

Weekly Worship & reflection

**Baptism of Christ**



Dear Families,

This has been a somewhat exhilarating week, with tuition starting for year 6 pupils in maths, wonderful teaching and new narratives being told and reimagined, it is an absolute pleasure seeing the children on their learning journeys.

Parent meetings happen every 4th week each term. We are not sure how this will happen as yet because the Department for Education and others who are making some of these decisions have issued information to say no parents on site for parent meetings, but these things change. Whether in person or via zoom, teachers will meet you to discuss your child's progress and how you can support them. On our website we have the learning booklets for each year group and you received class newsletters last week, please use these and their bug club, or TTRS daily of at least three times per week to build memory and success.



The Bishop of Stepney, +Joanne visited school this week and led our worship on journeys... +Joanne spoke about the tools she takes with her on her journeys such as a map, a compass, a torch, a friend, her crozier... They symbolised what we might all need on our life journey, a Bible or book we put our faith in, something we believe in to be our moral compass, the light of Jesus, the hope we need in our lives, our loved ones and our purpose, the things we might rely on. When we think of the new year, our new journey, our hopes and fears, we were invited to wonder what tools would we like to take with us? As always journeying with friends and our community makes life a lot easier and helps us reach any mountain or overcome any obstacle. If you would like to talk to anyone about things you might be experiencing or that your child might be feeling please contact Mrs Sablon to arrange a meeting.

Wishing you a wonderful weekend, Mrs Smith

**Covid update**

The government have issued new guidance to schools this week. This includes;

- ◆ Face masks in shared areas
- ◆ Vaccines for vulnerable 5-11 year olds
- ◆ Increased frequency of LF testing
- ◆ Combining classes if staff are absent

We are putting in place;

- ◆ Cohort separation eg: Y6&5, Y4&3, Y2&1, R&N
- ◆ Additional cleaning during the day, in class and around the school
- ◆ Fogging by specialists
- ◆ Re-establishing hand and respiratory hygiene with children so our habits keep us safe

**What to do if.... My child has symptoms; Let your child rest & recover at home, as long as they have no symptoms, they can take LFTs from day 6 & 7, or a negative PCR and come back. Or just return from day 10 if symptomless.**

**If someone in my household is positive? Your child can come in if they have no symptoms. If a child in the class is positive? The child's parents would know, they would not be in school. If they had symptoms whilst at school, we keep seating and group plans stable to ensure less indoor mixing and enable us to contact directly under advice from local public health.**

**If a member of staff has a positive test? Staff test twice a week if positive they do not come to school and as above in terms of contact tracing. Can my child get vaccinated—yes if vulnerable**

**Important Reminders:**

**Uniform:** Thank you all children are in appropriate uniform. Just a reminder for a couple of people that it is all black shoes or trainers not brands..

**Birthdays:**

Only cup cakes or cut cakes or fruit to be handed out at the end of the day permitted. Please keep in mind pupils may have nut allergies or are vegan, in order to include everyone. **NO NUTS please**

**Lateness & pick up:**

School gates are open from 8:45—8:55 please bring your child within those ten minutes. **Lateness disrupts everyone.** Please remember pick up for only children is at 3:10, siblings is at 3:20.

**Celebrating full hearts and shining lights**

**MATTHEW 5:16,**  
"Let your light so shine before others, that they may see your good works and glorify your Father in heaven"

**Star of the week**



**Ephesians 4:32**  
*Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.*

**Kindness leaves**



**Dates for your dairy—more coming soon!**

<b>18/1/22</b>	Year 3 Ministry of Stories launch workshop then in every week
<b>24/1/22</b>	Keeping your child safe online for parents via zoom delivered via the local authority
<b>26/1/22</b>	Open Minds are going with year 5 to University of East London
<b>31/1/22</b>	Climate advocacy, idling workshop Year 4
<b>1/2/22</b>	The Bee project are supporting year 6 with developing financial literacy (money sense & entrepreneurship)
<b>11/2/22</b>	Last day for children
<b>14-18th Feb</b>	Half Term—children return on Monday 21st Feb



Rosalie	01 Jan
Faye	03 Jan
Joel	05 Jan
Vinnee	05 Jan
Archie	05 Jan
Oscar	06 Jan
Sofia	07 Jan
Alexander	12 Jan
Ejaz	13 Jan
Darcy	15 Jan
Ameerah	18 Jan
Aneyah	20 Jan
Nada	23 Jan
Daalya	24 Jan
Jesse	24 Jan
Paris-Hart	25 Jan
Aliya	26 Jan
Rameesha	26 Jan
Kaiser	29 Jan
Ava-Grace	31 Jan

## Did your child miss out on the flu vaccine?

It's not too late to join thousands of parents who already got their children vaccinated for the seasonal flu. All children from Reception to Year 11 are eligible.

