



## **NEWSLETTER**

Week ending 2<sup>nd</sup> February 2024

## NEWSLETTER W/E 2<sup>nd</sup> February 2024

Dear Families,

On Monday some children from the SPSL choir visited the O2 arena to take part in 'Young voices,' the world's largest school choir group, with over 150,000 primary school children involved. Thank you to Ms Begum, Mr Ali and Craig for taking the children.

It has been wonderful this week to see so many parents meet with class teachers to discuss their child's learning. We have had lots of positive feedback: The majority of families have said that their child is happy at school, their child is safe at school and that the children are well behaved.

We look forward to welcoming the Nursery and Reception parents next week.

Have a wonderful weekend.



*Mrs Smith  
& Mr Hall*



## DIARY DATES

6/2/24 - Nur, Rec, Y1 Fluoride dental visit

6/2/24 - Nur/Rec Parent meetings

7/2/24 - Nur/Rec Parent meetings

12/2/24 - 17/2/24 - Half term

23/2/24 - Bow Art Workshop for Y5 & Y6

26/2/24 - Bow Art Workshop for Y3 & Y4

27/2/24 - Bow Art Workshop for Y1 & Y2

## SCHOOL NOTICE BOARD

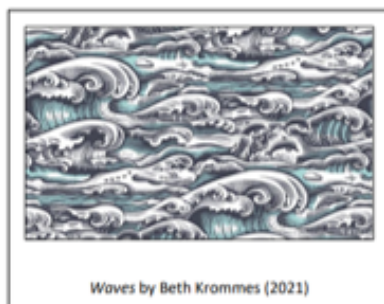
At St Pauls with St Lukes we have embraced the new CUSP curriculum in Art and design. Our curriculum intent is for pupils to learn more, do more and know more. The CUSP Art curriculum provides opportunities for our pupils to gain rich, in depth and expert knowledge of topics and key artistic skills, with a big focus on vocabulary.

The format for lessons are similar to allow for continuity and consistency: Retrieval, Vocabulary, Connect, Explain, Attempt, Apply and Challenge.

Each unit is supported by knowledge organisers which provide key artistic language and vocabulary students need to describe artworks and the process of art-making – informing both their own artistic practise and their critical thinking around key artists and artistic movements.

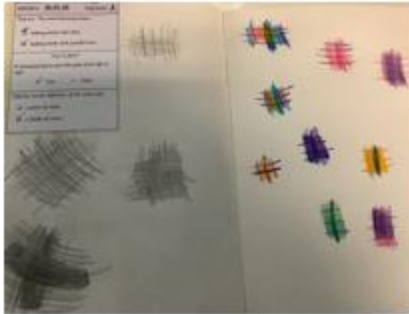
Every Art lesson begins with the knowledge notes, a recap of previous learning, followed by new vocabulary for each lesson and how the words are derived. The teacher explains the new learning and models the task, and then children have the opportunity to practise the new skills/learning with the teacher and before having the opportunity to apply the skills and knowledge learnt to an independent task. The lesson ends with reflecting on what skills they have used and learnt during that lesson and what they can do better if they were to recreate that piece of art work again. Students develop their ideas and skills in sketchbooks, using a variety of different materials and techniques every year.

The whole school have started on Block A drawing and here is an example of the Year 2, see the CUSP graphic below. We think this is great and so do the children! Here are some examples of children's learning across the school:

