



NEWSLETTER

Week ending 22nd March 2024



NEWSLETTER W/E 22nd March 2024

Dear Families,

School is even more of a joy in spring when we can enjoy the outdoors more! In trying to do so the children have been enjoying the flowers, plants and wildlife growing and in our garden areas.



Given that 'Holy' week is fast approaching, our children and staff have been making banners and practicing hymns in preparation for our Easter service at St Paul's Bow Common on Wednesday 27th March.

We know this and many more wonders will be built upon next week when as a part of 'Science Week' we will have a series of special theatre performance and workshops from the Royal Institute of Science on Exploding Food! Whatever you do this weekend, may you be safe and happy.

Have a lovely weekend!

*Mrs Smith
& Mr Hall*



Last day of Term
Thursday 28th March
Children finish at 1.30pm



DIARY DATES

11/03/24–22/03/24: Big Walk Challenge
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: 89%

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

1st place: Year 6 - 98%
Congratulations to the top class this week!

Best punctuality (fewest lates): Year 1 - 2 lates

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

You must call the school office before 9am to report you child's absence or if they will be late coming to school.



Failure to report your child's absence would result in them getting an authorised absence mark on the register.

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 fined or prosecuted for non-attendance offences.





SCHOOL NOTICE BOARD

<i>Year</i>	<i>Name</i>	 STARS OF THE WEEK 
Nursery	Saiha Astou	For writing independently. For communicating well with her peers.
Rec	Hannah Jasai	For creative innovative story plan and writing a fantastic opening to her story independently. For showing resilience and not giving up when finds work challenging.
Year 1	Maria Ehsan	For working well with her partner in our Science lesson. For forming his letters correctly.
Year 2	Mikaela Dana	For following classroom rules and listening to adults. For being an independent learner and getting on with her work.
Year 3	Ryel Anaya	For his great work in class. For being a kind friend to others.
Year 4	Zairah Jannath	For trying her best in all the subjects across the curriculum. For using metaphors and personification in her Literacy work.
Year 5	Ehsan Humaira	For becoming more independent in his learning and giving everything his best shot. For being really helpful in class and always contributing to class discussions.
Year 6	Phylida Mubarak	For following the school value of "Taking responsibility" For making extra effort in booster sessions.
Flamingo	Michael	For perfecting his fine motoring skills.



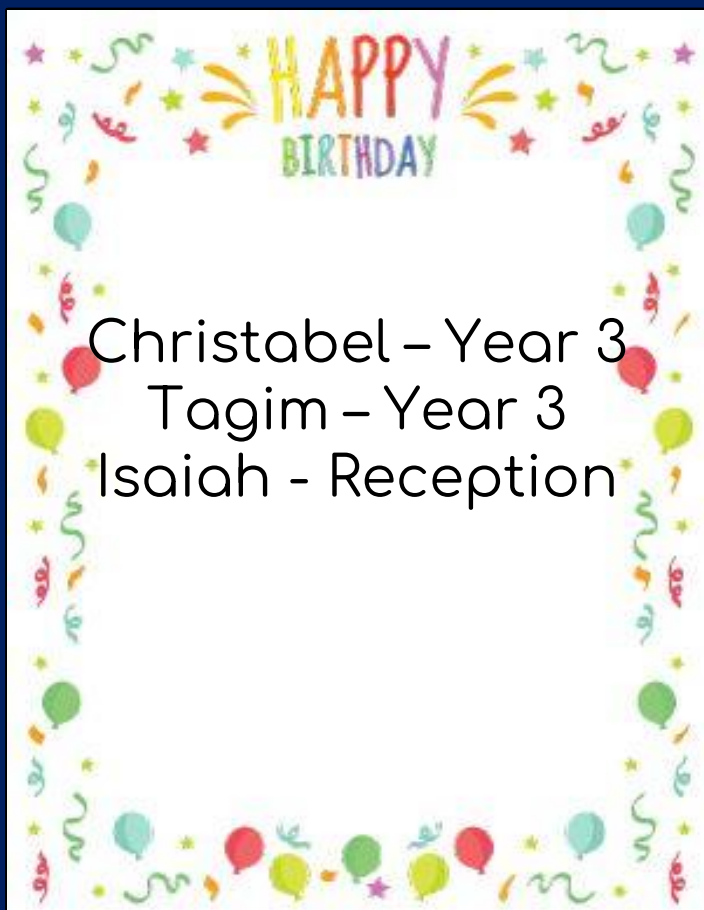
SCHOOL NOTICE BOARD

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.



