



St Paul's Whitechapel Newsletter

www.st-pauls.towerhamlets.sch.uk Tuesday 6th December 2022

An update from Mr Bennett...

I am very sad to report that our former Chair of Governors, Bob Cattell, passed away at the end of August. Bob was on the school governing body when I was appointed as headteacher and took over as Chair from Fr Gilleen Craig. Bob was instrumental in engaging with the Diocesan building officers and began the process which later led to the construction of the early years and Key Stage 1 extensions to the school.

Bob was a renowned children's author and loved cricket. He put these two passions together to great effect in *Glory Gardens*, a series of books about a children's cricket team. He also used his contacts to provide cricket coaching for the school and arranged for other children's authors to visit, including the wonderful poet and author John Agard. The school has lost a good friend.

You can read a full obituary about Bob here:

<https://www.theguardian.com/books/2022/dec/01/bob-cattell-obituary>

T Bennett



**GLORY
GARDENS
CRICKET CLUB**



**BOUND FOR
GLORY**

BOB CATTELL

Christmas at St Paul's School

Christmas is an exceptionally busy time here at St Paul's School. Here is a summary of what is going on:

- | | | |
|-------------------------------|-------|---|
| Friday 9th | 9:00 | Parents' Creative Ideas workshop |
| Tues. 13th | 9:30 | Christmas Service at St George-in-the-East Church |
| Wed. 14th | 10:00 | Early Years' Nativity Play |
| Thurs. 15th | | Wear a Christmas Jumper (bring £1 for charity) |
| | 10:00 | Christmas Carol Concert |
| | | Christmas Lunch |
| | | Early Year & Key Stage 1 pantomime |
| Friday 16th | | Class Christmas parties |
| | | School ends at 3:30 pm |

Follow us
on Twitter



[@StPaulsCESchool](https://twitter.com/StPaulsCESchool)

What's inside:

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Christmas Carol Concert

Come and hear all your favourite Christmas songs and Carols sung by children from Year to Year 6.

'Once in Royal David's City'

Come all ye faithful

Silent Night

And lots more!



10 am Thursday 15th December

**STREP A
and other
illness advice
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What to do if your child is unwell

A guide for parents

Scarlet fever and invasive Group A strep

Scarlet fever is usually a mild illness. Symptoms include a sore throat, headache, swollen neck glands, and fever, along with a fine, pinkish or red body rash with a sandpaper feel. The rash may be harder to see on darker skin tones but you should be able to feel it. Contact your GP or NHS 111 if you think your child has scarlet fever.

In very rare occasions the bacteria that causes scarlet fever can get into the bloodstream and cause an illness called **invasive Group A strep**. If your child seems seriously unwell contact your GP or call NHS 111.

Do this if your child is feeding or eating much less than normal, has a dry nappy for 12 hours or more or seems dehydrated, feels hotter than usual (for a baby under 3 months a temperature of 38°C, for older than 3 months a temperature of 39°C or higher) or is very tired and irritable.

Call 999 or go to A&E if your child is having difficulty breathing, there are bluish or grey patches on your child's skin, tongue or lips are blue or your child is floppy and will not wake up or stay awake.

Visit www.what0-18.nhs.uk for more information.

Newborn babies

Crying

All babies cry. It's their way of letting you know they need changing, are hungry or just need a cuddle. If your baby cries suddenly, they may have colic. Colic is common but is not serious and will lessen over time. Talk to your pharmacist for advice.

If your baby suddenly develops a high pitched cry, contact your GP or call NHS 111.

Wheezing and breathing difficulties

These can be scary but are often nothing to worry about. Illnesses like bronchiolitis, mild croup and a cough can often be treated at home. Panting or rattly breathing is common in babies and can be helped by holding your baby upright. Talk to your health visitor about this. If you are worried contact your GP or call NHS 111.

Rashes and dry skin

It's normal for babies to develop rashes, and problems such as nappy rash can be helped with creams from your local pharmacist. If your baby develops a rash and seems unwell contact your GP or call NHS 111.

Babies and toddlers

Coughs and colds

Coughs and colds are part of normal child development and helps them to build up their immune system. An average child will have between 8-12 viral infections each year.

