



NEWSLETTER W/E 13th February 2026

Dear Families,

Thank you for a great start to the year at SPSL, working together is such a wonderful way to serve the children, especially at this point in the year.

We are able to go further together. This was keenly felt this week when parents attended trips, one parent visited St Paul's Cathedral with Yr6, where they had visited as a child whilst here at the school. Working together for a new generation is a privilege and a joy. The same partnership and joy was experienced in our coffee morning with our parents from Flamingo class and the therapists who are developing the support for our children.

Sadly, whilst we have incredibly positive changes, there are also some sad ones, with saying goodbye to our Year 6 teacher Ms F. Begum and our Sous chef Eddie. We do say a welcome back to Mr Maple-Foster to support in Year 6 whilst Mr Ali is able to return to teaching for part of the time too. Whilst we thank people for being part of the life of our school and wish them well in their next steps we know that for every child, every day and every change to learn and grow matters and working together we do go further, so thank you once more.



Have a restful half term break!

Mrs Smith & Mr Hall

DIARY DATES



- February Half term: 16th -20th February
- Closed for Polling on 7th May
- Monday 23rd February- First day of Half term
- Wednesday 25th February- Yr6 Residential parent's meeting 15:00
- Friday 6th March- World Book day celebrations

SCHOOL NOTICE BOARD

	Pupil of the week	Kindness leaves	Value of the week
Nursery	Zoey Ezra		Adwoa Khadija
Reception	Zehna Jordan		Maya Asma
Year 1	Tamjid Riyad	Jordan Zaviyar	Tamjid Riyad
Year 2	Amani Amina	Luke Sidra	Erum Eunice
Year 3	Layla Areeba	Hayden Ehsan	Mohamoud Waseem
Year 4	Yunus Ahnaf	Jisan Dana	Abid Ahmed
Year 5	Alivia Anaya	Damilee Jeremiah	Ariya Christabel
Year 6	Eshan Amelia A	Samuel Saqeef	Samuel Saqeef



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:



Tommy - Year 3
Omar - Year 2
Nusaiba - Nursery



Why do you think Jesus performed so many miracles?

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LDBS Service

Year 6 had the wonderful opportunity to attend the LDBS Service at St Paul's Cathedral, joining approximately 400 children from schools across the Diocese. Stepping into such an iconic and historic setting made the occasion even more special and memorable.

Our children sang beautifully as part of the massed choir, demonstrating confidence, enthusiasm and pride throughout the service. Their voices filled the cathedral, creating a powerful and uplifting atmosphere that truly reflected the spirit of the event.



We are incredibly proud of Year 6 for the way they embraced this experience and for being such outstanding ambassadors for our school.



SCHOOL NOTICE BOARD

SEND Coffee Morning

Our coffee morning was a wonderful success and allowed families to meet professionals working with their children. This term we have welcomed our Occupational Therapist, Sanjutha and our Speech and Language Therapist, Bahale both of who undertake direct work with our children in our specialist class along with training staff and from now on meeting with and supporting the parents. Along with our school social worker we hope that we can support you and your child in more meaningful ways. We love being able to work together this way. We are expanding our offer of specialist provision with the support of the Local Authority in our previously named Flamingo and Peacock classes. Being able to shape what we do with and for our families so that our school genuinely includes and strives to fulfil the hope for our most vulnerable means we all flourish.



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Poetry Slam

Our Year 5 children recently took part in an exciting Poetry Slam finale, where they proudly performed their own poems in front of other schools. The theme of the competition was “Extraordinary Things”, and the children explored this in imaginative and thoughtful ways from finding wonder in everyday moments to celebrating remarkable people and experiences.

Each child worked incredibly hard to craft and rehearse their poems. On the day, they spoke clearly and with great expression, captivating the audience with their powerful language and thoughtful ideas. It was inspiring to see them step onto the stage with such confidence and enthusiasm.

Not only did our children shine in their performances, but they also demonstrated outstanding sportsmanship. They were awarded a special trophy for their enthusiastic cheering and encouragement of their peers and children from other schools. Their positivity and support truly reflected our school values.



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Year 1 Design and Technology – Food and Nutrition



This week, Year 1 enjoyed a hands-on Design and Technology lesson focused on food and nutrition. The children explored healthy ingredients and learnt how to prepare food safely using a range of simple tools.



They created their own vibrant rainbow wraps, carefully preparing carrots, cucumbers, pears and apples. Using a peeler and a cheese grater, the children practised the ribboning method to produce thin, colourful strips. They then added a light lemon dressing, enhancing both the flavour and presentation of their wraps.



In addition, the children made fruit and vegetable kebabs. They carefully chopped a variety of ingredients, including button mushrooms, sweet peppers, cherry tomatoes and apples, demonstrating growing confidence in their cutting skills while following clear safety guidance.



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