The food bank will now run on Fridays. It will start at 3pm. Please be mindful of other parent/carers.



SCHOOL NOTICE BOARD

CLUB INFORMATION

After school clubs, boosters and stay & play will be running up to and including the last week of term (25/03/2024 - 28/03/2024).

Fencing club (KS1 & KS2) last session will be next week.

Last sessions for each club:

Arabic: 25/03/2024

Fencing (KS2): 19/03/2024

Cooking: 26/03/2024

Film: 26/03/2024

Lego: 27/03/2024

Art: 27/03/2024

Choir: 27/03/2024

Fencing (KS1): 22/03/2024

Stay & Play session: 27/03/2024

There will be no clubs, boosters and stay & play running on the last day of term (28/03/2024) as school finishes at 1:30pm.

Clubs, boosters and stay & play will return on the first week back to school after Easter holidays.

We have sent out sign-up forms and club allocation will be confirmed via Parent Pay on Monday 25/03/2024. Payments will be treated as permission for your child to join allocated club.

All payments must be made via Parent Pay.



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

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.

Platform to Talk- Revise

Wise Join this inspiring Platform to Talk session to explore ways you can support your child develop good learning habits like revision. Based on the very latest research, you'll discover the most effective revision methods so that students can perform at their very best during exams!

Wednesday 27 March
10am- 11am

Link

<https://us06web.zoom.us/j/84849697511?pwd=CZ1YrnAGtFSoaj47jWQs06ZAB1YsCC.1>

SCHOOL NOTICE BOARD

Sheet number 51

Family Fun!

Ideas to support learning, play and well-being.

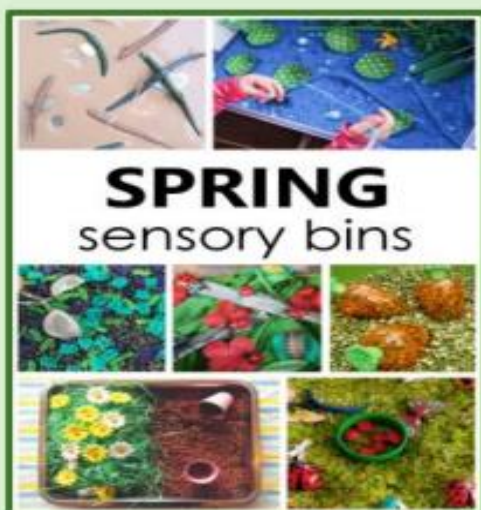


World Poetry Day

The United Nations Educational, Scientific, and Cultural Organization (UNESCO) established World Poetry Day in 1999. Its purpose is to celebrate poetry worldwide, preserve endangered languages, and encourage poetic expression. Poets, both past and present, are honoured, and oral traditions of reciting poetry are revived. Reading, writing, and teaching poetry are encouraged, often converging with other forms of artistic expression like music, dance, and painting.

Key messages for World Water Day 2024

- **Water can create peace or spark conflict.** When water is scarce or polluted, or when people struggle for access, tensions can rise. By cooperating on water, we can balance everyone's water needs and help stabilize the world.
- **Prosperity and peace rely on water.** As nations manage climate change, mass migration and political unrest, they must put water cooperation at the heart of their plans.
- **Water can lead us out of crisis.** We can foster harmony between communities and countries by uniting around the fair and sustainable use of water – from United Nations conventions at the international level, to actions at the local level.



Now that Spring has finally sprung why not try out some sensory spring activities.

Counting Caterpillars sensory bin

Flower Soup: Mix water and flowers in a large container and let the kids explore the colours and textures.

Spring Flower Sensory Bottle: Fill a clear bottle with water, glitter, and artificial flowers and shake it to create a garden in a bottle.

Insect Sensory Bin: Fill a bin with soil, leaves, and plastic insects and let the kids dig and discover the bugs.

Spring Sensory Ice Ornaments: Freeze water, food colouring, and flowers in ice cube trays and hang them outside.