By having the flu vaccination, children are less likely to pass the virus on to friends and family, especially those who may be at greater risk from flu, such as infants, elderly people or friends and relatives with a serious health condition.

- ✓ Safe
- ✓ Halal/Kosher friendly (no gelatine) -Injection
- ✓ Free

Clinics are being held at the below locations from 3pm to 4.30pm. Please note this is a walk in clinic, no need to book an appointment. These are the last Flu clinic dates so please make sure you attend one of them.

Around Poplar Children Centre – 115  
Three Colt Street, London E14 8AP  
20<sup>th</sup> Jan 2022 and 3<sup>rd</sup> Feb 2022

Ocean Children Centre - White Horse  
Road, London E1 0ND  
27<sup>th</sup> Jan 2022



Have questions on how the flu vaccine protects your child and family?

Contact us at [towerhamlets@v-uk.co.uk](mailto:towerhamlets@v-uk.co.uk)

**WOMEN & MONEY**  
FUN AND ENTERTAINING ONLINE WORKSHOP

Saturday 29th January 2022  
10:30am to 12:30pm on Zoom

- Understanding the financial challenges women face throughout their lives
- How to reduce the risk of fraud and identity theft
- Recognise different types of financial scams and how to shop safely online
- Understanding the importance of budgeting, savings, investments, credit and debt

for booking contact:  
[cherifa.atoussi@account3.org.uk](mailto:cherifa.atoussi@account3.org.uk)

account3 ROSA THE UK FUND FOR WOMEN AND GIRLS The MONEY Charity

News and  
information for  
Supporting  
families

### **Get Ready 2022 Applying To Nursery:**

#### **Tower Hamlets Transition Support Service, Supporting Parents and Carers with the Nursery Application Process**

Tower Hamlets Transition Support Service provides information, advice and support around transitions  
We recognise that this is a worrying and uncertain time for families and strive to continue to support in any way we can

Get Ready 2022: Applying To Nursery:

Please note closing date for primary applications is Wednesday 16th February 2022

Contact: [transitions@towerhamlets.gov.uk](mailto:transitions@towerhamlets.gov.uk), 0207 364 1533. Follow us on Twitter: @TransitionsTH

### **Triple P Family Transitions Programme for Separated Parents Experiencing Conflict in their Relationship:**

The Parenting Team is delivering a short course that will support separating or separated parents to understand the impact family changes may be having on their children, how to reduce conflict and minimise the negative impact relationship breakdown has on family life.

For more details or to refer a family please email [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) or call 020 7364 6398

These sessions are delivered by the Parent and Family Support Service

### **Platform to Talk- School Attendance:**

- The virtual discussion-based sessions provide a safe space for parents to come together, share their experiences and get reliable information
- Regular school attendance gives children the best possible start in life and helps them reach their full potential. January's Platform to Talk will explore ways parents can encourage good attendance so that children don't miss out on valuable learning
- Friday 14th January, 10am- 11am  
Meeting ID: 869 4559 2407, Passcode: NNQZz4 [Join Zoom](#)

### **Tower Hamlets Holiday Childcare Scheme:**

- The Tower Hamlets Holiday Childcare Scheme is open for bookings for the February 2022 Scheme
- Working parents / carers can book from midday on 11th January and non-working parents / carers from 25th January 2022
- We will be having a slightly reduced capacity for this scheme as we continue to follow government guidance
- Scheme dates: Monday 14th February – Friday 18th February 2022 (5 days, based on the Tower Hamlets school holidays)
- Venue: St Mary & St Michael Primary School, Sutton Street, E1 0BD
- 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](http://www.towerhamlets.gov.uk/hcs)  
Promotional information can be displayed on internal and external screens is attached

### **Empower You Too Project:**

Please see the attached flyer about a project to help people be more efficient and save energy costs in their homes and become Energy Champions

Email: [ruby.farrell@ageukeastlondon.org.uk](mailto:ruby.farrell@ageukeastlondon.org.uk) for more information or call 07514 670 270

