



NEWSLETTER W/E 28th November 2025

Dear Families,

It has been wonderful week of learning and opportunities for our children at SPSL. As we have celebrated 'Maths Week', our children have been taking their maths learning outside of the classroom as well as using maths in art to create some wonderful work. Our Year 6 class have been out channeling their inner Torvill and Dean at the ice rink this week, they had an amazing time ice skating, this really was a challenge of their balance, skill and determination. Years 3 and 4 have been outside working with our gardener, learning all about composting whilst also searching for mini-beasts in the bug hotel and wormery. As part of their learning around 'The Great Fire of London' Year 2 went into the city to Pudding Lane, Monument, the site of the bakery where the fire began.



As we enter advent, please see the list of important dates coming up before **christmas**; Christmas dinner, Winter Fair, KS1 and EYFS Nativity performances, and many more.



Mrs Smith & Mr Hall

Wishing you a wonderful weekend



DIARY DATES



- Monday 1st December:** Parent workshop
- Tuesday 2nd December:** Yr 5 trip Science Museum
- Wednesday 3rd December:** Book Fair Y5/Y6- Yr 5 trip Ice Skating
- Thursday 4th December:** Book Fair Y4/Y3
- Friday 5th December:** Y4 choir trip- St Martin's in the field
- Friday 5th December:** Book Fair Y2/Y1

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	Pupil of the week	Kindness leaves	Value of the week
Nursery	Millie Louise Finley		Yusuf
Reception	Adam Maya		Isabella
Year 1	Zaviyar Safwa	Zahra Zaviyar	Amira Ela
Year 2	Erum Minh	Amani Sidra	Aliysha Omar
Year 3	Waseem Hayden	Phong Areeba	Hayden Ibadat
Year 4	Abid Isla	Nabhan Mariam	Ahnaf Mariam
Year 5	Damilee Alivia	Jeremiah Winston	Anaya Christabel
Year 6	Tyrelle Jannath	Tyrelle Maira	Siyana Janelle Khadijah



WORSHIP FOCUS

Matthew 24: 36 -44

Advent reminds us to stay focused on what matters: living in Jesus' way.

Happy Birthday to:

Jisan- Year 4
Jannat- Year 1



How do you get ready for something special?

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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

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.

Every day matters.
Every minute counts.

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

"Going to school helps me achieve my very best."

For a 2020-2021 copy of this book, please contact the school office. enquiries@st-paul-with-st-luke.org.uk

Our Attendance Welfare Officer (AWA), Lina Rahman, attends school every Tuesday morning. Lina 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. Holidays should also be taken in school holidays and not in term time.

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.towerhamlets-together.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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Parent Resilience Workshops in partnership with Tower Hamlets

Building
Awareness,
Strengthening
Families,
Preventing Harm



What Will You Learn?

- What radicalisation looks like (online and offline)
- Understanding young people and society
- Early warning signs in behaviour or language building
- Navigating social media and digital platforms
- Referral routes and accessing local support

Upcoming workshops:

Monday 1st December 2025,

Morning session: 10.00am - 12.00pm

Afternoon session: 1.00pm - 3.00pm

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Parent Workshops will take place on:

Date: Monday 1st December 2025

Time for workshop 1: 10.00am – 12.00pm

Time for workshop 2: 1.00pm – 3.00pm



Parent Resilience Workshops

Building Awareness, Strengthening Families, Preventing Harm

Programme Overview

This workshop is designed to equip parents and carers with the **knowledge, confidence, and practical tools** to safeguard their children from the risks of **radicalisation, grooming, and extremist influence** in both online and offline spaces. Participants will gain insights into emerging trends, develop communication strategies, and learn how to access local support to protect young people and strengthen family resilience.

1. Understanding Radicalisation

- Exploration of what radicalisation looks like today—both online and offline.
- Understanding current extremist narratives and how they adapt to social and digital trends.
- Discussion of identity, belonging, and the pressures influencing young people's worldviews.

2. Recognising Early Warning Signs

- Identifying behavioural or linguistic changes that may indicate vulnerability.
- Understanding emotional and social triggers that can lead to risk.
- Balancing vigilance with trust and maintaining positive relationships.