SCHOOL NOTICE BOARD

We're supporting



National
Autistic
Society

World Autism
Acceptance Week
2 - 8 April 2024

World Autism Acceptance Week

Autism is a spectrum condition and affects people in different ways. Like all people, autistic people have their own strengths and weaknesses.

Statistics

Below are some statistics illustrating the prevalence of autism and how education needs are being served.

700,000

There are 700,000 autistic people in the UK – that's more than 1 in 100. If you include their families, autism is a part of daily life for 2.8 million people.[1]

1
100

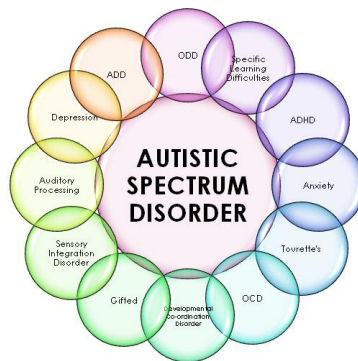


30%

Just 30% of autistic adults in the UK are in any form of paid employment.[2] This is amongst the lowest rates of employment for people with additional needs or disabilities.

3x

Autism is 3 times more prevalent in boys than girls.[3] Signs of autism in girls can present themselves differently and as a result can be misdiagnosed or missed leading to more boys getting a diagnosis.



SCHOOL NOTICE BOARD



FREE TO JOIN

Women's Aerobics Sessions

4 Sessions taking place in the
Bromley by Bow Centre
main hall 12pm - 1pm

7th March
14th March
28th March
4th April

No booking required just turn up on
the day to register





SCHOOL NOTICE BOARD



Community Sports Club Tower Hamlets

For D/deaf, disabled and neurodivergent young people aged 10 to 17

MONTHLY SESSIONS
FIRST SUNDAY OF EACH MONTH
11:00am - 12:00pm



ENQUIRE NOW!



Make Friends



Inclusive Games



Enjoyable Activities

Register Today!

Whitechapel Sports Centre, 55 Durward Street, London, E1 5BA

☎ 0208 191 8507 ☎ 07375 594 559

✉ info@pulsesocial.co.uk



www.pulsesocial.co.uk

SCHOOL NOTICE BOARD



FREE

Support and Wellness hub

A safe health and wellbeing space
for **women and children**



Free essential items
Referrals – health, legal, housing etc.
Wellbeing sessions
Educational workshops
Children's play and learn sessions
General support

Date: Sunday 24th of March 2024

Time: 11:30 to 15:30

**Location: Brady Arts & Community
Center, 192-196 Hanbury Street
Whitechapel E1 5HU**



Scan to RSVP

SCHOOL NOTICE BOARD



The Vavengers is a female-led organisation supporting women and children. We stand against all forms of violence against women and girls.

We provide support and wellness spaces for women across London. These spaces welcome women and children to learn, build new connections with one another and receive essential support items such as period products and food.

Children can take part in play and learn sessions with childcare experts. Our referral programme connects women to other charitable services and local authorities, offering support with housing, food, immigration, education healthcare and child support.

Attendance is free, open to all and can remain anonymous.

More dates:
www.thevavengers.co.uk

Get in touch:
info@thevavengers.co.uk
[@thevavengers](https://www.instagram.com/thevavengers)

THE VAVENGERS

SCHOOL NOTICE BOARD

Understanding your thoughts about children's vaccines in Tower Hamlets

General information

We are the Royal Society for Public Health (RSPH) and we help people lead healthier lives. One of the things we do is to ask people what they think about vaccines. We have already spoken to children and teenagers about their thoughts about vaccines. Now we want to speak to their families and people who or work with them.

We need your help

If you are a parent or someone who supports or works with children or teenagers, what you have to say matters to us. Below you will find 3 different set of questions. Click on the link or use the QR Code to open the set that is relevant to you.



Will you offer vaccines or health advice?

No. We only want to hear what you have to say, learn from your experiences and listen to your suggestions. We will not offer vaccines or health advice.

Will my participation be anonymous?

Yes. We will not collect personal details such as your name, or address. It will be important to know how you support children and young people, that is why we ask about your relationship with the child. But that is all. No one will know who you are or what you said.