Most bugs will run their course and your child will get better on their own but you can help them:

- Give your child lots to drink
- Try liquid paracetamol or liquid ibuprofen suitable for children

Talk to your pharmacist about other remedies.

Contact your GP or call NHS 111 if your child's temperature stays above 38°C and cannot be controlled with medication or is unusually unwell.

Ear infection

Ear infections are common in very young children. They often follow a cold and can cause a temperature. They are painful and you may need painkillers from your pharmacist.

Other symptoms include a sore throat, coughing and a high temperature. If the pain becomes more severe or your child has breathing difficulties, contact your GP or call NHS 111.

Upset tummy

Feeling sick and being sick are normally signs of an upset stomach or tummy bug, followed by diarrhoea.

Keep your child at home and, if they are not vomiting too often, give them frequent, small amounts of water (e.g. a couple of tablespoons full every 10 minutes), to stop them becoming dehydrated. Rehydration solutions can also help and can be bought at your local pharmacy.

Bumps and bruises

Minor cuts, bumps and bruises are normal. Most of your child's bumps will require nothing more than a cuddle but you will know by their reaction if it's more serious. A cold flannel or a covered ice pack on the spot for a few minutes will help reduce swelling and cool it down.

If your child has a bump to the head and it looks serious, or symptoms worsen, contact your GP or call NHS 111.

Self care

For coughs and cold, sore throats, grazed knees and elbows and mild tummy aches.

Lots of conditions can be treated at home – in fact that's the best place for your child.

A major part of helping your child to recover from minor illness is to get them to rest and drink plenty of fluids. Plan ahead by stocking up on essentials, including liquid paracetamol or ibuprofen, a thermometer, antiseptic cream and plasters. Do not give aspirin to a child under 16.

Pharmacists

For diarrhoea, constipation, skin irritations and mild fever.

Many of your child's medical problems can be treated by health professionals at your local pharmacy. Pharmacists give expert, confidential advice and treatment. Best of all there is no need for an appointment.

GP

Your GP is the first port of call for your child for non-urgent illnesses and injuries that won't go away. This may include high temperatures, persistent coughs and ear aches, eczema, severe tummy aches, vomiting and diarrhoea. Some GPs are open longer hours, including weekends and evenings and they can offer emergency appointments for urgent cases.

If you cannot make an appointment during regular GP surgery hours (usually 9am – 6.30pm Monday – Friday), contact NHS 111 to book an out-of-hours appointment. Many GPs offer online services, which allow you to book or cancel your appointment or order a repeat prescription. Contact your practice or visit www.northeastlondon.icb.nhs.uk/gp for more information.

NHS 111

If you are not sure how to deal with your child's medical condition call **NHS 111**.

You can get free round-the-clock medical information, confidential advice and reassurance.

Health advisors will ask you questions and give advice on what to do and where to go next.

NHS 111 can book you a GP appointment outside of usual opening hours.

Dental care

If you have concerns about your child's teeth, including dental pain, contact a dentist. NHS 111 can help you find your nearest dentist or the nearest emergency dental service.

A&E

Hospital A&E provides urgent treatment for serious, life-threatening conditions. This could include if your child is blacking out, suspected meningitis, choking, fitting, struggling to breathe, and has an injury that is bleeding and won't stop.

You should take your child to A&E yourself if possible but if your child is too unwell, dial 999 for an ambulance.

Find your route to urgent help

Find out more on the best way to access NHS services like pharmacy, GPs and NHS 111 www.northeastlondon.icb.nhs.uk/urgentcare
Visit www.what0-18.nhs.uk for information and support on child health.

The St Paul's/ Place2Be Kindness Cup

Our Kindness Cup was provided by Place2Be and is presented each week in our celebration Assembly.

Class teachers nominate children who demonstrate acts of kindness towards others in their class or around the school. Each week a child from a different class is nominated.

Winners get to keep the cup for a week before handing it over to the next recipient.

