MEETING

WE ARE LOOKING TO HOLD A MEN'S WELLBEING GROUP IN 2024, WHERE MEN CAN COME TOGETHER IN A SPACE THAT PROMOTES POSITIVE HEALTH AND WELLBEING.

WE WOULD LIKE YOU TO ATTEND TO SHARE YOUR IDEAS ON WHAT ACTIVITIES/WORKSHOPS YOU WOULD LIKE TO SEE FROM THIS MEN'S COMMUNITY GROUP

SOME IDEAS WE HAVE ALREADY GATHERED INCLUDE:

- Badminton Tournaments
- Board Games
- Basketball
- Men's Mental Health Workshops
- Tea & Social Groups

WHEN:
**THURSDAY
25TH
JANUARY
11AM-1PM**

WHERE
**TARLING
COMMUNITY
CENTRE
63 Martha St,
London E1 2PA**

To find out more contact:
thccg.jspwellbeing@nhs.net or call us on:
07498862419

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Holiday Childcare February Scheme 2024

Information for professionals

The Tower Hamlets Holiday Childcare February 2024 Scheme is now open for bookings for working parents' resident in the borough, and for vulnerable referrals. Non-working parents / carers are welcome to book places from 23rd January 2024.

Scheme dates

Monday 12th to Friday 16th February 2024 (5 days).

Our scheme dates are based on the Tower Hamlets school holidays.

Booking closing date: 6th February 2024 by 12pm or earlier once bookings are full.

Venue

St Mary and St Michael Catholic Primary School, Sutton Street, E1 0BD

Please support and share this information with families you feel may benefit from our scheme. To refer a child please complete our [referral form](#) and support the family to book following the steps on our [booking system](#).

More information can be found on our website www.towerhamlets.gov.uk/hcs.

We will look forward to receiving your bookings.

Holiday Childcare Team
Parent & Family Support Service
Children and Culture Directorate
London Borough of Tower Hamlets



TOWER HAMLETS

Holiday Childcare Scheme

The Tower Hamlets Childcare Scheme offers Ofsted registered childcare.
020 7364 0523
www.towerhamlets.gov.uk/hcs

Ages **3-13** years old

February scheme 2024
12-16 Feb
(1 week)

Bookings now open



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SEND SUPPORT GROUP



- **Come and meet other parents**
- **Share information**
- **Younger children welcome**
- **Monthly guest speakers**
- **No diagnosis needed**

This terms sessions are:

January 11th and 25th

February 8th and 22nd

March 14th and 28th

10am -12pm

For more information contact:

Tower Hamlets & City SEND IASS

30 Greatorex Street, Whitechapel, London E1 5NP

020 7364 6489



Tower Hamlets and City
SEND IASS

Your guide to information and
services for families in Tower Hamlets

LOCAL OFFER
www.localoffer.org.uk

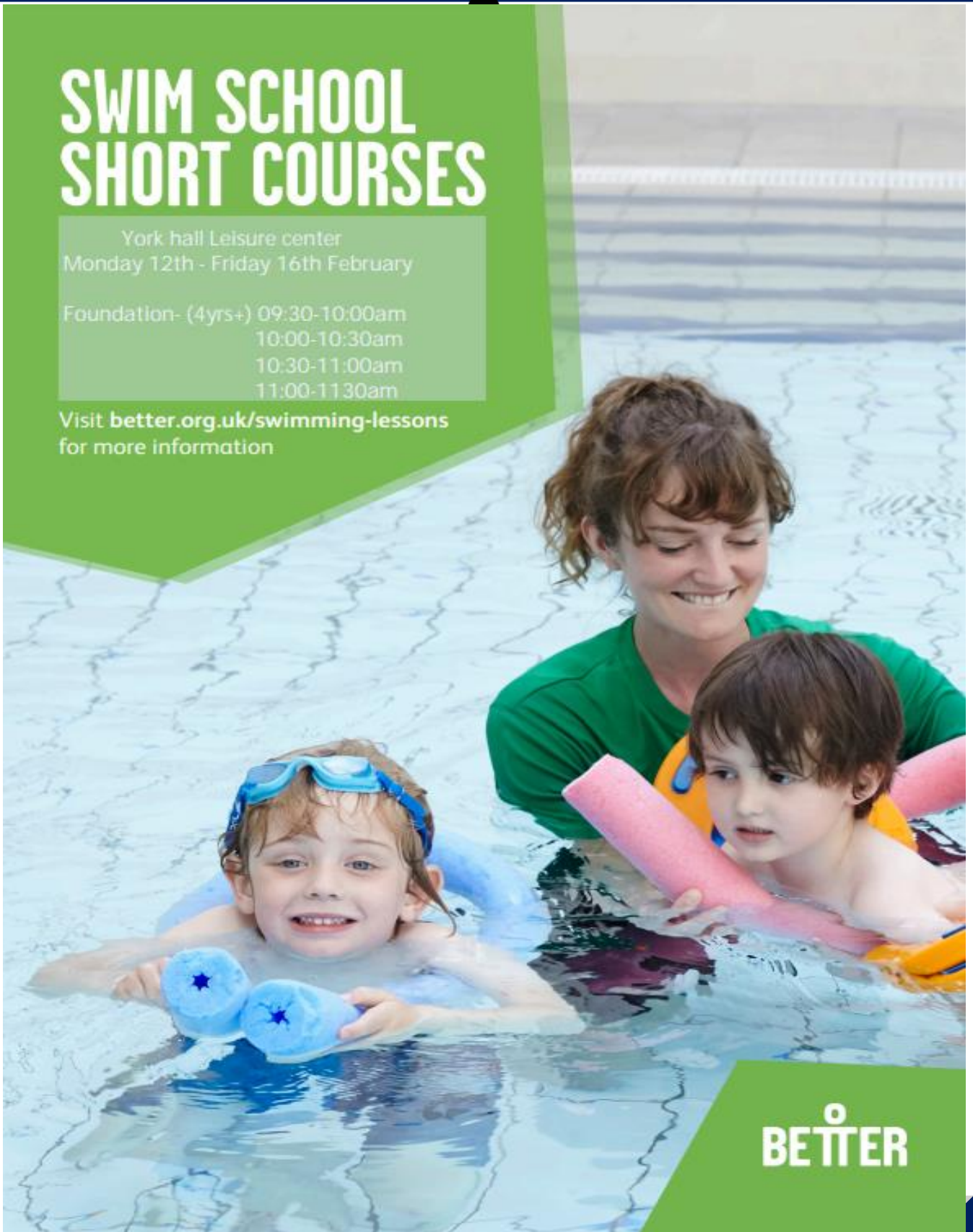
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SWIM SCHOOL SHORT COURSES

York hall Leisure center
Monday 12th - Friday 16th February

Foundation- (4yrs+) 09:30-10:00am
10:00-10:30am
10:30-11:00am
11:00-11:30am

Visit better.org.uk/swimming-lessons
for more information



BETTER

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FamiliesMatter



Parent and Family Support Service

Emotional First Aid

A course to support parents' emotional health and well-being
Bengali speaking programme

Is everyday life sometimes stressful?
Feeling pressured by children and family life?
You're not alone! Take time out for self-care.

Venue:	Stepney Park Primary School Smithy Street London E1 3BW
Date:	Wednesday mornings (6 weeks course) 24 January, 31 st January, 7 th February, 21 st February, 28 th February & 6 th March 2024
Time:	10am-12.30pm
How to refer:	Self-referrals are accepted - please email: parenting@towerhamlets.gov.uk or call on 020 7364 6398
During the course you will:	
<ul style="list-style-type: none"> ✚ Meet other parents and build up a network of support. ✚ Discover new ways to manage your worries. ✚ Identify the early signs of anxiety in adults, children, and young people. ✚ Find out about services available in Tower Hamlets to support families. 	





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Scan Me!

- ✓ **Stress and Anxiety**
- ✓ **Depression**
- ✓ **School life**
- ✓ **Home and Family**
- ✓ **Grief and Loss**
- ✓ **Sexuality**
- ✓ **Fears and Phobias**

London Young Counselling

UK based school counselling services.

LYC runs 1:1 confidential counselling sessions for students in school with one of our counsellors.

For more information on how we run, please see our details below or speak to a member of staff at the school.

www.londonyoungcounselling.com

schools@londonyoungcounselling.com



London Young Counselling LTD
School Counselling Service