

NEWSLETTER W/E 26th June 2026



Dear Families,

This week has looked a little different as we have adapted our school day to keep everyone safe and comfortable during the hot weather. Thank you for your support in ensuring children arrived with water bottles, sun hats and sunscreen where needed. We have made the most of cooler parts of the day for outdoor learning and play, while moving many activities indoors during the hottest periods. The unusual temperatures have also provided a valuable opportunity for children to discuss how weather affects our daily lives and to deepen their understanding of climate change through research and class discussions.

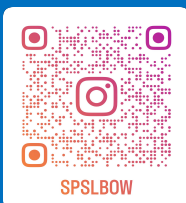
Finally, a reminder about smart devices. Children may bring mobile phones or smart watches to school if needed for their journey to and from school. However, these devices must be handed to the class team on arrival. They will then be taken to the school office, where they will be stored securely throughout the school day and returned to children at the end of the day. Thank you for your continued support in helping us maintain a safe and focused learning environment.

Have a restful weekend!

*Mrs Smith
& Mr Hall*



DIARY DATES



Tuesday 30th June - Y4 Trip to Tower of London
 Wednesday 1st July - Y4 Trip to Cable Street
 Wednesday 1st July - Y6 Poplar Partnership Trip
 Thursday 2nd July - Y6 Deanery Leavers service
 Friday 3rd July - N/R/Y1 - Dental Fluoride visit

SCHOOL NOTICE BOARD



Due to the temporary changes to the school day during this week's heatwave, we are not publishing attendance figures; **we look forward to welcoming all of our children back to their usual full school day next week.**



**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.**

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

BE SMART BE THERE!

Percentages based on 190 academic days

**ATTENDANCE
MATTERS**

**WHAT DO YOUR
ATTENDANCE
FIGURES
ACTUALLY MEAN?**

Our Attendance Welfare Officers (AWOs), Lina Rahman and Samir Amin, attend the school every Thursday morning. Lina and Samir regularly monitor school attendance registers and may contact parents or guardians by letter or telephone where necessary. Meetings and home visits may also be arranged if there are concerns regarding a child's attendance.

Formal referrals will be made for pupils with persistent absence or attendance below 90%. It is important that children attend school every day to support their learning and wellbeing. Parents and carers should also be aware that continued non-attendance could ultimately result in legal action. Holidays should be taken during school holiday periods and not during term time.

We understand that, despite children attending school for 190 days of the year, they may occasionally become unwell. To support families, please see guidance from our local health teams on common illnesses and advice about when to seek medical support:

[Tower Hamlets Together – Care Confident Booklet](#)

Additional physical activities, including swimming, help children to become healthier, more active, and ready to learn. Please ensure that children are able to take full advantage of these opportunities by bringing the correct kit to school each week.

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	Pupil of the week	Kindness leaves	Value of the week
Nursery	Eliza Muzzamil		Khadija Nusaiba
Reception	Aleeza Aisha		Aisha Akim
Year 1	Astou Maryam	Jordan Kine	Saiha Kine
Year 2	Alara Carter	Minh Aliysha	Amina Jasai
Year 3	Waseem Tommy	Areeba Waseem	Hayden Janet
Year 4	Isla Nabil	Nabil Simra	Aliza Brooklyn
Year 5	Lillie - Jane Damian	Zahra Eman	Ehsan Amina
Year 6	Casey Eshan	Siyana Taiyeba	Amelia A Sabahat



WORSHIP FOCUS

Matthew
8:23-27

Jesus calmed a fierce storm while crossing a lake, showing His power over nature and teaching His disciples to trust Him even when they are afraid.

Happy Birthday to:



Athena



“

God helps people grow in trust and courage, especially when things feel uncertain.

SCHOOL NOTICE BOARD

Upcoming dates for your diary

Tuesday 30th June – Year 4 trip to Tower of London

Wednesday 1st July - Year 4 trip to Cable Street

Wednesday 1st July - Year 6 Trip to Poplar Partnership

Thursday 2nd July - Year 6 Deanery Leavers service (Children only)

Wednesday 8th July - Year 2 Kew Garden Trip

Friday 10th July – Summer Fayre

Tuesday 14th July – Y6 leavers church service at St Paul's Bow common

Thursday 16th July – Y6 leavers at SPSL for parents

Monday 20th July

Class parties

Last day

SCHOOL NOTICE BOARD

WHAT'S FOR LUNCH?