Kindness Cup Winners this term, are:

Year 6	Sofia
Year 5	Amani
Year 4	Farhanul
Year 3	Zainab
Year 2	Anaya
Year 1	Madeena
Butterflies	Fatihah
Caterpillars	Khadija
Well done to all of them!	



Keeping children safe Online at St Paul's School

We invited Konflux Theatre into school to teach us about how to use the internet safely. We had lots of fun doing role-play activities and children had some serious conversations around the issues of cyber bullying.

Using the internet safely and positively is a key message that we promote in our school.

Internet Safety Workshops are a great opportunity for us to re-emphasise the online safety messages that we deliver throughout the year. We would be delighted if you could support your children by continuing the conversation at home. Some resources which you may find helpful in supporting your child online are:



Ms Blake led a whole-school assembly about internet safety.

- *Tips, advice and guides for parents and carers from the UK Safer Internet Centre: (saferinternet.org.uk/parents)*
- *Advice for parents and carers from Childnet (childnet.com/parents-and-carers)*
- *Reviews and information about games, apps, TV shows and websites from Common Sense Media (commonsense.org)*
- *Help on parental controls and privacy settings from Internet Matters (internetmatters.org/controls)*
- *Information and reporting of online grooming or sexual abuse from CEOP (ceop.police.uk)*



Children and Culture Directorate Education

020 7364 3114
www.towerhamlets.gov.uk

Dear Parents,

Working Together

We want to applaud the fact that **Tower Hamlets has some of the best schools in London**. The performance of our schools in Ofsted inspections is the best in London and nationally with **96% of our schools and setting judged as good or better by Ofsted**. **Your contributions as parents to these amazing inspection outcomes should not be underestimated**. The excellent quality of teaching and learning in our schools is due to school leaders and their staff wanting the best for your child both in terms of academic achievement and emotional well-being.

As we come towards the end of the first half term of this academic year, there are so many things to celebrate about our schools and settings including the support you have provided to our school staff to ensure your children's learning is exciting and effective.

Schools are central to our families and communities. Our schools have continued to work with families and their children throughout the pandemic and our schools have provided real community leadership working with children and families. This needs to continue as we come out of the pandemic.

We are rightly proud of our schools in Tower Hamlets and how we all put the interests of our children and young people first. **School staff deserve to be treated with respect for their commitment and dedication to providing the best education for your children**. We ask you to be respectful of each other when you are on school site, be mindful of your behaviour when you are in the school playground.



The best of London in one borough



We have come across rare incidents where parents' behaviour on school premises or towards school staff has been unacceptable. Where such incidents are brought to attention of the local authority, they will be dealt with appropriately. The local authority will support its schools to ensure the safety of your children and the staff in schools.

I hope you enjoy the half term break and thank you supporting your child's school do a great job.

Yours

James Thomas
Childrens Corporate Director,
Children and Culture
London Borough of Tower Hamlets

Steve Nyakatawa
Director of Education
London Borough of Tower Hamlets



The best of London in one borough

St Paul's School Photo News

A review of what has been happening in, out & around school. Find lots more like this on Twitter!



Caterpillar Class read comfortably and explored our new construction resources, kindly donated by a teachers' relative (above left), whilst the Butterflies made number sentences with ladybirds (above right).



Anti-clockwise, from above:

Year 1 shared their incredible knowledge on light and shadow in their assembly.

Year 2: The scientists in year 2 had the best time hunting for materials at the Science Museum.

Year 3 had a great time making humous. They ate this with bread and carrot sticks. Delicious!

Year 4's assembly juxtaposed the Nativity story and Ernest Shackleton's challenging journey.

Year 5 went to the City to learn about the amazing architecture and sketched the buildings from multiple perspectives!

Year 6 celebrated the 'Bloom' community gardening project by creating this beautiful art collage to represent our local parks!



St Paul's' Friendship Week (anti-bullying)



To recognise Friendship Week (anti-bullying week) we all wore odd socks. These show how we celebrate our uniqueness and differences. We also welcomed OpenView Education who performed a show for the school and provided workshops which encouraged children to 'Reach Out' and 'Speak Out' to make school a safer place.



**ANTI-BULLYING
ALLIANCE**



COME SWIM WITH US!