Questions for parents, carers and families

If you are a parent or carer, please use this link or this QR code to access the set of questions.

[Click here](#)

Questions for health and care professionals

If you are a health and care professional, please use this link or this QR code to access the set of questions.

[Click here](#)



Questions for people working in the educational and volunteering sectors

If you work with education or volunteer in Tower Hamlets, please use this link or this QR code to access the set of questions.

[Click here](#)

Have you got anything you would like to ask? Feel free to contact us by email
policy@rsph.org.uk

SCHOOL NOTICE BOARD



SKC
Sammy Kids Camp

Easter
CAMP

AGE 5+

George Downing Estate, Cazenove Road, N16 6BE

£40 PER CHILD


2ND- 5TH APRIL

8TH -12TH APRIL

NINJA WARRIOR
LASER TAG
GO APE
JUNIOR PAINTBALL
FUN FAIR
BABYLON THEME PARK
GO KARTING



sammykidscamp.magicbooking.co.uk
sammykidscamp@gmail.com
[@sammykidscamp](https://www.instagram.com/sammykidscamp)
07931259836


SCHOOL NOTICE BOARD



SCHEDULE



2ND-5TH APRIL

	2nd April	3rd April	4th April	5th April
8.30-9.30	Welcome / Camp Agreement /Snack Time (NO NUTS)			
9.30-10.30	 >>>>> ON OUR WAY TO HAVE FUN!			
10.30-12.30	Laser Tag (7+) + E6 Flip Out	Go Ape + Kidzmania	Babylon Theme Park	KB02 + Cinema
12.30-1.00	LUNCH TIME (NO NUTS)			
1.00-4.00	Swimming + Multi-sport + Arts & Crafts - SNACK TIME (NO NUTS)			
4.00-4.30	BACK TO THE BOILER HOUSE WE GO !! <<<<<< 			
4.30-5.30	Stop the bus/collection	Free play/collection	Dodgeball/collection	Talent show/collection



SCHEDULE

8TH-12TH APRIL

	8th April	9th April	10th April	11th April	12th April
8.30-9.30	Welcome / Camp Agreement /Snack Time (NO NUTS)				
9.30-10.30	 >>>>> ON OUR WAY TO HAVE FUN!				
10.30-12.30	Roller Skating + Bowling	Junior Paintball (8+) + Enfield Jump In	Top Golf + Go Karting (8+)	Ninja Warrior	Fun Fair
12.30-1.00	LUNCH TIME (NO NUTS)				
1.00-4.00	Swimming + Multi-sport + Arts & Crafts - SNACK TIME (NO NUTS)				
4.00-4.30	BACK TO THE BOILER HOUSE WE GO !! <<<<<< 				
4.30-5.30	Camouflage /Collection	Talent show/collection	Stop the bus/collection	Dodgeball/collection	Free play/collection

SCHOOL NOTICE BOARD

Family Events

Easter activities in the parks

Sat 31 Mar 18 - Fri 13 Apr 18

FREE

Time

Times vary

Venue

multiple venues

Egg hunts, arts and crafts, and games are some of the activities we are hosting to keep kids entertained this Easter holiday.

31 March - Easter Eggstravaganza

Victoria Park

12 noon until 3pm Take Part in our Easter Egg Hunt, take a selfie with the Easter Bunny or make an Easter Bonnet in our arts and crafts corner. Join our

community park rangers for Easter fun for the whole family! No need to book. Email victoriapark@towerhamlets.gov.uk for more information. Meet at the Hub building



1 April - Easter Egg Hunt and Easter arts and crafts

Mile End Park

Join our community park rangers for Easter egg hunts and host of fun activities for the whole family! No need to book. Email mileendpark@towerhamlets.gov.uk for more information. The event is taking place at the Mile End play pavilion Locksley street E14 7EJ

April 11 – Urban Wheelers Jam

Victoria Park, 11am – 3pm

A fun filled day where you can try out your skating and BMX skills at our fantastic skate park. A wheely great day! Coaching sessions will take place during the day. This event is for ages 7-16 only. No need to book in advance. Book a coaching session on arrival - first come first served. Contact victoriapark@towerhamlets.gov.uk for more info. Meet at the Wheel Park.

