

NEWSLETTER Friday 11th October 2024

Dear Families,

On World Mental Health Day this week, we shared the mindfulness curriculum so that staff in ours and other schools can start to deliver this. We know that greater awareness of mental health has not come with the increased support services matching the increased level of need. We want to support the children to become mentally healthy adults and that was the driver behind writing our mental health curriculum. By learning how your brain works and how it is linked to your thoughts, feelings, and actions, the children can learn how to support themselves to develop cognitive flexibility and emotional regulation, key to being well in themselves and with peers and others in the world.

If you would like to access how to talk to children about overwhelming emotions please see videos our children created during lockdown, including videos with psychologists. If you are experiencing mental health issues, please contact the Mind Support line on 0300 102 1234 or the Samaritans on 116 123; you can also email jo@samaritans.org for a reply within 24 hours, as well as texting "SHOUT" to 85258

On another note, we are very pleased with APEs, who are the company installing the canopy in a rather beautifully, creative way outside years 1 and 2.

Have a lovely weekend!

*Mrs Smith
& Mr
Hall*



**Congratulations to the
top 3 classes!**

Attendance

1st – Year 6 98.44%

2nd – Year 5 98%

3rd - Year 3 97.84%



DIARY DATES

Flu vaccines available for children: 17th October

Harvest Festival: Friday 18th October

BEE project for year 6: 21st October

Half Term: Monday 28th October –
Friday 1st November

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

STARS OF THE WEEK

Reception	Isabelle	Solomon
Year One	Olivia	Taimullah
Year Two	Aruna	Talia
Year Three	Fahida	Oscar
Year Four	Florence	Elanya
Year Five	Aaliyah	Parker
Year Six	Lyra	Ehan

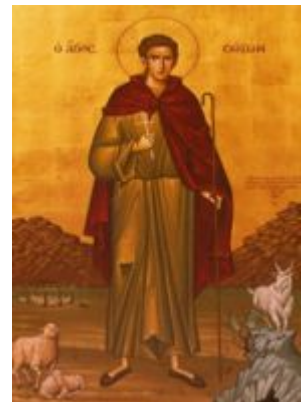


WORSHIP FOCUS

James 5:13 - 20: James teaches the christian community to support each other in prayer, accountability and loving guidance.



Help someone who is having a tough time.



Our stars



Kindness leaves



Happy Birthday to you...

Lenny	Pressiyan
Bertie	Aruna
Joseph	Elijah
Elliot	Archie
Pixie	Solomon
Talia	Frankie
Lexi	Fahida
Freddie	Aryan
Monroe	Bonnie
Tanjim	James
	Daniel



SCHOOL NOTICE BOARD

Dear Families,

As a school our aim is that children and adults live out our vision and values of human flourishing with Care, Respect and Inspiration. Schools, and especially Church of England voluntary aided schools, are not public land. As such, the public- including parents- are permitted onto the school's property by invitation . Our primary concern is the children's best interests and we are happiest when working together to serve them. Sadly, there may be occasions when people are behaving in a threatening manner towards staff, which means the invitation is subsequently withdrawn. Unfortunately in such cases a warning or a barring may be necessary. We rarely have this because we enjoy working together, have an open door to share concerns, and are clear about our expectations. One might say we are blessed with an incredibly loving community where people feel they belong and look after one another.

Mrs Smith

SCHOOL NOTICE BOARD

There are **190** days in a school year which leaves **175** days to spend on family time, shopping, appointments and other things.



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

Congratulations to our top 3 classes!

1st: Year 3 with 99%
2nd: Reception with 98%
3rd: Year 5 with 95%

Polite reminder:

Children need to be in school every day and on time.
 Gates are open for 10 minutes every day from 8:45 - 8:55. Early morning learning at this time sets the children up for the day. Some have targeted interventions at this time.

Did you know?


10 MINS LATE

EVERY DAY = 33 HOURS LOST LEARNING EACH YEAR.

CAN YOUR CHILD AFFORD TO MISS OUT?

A review of absence procedures by the Department of Education is called for following the death of a 4 year old child in Hackney. We all have to be more vigilant and ensure daily calls are made if your child is absent so that we know your child and you are safe.

SCHOOL NOTICE BOARD

In loving memory of Mrs John. We would like to say a massive thank you to everyone who donated cakes/biscuits and helped us to raise money for our two charities. We raised £199.14 for Barnardo's and £60 for Macmillan Cancer Support.

Thank you for all your support once again!



