

Weekly Worship & reflection

**Wedding at Cana**



The first miracle showing the goodness of God.

Dear Families,

This week in school the children have got really stuck in their topics and learning expectations are increasing by the day. The best analogy with learning I have ever seen is a body builder... you do not get big muscles on Monday by lifting weights all day Sunday but by routine, regular training. The same is true for learning, you cannot cram learning into your long term memory and understand a concept from the night before, it takes staggered, spaced, repeated training. Although you may not think we are all training to be Arnie, we are actually doing so in reading, maths and across all our learning. Learning facts has to go from our short term memory into our long term in order for us to remember them, facts like times tables, so practicing at least three times per week and regular testing helps us deepen learning.



Each academic year we set new goals for our school, this year, the main goal is to enable all souls to thrive. This is not just in terms of mental health, where we have Mental Health First Aiders and leads in Mr Dunford and Ms Sablon but also the way that children learn and manage their learning. This half term we are excited to be working with an organisation called Connections in Mind who will be working initially with our Year 5 and 6 children around executive function skills and how these impact on children's learning, wellbeing and development. Connections in mind will work with the children, train staff and run parental workshops around how we best support them in their executive function skills. We have put in the infographic and an explanation of one executive function below, Response Inhibition. Stay tuned for more information this half term about the project!

Wishing you a wonderful weekend, Mrs Smith

**Executive Function—focus on response inhibition**

What can they help us with in school?

**Response Inhibition** The ability to stop and think before you act. Resisting the urge to say or do things. Behaviour clues Educators can... Learners can....  
 Calling out in class  
 Pushing to the front of the line  
 Grabbing toys, books, etc.  
 Doesn't listen to all of the instructions before getting started. Jumps in without reading instructions  
 Needing to go first  
 Answering questions quickly without thinking even before they are asked,  
 Giving up quickly on challenging tasks  
 Saying hurtful things to classmates  
 We can: play games like Simon says, sit children near the front, have a regular meeting with them so they know they will always have attention in a scheduled way, have a blurt or scribble book to doodle and share.

**COVID reminders**  
 What to do if... My child has symptoms; Let your child rest & recover at home, take LFTs from day 5&6, or a negative PCR and come back. Or just return from day 10 if symptomless. Someone in my household is positive? Your child can come in if they have no symptoms. 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. 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

<p><b>Celebrating loving hearts and shining lights</b></p>	<p><b>Dates for your dairy—more coming soon!</b></p>
<p><b>MATTHEW 5:16,</b>                  "Let your light so shine before others, that they may see your good works and glorify your Father in heaven"</p>	<p><b>18/1/22</b> Year 3 Ministry of Stories launch workshop then in every week</p>
<p><b>Ephesians 4:32</b>                  Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.</p>	<p><b>24/1/22</b> Keeping your child safe online for parents via zoom delivered via the local authority</p> <p><b>26/1/22</b> Open Minds are going with year 5 to University of East London</p> <p><b>31/1/22</b> Climate advocacy, idling workshop Year 4</p> <p><b>1/2/22</b> The Bee project are supporting year 6 with developing financial literacy (money sense &amp; entrepreneurship)</p> <p><b>11/2/22</b> Last day for children</p> <p><b>14-18th</b> Half Term—children return on Monday 21st Feb</p>





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 an 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

## News and information to support your work with 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](https://twitter.com/TransitionsTH)

### Keeping Children Safe Online Course [For Parents](#)

- Learn about your child's on-line world and pick up useful tips to help keep them safe
- Free online safety sessions for parents, delivered in school by the LBTH Parental Engagement Team
- Date/Time: Friday 28th January 2022 at 10am-11.30am
- More information and joining details are on the attached flyer
- 



## Keeping Children Safe Online

Free online safety sessions for parents, delivered in school by the Parental Engagement Team

Learn about your child's on-line world and pick up useful tips to help keep them safe!

**Date/Time: Friday 28<sup>th</sup> January 2022 at 10am-11.30am**

Join Zoom Meeting

<https://us06web.zoom.us/j/81129325679?pwd=T0lkck8yd0FRZUJBeE4NTlPc0Nkdz09>

Meeting ID: 811 2932 5679

Passcode: 1LBZq6



## Raising Healthy Babies Course: Tower Hamlets Talking Therapies and NHS East London

Parents can learn about their baby's emotional development/bonding

New mothers can learn how to look after themselves

New parents can learn how to adjust to the transition to life with their baby

Full details and joining information are on the flyer attached

Register here <https://towerhamletstalkingtherapies.nhs.uk/get-started/>

  
Tower Hamlets Talking Therapies  
Making a positive difference through Talking Therapies

  
NHS  
East London  
NHS Foundation Trust

# Raising Happy Babies

## FREE 6 WEEK PSYCHOLOGY COURSE

**This course will help you to:**

**Learn about your baby's emotional development/bonding**

**Look after yourself as a new mother**

**Adjust to the transition to life with your baby**

*“ It was a great, safe atmosphere to open up and share my feelings ”*



*“ It was useful to hear others vocalise the same worries I had which normalised my feelings ”*

**Please self refer on:**

**<https://towerhamletstalkingtherapies.nhs.uk/get-started/>**

**To register for this group you must be a resident or have a GP in Tower Hamlets, be a first time mother and have a baby under 6 months**

## Half Term Free Family Cycle Training from London Borough of Tower Hamlets and Bikeworks:

- Free Family Cycle Training in Victoria park with [Bikeworks](#)
- Mon 14 Feb, Tue 15 Feb & Thu 17 Feb
- Times: 10:00- 12:00
- Book in advance by clicking [here](#)
- Dr Bike will be available on the 14th Feb 9-12 for repairs and advice

SUITABLE FOR REGULAR CYCLISTS LOOKING TO PROGRESS CYCLE SKILLS TO THE NEXT LEVEL. NO COMPLETE BEGINNERS.

**FREE\* FAMILY CYCLE TRAINING**

**DR BIKE ON 14 FEB 09:00AM - 12PM!**

**BOOK YOUR PLACE ON**  
[WWW.BIKeworks.ORG.UK/TOWER-HAMLETS-CYCLE-TRAINING](http://WWW.BIKeworks.ORG.UK/TOWER-HAMLETS-CYCLE-TRAINING)

**\*REFUNDABLE £10 DEPOSIT PER FAMILY**

**WINTER DATES 2022**  
Mon 14 FEB  
Tue 15 FEB  
& Thu 17 FEB

Times: 10:00- 12:00

IN EAST SIDE VICTORIA PARK  
ENTERING FROM PARNELL ROAD  
POSTCODE E3 2LA

**VICTORIA PARK**

TOWER HAMLETS

bikeworks

## Celebrate The Lunar New Year at Rich Mix

- This Sunday, celebrate Lunar New Year with a special 'Everyone a Maker' Chinese Ribbon Dance and Movement session
- This event is part of the 'Everyone a Maker' programme of family learning workshops which focus on a sense of playfulness and curiosity, developing skills and knowledge about different 'making' technologies and practice
- Parents/carers create with and alongside their children
- Book for 11am, 12pm or 2pm on Sunday 23rd January on the Rich Mix website [here](#)