13 April – Arts & Crafts drop-in day

King Edward Memorial Park

Come and join in a drop in arts and crafts workshops from 1pm – 3pm on the bowling green. For more information kemp@towerhamlets.gov.uk

Please find below the link to access the page above:

<https://www.towerhamletsarts.org.uk/?cid=66596&guide=events>

SCHOOL NOTICE BOARD



Easter Scavenger Hunt and Arts & Crafts Activity - Victoria Park

Location

Victoria Park Hub Building (East Park)

Category

Ages 5-12, Babies and toddlers, Community events, Easter, Family and children, Free to attend, Half-term, Holiday Activities and Food (HAF), Parks, SPA, Victoria Park, Young people

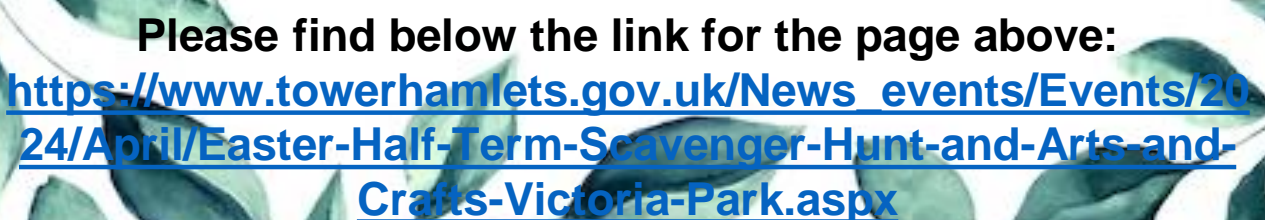
Date(s)

Thursday 11th April 2024 (11:00-14:00)

Come along and join us, the Parks & Open Spaces team for a free Scavenger Hunt and Arts & Crafts Activity in Victoria Park.

Suitable for ages 0 - 15. All children must be accompanied by an adult. Free session, no booking is required.

For more information contact victoriapark@towerhamlets.gov.uk



Please find below the link for the page above:
https://www.towerhamlets.gov.uk/News_events/Events/2024/April/Easter-Half-Term-Scavenger-Hunt-and-Arts-and-Crafts-Victoria-Park.aspx

SCHOOL NOTICE BOARD

Children & young people - Youth arts | Park Events | Workshops & activities

Easter Holiday Activities at Tower Hamlets Cemetery Park

Selected dates between

Tue 29 Mar 16 - Wed 6 Apr 16

Venue [Tower Hamlets Cemetery Park](#)

Address Soanes Centre, Bow, E3 4PX

Web www.fothcp.org

Forest School Holiday Club
29 March, 31 March, 1 April
Ages 6+

Join us for Forest School at Tower Hamlets Cemetery Park. We'll be making fires, cooking marshmallows, building dens and learning how to whittle wood. We'll also be doing wild arts and crafts, pond dipping, bug hunts, team games and exploring the park... Plus much, much more!

£30 per session or £85 for all three sessions. For more information and bookings please visit www.fothcp.org or call 0208 983 1277 to book.

Egg-cellent Eggs

Wednesday 30 March

10.30am - 12pm

Eggs come in all shapes and sizes. Join us to learn about the different animals that lay eggs and then make your own giant egg using foraged materials.

£3 per child | Booking essential | 5+ (younger siblings free)

Please email tess.pettinger@fothcp.org to book your child's place.

Amazing Amphibians

Wednesday 6 April

10.30am - 12pm

Join us for a morning of pond dipping and amphibian themed arts and crafts. Can you find our resident newts?

£3 per child | Booking essential | 5+ (younger siblings free)

Please email tess.pettinger@fothcp.org to book your child's place.