3. Talking to Teens About Identity and Belonging

- Practical guidance on how to have open, honest conversations about sensitive topics such as faith, politics, and identity.
 - Supporting young people to think critically and build resilience to manipulation.
 - Promoting empathy, confidence, and a sense of belonging within the family.
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4. Understanding Extremist Tactics and Online Grooming

- Exploration of how extremists use online spaces to recruit and influence.
 - Case insights into manipulation and ideological grooming methods.
 - Recognising the overlap between extremist grooming and other forms of exploitation.
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5. Navigating Social Media and Digital Platforms

- Guidance on how to monitor and engage with children's digital activity safely.
 - Understanding the risks of misinformation, conspiracy content, and online echo chambers.
 - Developing healthy digital habits and positive media engagement as a family.
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6. Responding to Concerns and Accessing Support

- Clear information on **referral routes** and **local safeguarding processes**.
 - How and when to raise a concern safely.
 - Signposting to Prevent, Channel, and community-based support services.
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Programme Delivery

The programme will be delivered through **two workshops per day** (one in the morning and one in the afternoon), engaging a cohort of parents and carers across community settings. Group sizes are designed to encourage meaningful discussion, peer learning, and practical application of knowledge. Through structured sessions and reflective dialogue, participants will leave with increased confidence to safeguard their children and promote family resilience against radicalisation and online harm.

The Workshops Will Take Place On:

Date: Monday 1st December 2025

Time For Workshop 1: 10:00 AM to 12:00 PM

Time For Workshop 2: 1:00 PM to 3:00 PM

Kind Regards

Mubashir Mahmood – Project Officer

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Christmas Dates



Saturday 29th November: Christmas Bazaar - St Paul's Bow Common 12 – 3pm

Wednesday 3rd December: Ice skating Year 5

Friday 5th December: Carol Concert trip Year 4

Wednesday 10th December: Christmas Jumper and Christmas Lunch

Thursday 11th December: Winter Fair – 3pm

Monday 15th December: EYFS and KS1 Performance – 9.30am (Nursery and Year 1 parents Only)

Tuesday 16th December: Christingle at St Paul's Bow Common 2pm

Wednesday 17th December: EYFS and KS1 Performance – 9.30am (Reception and Year 2 parents Only)

Friday 19th December: Class parties in the morning.
Children finish school at 1:30pm.



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Christmas Raffle – Hamper Donations Needed!



Our annual Christmas Hamper Raffle is always a highlight of the festive season and helps raise invaluable funds for our school.

This year, we are once again asking for donations from each year group to help create our wonderful Christmas Hampers.

Donations can be brought in from Monday 1st December and given to your child to hand to the class teacher.

Raffle tickets will be £1 per strip and will be on sale from Monday 1st December. The Raffle will be drawn at the Winter fair on Thursday 11th December, and winners notified by text. The hampers can then be collected from the school office once the text messages have been sent out.

We appreciate that everyone's circumstances are different, and any support – whether through donations or buying raffle tickets is hugely appreciated. There is no obligation to take part.

If you are able to support with the hampers then here are some donation ideas:

Nursery and Reception: Bags of sweets and Chocolate

Years 1 & 2: Cakes and biscuits

Years 3 & 4: Bottles of drinks (alcoholic or non-alcoholic)

Years 5 & 6: Cheese and crackers

Thank you, as always, for your kindness, generosity, and continued support.



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Year 2 trip

This week, Year 2 went on a fantastic adventure into London's history! We began by visiting the Tower of London beside the famous Tower Bridge, where the children imagined what life was like hundreds of years ago. Then we walked down Pudding Lane, the very street where the Great Fire of London began in 1666, spotting signs and landmarks from our topic.

Our trip ended at the Monument, which towered above us and amazed the children with its size and sparkle. With lots of questions, excited chatter, and big smiles, the visit brought our Great Fire learning to life and made for a truly memorable day!



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Maths outside



As part of 'Maths Week' our children took their maths learning outside of the classroom, using resources and the natural environment to enhance their learning.



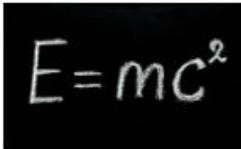
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Famous Mathematician



We have extended the deadline regarding the 'Famous Mathematician Poster' competition to 4/12/25



Famous Mathematician Poster
Competition 2025



Friday 5th December (Deadline Thursday 4th)

Name

Class

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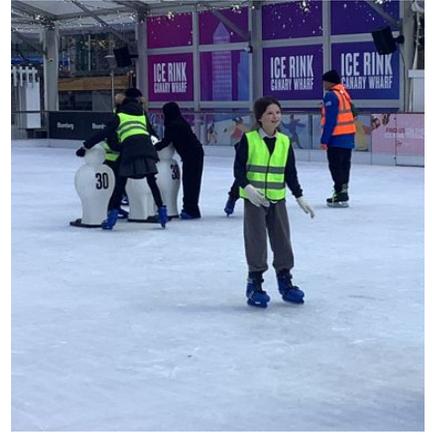
Mathematician's Name:

Born:

Famous Discovery/Theory:

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Ice Skating Year 6



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SCHOLASTIC

TRAVELLING BOOKS

FREE BOOKS

for your school
when you buy at
the Book Fair!

