

NEWSLETTER Friday 3rd May 2024



Dear Families,

It has been a joy this week to have our pitch back in such a wonderful state. Thank you to Tower Hamlets Council for completing this on our behalf. The children are excited if a little orange from the sand still bedding in!

We had a lovely partnership INSET day during Polling Day with our Diocesan adviser, working on our next steps after a leadership and teaching and learning inspection day. Our benchmarked successes in Ofsted and SIAMS (we do have double inspections) is due to the continued openness to constant improvement.

Currently, we are considering how we can offer after-school provision till 6pm, aware of current needs. Thank you to Abigail Randal and all the families who championed this.

May is Mental Health Awareness month, our passion with increasing pressures on children is to ensure they grow up with the mental health skills to be psychologically flexible, and resilient. This is not always deepened within the existing curriculum so with colleagues from Kings College London we are writing a curriculum including psychology and neuroscience along with deepening our work on philosophy, equality, diversity and inclusion. Year 6 have enjoyed lessons on stress already, aptly before their SATs tests! If you would like to find out more or become part of a parent group that could add to this work, do contact me.

Enjoy the Bank Holiday

*Mrs Smith
 & Mr Hall*



DIARY DATES

KS2 Y6 SATs: start the week beginning 13th May

KS2 Y4 multiplication check: starts 3rd June

National Walk to School Week 20th – 24th May - Encourage to walk to school



January 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
Su	Mo	Tu	We	Th	Fr	Sa
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18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
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24	25	26	27	28	29	30
31						

April 2024						
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28	29	30				

May 2024						
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June 2024						
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23	24	25	26	27	28	29
30						

July 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**BANK Holiday
 on the 6th
 May.**

Jesus said "I have come so that you can live life in all its' fullness" John 10:10

STARS OF THE WEEK

Reception	Misheel	Even
Year One	Rahela	Xingchen
Year Two	Lexi	Ella-Rose
Year Three	Elanyah	Zoe
Year Four	Poppi	Lily-Rose
Year Five	Kaira	Emily
Year Six	Chloe	Logan



WORSHIP FOCUS

Wishing all our Orthodox families a very happy Easter of Pascha



Whether celebrating Easter, Eid or simply the Bank Holiday, we celebrate our belonging to our school family.



Our stars



Kindness leaves

May Birthdays!

Christian
Joseph
Vanya
Jermaine
Hairui
Savanna
Alfie
Tommy
Temitope
Tiwatope

Joey
Mark
Noah
Claire
Peter
Darla
Gracie
Lyla-Sue
Danyal
Kai
Lunar mae
Lois
Jarvis



SCHOOL NOTICE BOARD

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

1st – Year 4 97.62%
2nd – Year 5 95.30%
3rd – Year 2 92.86%

Congratulations to our top 3!

**Our school target is 96%
come on everyone!**

Polite reminder:

Children need to be in school on time.

Gates open at 8:45 and close at 8:55.

Early morning learning is provided for the children during this time.

Our Attendance Welfare Officer (AWA), Ranu Begum, attends school every Tuesday morning. Ranu 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.

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.towerhamletstogether.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!

SCHOOL NOTICE BOARD

PSHE/RSE Workshops

Y6: Please join us for PSHE/RSE workshops on Wed 8 May 0930-1015 to go through the curriculum and ask questions. Mr French

Y5: Please join us for PSHE/RSE workshops on Wed 8 May 1015-1100 to go through the curriculum and ask questions. Mr French

Y4: Please join us for PSHE/RSE workshops on Wed 8 May 1100-1145 to go through the curriculum and ask questions. Mr French

Y3: Please join us for PSHE/RSE workshops on Wed 8 May 1145-1230 to go through the curriculum and ask questions. Mr French

Y2: Please join us for PSHE/RSE workshops on Wed 8 May 1315-1400 to go through the curriculum and ask questions. Mr French

Y1: Please join us for PSHE/RSE workshops on Wed 8 May 1400-1445 to go through the curriculum and ask questions. Mr French

EYFS: Nursery & Reception Please join us for PSHE/RSE workshops on Wed 8 May 1445-1515 to go through the curriculum and ask questions. Mr French

Parental Workshops

**EYFS Nursery & Reception
Math's Parents workshop in school
8th May at 9am-10am
All welcome!**



SCHOOL NOTICE BOARD

Parental workshops



Building Confidence and Managing Anxiety in Your Child

An online workshop delivered by Tower Hamlets Educational Wellbeing Service (THEWS).



Focuses on the psychoeducation of anxiety & strategies to support parents manage their children's anxieties.



