



## **NEWSLETTER**

Week ending 8<sup>th</sup> March 2024



## NEWSLETTER W/E 8<sup>th</sup> March 2024

Dear Families,

A wonderful week where we celebrate stories, health and connections... A healthy body supports a healthy mind, thank you to THEWS for the support in delivering anxiety workshops for our children and a coffee morning for our parents, please do come next week.

A huge thank you to parents who were able to attend the federation consultation meeting this week. Most questions are answerable in the 'frequently asked questions' document. We responded to questions, and we have captured some for you.

*How does provision for children with special educational needs and disabilities change?*

*We have strengthened our provision by working with another school to share expertise so although the day-to-day may not change for the majority, the offer has been extended with an autism specialist class and team.*

*Would the school offer flexi-schooling?*

*Both schools do not offer flexi-schooling, schools usually do not and we do not and would not necessarily under a federation.*

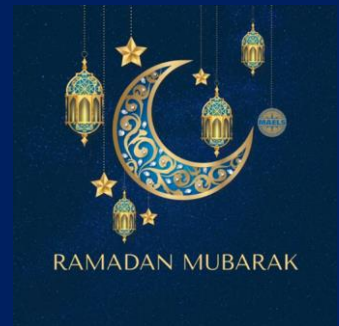
*Does provision for the highly academically able change?*

*Both schools offer challenges through tutoring to older pupils but not younger ones in preparation for secondary school. Individual and group challenges are set as part of adaptive teaching.*

*We hope this is helpful, if you do have any questions or feedback, please use the feedback form to share with our clerk to Governors, Tracey Lee.*

Have a lovely weekend!

*Mrs Smith  
& Mr Hall*



## DIARY DATES

- 06/03/24–13/03/24: Travelling book fair
- 11/03/24–22/03/24: Big Walk Challenge
- 15/03/24: Year 3's Collective Worship
- 22/03/24: Year 2's Collective Worship
- 19/04/24: Year 1's Collective Worship

26/04/24: Pollination/fruit session for Y1 & Y2



## SCHOOL NOTICE BOARD

### **A Vision for Excellence and Unity**

Do have a read of our exciting federation proposal that seeks to unite two loved Church of England primary schools under a shared governance structure, fostering a collaborative environment where best practices, resources, and expertise are seamlessly integrated. This initiative is designed to uphold the unique ethos and values of each school while leveraging their collective strengths to deliver an enriched educational experience.

Please read our consultation document on the link below and complete the form, or speak with a senior leader.

We look forward to our next step in our school's journey

Fanoula Smith, Executive Headteacher.

[Proposal to federate St Paul with St Luke's and St Saviour's Primary Schools](#)  
[Feedback Form](#)



## SCHOOL NOTICE BOARD

# ATTENDANCE MATTERS

**Our school target is 96%**  
**This week: 91%**

**1<sup>st</sup> place: Year 1 with 99%**  
**Our school target is 96%**

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

**Best punctuality (fewest lates)**  
**Year 4 and 5 – 3 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	Isaiah Tawseef	For amazing and creative ideas across all area of his learning. For learning all 17 sets of his HFW (100 words).
Year 1	Armaan Areeba	For using his counting skills to problem solve mathematical questions. For using her counting skills to problem solve mathematical questions.
Year 2	Jisan Alexia	For always contributing towards whole class discussions. For being really focused on her assessments.
Year 3	Eman Damilee	For positive attitude towards his learning. For participating in collective worship
Year 4	Aliyaa Samuel	For showing great work ethic in the classroom. For helping his friends in class with tasks to help boost their confidence.
Year 5	Habibah Ava-Louise	For being incredibly helpful in class. For her contribution to class discussions during Science and History.
Year 6	Jessica Drake	For making huge progress in Maths. For his effort and enthusiasm in Science.
Flamingo	Maria	For settling into the class well.



## 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.



**Tamjid - Nursery**  
**Ahmed - Year 2**  
**Kine - Nursery**  
**Habibah - Year 5**

### 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

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



### St Paul with St Luke CofE Primary School

Leopold Street, London E3 4LA

Tel: 0207 987 4624

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

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

Twitter: @stpaulstluka

<https://www.facebook.com/spslschool>

Executive Headteacher: Fanoula Smith

Executive Head of School: Tomas Hall

Friday 8<sup>th</sup> March 2024

Dear Parents / Carers,

RE: Fasting in year 5 and 6

The Islamic holy month of Ramadan is approaching soon. It is most well-known for fasting, which means not eating or drinking during the daylight hours, but it is also a time where Muslim families come together in their faith and remember those around the world and at home who are less fortunate than themselves. Ramadan is special in a similar way to Lent so people can show their commitment to God, develop their kindness, forgiveness and love, avoiding harsh words, and poor behaviour. In addition to having empathy, donating to charitable causes and sharing food once fasting is over. For school, we enable a deepening of faith and additional prayers, through the provision of a prayer club for all pupils in KS2. It is an important time for families, and children often like to take part in the fast.

There are many ways in which families choose to support their children joining in while making sure that they are healthy and alert for school and their learning. Some ideas that families have shared with me are:

- Fasting by taking their evening meal after dusk while still having breakfast and lunch.
- Fasting for one or two days of the weekend, when the children can be relaxed and are able to sleep and be calm.
- Giving up some foods that are more pleasurable while still drinking water and eating food that keeps the children well.
- Families tell me that these ideas help prepare the children for fasting when they're old enough and allow them to feel a part of this special time.

