



NEWSLETTER W/E 06th January 2026

Dear Families,

This week, our Year 1 children joined their peers from our federation school, St. Saviour's, for an exciting trip around the capital to view various famous landmarks as part of their classroom learning. It is always wonderful to see our federation working closely together to bring learning to life and create lasting memories- see further on in the newsletter for more details and photos.

Next week, our focus shifts to wellbeing and digital literacy. We will be observing both Internet Safety Day—which this year focuses on making smart choices and understanding the risks of AI—and Children's Mental Health Week, which explores the theme 'This is My Place'.

As we approach the end of the half term, it has been fantastic to see the children arriving each day ready to learn and smiling. While winter can be an unsettled time with dark mornings and weather, the joy and laughter the children bring have truly lightened the mood, creating a magical atmosphere of activity in and out of the classroom. We know that this energy and joy will also be showcased to the wider community when our Year 5 children take part in the Tower Hamlets Poetry Slam competition and Year 6 children perform at the diocesan service at St. Paul's Cathedral.



Wishing a lovely weekend,

Mrs Smith & Mr Hall



DIARY DATES

February Half term: 16th -20th February
Closed for Polling on 7th May



Monday 9th February: Safer internet day
Wednesday 11th February Ramadan workshop Y5/6
Thursday 12th February: Poetry Slam Y5
Thursday 12th February: LDBS service Y6

SCHOOL NOTICE BOARD

	Pupil of the week	Kindness leaves	Value of the week
Nursery	Eliza Mazreen		
Reception	Francis Athena		Yunus Mya-Rose
Year 1	Zahra Maryam	Phuc Musa	Zahra Maryam
Year 2	Luke Sidra	Jasai Tawseef	Aliysha Yetiah-mae
Year 3	Hayden Waseem	Armaan Janet	Zaiba Yusra
Year 4	Alexia Simra	Hafsah Alexia	Shanaya Aliza
Year 5	Jeremiah Fawzan	Ariya Christabel	Kimberly Lillie-Jane
Year 6	Awa Janelle		Charlie Siyana



WORSHIP FOCUS

John 2: 1–11
Key Message:
At a wedding Jesus turns water into wine. This is Jesus' first miracle. Jesus cares about people and can do amazing things.

Happy Birthday to:

No birthdays



Why do you think Jesus performed so many miracles?

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EXPLORING LONDON LANDMARKS



This week, our Year 1 children, alongside children from our federation school, enjoyed a memorable visit to the heart of London to bring their learning from *Katie in London* to life.

Travelling by bus, on foot and by Uber Boat, the children explored iconic landmarks including Tower Bridge, the Tower of London, Trafalgar Square, Whitehall, Big Ben and the London Eye. They were particularly excited to see key settings from the story in real life, making meaningful connections between the text and their surroundings.



The day was filled with excitement, discovery and rich learning opportunities, helping the children to develop a deeper appreciation of the remarkable city in which they live.



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Goodbye and Good luck!



Ms Begum, our Year 6 class teacher is sadly leaving us at SPSL. Ms Begum has worked here at the school since September 2021 and has supported countless children over the years. She has added so much value to our school as not only an outstanding class teacher but as our Science lead. Her last day will be on Wednesday 11th February. We will be very sorry to see her leave but wish her all of the best for her future endeavours!

Welcome back!



Mr Maple- Foster, who many of our children and families will remember as our Year 6 class teacher last year, is returning as the class teacher in Ms Begum's place. He did an amazing job supporting the children through their SAT's assessments as well as supporting and leading the school in singing during collective worship last year and we are happy to see him come back to the school. Mr Maple- Foster will be working with Miss Devlin to ensure our children continue to flourish.

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Chef Ed, who joined our kitchen staff as Sous chef in September, is also sadly leaving us. We wish him all the best as he goes off to pursue his dream of filmmaking. Ed has made a positive impact on the children with his introduction of exciting Asian flavours to our menu, as well as his mother's recipe Ice-cream.

As a parting gift, Chef Ed entertained the children with his circus skills; unicycle riding and juggling during this morning's collective worship. He was accompanied, on the piano, by Chef Max, who will be increasing his days and taking over working with Chef Dan to continue to produce the wonderfully healthy but delicious dining experience for our children.



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Ramadan Guide
2024/1445AH

Tower Hamlets Standing Advisory Council
on Religious Education (SACRE)

Parent Workshop
Fasting in Year 5 & 6
Wednesday 11th February
at 3pm



COUNCILS OF MOSQUES
TOWER HAMLETS
SACRE

SCHOOL NOTICE BOARD



A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

<p>A</p> <p>ASK FOR HELP You are not alone, so reach out and ask for help</p>	<p>B</p> <p>BREATHE Focus on your breath to find a sense of calm</p>	<p>C</p> <p>CONNECT Connect with friends, family and trusted adults</p>	<p>D</p> <p>DETOX Unplug from social media and other distractions</p>	<p>E</p> <p>EMOTIONS Observe how you feel and label your emotions</p>	<p>F</p> <p>FIND SAFE PLACE Go to a place where you feel safe and at ease</p>
<p>G</p> <p>GRATITUDE Focus on the things you're grateful for</p>	<p>H</p> <p>HEALTHY HABITS Create a balanced routine with healthy habits</p>	<p>I</p> <p>INQUIRE Pause and ask yourself, 'how do I feel right now?'</p>	<p>J</p> <p>JOURNAL Use a journal to express your thoughts and feelings</p>	<p>K</p> <p>KINDNESS Be kind and compassionate to yourself and others</p>	<p>L</p> <p>LET GO! Feel more energised, by moving your body</p>
<p>M</p> <p>MEMORIES Visualise three things you are proud of</p>	<p>N</p> <p>NATURE Improve your mood by exploring the great outdoors</p>	<p>O</p> <p>OPENNESS Be open to new activities and notice what happens</p>	<p>P</p> <p>PATIENCE It's okay to not be okay, so give yourself time</p>	<p>Q</p> <p>QUIET Take quiet moments every day to reflect</p>	<p>R</p> <p>REST Be mindful, rest often and get plenty of sleep</p>
<p>S</p> <p>SUPERHERO Stand in the Superhero Pose for two minutes every day</p>	<p>T</p> <p>THOUGHTS Track your thoughts in a journal, and notice any themes</p>	<p>U</p> <p>UNIQUE You are unique, and so is your mental health</p>	<p>V</p> <p>VOLUNTEER Boost your self-esteem by giving back to others</p>	<p>W</p> <p>WORRY TIME Schedule 'worry time' to help solve practical worries</p>	<p>X</p> <p>EXCITEMENT Do more of the things that bring you joy and excitement</p>
<p>Y</p> <p>YOU MATTER! You are important and your feelings matter</p>	<p>Z</p> <p>ZEN Practise calming activities like yoga and meditation</p>				

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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 visit https://www.gov.uk/government/uploads/attachment_data/file/464444/primary-school-attendance-booklet-2020-21.pdf

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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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>