



## NEWSLETTER W/E 13th September 2024

Dear families,

This week the children have continued to settled back into their learning, I have really enjoyed walking into classrooms and listening to different lessons - I think my favourite at the moment has been the French lessons!

Today we had a visit from our local police team. They spoke with all of the children during collective worship, talking about some of their roles and how they support our community. They then presented workshops to Years 4, 5 & 6 to continue the work that they did in the summer term where they were learning about 'Hate Crime' and what the children need to do to keep themselves safe.

William Bruce who is the Artistic Director of Choral Partnerships at St Paul's Cathedral joined us this morning and It is lovely to hear the children sing!

Wishing you all a wonderful weekend, and looking forward to seeing you all on Monday,

*Mrs Smith  
& Mr Hall*



## DIARY DATES

**18/09/2024:** : Lunchtime concert for school council members at Clifford Chance to listen to BBC Young Musician Finalists.

**19/09/2024:** First round of Influenza vaccination

**20/09/2024:** Jeans for Genes Day! Wear Jeans and the rest uniform and give us donations for genetic conditions from autism to cerebral palsy.

**20/09/2024:** Year 6 going to the Shadwell Fire Station.

**30/09/2024:** Diabetes screening coffee morning at 9am.

**24/10/2024:** : Second round Influenza vaccination.

**28/10/2024 - 01/11/2024:** October half term.

**11/11/2024-15/11/2024:** Anti-bullying week.

**04/12/2024-11/12/2024:** Travelling Book Fair, browse and buy books.

## SCHOOL NOTICE BOARD

<b>95%</b>	<b>=</b>	<b>47 LESSONS MISSED EACH YEAR</b> <b>8 days in total or 1 week and 3 days</b>
<b>90%</b>	<b>=</b>	<b>95 LESSONS MISSED EACH YEAR</b> <b>16 days in total or 3 weeks and 1 day</b>
<b>85%</b>	<b>=</b>	<b>142 LESSONS MISSED EACH YEAR</b> <b>24 days in total or 4 weeks and 4 days</b>
<b>80%</b>	<b>=</b>	<b>190 LESSONS MISSED EACH YEAR</b> <b>32 days in total or 6 weeks and 2 days</b>

## ATTENDANCE MATTERS

**WHAT DO YOUR  
ATTENDANCE  
FIGURES  
ACTUALLY MEAN?**

**BE SMART BE THERE!**

Percentages based on 190 academic days

**Our school target is  
96%!  
Come on everyone,  
we can do it!**

### Polite reminder:

**Children need to be in school on  
time.**

**Gates open at 8:45 and close at  
8:55.**

**Early morning learning at this time  
sets the children up for the day.**

Our Attendance Welfare Officer (AWA), Ranu Begum, attends school every Thursday morning. Ranu checks our school registers regularly and will contact parents & guardians by letter or telephone. Meetings and home visits will be completed if there is a cause for concern.

Formal referrals of pupils with persistent absence or below 90% attendance will be made. Children need to be in school every day. Parents should be aware that they can ultimately be prosecuted for non-attendance offences.

We know that sometimes- even with children at school 190 out of 365 days in the year- they may fall ill. This can be worrying so please see advice from our local teams on

[https://www.towerhamletstogether.com/files/Care\\_Confident\\_Booklet\\_A5\\_InteractiveBooklet2.pdf](https://www.towerhamletstogether.com/files/Care_Confident_Booklet_A5_InteractiveBooklet2.pdf) on common illnesses and when to seek support. Additional sports including swimming benefit children to be healthier and smarter. Please ensure children take full advantage of this by wearing appropriate kit and making sure they bring it with them each week!

## SCHOOL NOTICE BOARD

### Governors' Update

Dear Parents and Carers,

This week the new Governing Body for both schools, St Paul with St Luke's, and St Saviour's, met for the first time. Although both schools are yet to update their websites with the names of the school Governors, it was a pleasure to welcome both familiar and new faces, and to know that we have a strong Governing Body that is fully committed to SPSL and StS, and in being a successful Federation. As Chair, I have asked all Governors to look for opportunities to visit both schools and see how we can be a part of school life, even if in a small way. This is in addition to all the work Governors do behind the scenes to help support the leadership teams. We are proud to be a Federation with such talented staff who work hard, often under enormous pressure because they care deeply about your children. We have a strong foundation from which our schools will continue to grow and reach for excellence. I firmly believe that the future will be exciting and rewarding, even with the inevitable challenges!

It is with much sadness that Governors learned of the passing of Mrs John this week. Eve was very much a part of the life and soul of St Saviours, and her commitment and care for others spans several years. Eve will be hugely missed both in school and the local community and her passing will touch the lives of many. As Governors, our thoughts and prayers are with her family, friends, colleagues and pupils.