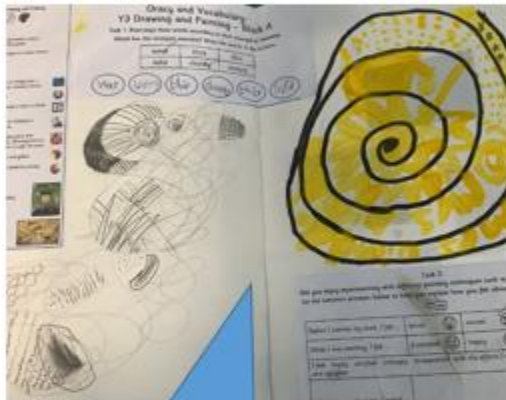


CUSP Art Long term sequence	Block A	Block B	Block C	Block D	Block E	Block F
Year 1	Drawing	Painting	Printmaking	Textiles	3D	Collage
Year 2	Drawing	Painting	Printmaking	Textiles & Collage	3D	
Year 3	Drawing & Painting	Printmaking	Textiles & Collage	3D		
Year 4	Drawing	Painting	Printmaking & Textiles	3D & Collage		
Year 5	Drawing & Painting	Printmaking	Textiles & Collage	3D		
Year 6	Drawing	Painting & Collage	Printmaking & Textiles	3D		

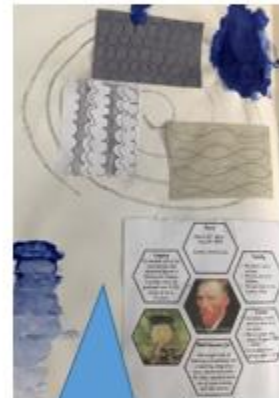
SCHOOL NOTICE BOARD



Year 1  
 "I learnt making lines up and down pressing the pencil differently."  
 Maryam



Year 3  
 "I like painting and creating new things. I can connect my learning from one lesson to the next."  
 Christabel



Year 3  
 "The way I'm learning its teaching me to get better at art because I have to follow instructions. I like how we get to do random patterns and squiggle around in our books, and make the patterns"



Year 4  
 "We used real life feathers in our lesson and did observational drawings looking at them. I think art is really fun!"



## SCHOOL NOTICE BOARD

# YOUNG VOICES CHOIR 2024



The Choir from SPSL participated in Young Voices concert. The experience was incredible! We had disco lights, world champion beat-boxers and an amazing singer. The whole of the choir sang in sync like an orchestra. Even the parents joined in! This is a once in a lifetime opportunity and very exhilarating.





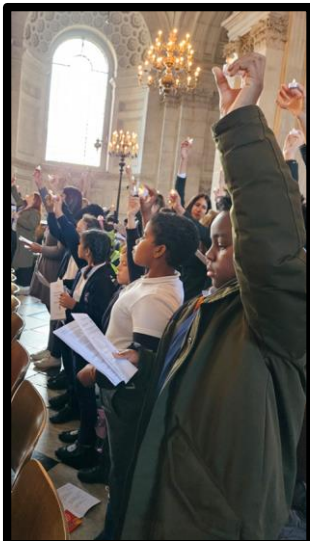
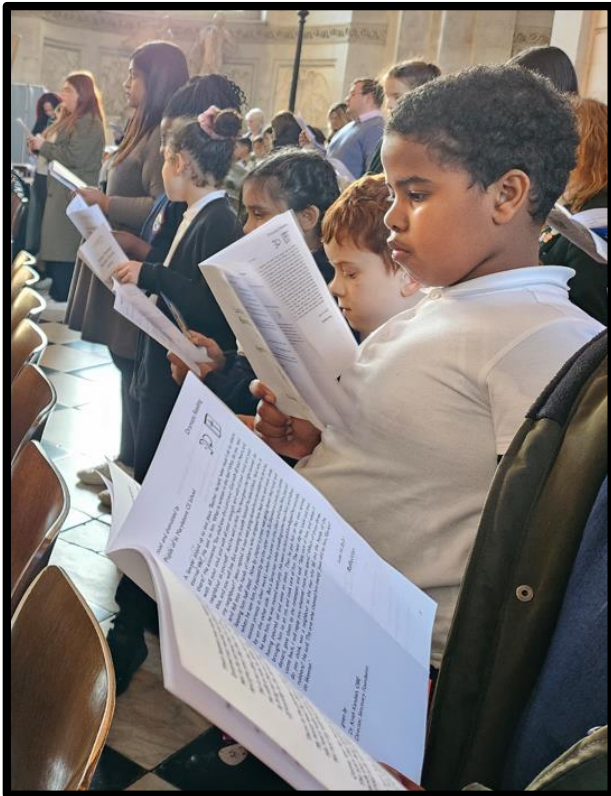
Attendance Matters



## SCHOOL NOTICE BOARD



Yesterday the Worship Leaders attended the LDBS' annual service. It was a magical experience as we joined our family of schools to listen to Bishop Rob and Sarah, sing some hymns and light our special candles.