There are a small number of parents who occasionally wish their children to fast during the month. For this to happen in school, a parent must speak to someone senior at the school so that we can discuss how we'll look after your child during the day.

We would like to take this opportunity to wish our Muslim families all the best for the month of Ramadan.

Mr Tomas Hall

Head of School



SCHOOL NOTICE BOARD

WORLD BOOK DAY WORLD BOOK DAY WORLD BOOK DAY WORLD BOOK DAY WORLD BOOK DAY



Students and staff at SPSL decorated their classroom doors as wonderful book covers!

We thoroughly enjoyed our World Book Day Collective Worship, featuring a quiz, costume parade and prize giving!

The whole school had an amazing day celebrating!



## SCHOOL NOTICE BOARD



**This week our boys' football team, represented the school at the Tower Hamlets' Years 5/6 tournament. The boys played fantastically well and narrowly missed out on making it through to the quarter finals after winning 3 of their 4 matches. Well done boys!**



## SCHOOL NOTICE BOARD

*Year 1 students were invited to be a part of a Tree Planting project. The students learnt about how to plant trees and why urban greening is so important to the local area.*

*We named the tree after our class, Owl Tree.*



SCHOOL NOTICE BOARD

# Big Walk Challenge

## 11th - 22nd March 2024



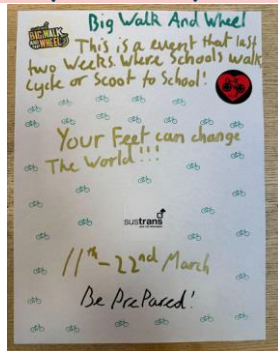
Sustrans 'Big Walk' is the UK's largest walking, wheeling, scooting and cycling challenge. It inspires students to make active journeys to school, improve air quality, improve health and discover how these changes benefit their world.



*Our Bike It Crew: Mustafa, James, Omar, Jack and Zaina have made lovely posters.*

Classes who walk, use their bike or scooter to school between the 11th-22nd of March will receive points and may win a prize!

The Big Walk Challenge is an exciting competition for our school to compete with other schools across the UK for the most walking and cycling journeys. There are prize draws for equipment for the school too.





## SCHOOL NOTICE BOARD



**RED  
NOSE  
DAY**

*Non uniform for  
all students*

*Wear your red nose  
Wear red clothing*

**RED NOSE DAY  
15th OF MARCH  
2024**



*Red Nose Day is about coming  
together to end child poverty,  
one nose at a time.*



## SCHOOL NOTICE BOARD

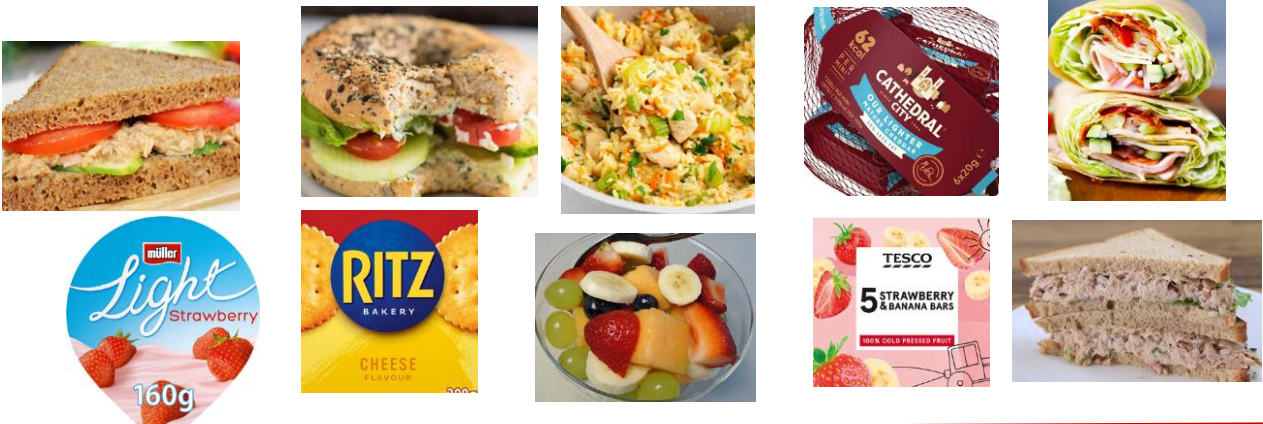
# School packed lunch – make healthy choices

Lunch is an important meal for children as it provides energy and nutrients to keep them going throughout the afternoon.

The key to a healthy packed lunch is to have variety and getting the right balance of foods to provide children with all of the nutrients and to make eating lunch enjoyable.

We understand that sometimes packing lunch for your child can be difficult especially if they have food intolerances or if they have special needs. Please see the links below for ideas and tips for school pack lunch: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://getgoally.com/blog/healthy-school-lunch-ideas-for-autistic-kids/>



As we are a healthy school, we do not allow or encourage foods such as: chocolate, crisps, fizzy drinks, biscuits, sweets or cakes.





## 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**  
Tower Hamlets