WEEK 1

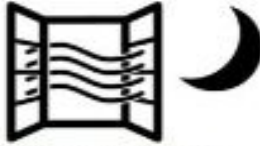
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato Pasta & Cheese (Gluten, Dairy, Celery)	Chicken Curry (Sulphites, Dairy)	Margarita Pizza (Gluten, Dairy, Celery)	Shredded Chipotle Chicken (Sulphites)	School Made Fish Fingers (Gluten, Fish, Dairy)
MAIN (OPTION 2)	Chefs Choice Pasta (Gluten)	Spinach Dhal (Mustard)	Tomato Pasta (Gluten, Celery)	Refried Beans & Cheese (Sulphites, Dairy)	Haloumi Fries (Gluten, Dairy)
SIDES	Focaccia (Gluten)	Rice & Naan Bread (Gluten)	Cauliflower cheese (Dairy, Gluten)	Corn Tortillas & Mexican Rice	Crinkle Chips
VEGETABLES	Broccoli	Pakoras	Steamed or Raw Carrots	Tomato Salsa & Guacamole (Sulphites)	Peas
DESSERTS	Fruit & Yoghurt (Dairy)	Chocolate Cake (Gluten, Eggs, Dairy)	Fruit & Yoghurt (Dairy)	Chefs Choice Seasonal Dessert	Fruit & Yoghurt (Dairy)
EXTRAS	Fresh Fruit Platter, Mixed Salad Bar and Greek Yoghurt Available Daily If you have any questions, please speak with you School Chef				

WHAT'S FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Mac & Cheese (Gluten, Dairy)	Chicken Chow Mein (Sulphites, Soy)	Beef Samosa (Gluten, Dairy)	Piri-Piri Chicken	Fish Fillet Burger (Gluten, Fish, Dairy)
MAIN (OPTION 2)	Chefs Choice Pasta (Gluten)	Stir Fry Vegetables (Sulphites, Soy)	Vegetable Samosa (Gluten, Dairy)	Bean Burger (Dairy, Soy, Gluten)	Halloumi Fries (Gluten, Dairy)
SIDES Where main includes, portion will be offered as optional extra	Focaccia (Gluten)	Noodles (Gluten)	Chickpea Curry	Couscous & Garlic Bread (Gluten, Dairy)	Crinkle Chips
VEGETABLES	Broccoli	Chinese Cabbage (Sulphites, Soy)	Vegetable Pilau Rice	Corn on the cob (Dairy)	Garden Peas
DESSERTS	Fruit & Yoghurt (Dairy)	Homemade Fruit Ice cream (Dairy, Eggs)	Fruit & Yoghurt (Dairy)	Chefs Choice Seasonal Dessert	Fruit & Yoghurt (Dairy)

SCHOOL NOTICE BOARD

Top Tips for Staying Cool		
	Stay inside During the heat of the day, stay inside and wear light, loose-fitting cotton clothes. Avoid being too active whilst it is hot.	
	Don't cook – eat cold food Eat cold food, especially fruit and salad with a high-water content.	
 Tepid not cold!	Cool yourself- evaporation Take a lukewarm (<u>not cold</u>) shower or bath. Pat skin with a towel, leaving it damp as water evaporating has a cooling effect. Dampen your skin regularly.	
	Cool yourself- hydration Drink cold drinks throughout the day. Water is best. Avoid caffeine.	
 Day - close up	Cool your home - windows When it is hot outside, close all windows, blinds and curtains. Open windows in the early morning, evening and during the night.	 Night - open up
	Cool your home – fans Putting a bowl of ice water in front of your fan makes it cool a room down more. Even just placing bowls of iced water and house plants in a room has a cooling effect.	
 Switch off!	Cool your home – switch off Turn off lights and any non-essential electrical equipment as they generate heat.	 Finished? Turn off!

SCHOOL NOTICE BOARD

Parent Reminder – Playground Safety at Collection Time

A gentle reminder that children should not play on the playground equipment at the end of the school day during collection time. While we understand that children are eager to play, this is a busy period with many families moving around the space, and the equipment is not supervised at this time.

For everyone's safety, we ask that children remain with their parent or carer and leave the playground promptly once they have been collected.

Children should not be playing or rearranging any equipment in the EYFS playground during drop offs and collection. Unfortunately, the mud kitchen protective clothing has recently been disturbed and left in a messy condition. We kindly ask for your support in ensuring all equipment is respected and left as it is.

Thank you for your continued support in helping us keep all children safe.



SCHOOL NOTICE BOARD

Reminder – Children not bringing personal items in from home.

A gentle reminder that children should not be bringing in toys, cards, stickers, fidget spinners, lip glosses, hand-creams, key chains or stationary from home. These can be lost, damaged or stolen and can often cause unnecessary conflict between children. All stationary that the children need is provided by the school. If children, after agreement with class teachers and the SENDCo, require a fidget toy, these will also be provided by school. If the children need cream or lip balm, these are to be given to class teachers to keep in the medical bag.

Thank you for your continued support.



SCHOOL NOTICE BOARD

GET INVOLVED. MAKE FRIENDS. TRY NEW THINGS.

SCHOOL CLUBS

THERE'S A CLUB FOR EVERYONE!

JOIN. LEARN. GROW. ♥

DRAMA



Step into the spotlight!
Build confidence, creativity
and performance skills.

COOKING



Get hands-on in the kitchen!
Learn new recipes, try
new foods and have fun.

HOMEWORK CLUB



Need a hand? We've got you.
Get support, stay organized
and reach your goals.

ATHLETICS



Move. Compete. Achieve.
Build fitness, teamwork and
school spirit.

TENNIS



Serve up some fun!
Improve your skills, stay active
and enjoy the game.

GET INVOLVED TODAY!