DATE: 7th May 2024

TIME: 12:30 – 13:30

Click the link below to join the session.



https://teams.microsoft.com/j/meetup-join/19%3ameeting_OTVhZWIjNzAtYWQ5ZC00NTdlTlhMzItNjMyNzkwZjYyNDNm%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%220id%22%3a%22a6f9d8a4-370d-4276-8110-44e6a9f3d599%22%7d

Go to Google Search and type in **Microsoft Teams** [Join the meeting now](#)

Meeting ID: 346 768 778 002
Passcode: B44UgE

TOWER HAMLETS EDUCATION WELLBEING SERVICE | **NHS East London NHS Foundation Trust**

BUILDING CONFIDENCE AND MANAGING ANXIETY IN YOUR CHILD

A 1 HOUR **ONLINE** WORKSHOP FOR PARENTS TO LEARN MORE ABOUT ANXIETY IN CHILDREN AND LEARN SOME TIPS FOR HOW TO BUILD CONFIDENCE IN THEIR CHILDREN

Thursday May 23rd at 2pm
for St Saviour's & St Paul with St Luke Parents

Delivered by Shaneka Simon
Educational Wellbeing Practitioner
Tower Hamlets Education Wellbeing Service

Go to Google Search and type in **Microsoft Teams** [Join the meeting now](#)

Meeting ID: 348 152 787 751
Passcode: YnN8EU


SCHOOL NOTICE BOARD



COFFEE MORNING
PARENTS OF PUPILS WITH SEN

THU 9 MAY @ 9AM

If you are a parent who has a neurodivergent child or with additional needs and wish to meet to chat with other parents and our SEND team, please come along to our coffee morning. We are stronger together, so come, chat, or listen. Thank you



FOOD and the FUTURE


Explore new research, eat, discuss and learn together

Wednesday 15 May, 11am-2pm
Bromley by Bow Centre, E3 3BT

Come along to...

Practical workshops and activities...

- Health snack making
- Parenting tips and tricks swap
- Family nutrition
- Money saving advice
- Self-employment and job coach




Discuss and influence...



- Tower Hamlets' School Meals programme
- The Future of Food in Tower Hamlets

Plus...

- Pampering corner
- Play for under 3s
- Make lunch together



Bromley by Bow Centre

This is a collaboration between community members of Tower Hamlets, ActEarly researchers, LBTH council, the Bromley by Bow Centre and voluntary sector organisations - in order to support children in Tower Hamlets to have the best start in life. Everything is possible together.

Find out more about ActEarly at www.actearly.org.uk or @ActEarlyCities on Twitter and Instagram

SCHOOL NOTICE BOARD

WHAT IS AUTISM CENTRAL?

Autism Central is a Peer Educator Programme commissioned by NHS England for Parents, Carers and PA's of Autistic People

- It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support.
- Everything the programme does is informed by, or co-produced with autistic people, Families and carers.

Contact and Ambitious about Autism are the non-for-profit organisations supporting Autism Central in London

- At Autism Hub Londn we provide online workshops and 1:1 telephone and email support via their hub.
- All our support is FREE for parents, carers and PA's within London
- Our Hub delivers FREE workshops and 1:1 support in settings such as schools, parent carer hubs and other support services.



Scan me for more information about Autism Central or visit: autismcentral.org.uk/london



SUPPORTING AND UNDERSTANDING AN ANXIOUS CHILD AIMED AT DADS

Would you like to learn more ways to support and understand an anxious child?

Come along to our FREE workshop, run by Autism Central, a Peer Educator programme supporting parents, carers and PA's of autistic people across London

What is anxiety | Support | and more

Saturday 4 May 2024 10:30 - 12:30

Ocean Children and Family Centre (inside the park), Whitehorse Road, London E1 0ND

All our workshops are delivered by people with lived experience of autism
Visit: autismcentral.org.uk/London for online workshops & 1:1 support



Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039166).



Holiday Childcare May Scheme 2024

Information for professionals

The Tower Hamlets Holiday Childcare May 2024 Scheme is now open for bookings for working parents' resident in the borough, and for vulnerable referrals. Non-working parents / carers are welcome to book places from 14th May 2024.

Scheme dates

Tuesday 28th to Friday 31st May 2024 (4 days).

Our scheme dates are based on the Tower Hamlets school holidays.

Booking closing date: 21st May 2024 by 12pm or earlier once bookings are full.

Venue

St Anne's and Guardian Angel Catholic Primary School, Underwood Road, E1 5AW

Please support and share this information with families you feel may benefit from our scheme. To refer a child please complete our [referral form](#) and support the family to book following the steps on our [booking system](#).

More information can be found on our website www.towerhamlets.gov.uk/hcs.

We will look forward to receiving your bookings.