### **NHS Food Scanner App:**

- With sixty per cent of parents saying they give their children more sugary or fatty snacks than before the pandemic the NHS has just launched its new NHS Food Scanner App to help families eat better
- Families can now scan product barcodes from their shopping and the app will suggest healthier alternatives to help them make easy swaps
- The free app uses a 'Good Choice' badge to help signpost people to healthier food and drinks in line with government guidance  
Search for "NHS Food Scanner" on the App Store or Google Play or visit the [website](#) to learn more

### **Women and Money Online Workshop:**

Saturday 29th January 2022, 10:30am to 12:30pm on Zoom

Email [cherifa.atoussi@account3.org.uk](mailto:cherifa.atoussi@account3.org.uk) to book



Email: [ruby.farrell@ageukeastlondon.org.uk](mailto:ruby.farrell@ageukeastlondon.org.uk)  
Tel: 07514 670 270



Preventing damp  
in your home



Understanding  
energy bills



Reducing energy  
costs

Empower You Too is a project helping people to be more energy efficient and save on energy costs in their home.

We train Energy Champions in Tower Hamlets, Newham, Hackney and the City to volunteer in their community and spread the knowledge they have learned about energy efficiency.

Empower You Too regularly runs free energy workshops and 1-2-1 sessions with people in the community – tailored to your individual needs, including:

- How to prevent damp & condensation
- How to reduce energy usage
- How to switch tariff/provider
- Understanding how heating controls work
- And much more!

Our next workshop will be online on Monday 7th February, 14.00-15.30. Please contact Ruby to register: 07514 670270 or [ruby.farrell@ageukeastlondon.org.uk](mailto:ruby.farrell@ageukeastlondon.org.uk)



## Holiday Childcare February Scheme 2022

### Information for professionals

The Tower Hamlets Holiday Childcare Scheme is now open for bookings for the February 2022 Scheme for working parents' resident in the borough and vulnerable referrals. Non-working parents / carers can book from 25<sup>th</sup> January 2022. We will be reducing capacity for this scheme as we continue to follow government guidance. For more details please click on the link [government guidance](#).

### Scheme dates

Monday 14<sup>th</sup> – Friday 18<sup>th</sup> February 2022 (5 days)

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

### Venue

St Mary & St Michael Primary School, Sutton Street, E1 0BD

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](http://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

**TOWER HAMLETS**  
**Holiday Childcare Scheme**  
Bookings now open

Ages 3-13 years old  
The Tower Hamlets Childcare Scheme offers Ofsted registered childcare.  
020 7364 0523  
[www.towerhamlets.gov.uk/hcs](http://www.towerhamlets.gov.uk/hcs)

February Scheme 2022  
14- 18 Feb  
(1 WEEK)

**Download the free NHS Food Scanner app**

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.

Download on the App Store | GET IT ON Google Play



### Family Transitions Triple P

Triple P Family Transitions Programme for separated parents experiencing conflict in their relationship

The Parenting Team is delivering a short course that will support separating or separated parents to understand the impact family changes may be having on their children, how to reduce conflict and minimise the negative impact relationship breakdown has on family life.

#### What is Triple P Family Transitions?

Family Transitions Triple P is a five-week group programme delivered by the Parenting Team. It is designed for parents who are experiencing personal distress from their separation or divorce, which is impacting on or complicating their parenting. Often there are unresolved conflicts coupled with difficulties in communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children and their children, and they may have concerns about their child's behaviour.

Each parent would attend a separate programme and whilst it is beneficial that both parents attend a programme, it is still beneficial if only one parent attends.

#### This course will help families:

- Understand the impact of family changes on children
- Communicate appropriately with their child/children about the changes in the family
- Develop strategies for difficult conversations and reducing conflict
- Continue to work together to support their child / children
- Develop an effective co-parenting partnership and avoid common co-parenting traps

For more details or to refer a family please email [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) or call 020 7364 6398

These sessions are delivered by the Parent and Family Support Service



## Parent and Family Support Service



These discussion based virtual sessions provide a safe space for parents to come together, share their experiences and get reliable information.

### Platform to Talk- School Attendance

Regular school attendance gives children the best possible start in life and helps them reach their full potential. January's Platform to Talk will explore ways parents can encourage good attendance so that children don't miss out on valuable learning.

Friday 14<sup>th</sup> January  
10am- 11am

Delivered online through Zoom

#### Join Zoom Meeting

<https://us06web.zoom.us/j/86945592407?pwd=SzJlcmRseEltQjdxTmVVOHZlWjJUQT09>

- Meeting ID: 869 4559 2407
- Passcode: NNQZz4

These sessions are delivered by the Parent and Family Support Service