For more information please visit: www.fothcp.org

If these are your details and you would like to update them please [send an email to the Arts & Events team](#)

Please find below the link for the page above:

<https://www.towerhamletsarts.org.uk/?cid=59673&guide=events>

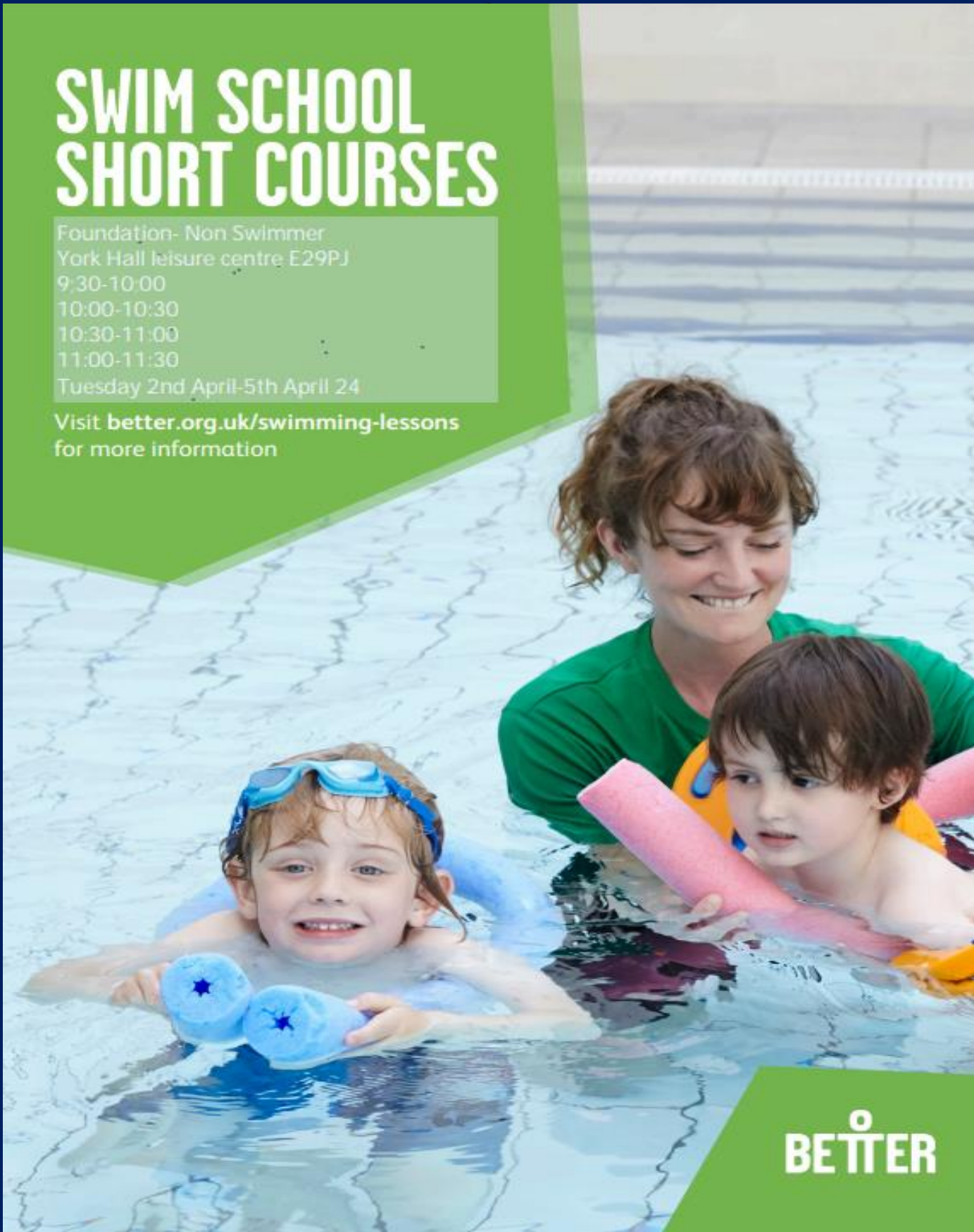


SCHOOL NOTICE BOARD

SWIM SCHOOL SHORT COURSES

Foundation- Non Swimmer
York Hall leisure centre E29PJ
9:30-10:00
10:00-10:30
10:30-11:00
11:00-11:30
Tuesday 2nd April-5th April 24