With kind regards

Chris Coyle - Chair of Governors

Aune Turkson-Jones Vice Chair of Governors

## SCHOOL NOTICE BOARD

### Year 6 Secondary Transfer meeting

Please join us on Wednesday 18th of September 2024 at 9am in the school Hall. We will be joined by a member of the local authority who will be able to support you with the secondary transfer process.



**Ready for  
Secondary School  
in Tower Hamlets  
2025**

For children born between 1 September 2013 and 31 August 2014

Closing date for admissions: **31 October 2024** • National offer day: **3 March 2025**  
Apply online at [www.eadmissions.org.uk](http://www.eadmissions.org.uk)



## SCHOOL NOTICE BOARD



We were visited today by the police who did a whole school assembly, telling the children how to keep themselves safe. They also did some workshops with Y4, Y5 and Y6. A pleasure to work together for our children!



## SCHOOL NOTICE BOARD

# Influenza vaccination: 19th September 2024

## Flu immunisation for pupils in school years Reception - Year 11

DEAR PARENT/CARER,

The flu vaccine is being offered at your child's school again this autumn/winter.

To give consent for your child to have the flu vaccine, please click here:

<https://london.schoolvaccination.uk/flu/2024/towerhamlets>

Even if you do not wish for your child to have the vaccine, please complete the online form so that we can record your wishes.

### THE NASAL FLU VACCINE

- ✓ Protects your child from the flu
- ✓ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions)
- ✓ Is painless, quick and effective
- ✓ Is free
- ✓ The nasal flu vaccine is very effective at reducing the spread of flu



### THE IM FLU VACCINE

We also offer the flu vaccine as an injection, which is **gelatine-free**. Please go to our website where you can find out more about the manufacturing of the flu injection, and then decide if the injection is more suited to your child.

You only need to complete one consent form for each child. If you later change your mind, please call your local team. If your child has this immunisation elsewhere after you have submitted the consent form, you **MUST** inform Vaccination UK rather than the school.

We understand that you may have questions about the vaccine. For more information, please go to our website, where you can find a list of FAQs, as well as details of our community catch up clinics. We also have some FAQs enclosed below.

You can also find informational videos on our YouTube channel, including subtitled versions for other languages.

Yours Faithfully,  
Your Local Immunisation Team  
Vaccination UK



### TOWER HAMLETS

Immunisation Team  
Contact Details

[towerhamlets@v-uk.co.uk](mailto:towerhamlets@v-uk.co.uk)

0207 613 9044

WORKING ON BEHALF OF



### USEFUL INFO

- ✓ We try to come to your child's school twice. If they are absent or unable to be vaccinated at school, you will need to attend one of our community clinics for the vaccine. Details of these can be found on our website or you can contact the team above.

- ✗ **PLEASE NOTE** the flu vaccine will **NOT** be available to otherwise healthy children after December 13th at all, and so we urge you to return the consent form as soon as possible in case we are not able to visit your child's schools for a second visit this year.

- ✓ Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

### USEFUL LINKS

[www.schoolvaccination.uk/nasal-flu](https://www.schoolvaccination.uk/nasal-flu)  
[www.youtube.com/@vaccinationuk](https://www.youtube.com/@vaccinationuk)

### PRIVACY POLICY

Our 2024/25 policy can be viewed here:  
[www.schoolvaccination.uk/privacy-policy](https://www.schoolvaccination.uk/privacy-policy)  
For data protection queries, please contact:  
[dpo@vaccinationuk.co.uk](mailto:dpo@vaccinationuk.co.uk)



### ADDITIONAL INFORMATION

\*The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

## FREQUENTLY ASKED QUESTIONS

### Are there any side effects of the vaccine?

Possible side effects are: decreased appetite, headache, a runny or blocked nose, and sometimes a raised temperature. These are common, but they pass quickly and can be treated with paracetamol or ibuprofen if you feel your child needs it.

### Are there any children who shouldn't have the nasal vaccine?

You should let us know if your child has any of the following:

- A very severe allergy to eggs, egg proteins, gentamicin or gelatine – it is important for us to know if your child has been admitted to hospital with a condition called anaphylaxis, triggered by these things.
- Are currently wheezy or have been wheezy in the past 72 hours with asthma. There is an alternative flu vaccine that we can talk to you about to ensure that your child is protected as soon as possible.
- Have a condition that severely weakens their immune system.

Also, children who have been vaccinated should avoid close contact with people with very severely weakened immune systems for around two weeks following vaccination (By severely weakened, we generally mean people who are isolating, such as those who have received some types of chemotherapy or people who have had a bone marrow transplant, for example). This is because there's an extremely remote chance that the vaccine virus may be passed to them.

Contact with other healthy children or adults does not need to be limited after having the vaccine.