Holiday Childcare Team
Parent & Family Support Service
Children and Culture Directorate
London Borough of Tower Hamlets



SEND SUPPORT GROUP

- Come along and meet other parents
 - Share information
- Younger children are welcome
 - Monthly guest speakers
 - No Diagnosis needed

This Terms Sessions are:

Thursday April 25th

Thursday May 9th and 23rd

Thursday June 6th and 20th

Thursday July 4th and 18th

10:00AM ~ 12:00PM

For more information or to book a parking space contact:

Tower Hamlets & City SEND IASS
30 Greatorex Street, London
E1 5NP
0207 364 6489

SCHOOL NOTICE BOARD

Understanding your thoughts about children's vaccines in Tower Hamlets

Hamlets

General information

We are the Royal Society for Public Health (RSPH) and we help people lead healthier lives. One of the things we do is to ask people what they think about vaccines. We have already spoken to children and teenagers about their thoughts. Now we want to speak to their families and people who work with them.

We need your help

If you are a parent or someone who supports or works with children or teenagers, what you have to say matters to us. Below you will find 3 different sets of questions. Click on the link or use the QR Code to open the set that is relevant to you.



Will you offer vaccines or health advice?

No. We only want to hear what you have to say, learn from your experiences and listen to your suggestions. We will not offer vaccines or health advice.

Will my participation be anonymous?

Yes. We will not collect personal details such as your name, or address. It will be important to know how you support children and young people, that is why we ask about your relationship with the child. But that is all. No one will know who you are or what you said.



Questions for parents, carers and families

If you are a parent or carer, please use this link or this QR code to access the set of questions.
[Click here.](#)



Questions for health and care professionals

If you are a health and care professional, please use this link or this QR code to access the set of questions.
[Click here.](#)



Questions for people working in the educational and volunteering sectors

If you work with education or volunteer in Tower Hamlets, please use this link or this QR code to access the set of questions.
[Click here.](#)



Have you got anything you would like to ask? Feel free to contact us by email policy@rsph.org.uk.



Sheet 54

Family Fun!

Ideas to support learning, play and well-being



Cheese Straws

- 375g/13oz **plain flour**
- pinch **salt**
- 225g/8oz **butter**, diced
- 150g/5½oz mature **cheddar**, grated
- 50g/1¾oz freshly grated **parmesan** (or a similar vegetarian hard cheese)
- pinch **English mustard powder**
- small pinch **cayenne pepper**
- 2 free-range **eggs**, yolks only

- Sift the flour and a pinch of salt into a bowl. Using your fingertips, rub in the butter until all the lumps are gone and the texture is like fine breadcrumbs. Stir in the cheese, mustard powder, cayenne, and egg yolks. Add 4-5 tablespoons of cold water and mix to a firm dough.
- Wrap in cling film or a reusable plastic bag and chill in the fridge for 30 minutes.
- Preheat the oven to 190C/375F/Gas 5.
- Line a baking sheet with baking paper. Roll out the dough to a square, roughly the thickness of a £2 coin. Cut the square in half, then cut each half into 1cm/½in strips.
- Transfer carefully onto the lined baking sheet and bake for 10-15 minutes, until crisp, then leave to cool on the tray.



'Upside Down' Snakes and Ladders

A variation on the classic. Flip this beloved board game to extend the fun- you will need a Snakes and Ladders board!

Start at 100 with an aim of getting to square 1. If you hit a snake and slide down you are closer to your goal, meanwhile, if you land on a ladder you go back up and are further away. Add favourite small toys as counters to personalise it.



Cardboard Fortress

Open your cardboard boxes out and copy the turret, window and door arches as above with a pen. Cut them out and add as many boxes together as you have. Place cushions and fairy lights inside for a cosy prince or princess reading corner.

Produced by
The National Engagement
Schools and Family Team



FamiliesMatter
Subscribe to our e-bulletin
www.towerhamlets.gov.uk/parentfamilysupport

Communities Keeping Well

Supporting you to live a healthier life



Communities Keeping Well

The Communities Keeping Well programme is working with eight communities in Tower Hamlets to prevent type 2 diabetes, coronary heart disease and respiratory disease. Over two years, residents will come together through a series of community events to design and lead activities to support a healthier life.

As well as making these neighbourhoods healthier places to live, it's an opportunity for residents to get their voices heard on health and community life, become health champions and help each other out.

Communities Keeping Well are your GPs, the council's Public Health team, local voluntary sector organisations and residents working together.

Where we are working:

North West

1. Cambridge Heath
2. Collingwood

North East

3. Old Ford
4. Devon's Road

South West

5. Watney Market
6. Ocean Estate

South East

7. Lansbury
8. Barkantine



To get involved as a resident or a volunteer

please contact: CKW@towerhamlets.gov.uk or contact your local GP surgery to connect with your local community health facilitator.
For more about the programme: towerhamletstogether.com