JOIN A CLUB. DISCOVER YOUR PASSION.
BE PART OF OUR SCHOOL COMMUNITY!



YOUR
SCHOOL.
YOUR
COMMUNITY.
YOUR
FUTURE.
♥



COME AND SPEAK THE ADMIN
IN THE OFFICE
FOR MORE DETAILS! ♥

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Swimming

Polite reminder that all children should attend swimming lessons. These are a compulsory part of the national curriculum for physical education and form an important element of your child's learning experience. These lessons are not optional and are designed to ensure that all children are able to meet national swimming expectations by the end of primary school.

As such, if your child is well enough to be in school, they are expected to take part in swimming sessions. If you consider your child has a medical condition that prevents them from swimming, please provide written evidence from your GP. However, in the absence of such a reason, all pupils will be expected to attend and take part in each lesson.

What to bring:

- Swimwear (trunks or swimming costume)
- Towel
- Swimming cap
- Goggles

Also reminder no earrings, please ensure these are taken out the night before.

Thank you for your support in helping us provide all pupils with the skills and confidence they need to stay safe in and around water. If you have any questions or concerns, please contact the school.

SCHOOL NOTICE BOARD



School Admissions Service – Drop-in sessions for parents and carers

 **Every Friday (term-time only)**

 **10:00 AM – 12:30 PM**

 **Residents Hub, Tower Hamlets Town Hall, 160 Whitechapel Road, London, E1 1BJ**

Are you a parent or carer with questions about admissions?

You may find the answers online:

 Visit us at towerhamlets.gov.uk/schooladmissions

If you need more support, we're here to help!

 No appointment needed - sign up for a 10-minute slot on the day

 Friendly, knowledgeable staff

 Quick answers to your questions

Let's make admissions easier — together!

For more information, email school.admissions@towerhamlets.gov.uk

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Tower Hamlets School Health Service



Visit our website to find out more



Who can access our service?

- All school-aged children (age 5 to 19)
- Or up to 25 for individuals with SEND
- Their parents/carers

What can we support with?

- | | | |
|-------------------------------|------------------|--------------------------------|
| • Healthy eating | • School anxiety | • Long-term health conditions |
| • Dental health | • Fussy eating | • Parenting |
| • Friendships & relationships | • Sleep | • Behaviour |
| • Body image | • Bullying | • Continence |
| • Emotional health | • Sexual health | • Referral onto other services |



compass.towerhamletsyphws@nhs.net



020 3954 0091

SCHOOL NOTICE BOARD

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WHATSAPP

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

GROUP CHAT PRESSURES

Group chats enable multiple users to message in the same space, but this can also make it easier for young people to feel excluded or overwhelmed. Negative comments can escalate quickly, and young people may feel pressure to respond or stay engaged even when the conversation is uncomfortable or upsetting.

SCAMS TARGETING YOUNG USERS

Scammers are increasingly using WhatsApp to trick users into sharing personal information. Common scams include fraudsters posing as family members in an emergency or tricking users into revealing security codes. These can lead to identity theft or access to private conversations.

DISAPPEARING AND HIDDEN MESSAGES

WhatsApp offers features like disappearing messages and 'Chat lock', which can give users a false sense of security. While intended to protect privacy, they can be used by young users to hide inappropriate conversations or content, making it harder for adults to spot potential issues.

EXPOSURE THROUGH CHANNELS

'Channels' are an optional feature that allows users to follow updates from public figures or organisations; however, there is no way to block this feature or filter its content by age. Young users may encounter adult or distressing content, including misinformation and harmful ideologies.

UNWANTED CONTACT AND LOCATION SHARING

WhatsApp users can share their live location, and if not managed carefully, this can allow others – even those in mutual groups – to track someone's whereabouts. Also, without the right privacy settings, young users may be contacted by strangers.

COMMERCIAL AND AI CONTENT

WhatsApp now includes ads in the 'Updates' feed and has introduced an AI assistant – Meta AI – across the app, which cannot be removed. These additions raise concerns about targeting, privacy, AI use, and the type of content children and young people might interact with.

Advice for Parents & Educators

REVIEW PRIVACY SETTINGS TOGETHER

Help young users check who can see their profile photo, status, and location. Activate the 'Silence Unknown Callers' setting and set group chat invitations to 'My Contacts' or 'My Contacts Except...' for added safety.

TEACH HOW TO SPOT SCAMS

Encourage caution around unusual and unexpected messages, especially if they involve money or codes. Help young users understand the signs of scams and what to do if they receive a suspicious message. Enable two-step verification to add an extra layer of protection.

BE OPEN ABOUT HIDDEN CHATS

Discuss why children and young people might use features like disappearing messages or 'Chat lock'. Encourage them to share if something made them uncomfortable, even if the messages are gone. Let them know that privacy should not mean secrecy.

TALK ABOUT ADVERTISING AND AI

Explain that WhatsApp now includes ads and AI tools. Discuss the difference between genuine and sponsored content, and the potential for AI to share inaccurate or age-inappropriate responses. Encourage young users to think critically before trusting or interacting with these features.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College