



NEWSLETTER W/E 11th October 2024

Dear Families,

On World Mental Health Day this week, we shared the mindfulness curriculum so that staff in ours and other schools can start to deliver this. We know that greater awareness of mental health has not come with the increased support services matching the increased level of need. We want to support the children to become mentally healthy adults and that was the driver behind writing our mental health curriculum. By learning how your brain works and how it is linked to your thoughts, feelings, and actions, the children can learn how to support themselves to develop cognitive flexibility and emotional regulation, key to being well in themselves and with peers and others in the world.

Have a lovely weekend!



*Mrs Smith
& Mr Hall*

Pupils absence

If your child is absence from school. Please contact the school office daily until they return.
Thank you.



DIARY DATES

14/10/2024: ELSA study workshop in classes Year 1 - 6.

18/10/2024: ELSA study coffee morning

16/10/2024: School Ready - coffee morning

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!

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PUPIL OF THE WEEK



Nursery	Mya-Rose Zehna Hussain
Reception	Abir Khan Zaviyar Hussain
Year 1	Erum Khan Minh Ngo
Year 2	Yusra Hussain Mohamoud Osman
Year 3	Aliza Ali Ahmed Osman
Year 4	Ariana Neeya Alam Christabel Asare
Year 5	Tyrelle Thrope-Sanderson Zairah Ali
Year 6	Christabel Asare Aiden Salfarlie

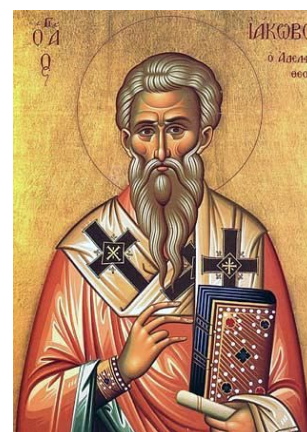


WORSHIP FOCUS

Genesis 2:18 - 24 In this creation story Adam is alone with all the creatures of the world but there is no one equal to him. God then makes another human, Eve to partner with him in creation.



Give someone a compliment.



HAPPY BIRTHDAY TO:

Adam 4 years old!

Omar 11 years old!

Samuel 10 years old!

SCHOOL NOTICE BOARD

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We are excited to welcome three staff members from the Nation Institute for Health and Care Research to our school on Monday 14th October 2024. They will be introducing the ELSA study to our students providing valuable insights into this important research.

Please join us on Friday 18th October 2024 at 9am as Leanne (*Senior Research Nurse*) will be hosting Coffee Morning for parents. Leanne will be sharing valuable information and leading discussions about the ELSA study.



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SCHOOL NOTICE BOARD

Harvest festival



This week we celebrated Harvest festival with a fabulous service led by Mother Bernadette, the church was filled with joy and community spirit. Our children did an amazing job reading from the Bible and singing the harvest hymn, showcasing their talents and the importance of this season of gratitude.

We are also pleased to share that all of the food collected will be distributed by St. Dunstan's Food Bank. Your generous donations will make a significant difference in the lives of those in need, and we are grateful for your support.

Thank you once again for your contributions and for being a vital part of our community. Together, we can continue to spread kindness and compassion.

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Our Year 5&6 children had the wonderful opportunity of working with our gardener this week in the first of two planned workshops using and preparing flax. First the children looked at and learned all about the materials that their clothes are made from and how these materials are sourced. They then got outside where they were ripping, seeding and retting flax. In a few weeks time the children will then be weaving the flax to create fabric.

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Thank you to all the parent/carers who joined us for our Healthy Eating Coffee Morning! It was wonderful to see how engaged and enthusiastic everyone was.



SCHOOL NOTICE BOARD



DEAR (Drop Everything and Read) Time!

**Thank you to all
parent/carers
who attended
DEAR Time!**



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.

Ideas to support learning, play and well-being.



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



Holiday Childcare October Scheme 2024

Information for professionals

The Tower Hamlets Holiday Childcare October 2024 Scheme is open for bookings for all residents in the borough, and for vulnerable referrals.

Scheme dates.

Monday 28th October to Friday 1st November 2024 (5 days).

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

Booking closing date: 22nd October 2024 by 12pm or earlier once bookings are full.

Venue

St Anne's & Guardian Angels Catholic Primary School, Underwood Road, E1 5AW

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.

We will look forward to receiving your bookings.

Holiday Childcare Team
Parent & Family Support Service
Children and Culture Directorate
London Borough of Tower Hamlets

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:	<ul style="list-style-type: none"> 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.



'Have Your Say'

The council is developing a cohesion plan for the borough and they want to hear your thoughts.

We will be holding three events in October for everyone in the local community to attend.

1st TUESDAY
Teddy Bear Picnic

Parents and carers with under 5s are welcome to come and join us at Raines House, Wapping Lane from 12-1pm.

10th THURSDAY
Afternoon Tea and Chat

Join us for sandwiches and cake at the Swedonborg Gardens Orchard, E1 from 2-5pm.

4th Friday
Youth Voice

Calling all 11- 19 year olds! Come along to our youth session and join the conversation and chill out with music, games and food.

Come and Join us and help shape our Borough for the better!

Contact us for more information

Email: info@societylinks.org.uk
Call: 0207 7020901
Visit our website: www.societylinks.org.uk



SCHOOL NOTICE BOARD

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:	<ul style="list-style-type: none"> • 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

Keep water beads away from young children



Children love water beads. But it's really dangerous if a young child swallows them.



They expand in the belly and can block the bowel. Some grow as big as golf balls.



A child may need major surgery to remove them. So please keep them away from young children.



If you suspect a child has swallowed a water bead, get medical help straight away.

Scan to learn more



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The Healthy Student event



The Tower Hamlets School Health and Wellbeing team is hosting a special wellbeing event and you are invited.

Families and young people, aged 5-19, come along and learn about health issues like asthma, eczema and mental health and wellbeing. Also, find out more about our service, and other services in the borough that support children and young people to live healthier and happier lives.

We will be running fun and interactive activities for children on the day around important health subjects.

Don't miss the chance to meet your school nurse.

Event details

Venue: Bernie Cameron
Community Centre, 32 Merchant
Street, Bow E3 4LX

Date: Friday 25 October 2024

Time: 3pm – 5.30 pm

- Freebies and prizes to be won
- Light refreshments provided
- Limited capacity – Book your place to receive a free goodie bag

Scan the code to book your ticket



Learn more about the School Health Team
gpcaregroup.org/your-health-services/school-health/

SCHOOL NOTICE BOARD



Academic Calendar 2024-2025

September '24						
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October '24						
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November '24						
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December '24						
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January '25						
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February '25						
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March '25						
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April '25						
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May '25						
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June '25						
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July '25						
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August '25						
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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