Come to our

BOOK FAIR

A pop-up book-store
with hundreds of
books from
JUST £2.99



What are you waiting for?



Come find us
at your
Book Fair!

TIME: After School

DATE: 3rd – 9th December

LOCATION:

School hall

Find these
characters and
EVEN MORE
BOOKS online





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St Paul's Bow Common
E3 4AR

(corner of St Pauls Way and Burdett Rd)

Christmas Bazaar

SAT 29 NOV 2025

SOP ENTRY 12-3PM

STALLS | GIFTS | TOMBOLA

FOOD | RAFFLE | KID'S CRAFTS

www.stpaulsbowcommon.org

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Let's Talk SEND



Join us for an opportunity to help develop a Tower Hamlets SEND Co-Production Charter — a shared commitment to working together to shape future services. Be part of the change and help make Co-production real in Tower Hamlets.

FOR MORE INFORMATION

Tel: 0207 364 4461

Mark.penn@towerhamlets.gov.uk

Tuesday 2nd December
Grocers Wing Tower Hamlets Town Hall
10am-2pm

- Introduction from Director of Children's services
- Presentations about Co-Production
- Information stalls
- Tea/Coffee and lunch provided.

[Sign up here](#)



For details of previous Let's Talk SEND events please look on the Tower Hamlets Local Offer Website



CYPHWS
Service Criteria & Threshold Guidance



Service Criteria Overview

Compass Children and Young People's Health & Wellbeing Service (CYPHWS) works with children and young people age 5 to 19, (or up to 25 for individuals with SEND) and their parents/carers in Tower Hamlets. We can provide short term (max 4 session) prevention and early intervention support for a range of health needs.

CYPHWS **can** support children, young people and families with:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Healthy eating • Dental health • Friendships and relationships • Body image • Bullying • Sleep • Emotional / Mental health • Continence | <ul style="list-style-type: none"> • Sexual health • Harm Reduction advice • Substance information and advice. • Specialist substance misuse support. • Long-term health conditions • Parenting • Behaviour • Referral onto additional services |
|--|---|

CYPHWS **cannot** support children, young people and families who require:

- Specialist health care support and care planning.
- Support with moderate to severe mental health needs.
- Longer term support for health needs.
- Crisis intervention or urgent out of hours support.

If you are unsure whether a child or young person would benefit from CYPHWS please call the team on **0203 9540091**

Our Request for Support Form (RFS) can be found on our webpage: <https://compass-uk.org/services/children-and-young-peoples-health-and-wellbeing-service/>

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About Winter Illnesses and School Attendance

As we head into the colder months, it's common to see an increase in seasonal illnesses such as colds, coughs, and other respiratory infections. We understand that it can sometimes be difficult to decide whether your child should attend school when they are feeling unwell.

To help support your decision-making, please note the following guidance:

- **Children with mild cold symptoms**, such as a runny nose or a slight cough, **can still attend school** if they are otherwise well in themselves (eating, drinking, and alert).
- However, **children should stay at home** if they are experiencing more severe symptoms, such as:
 - A high temperature or fever
 - **Vomiting or diarrhoea** (children should remain at home for at least **48 hours after the last episode if it is norovirus**)
 - Any illness that makes them too unwell to take part in normal school activities

We encourage good hygiene habits, such as regular hand washing and covering coughs and sneezes to help reduce the spread of germs. If your child is unwell and staying home, please remember to notify the school as soon as possible.

Thank you for helping us keep our school community healthy and safe during the winter season.

Illness and Advice	
<p>Headache, earache and stomach ache</p>  <p>Children with headache, earache or stomach ache can go to school—just let the staff know they have felt unwell. Give paracetamol and plenty of fluids to drink. If headache, earache or stomach ache persists..... Seek medical advice.</p>	<p>High Temperature</p>  <p>Give paracetamol and plenty to drink. After paracetamol, if your child feels better, bring them into school. If your child's high temperature continues for three days or more..... Seek medical advice.</p>
<p>Diarrhoea and Vomiting</p>  <p>Children can return to school 48 hours after the last episode of diarrhoea or vomiting</p>	<p>Coughs and Colds</p>  <p>Children should be given paracetamol, plenty of fluids to drink and can be sent to school.</p> <p>If your child is asthmatic, remember they may need their blue Inhaler more often.</p>