### We do not eat pork products.

### Can my child have a different flu vaccine?

Yes. There is a flu vaccine available, in the form of an injection.

The nasal flu vaccine is the best vaccine for children and young people under 18 years of age as it is more effective at stopping the spread of flu and it is painless, but it does have a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

If your faith or beliefs mean you would prefer a vaccine that has no pork (porcine gelatine) in it, please complete the consent for the flu injection only. You do not need to complete a form for both.

**Please click on the link below to give permission.**

<https://london.schoolvaccination.uk/flu/2023/towerhamlets>

## SCHOOL NOTICE BOARD



# Academic Calendar 2024-2025

September '24						
M	Tu	W	Th	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						19

October '24						
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28	29	30	31			
						19

November '24						
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December '24						
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23	24	25	26	27	28	29
30	31					15

January '25						
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27	28	29	30	31		
						19

February '25						
M	Tu	W	Th	F	Sa	Su
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March '25						
M	Tu	W	Th	F	Sa	Su
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31						20

April '25						
M	Tu	W	Th	F	Sa	Su
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28	29	30				
						12

May '25						
M	Tu	W	Th	F	Sa	Su
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19	20	21	22	23	24	25
26	27	28	29	30	31	
						16

June '25						
M	Tu	W	Th	F	Sa	Su
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9	10	11	12	13	14	15
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30						21

July '25						
M	Tu	W	Th	F	Sa	Su
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7	8	9	10	11	12	13
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28	29	30	31			
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August '25						
M	Tu	W	Th	F	Sa	Su
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25	26	27	28	29	30	31

### Autumn term 2024

#### Term 1

04/09/2024 - 25/10/2024

#### Half term

28/10/2024 - 01/11/2024

#### Term 2

04/11/2024 - 20/12/2024

#### Christmas break

23/12/2024 - 03/01/2025

### Spring term 2025

#### Term 1

07/01/2025 - 14/02/2025

#### Half term

17/02/2025 - 21/02/2025

#### Term 2

24/02/2025 - 11/04/2025

#### Easter break

14/04/2025 - 25/04/2025

### Summer term 2025

#### Term 1

28/04/2025 - 23/05/2025

#### Half term

26/05/2025 - 30/05/2025

#### Term 2

02/06/2025 - 18/07/2025

#### Inset days

Inset 1 - 02/09/2024

Inset 2 - 03/09/2024

Inset 3 - 06/01/2025

Inset 4 - 31/03/2025 twilight

Inset 5 - TBC twilight

#### Bank holidays Eid days

25/12/2024 31/03/2025

26/12/2024 07/06/2025

01/01/2025

18/04/2025

21/04/2025

05/05/2025

26/05/2025

26/08/2025



## SCHOOL NOTICE BOARD

# #AskaboutAsthma 4 Asks



Helps us prepare for week 38 – which is the week where nationally there is a rise in asthma attacks following the return to school after the summer holidays. The #AskAboutAsthma campaign encourages children and young people, their families, and those involved in their care, to ensure four simple and effective measures to help them control their asthma:

### 1 Make sure you have an Asthma and Allergy Plan at home and school

**Take your preventor inhaler over the summer so you are protected from the triggers such as colds and virus which start once you are back at school**

- Think:** Are they coughing or wheezing? Breathing difficulty? Tight chest?  
**Intervene:** Reassure the child, sit them upright and slightly forward.  
**Medicine:** Give 10 puffs of the blue inhaler using a spacer.  
**Emergency:** If there is no improvement or if you are worried call **999**. If you're waiting for an ambulance give another 10 puffs of salbutamol.

**ADRENALINE PEN and not getting better? IF IN DOUBT – USE IT!!!!**

There may be no signs as the signs of an anaphylaxis (severe allergic reaction) may not always be obvious.

**NEED YOUR BLUE INHALER MORE THAN 10 PUFFS EVERY 4 HOURS?**

See your GP or hospital asthma team - you may need **extra medication** or even **hospitalisation**

[How to use a Jext Pen](#) [How to use an EpiPen](#)

### 2 Understand how to use inhaler correctly

- Take your spacer home and wash it (you should get a new one every year) – school aged children don't need a masked spacer a mouthpiece will ensure medication gets into the lungs .
- Check you know [how use a spacer](#) and when to [wash](#) your spacer
- Take your preventer (brown, purple or orange inhaler) with a spacer EVERY DAY even when well – this calms lung inflammation, prevents attacks, and reduces symptoms.

### 3 Schedule an asthma review every year or after an attack

You should have an asthma review with your GP/ Practice nurse or Pharmacist at least once a year for a **new spacer** and **individual asthma/allergy plan** that must be taken to school.

Book one earlier if:

- you **NEED** your salbutamol inhaler **more than 3 times a week**
- you have frequent daytime asthma symptoms, or your asthma is **waking you up at night**.
- you have attended the emergency department or needed steroid tablets or liquid for your symptoms.