**WE ARE
MACMILLAN
CANCER SUPPORT**



Barnardos
Because childhood lasts a lifetime

SCHOOL NOTICE BOARD

ST SAVIOURS COFE

WRAPAROUNDCARE

UPDATE

We have finally recieved our OFSTED Certificate and will begin the process of signing up to the Tax-Free Childcare we will provide further update once this is complete.

UPCOMING EVENTS

OCTOBER
Black History Month
OCT. 7-10TH
Space Week
OCT. 10TH
Mental Health Awareness Day
OCT. 14TH-18TH
Recycle Week
OCT. 24TH
Halloween

SCHOLASTIC TRAVELLING BOOKS

COME to the BOOK FAIR

And earn FREE BOOKS for our school!

Thank you for your support with our school book fair. It was a brilliant success! We hope to hold another fair in the near future.

The Healthy Student event

GP CARE GROUP

The Tower Hamlets School Health and Wellbeing team is hosting a special wellbeing event and you are invited.

Families and young people, aged 5-19, come along and learn about health issues like asthma, eczema and mental health and wellbeing. Also, find out more about our service, and other services in the borough that support children and young people to live healthier and happier lives.

We will be running fun and interactive activities for children on the day around important health subjects.

Don't miss the chance to meet your school nurse.

Event details

Venue: Bernie Cameron Community Centre, 32 Merchant Street, Stepney E3 4LX

Date: Friday 25 October 2024

Time: 3pm - 5.30 pm

- Freebies and prizes to be won
- Light refreshments provided
- Limited capacity - Book your place to receive a free goodie bag

Scan the code to book your ticket

Learn more about the School Health Team
gpcaregroup.org/your-health-services/school-health/

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SCHOOL NOTICE BOARD

We're supporting



This year, BBC Children in Need will be taking place on
Friday 15th November 2024. This will mark the 43rd
TV Appeal to raise money for disadvantaged children and
young people around the UK.

Date: Friday 15th November

Wear your PJ's & school trainers

All donations welcome!

Thank you for your support!

SCHOOL NOTICE BOARD

Cross Country

This week children from years 3, 4, 5 and 6 took part in the Tower Hamlets Cross Country Event in Victoria Park. Although it was raining... heavily, we persevered and did our best. We worked as a team and we did really well overall. It was a fantastic experience and we hope more children will want to represent the school again at the Cross Country.

By Lyra and Joseph- Year 6



Year 3 Bread making

The children were lucky enough to make bread today in Year 3. They learnt about wheat and how it is grown, alongside all of the different processes involved in making bread. We hope the children enjoy their creations!





THE CHURCH
OF ENGLAND

OUTSTANDING



THE NATIONAL SOCIETY



Ofsted

Outstanding
Provider

SCHOOL NOTICE BOARD

HARVEST FESTIVAL

**Friday 18th October at
2pm
All Saints Church
All Welcome!**

**We are asking for food donations, please give all
items to your child before 15th October 24**

**Food donation ideas: All kinds of tinned food,
pasta, rice, pot noodles, soup (packet or tinned),
cereal, long life milk, biscuits, tea bags, coffee...
Please ensure they are all in date Thank you**

SCHOOL NOTICE BOARD

The
 **ELSA**
Study



UNIVERSITY OF
BIRMINGHAM



Screening children for type 1 diabetes



**Would you like to get your child
screened for type 1 diabetes in the
ELSA diabetes research study?**

**We are screening children, aged 3-13 years,
at a clinic near you:**

Date: Monday 11th November

Time: 9am

Location: School

Register here: www.elsadiabetes.nhs.uk

Contact us: Leanne Reardon Senior Research Nurse

Scan for info

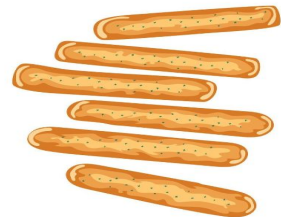


SCHOOL NOTICE BOARD

Healthy Eating

For breaktimes snacks for Years 3, 4 5 & 6

Healthy snacks should consist of fruit, rice cakes, breadsticks. **Crisps, chocolate, biscuits, and popcorn ARE NOT classed as a healthy snack.** We are what we eat, healthy alternatives will be on offer daily.



What should be in a healthy lunchbox?

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day, however, achieving this balance is not always as easy as it sounds. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy. A packed lunch made at home can be a healthy and delicious choice and gives a parent or carer control over the foods and ingredients included.

Pack your child a HEALTHY LUNCH BOX

Choose a variety of foods from each food group

