

NEWSLETTER Friday 31st January 2025

Dear families,

This week, our Year 4 students had the incredible honour of participating in the LDBS Annual Service at the magnificent St Paul's Cathedral. They joined a congregation of children, Bishops, Deans, and Celebrity Preachers to sing Will Todd's beautiful Anthem, *The Call of Wisdom*, under the awe-inspiring Cathedral Dome.

Representing our school in such a prestigious setting was a truly special moment for our students, and they rose to the occasion with confidence and enthusiasm. Their voices filled the grand space, creating a moving and memorable experience for everyone in attendance. We are immensely proud of their dedication and talent, and we congratulate them on this remarkable achievement!

Next week, we will be celebrating Mental Health Awareness Week, using *Inside Out* as a fun and engaging way to support learning. The theme for this year is *Knowing Yourself, Growing Yourself*, and we will be exploring the importance of understanding and managing our emotions.

Wishing you a warm weekend.

*Mrs Smith
& Mr Hall*



DIARY DATES

3rd Feb - The Brilliant Club

4th Feb - Year 4 THEWS

5th Feb- Inner London Cricket

10th Feb - The Brilliant Club

Hockey

**11th Feb - Establishing Good Routines run by
Farhana School Social Worker**

Girls Football

Poetry Slam Year 5

Inner London Cricket

**13th Feb - Year 4, 5 & 6 Science Exhibition at Town
Hall Whitechapel**

Half term: Monday 17th February

End of Spring Term: Friday 11th April

Easter holiday: 14th - 25th April 2025

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

STARS OF THE WEEK

Reception	George & Elizabeth
Year One	Ayah & Deana
Year Two	Grace & Rohan
Year Three	Temitope & Mia
Year Four	Zoe & Bobby
Year Five	Tommy & Poppi
Year Six	Hafiza & Mekhi



WORSHIP FOCUS

Psalm 19

In this Psalm the writer first sings of how God's message is shown through creation...



Encourage someone this week by telling them what you appreciate about their character.



*Always
remember to
be kind to
everyone !*

Kindness leaves



Our stars

Happy Birthday to you...

Zayan	Elizabeth
Grace	Dolly
Azaria	Everleigh-Mae
Jacob	Abigail
Adeola	Gavin
Aaliyah	Mia
Jason	Beau
Soele	Joe
Henry	Benjamin
Ahsan	Roman
George	Frankey

SCHOOL NOTICE BOARD

KNOW YOURSELF, GROW YOURSELF

Next week, we are excited to celebrate **Mental Health Week 2025**. This year's **Children's Mental Health Week** theme is **Know Yourself, Grow Yourself**. The more we understand about ourselves, the better we can express our emotions and navigate life's ups and downs.

Throughout the week, we have planned some fun and engaging activities to help students understand the importance of mental health. This year, we will use the popular movie **Inside Out** as a theme to help students explore their emotions in a fun and relatable way.

Dress-Up Day – Friday, February 7th – To celebrate the week, children can come to school dressed as one of the characters from *Inside Out*!



**CHILDREN'S
MENTAL HEALTH
WEEK**

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TIPS FOR FAMILIES

Place2Be's

**CHILDREN'S
MENTAL HEALTH
WEEK**

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



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Nursery Trip to Stepping Stones Farm



This week children have enjoyed their first school trip to Stepney City Farm. After lots of learning about transport, we boarded the DLR and used zebra crossings and traffic lights to cross the roads safely. We were blessed with such wonderful weather and the children very much enjoyed themselves learning about all of the animals they could see and hear. The pigs were their favourite! Thank you all parents for your support in making this trip such a big success.

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FamiliesMatter



Share your views! Free School Meals Parent Focus Group

Parents and carers are invited to participate in a Parent and Carer Council focus group at the Town Hall to share your thoughts on the free school meals at your child's primary and/or secondary school.

Friday 7th February 2025
9.30am-11:30am
Tower Hamlets Town Hall,
160 Whitechapel Road,
E1 1BJ



It has been over a year since Tower Hamlets Council became the first local authority in England to rollout universal free school meals to all primary and secondary pupils.

Universal free school meals provide financial, health and educational benefits to children and the council is committed to ensuring as many pupils as possible can benefit.

The Children and Education Scrutiny Sub-Committee is reviewing the borough's free school meal provision to explore how the council can continue working with schools, parents and pupils to increase uptake and satisfaction.

The session aims to focus on strengths, areas for improvement, balancing nutrition and appeal, accessibility, and communication in relation to free school meals.

Refreshments will be provided. Places are limited and booking is required.

To book your place, email your name and your child's school to
parentalengagement@towerhamlets.gov.uk

This Parent and Carer Council Family Voice Event will be facilitated by the Tower Hamlets Parental Engagement Team and Corporate Strategy and Communities Service.

www.towerhamlets.gov.uk/parentfamilysupport

Booking required



LIGHT OF THE WORLD

Sunday, 2 February 3.30pm
All Saints' Church, Newby Place, E14 0PT

**Celebrate Candlemas
with a children's party!**

Treasure hunt Crafts
Biscuit making
... ending with Evensong at 5pm



All Saints Poplar's Junior Choir meets on Tuesday evenings.

This Tuesday, we're starting a brand new service at 6.30pm, sung by our older choir group. Anybody is very welcome to attend - we'd love to see you there! It will last about 30 minutes.

On Sunday 2nd February, we're hosting a children's party at 3.30pm to celebrate Candlemas. All children are welcome! This will end with Evensong sung by our Junior Choir at 5pm.

If your child is interested in joining the choir, please email
choir@poplar.church

Jonathan Pease
Music Director, All Saints Poplar

SCHOOL NOTICE BOARD

Year 4 at St Paul's Cathedral



The children in our schools were two of only five schools being the St Paul's Cathedral choir in the London Diocese comprising of over 67 schools.

Their voices were angelic! We are incredibly proud of them taking their seats in the choristers area behind the alter. When we talk of inspiring the spirit nothing is more powerful than art and singing as part of a collective. Well done children!

SCHOOL NOTICE BOARD

Workshops run by Farhana our School Social Worker

**Establishing Routines Workshop, Tuesday 11th February
9am-10am at St Saviours Primary School**

Delivered by our Early Help School Social Worker, covering the following:

- What is a routine, it's importance and benefits
- Practical advice and tips around establishing routines for children at home
- Resources and examples will be shared on tools that can be used to help with routines.

This session is targeted for parents who are struggling to establish a routine at home and for those who are struggling to bring their children into school on time however it is open for all. I look forward to seeing you all there.

Reducing Screen Time Workshop, Tuesday 11th March 9am-10am at St Saviours Primary School

covering the following:

- Importance of reducing screen time and its harmful effects including safeguarding perspective
- Practical advice and tips around boundaries and reducing screen time at home
- Resources and examples of activities will be shared on tools parents can use alternatively with their children to improve communication with their children and reduce screen time.

This session is targeted for parents who are struggling to reduce screen time at home, set boundaries and would like to find out practical ways to connect with and communicate with their children. I look forward to seeing you all there.

Farhana Rohim (Early Help School Social Worker)