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



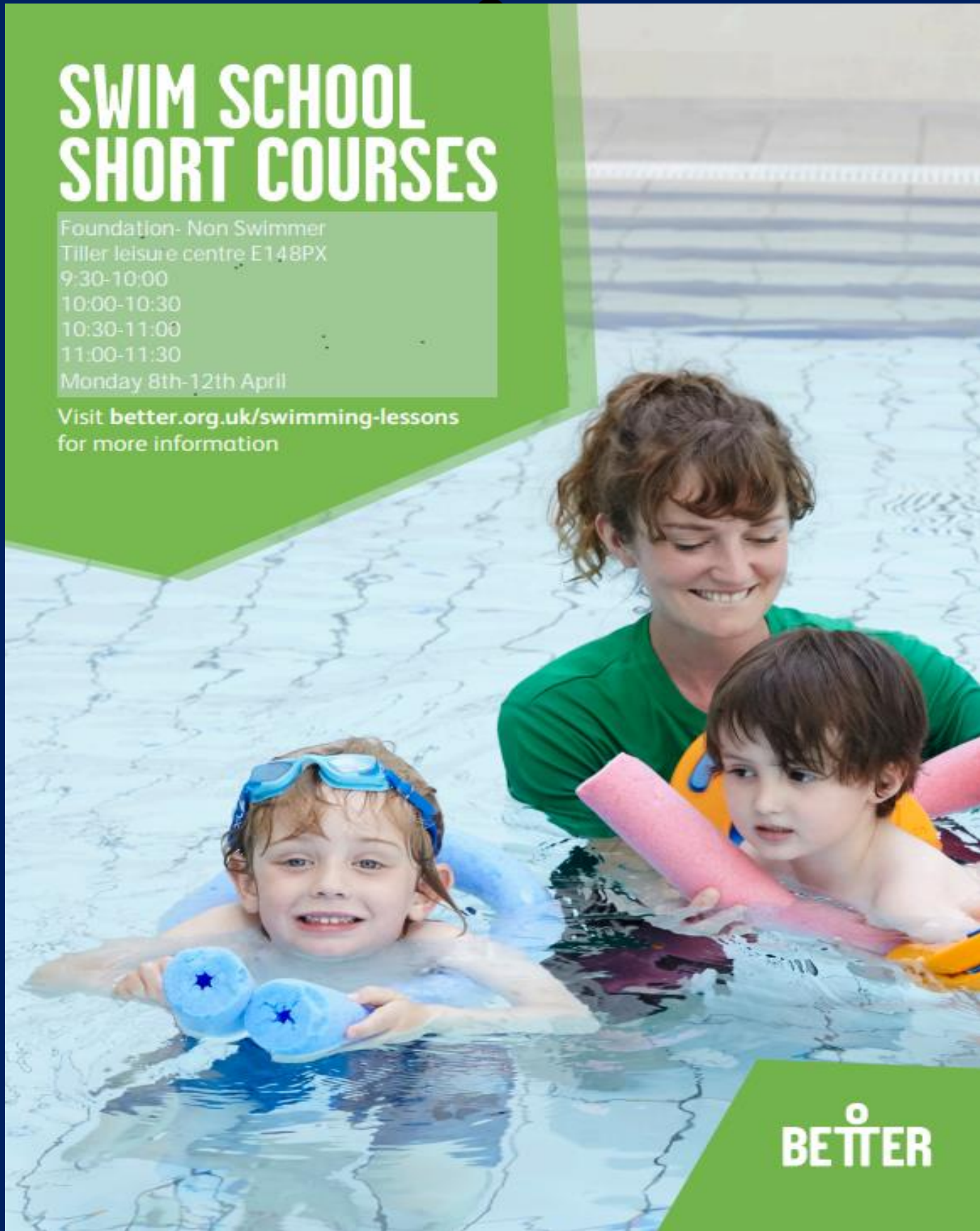
BETTER

SCHOOL NOTICE BOARD

SWIM SCHOOL SHORT COURSES

Foundation- Non Swimmer
Tiller leisure centre E148PX
9:30-10:00
10:00-10:30
10:30-11:00
11:00-11:30
Monday 8th-12th April

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





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



SCHOOL NOTICE BOARD



Eid Mubarak

Thursday, 18 April 2024

**Lamb Curry
or
Vegetable Samosa & Spring Roll**

**with
Pilau Rice**

**Carrots & Sweetcorn
Chef's House Salad & Coleslaw**

**Followed By
Chocolate Rice Krispies**

Fantastic **FOOD IN SCHOOLS**