



NEWSLETTER W/E 27th February 2026

Dear Families,

Welcome back after the half term break. It has been lovely to see the children return to school with smiles on their faces and ready to start their learning for this, albeit short, half term. This week we have been treated to our first spring day, with temperatures reaching 18.c and the sun shining brightly on us. Signs of spring are also visible in our outdoor areas where daffodils have been growing and blooming.

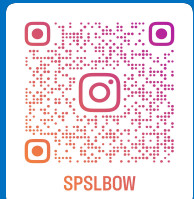


This half term marks the beginning of both Lent and Ramadan, offering a meaningful moment for reflection across our school community. For Christians, Lent is a season of prayer, fasting and preparation leading up to Easter, while for Muslims, Ramadan is a sacred month of fasting, prayer and spiritual growth. Both Lent and Ramadan encourage self-discipline, gratitude and care for others. For all of us, this shared season is an opportunity to reflect on our values, show kindness, and learn more about one another's beliefs and practices.

*Mrs Smith
& Mr Hall*



DIARY DATES



- Monday 2nd March: EYFS Parents reading club-15:10
- Tuesday 3rd March: Yr 1&2 Parents reading club-15:10
- Wednesday 4th March: Yr 3&4 Parents reading club-15:10
- Thursday 5th March- World Book day celebrations-dress up as you favourite character
- Yr 5&6 Parents reading club-15:10

SCHOOL NOTICE BOARD

	Pupil of the week	Kindness leaves	Value of the week
Nursery	Arham Nirvana		Mazreen Mia
Reception	Asma Maya		Jordan Isabella
Year 1	Safwa Kine	Mohammed Musa	Mohammed Musa
Year 2	Noah Hazera	Omar Istiayk	Fabeha Taha
Year 3	Ibadat Yusra	Ibadat Tommy	Mohmoud Janet
Year 4	Ahnaf Sharleez	Jisan Simra	Dana Nabil
Year 5	Kimberly Eman	Eman Aamira	Lillie-Jane Damilee
Year 6	Charlie Sabahat	Sabahat Saqeef	Sabahat Siyana



WORSHIP FOCUS

Matthew 4:1–11
After fasting for forty days in the wilderness, Jesus is tempted three times by the devil. Each time, He refuses and responds using Scripture, showing His trust in God.

Happy Birthday to:

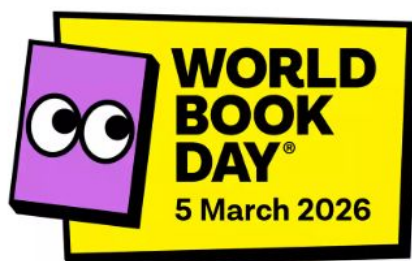


Aisha- Rec
Amira - Year 1



Jesus is tempted in the desert but chooses to obey God

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Next week we will be celebrating World Book Day across the school, promoting a love of reading and the joy that books bring to our children. Children will take part in a range of reading activities throughout the week; come dressed as a favourite book character (Thursday 5th March), classes will decorate their doors based on a book theme, teacher swap, reading scavenger hunt and more. A £5 book voucher will be awarded to the best costume in each Key Stage, and the winning class for best door will choose three new books for their class library.

We will also be running a book exchange, where children can bring in a book from home to share with others.

Parents are warmly invited to come into school every day to read with their child at 3:10pm in the hall. Please refer to the timetable below for your child's allocated day. We look forward to celebrating reading together.

Day	Class
Monday 2nd March	EYFS
Tuesday 3rd March	Year 1 and Year 2
Wednesday 4th March	Year 3 and Year 4
Thursday 5th March	Year 5 and year 6

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SCHOLASTIC TRAVELLING BOOKS

Every book you buy earns **FREE BOOKS** for our school*

COME TO OUR BOOK FAIR

AND FIND YOUR NEXT FAVOURITE READ!

DOG MAN
Big Jim Believes
DAV PILKEY

DIARY of a Wimpy Kid
PARTYPOOPER
Jeff Kinney

Pokemon
MEGA EVOLUTION HANDBOOK

Capybara Kingdom
Cara
The Superhero Capybara
Emma Young

The Scarecrows' Wedding
JILL DONALDSON - AXEL SCHEFFLER

TOM GATES
PESKY PETS AND PARTIES
LIZ PICHON

After school from Wednesday
11th - Tuesday 17th March in
the hall

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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>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>