SESSIONS FOR AGES 5 YEARS + TO ADULT.

BETHNAL GREEN SHARKS SWIMMING CLUB IS A COMMUNITY SWIMMING CLUB THAT OFFERS STRUCTURED AND PROGRESSIVE LESSONS FOR LEARN TO SWIM, SWIM FOR FUN, SWIM FOR FITNESS OR TRAIN TO SWIM COMPETITIVELY.

TRAINING SESSIONS ARE AVAILABLE AT:

MILE END LEISURE CENTRE, 190 BURDETT ROAD, E3 4HL

YORK HALL LEISURE CENTRE, 5 OLD FORD ROAD, E2 9PJ

POPLAR LEISURE CENTRE, 170 EAST INDIA DOCK ROAD, E14 0ED

HOW TO CONTACT US

WEBSITE: BETHNAL GREEN SWIMMING CLUB - TEAMUNIFY

E-MAIL: SHARKSCLUB@OUTLOOK.COM

FACEBOOK: BETHNAL GREEN SHARKS SWIMMING CLUB

TWITTER: @BGSHARKSSC



Swim England
Affiliated Club



Improving lives
and reducing
waste in
Tower Hamlets



The Food Store is a place you can go every week to pick up large quantities of food for a small amount of money, all while being helped to access support for your finances and wellbeing.



MAYOR OF
TOWER HAMLETS

'All of Tower Hamlets' residents deserve healthy, affordable food. Food Stores showcase all that is best about our Borough - communities coming together to ensure that everyone is fed, regardless of their background. I am proud to oversee the opening of these stores, and look forward to working more closely with and supporting them moving forward'.

Lutfur Rahman, Mayor of Tower Hamlets

How does it work?

In return for a weekly membership fee of £3.50 you will be able to pick up £20 to £30 worth of groceries and household items. While you are a member we will also set you up with access to advice services for help with debt, benefits access, housing issues and other areas you might find useful.

What kind of food will I get?

We stock quality redistributed food that can help to top up your weekly shop with nutritious essentials. Your weekly groceries will include fresh fruit and vegetables, chilled and frozen foods, and store cupboard staples. We also offer household items, like toiletries and cleaning products, when we have them.

Where is The Food Store?

The Food Store is running in sites across Tower Hamlets.

How long can I be a member?

Every three months we will check in to see how you are doing and if you are getting the right support. If things have improved and you no longer need our help, the membership will end – if not it will carry on. Memberships normally last for six months.

How do I sign up?

To sign up, or for more information, please email **TheFoodStore@towerhamlets.gov.uk** with your name, address, postcode and contact details.



St John's & Paul's Whitechapel CE Primary Schools

Term Dates and Holidays - 2022/ 2023

Autumn Term 2022 (70 days)

Last Day of Term Friday 16th December

Christmas Day Sunday 25th December
Boxing Day Monday 26th December

Spring Term 2023 (58 days)

New Year's Day Sunday 1st January
Bank Holiday Monday 2nd January
Staff Training Tuesday 3rd January
First Day of Term Wednesday 4th January
Half Term Mon. 13th to Fri. 17th February
Second half of term Monday 20th February
Last Day of Term Friday 31st March

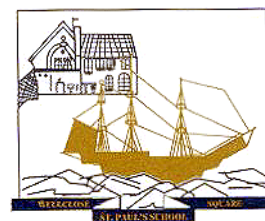
Good Friday Friday 7th April
Easter Monday Monday 10th April

Summer Term 2023 (64 days)

First Day of Term Monday 17th April
Staff Training Friday 30th April
May Day Bank Holiday Monday 2nd May
Half Term Monday 29th May to Friday 2nd June
Second half of term Monday 5th June
Last Day of Term Friday 21st July

Ramadan begins Wednesday 22nd March* 2023
Eid Al-Fitr Friday 21st April* 2023
Eid Al-Adha Wednesday 28th June 2023

190 School Days, 5 Staff Training Days (2 to be arranged)
* to be confirmed



Final Thought

*"If you are humble nothing will touch you, neither
praise nor disgrace, because you know what you are."
Mother Teresa*