



NEWSLETTER W/E 20th September 2024

Dear Families,

As part of strengthening our Federation with St Paul with St Luke, children from both schools this week have been on trips. On Wednesday, some children went along to a lunchtime concert at Clifford Chance where they were lucky enough to listen to Sasha Canter who won the Brass Final of BBC Young Musician 2022. Lunch was provided and the children had a wonderful experience.

Today, Year six classes from both schools went on a trip this afternoon to the Tower Hamlets Junior Citizenship Scheme 2024/25, a unique and invaluable opportunity for our children to learn citizenship messages and life skills from participating agencies, including: Metropolitan Police, London Fire Brigade, Tower Hamlets Council, The Dogs Trust and our own Transport for London Safety and Citizenship Team.

Have a lovely weekend!

*Mrs Smith
& Mr Hall*



Pupils absence

If your child is absent from school.
Please contact the school office daily
until they return.

Thank you



DIARY DATES

24/09/2024 - School photos

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

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

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 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

Year six parents are invited
to the Year 6 Secondary
Transition information
Workshop at St Saviour's.

If you would like support or advice regarding the secondary transfer process please join us in the Hall on

Tuesday 1st October at 9am.

Hosting the session will be Bernadette, the Senior Transition Support Officer from Tower Hamlets. She will be there to support and answer your questions.

SCHOOL NOTICE BOARD

Tuesday 24th
September.

School Photographs

**Please make sure that your child
is in full uniform for their photo!**



SCHOOL NOTICE BOARD

Clifford Chance Classical Concert



SCHOOL NOTICE BOARD



**Nice work everyone!
Together we raised an
amazing amount for a
fantastic cause.
Well done everyone-
you're brilliant!**

SCHOOL NOTICE BOARD

**Macmillan Coffee Morning
Friday 20th September 2024**

**MACMILLAN
CANCER SUPPORT**



**A wonderful coffee morning raising
money for a great cause. Thank you
for your donations!**

SCHOOL NOTICE BOARD

Sheet 60

Family Fun!

Spray the Flower Letters Activity

Spray bottles are a fun way to keep children busy. Squeezing the spray bottle repeatedly is a way great to develop and strengthen fine motor skills in the hands. Draw flowers and letters on the ground. Call out letters and sounds and ask your child to spray the letter until it disappears.



Keeping Active!

The world health organisation recommends that children aged 5-17 get at least 60 minutes of activity a day. Children can accumulate these minutes throughout the day such as two 30-minute sessions. Light exercise for children has also been linked to better mental health. Why not swap balls for balloons. Children can have a go at keeping the balloons up in the air for as long as possible.



Make a Story Sack

Story sacks can be a great way to encourage reading together and sharing books in a fun way. Ask your child to choose their favourite book. Get a bag/sack or box and get your child to fill it with objects that link to the story. These could be pictures of related places or events, plain paper and crayons to draw pictures of the characters, supplies to make puppets etc. Encourage your child to retell the story using items from the story sack.



Home- Made Dips

Ditch high fat dips like mayonnaise and create your own healthy alternative. Just mix some low- fat yogurt together with a clove of finely chopped garlic and season with a little salt and pepper. Try it with some crunchy vegetables-delicious!



Produced by
The Parental Engagement
Schools and Family Team



FamiliesMatter Subscribe to our e-bulletin
www.towerhamlets.gov.uk/parentfamilysupport



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**
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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

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



Emotional First Aid

A course to support parents' emotional health and wellbeing.

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

Venue:	Mulberry Bigland Green Centre 15 Richard Street (off Bigland Street) London E1 2JP
Date:	Monday Mornings (6 weeks course) 7 th , 14 th , 21 st October, 11 th , 18 th , 25 th November
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:

- 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.



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 th , 16 th , 23 rd , 30 th September 7 th & 14 th October 2024
Time:	Time: 10am- 12pm
How to refer:	Please contact 020 7364 6398 or email to parenting@towerhamlets.gov.uk to book your place.

During the course you will:

- The process of discipline for positive parenting
- Enhancing parent-child relationships
- The benefits of praise
- Managing conflict situations

It is advised that parents attend all sessions to get the most benefit
from the course.



SCHOOL NOTICE BOARD

**Every day matters.
Every minute counts.**



**Attending primary school
regularly provides a wealth of
social, health and academic
benefits for children.**



The higher a pupil's attendance, the more they are likely to learn and perform better in exams and formal assessments.

Primary schools also offer a range of extra-curricular activities to support children with their learning and help them to find something they are passionate about.

If your child is struggling with attending school, or for further help and support, visit towerhamlets.gov.uk/EveryDayMatters



SCHOOL NOTICE BOARD

শিক্ষার্থীর উপস্থিতি যত বেশি হবে, পরীক্ষা এবং আনুষ্ঠানিক মূল্যায়নে তারা তত বেশি শিখবে এবং ভাল পারফর্ম করবে।

শিক্ষকদেরকে তাদের শেখার ক্ষেত্রে সহায়তা করার জন্য এবং তারা অগ্রগতি এমন কিছু খুঁজে পেতে সহায়তা করার জন্য প্রাথমিক বিদ্যালয়গুলি বহু ধরনের একত্রীকৃত-কারিকুলাস এভিভিটিজ (পঠ্যক্রম বহির্ভূত কার্যকলাপসমূহ) অফার করে থাকে।

যদি আপনার সন্তানের স্কুলে যেতে সমস্যা হয়, অথবা আরও সাহায্য ও সহায়তার প্রয়োজন হয়, তাহলে ভিজিট করুন।

towerhamlets.gov.uk/EveryDayMatters



Markasta uu sare u koko imaanshaha ama xuduurka ardeyga ee iskuulkiisa ama wax barashadiisa, waxaa ay u badan tahay inay wax barashadiisu fiicnaato isla mar ahaantaana, uu ardeygu si wanaagsan imtixaankiisa iyo qiimeynta rasmiga ah guulo uga gaaro.

Dugsiyada hoose dhexe waxaa ay bixiyaan waxqabadyo kala duwan oo dheeraad ah, laguna taageerayo waxbarashada caruurta ee dugsiyada hoose dhexe islama ahaantaana, ka caawiyana ardeyda sidii ay u gaadhi lahaayeen higsigooda.

Hadaba, hadii ilmahaagu uu la daalaa dhacayo ama la halgamayo imaanshihiisa iskuulka, amaba aad u baahan tahay caawimaad iyo taageero dheeraad ah, fadlan booqo mareegtan soo socota.

towerhamlets.gov.uk/EveryDayMatters

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
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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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30	31					15

January '25						
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						19

February '25						
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						15

March '25						
M	Tu	W	Th	F	Sa	Su
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24	25	26	27	28	29	30
31						20

April '25						
M	Tu	W	Th	F	Sa	Su
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21	22	23	24	25	26	27
28	29	30				
						12

May '25						
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						16

June '25						
M	Tu	W	Th	F	Sa	Su
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						21

July '25						
M	Tu	W	Th	F	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
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28	29	30	31			
						14

August '25						
M	Tu	W	Th	F	Sa	Su
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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

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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



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