## SCHOOL NOTICE BOARD

# ATTENDANCE MATTERS

**Our school target is 96%**  
**This week: 86%**

**1<sup>st</sup> place:**  
**Year 5 with 92%**  
**Our school target is 96%**

**Congratulations to the top classes this week!**

**Best punctuality (fewest lates)**  
**Year 2 & Year 4 – 4 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.



## SCHOOL NOTICE BOARD

### **STARS OF THE WEEK**

Reception	Amina	For trying really hard in phonics, and starting to orally blend words.
	Minh	For trying to work out sums independently during learning through play and number sentences.
Year 1	Michael	For always trying and not giving up when asked.
	Phong	For always trying and not giving up when asked.
Year 2	Isla & Jisan	For being role models.
Year 3	Ariana	For great participation in class, caring, respectful and being a great anti-bullying ambassador.
	Ehsan	For great effort notice in presentation and supporting partners in lessons.
Year 4	Sheetol	For being an exceptional learning partner.
	Tyrelle	For showing resilience and respecting adults.
Year 5	Ehsan	For contributing to his maths and being able to subtract fractions with mixed numbers.
	Jack	For always making effort in lessons.
Year 6	Drake	For active participating in French. He is responding back in French and was one of the first to complete a quiz. The French teacher was really impressed.
	Jayden	For active participating in French. He is responding back in French and was one of the first to complete a quiz. The French teacher was really impressed.
Flamingo	Safwan	For completing all LED activities and knowing his numbers.



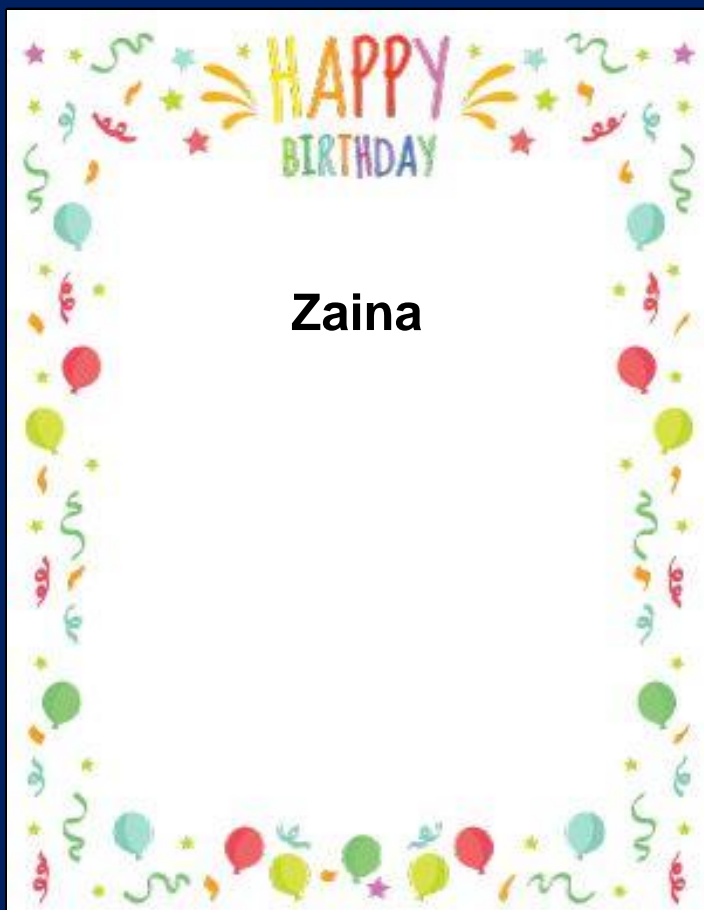
## SCHOOL NOTICE BOARD

### 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 *Parent Pay* login, please see the office. In addition, if you require help with your *Parent Pay* account, please see Madeha or Demi.**

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

SCHOOL NOTICE BOARD



Free if you have a post code starting with E3 5 or E3 2!

# FEB HALF-TERM DRAMA CLUB

Monday 12th - Friday 16th February  
9am - 1pm

For 5 to 11 year-olds



PURPLE  
MOON  
DRAMA  
BELIEVE | PRACTISE | CREATE

Eastside Community Centre  
62 Parnell Road  
Bow  
E3 2RS

Action for Bow



## SCHOOL NOTICE BOARD

### What are your plans for your children during the February half term holiday?

Looking for an affordable childcare option that keeps your kids happy and entertained and includes hot lunches?

Book our Half-Term Holiday Drama Club!

The club includes arts & crafts, fun drama games, and movement activities and is led by trained and DBS-checked facilitators.

#### Prices

Free if your postcode starts with E3 5 or E3 2 or £10 per day without

#### Free Places

We are offering free places to children who are eligible for benefits related free school meals. See our website for full eligibility details.



Action for Bow

Find out more and book at:  
[purplemoondrama.co.uk/  
dramaclubregister](https://purplemoondrama.co.uk/dramaclubregister)

PURPLE  
MOON  
DRAMA

BELIEVE | PRACTISE | CREATE

## SCHOOL NOTICE BOARD



### Bow Arts working with SPSL

This term some class will be working with artist from Bow Arts – who have been working with schools across London since 1995, inspiring children through exciting arts-based learning.

This term, during the workshops for the children will be learning how to weave using different processes.

We are asking for your donations. If you have any old material: clothes, tablecloths or bedding that you no longer need then please donate them to the school for this exciting project.





## SCHOOL NOTICE BOARD

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.



## SCHOOL NOTICE BOARD

# Meet our Bike It Crew

**Mustafa**

**Zaina**

**Omar**

**James**

**Jack**





## SCHOOL NOTICE BOARD



Menu change for 8<sup>th</sup> of February 2024

BBQ Chicken Bao Bun  
Or  
Vegetarian Chow Mein  
Served with  
Asian Apple Slaw  
Sweetcorn & Carrots

Dessert

Fresh Fruit Platter

2024

YEAR OF THE DRAGON





## SCHOOL NOTICE BOARD

Sheet 49

# Family Fun!

Creative  
Spring Arts &  
Craft

## Parts of a Flower Craft

Learn about the **Parts of a Flower** in a fun and engaging way. This craft by Natural Beach Living is a simple and colourful way for kids to diagram the roots, stem, leaf, and flower.



## Going on a safari

Go outside on an exciting adventure. Pick up a small rock or touch a plant or flower.

Notice the birds and insects, take a moment to kneel and touch the earth.

Walk mindfully and quietly paying attention to all the sounds, smells, colours around you



## Three in a line

Make a 3 x 3 grid and write different numbers from 0- 20 on it. Take turns to choose one of the numbers. What number do you need to add to it to make 20? Write the answer on a post-it and stick it over the number on the grid. The first person to get three in a line wins!

## Spring Acrostic Poem

Acrostic poems are a fantastic way to introduce your child to poetry. A great activity for all ages in 4 easy steps. 1. Write your word down vertically. 2. Think of words that describe your thoughts around Spring. 3. Put your ideas on the lines that begin with the same letter. 4. Fill in the rest of the lines to create a poem. Why not write other poems linked to Spring related words such as Leaves, Tree or Sunflower?





## SCHOOL NOTICE BOARD

**FamiliesMatter**  
Tower Hamlets Parental Engagement Team



# Parental Engagement Team



**Platform to Talk is a safe space for parents to come together, share their experiences and get reliable information. Led by experienced practitioners from the Schools and Families Team; the sessions cover a range of topical issues from family life, parenting, health and well-being, school and more.**

## Supporting Children's Mental Health

To coincide with Child Mental Health Week, this session explores ways you can talk to children about mental health. You will pick up some practical ideas on how to support your child's emotional well-being and help build their resilience.

**Tuesday 6<sup>th</sup> of February**  
**10am- 11am**  
**Zoom Link**

<https://us06web.zoom.us/j/88467574253?pwd=MDOOnU7zWZRkCsHEHTjaQqaigqUGLEU.1>

Meeting ID: 884 6757 4253  
Passcode: 5j5Amg



## SCHOOL NOTICE BOARD



**contact**  
For families  
with disabled children

### UNDERSTANDING AUTISM FOR DADS

Would you like to learn more about autism and how it affects your child?

Come along to our FREE workshop, run by Autism Central, a Peer Educator programme supporting parents, carers and PA's of autistic people across London

**What is autism | Sensory differences  
Stress and anxiety | Masking, and more!**

**Saturday 3 February 10 am - 12 pm**

Ocean Children and Family Centre (in the park), Whitehorse Road, London E1 0ND

All our workshops are delivered by people with lived experience of autism



Autism  
Central

**contact**  
For families  
with disabled children



Ambitious  
about Autism



Scan me to  
find out more





## SCHOOL NOTICE BOARD

**"ARE YOU OVER 65? and HAVE YOU HAD  
YOUR BOOSTER VACCINE? IF NOT, come to  
our  
VACCINE POP-UP CLINIC**

**DATE: Saturday, 27<sup>th</sup> January 2024**

**TIME: 1.00 pm – 6.00 pm**

**VENUE: Greenlight Youth Club, 223 Bow  
Road London E3 2SJ**

Free Refreshments available

**YOU MAY STILL BE ELIGIBLE FOR A  
BOOSTER VACCINE IF YOU ARE IN THE  
FOLLOWING CATEGORY BELOW**

**PERSONS AGED 12 -  
64 YEARS WHO  
LIVE WITH PEOPLE  
WITH UNDERLYING  
MEDICAL  
CONDITIONS**

**PERSONS AGED 16 -  
64 YEARS WHO ARE  
CARERS**

**FRONTLINE HEALTH &  
SOCIAL CARE  
WORKERS**

GET YOUR COVID & FLU VACCINE BOOSTER TO OBTAIN THE  
TOP UP YOU NEED TO PROTECT YOU FROM THE VIRUS

NAC Resource Centre in collaboration with Shantys Pharmacy welcomes you to  
our Covid & Flu Winter Vaccine Booster Campaign for black Caribbean residents in Tower Hamlets

Free Refreshments available



## SCHOOL NOTICE BOARD

# 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](https://nspcc.org.uk/gamesafe/tickets)**

## SCHOOL NOTICE BOARD



### 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 23<sup>rd</sup> January 2024.

#### Scheme dates

Monday 12<sup>th</sup> to Friday 16<sup>th</sup> February 2024 (5 days).

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

Booking closing date: 6<sup>th</sup> 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](http://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

Bookings now open

Ages **3-13** years old

The Tower Hamlets Childcare Scheme offers Ofsted registered childcare.  
**020 7364 0523**  
[www.towerhamlets.gov.uk/hcs](http://www.towerhamlets.gov.uk/hcs)

February scheme 2024  
12-16 Feb  
(1 week)



## SCHOOL NOTICE BOARD

# 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

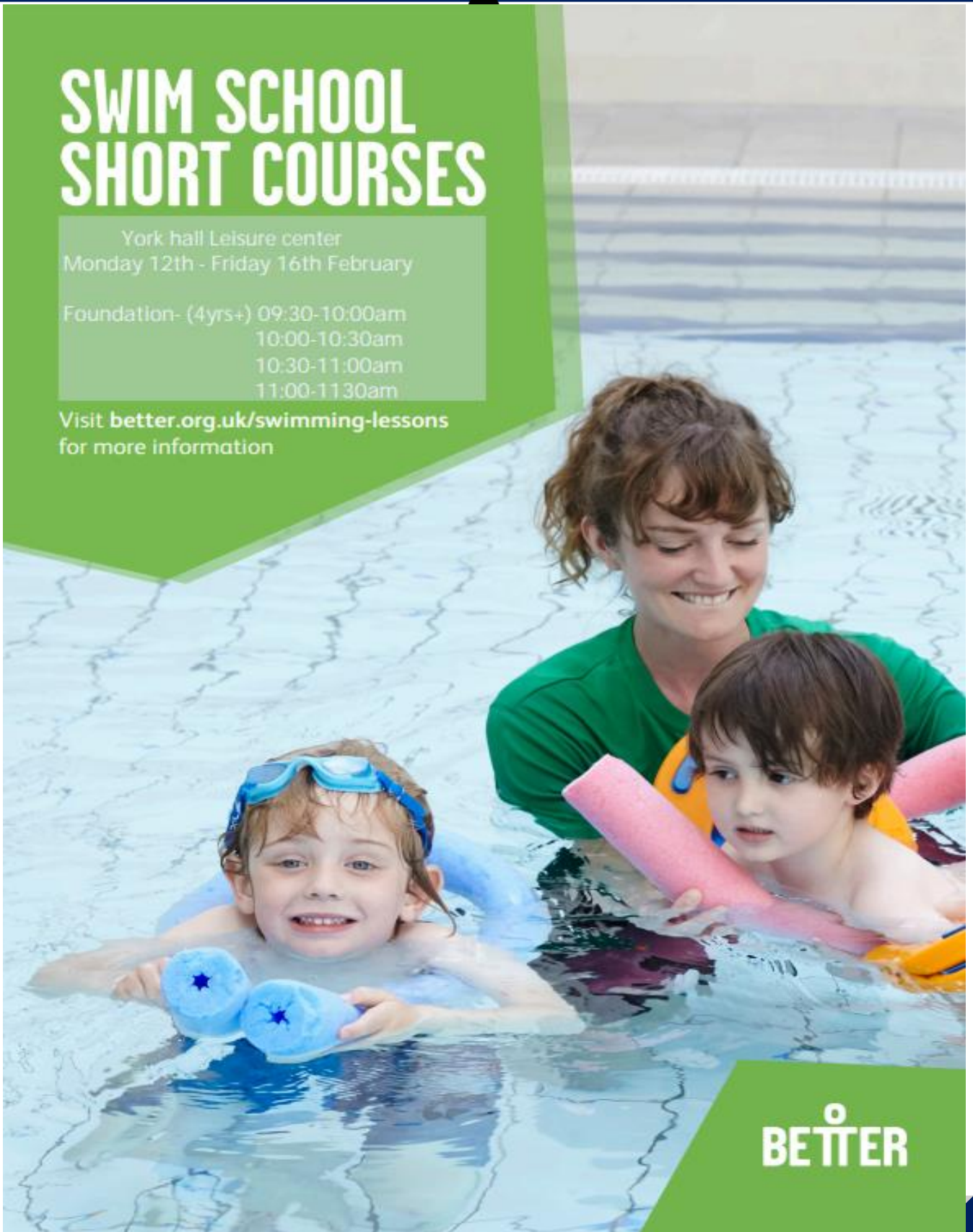
## SCHOOL NOTICE BOARD

# 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](https://better.org.uk/swimming-lessons)  
for more information



**BETTER**

## SCHOOL NOTICE BOARD

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.**

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





## SCHOOL NOTICE BOARD





## SCHOOL NOTICE BOARD



**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](http://www.londonyoungcounselling.com)

[schools@londonyoungcounselling.com](mailto:schools@londonyoungcounselling.com)



**London Young Counselling LTD**  
School Counselling Service

## SCHOOL NOTICE BOARD



**We invite you to a Coffee Morning hosted by Adam from Sustrans on 1<sup>st</sup> of March at 8:45am.**



The programme aims to increase levels of cycling to school through tailored assistance and activities to meet each schools needs and create a pro-cycling culture. Bike It Officers (BIOs) work with pupils, staff, parents and the wider community to achieve.

Bike It Plus is funded by Transport for London and your Local Authority and delivered by Sustrans in partnership with your Local Authority.



**sustrans**  
JOIN THE MOVEMENT