**Booking an asthma review during the summer holidays may prevent a term time asthma attack**

### 4 Consider air quality and triggers that impact your lung health

Indoor and outdoor pollution effects asthma watch this with your child to learn [more](#) also in [Bengali](#). You can help by walking or scoot to school avoiding main roads walking along quieter roads. If you must drive turn off your engines when stationary. For more information on [air quality](#) check out the website.

**Treating your Hayfever treats your Asthma:** Take your hay fever medication and nasal spray daily in the summer months when the pollen is high **Contact your GP or Nurse if your hay fever is not controlled**

Breathing in mould spores makes your [asthma worse](#) causing more coughing, wheeze and allergic rhinitis make sure you use mould spores to reduce the level.

**Advice on how mould affects Asthma** contact your council to make repairs and **Report it**.

If you are having difficulties in getting repairs, you can get [support](#), [complain](#) or [legal advice](#).

If you need help with [cost of living](#).

### Top Tips from your asthma nurse

Learn more about asthma and wheeze with this short [video](#) . Its normal to get breathless with exercise make sure your child has good breathing technique and breath through their nose and out through their mouth watch this [short video](#).





## SCHOOL NOTICE BOARD

### Steps into Fostering course

Are you curious about becoming a Foster Carer, but need support with the process?

Join the new, accredited Steps into Fostering course

#### The course will help you

- Understand the role of the Foster Carer
- Develop the skills needed to become a Foster Carer
- Build confidence in speaking and listening

#### Course content

- Child development and attachment
- Supporting children's learning and well-being
- Keeping children safe

#### Information and assessment sessions

- **Wednesday 18 September**  
9.30-10.30am  
Marion Richardson Primary School,  
Senrab Street, E1 0QF
- **Friday 20 September**  
9.30-10.30am  
Hague Primary School, Wilmot  
Street, Bethnal Green, E2 0BP
- **Tuesday 24 September**  
12-4pm (drop-in session)  
The Parents Advice Centre,  
30 Greatorex Street,  
E1 5NP



For more details, email:  
[fostering.training@towerhamlets.gov.uk](mailto:fostering.training@towerhamlets.gov.uk)

This course is a co-production between the LBTH Parent & Family Support (PFS) and Fostering Services. It will be delivered by the PFS.

### FamiliesMatter

#### Parent and Family Support Service

#### Strengthening Families, Strengthening Communities parenting programme for Somali parents

Learn to develop strong, healthy relationships with your children and gain simple, practical strategies to manage children's behaviour in a positive way.

Venue:	Malmesbury Primary School, Coborn Street, London E3 2AB.
Date:	Mondays 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> September 7 <sup>th</sup> & 14 <sup>th</sup> October 2024
Time:	Time: 10am- 12pm
How to refer:	Please contact 020 7364 6398 or email to <a href="mailto:parenting@towerhamlets.gov.uk">parenting@towerhamlets.gov.uk</a> to book your place.
During the course you will:	<ul style="list-style-type: none"> <li>• The process of discipline for positive parenting</li> <li>• Enhancing parent-child relationships</li> <li>• The benefits of praise</li> <li>• Managing conflict situations</li> </ul>
It is advised that parents attend all sessions to get the most benefit from the course.	



### FamiliesMatter

Tower Hamlets Parental Engagement Team



### Triple P Teen

A parenting programme for parents and carers of young people aged 10 - 18 years.

#### • Are you struggling with your teenager?

- Would you like practical strategies to help deal with teenage rebellion, aggression, risky behaviour, and emotions?
- Would you like to improve your confidence in raising confident, healthy teenagers and building stronger relationships?

Our next course takes place on

**Tuesdays 10:00am - 12:30pm**  
**10th September – 5th November 2024**

#### Venue:

Central Foundation Girls' School, 25 – 33 Bow Road,  
London E3 2AE

For further information and to register your place contact the Parenting Team. Call on 020 7364 6398 or Email at [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk)



### Triple P for Baby

Are you expecting a baby or are you a new parent with a baby under 12 months?

#### Join the Triple P for Baby programme

The programme will help you to:

- Adjust to life with your new baby
- Build a close relationship with your baby
- Support your baby's learning and development

#### Course structure

- Four weekly, classroom-based group sessions with other new parents
- Plus four individual consultations with a practitioner to reflect on your progress

#### Course content

- Creating the best environment for your baby
- Responding to your baby's cues
- Handling crying and comforting your baby
- Promoting good sleep habits
- Helping your baby learn and develop
- Taking good care of yourself as a new parent



Wapping Children's and Family Centre  
Richard St, E1 2JP

Tuesdays  
17 September – 1 November  
10am- 12.30pm

For more details or to book your place:  
email: [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk)