



# St Paul's Whitechapel Newsletter

[www.st-pauls.towerhamlets.sch.uk](http://www.st-pauls.towerhamlets.sch.uk)

Monday 31<sup>st</sup> January 2022

## *An update from Mr Bennett...*

With the threat of Covid still around us and with pupils, families and staff suffering from the effects, it has not been the easiest start to the year. Fortunately, the flexibility of our staff has enabled us to cope with the staff shortages and fill in for each other where we can.

St Paul's School could be inspected by Ofsted at any time – St John's had its inspection in November (<https://reports.ofsted.gov.uk/provider/21/100953>). Please could I ask as many families as possible to fill out the Ofsted parent survey; it would be lovely if you could share your views of our school. All you need is an email address, then click on the link here: <https://parentview.ofsted.gov.uk/login?destination=give-your-views>. If you need help with this, Janice, our parent liaison officer will set up some workshops to go through it in school.

We are very pleased to welcome back Ms Miah who has already got straight into work as our interventions and Year 1 cover teacher. Ms Miah is an experienced teacher who worked here last year on a voluntary basis and is the parent of two former pupils.



## Visit to the pwc Pantomime



We had a fantastic time at the pwc pantomime at the Peacock Theatre last week. A coach took us to the theatre and back and they even gave everyone a small treat. We saw Mr Bennett's daughter as the Queen of Clubs (above). Thank you pwc.







667 followers and counting! Keep up to date with the school  
[@StpaulsCESchool](https://twitter.com/StpaulsCESchool) It is the best way to get the latest information on what is happening in at St Paul's!



### Early Years Transport Topic

The Early Years are having such fun learning about different modes of transport and ways of travel. Pretending to go on an aeroplane or train ride are all ways in which we extend on our imaginative play and language skills.



### School Council

Our School Council are really taking their role seriously this year and always arrive punctually for our weekly meetings. Ideas from their class mates have been shared and one of our next steps is to plan for some future charity events. Watch this space!



### Nature Trail

We are very lucky to have our very own nature trail at St Paul's and it's a fantastic place to find out all about the natural world and animals that live very closely to our school.

Thank you to Splash Projects, DTSquared and Harry Hill for their work with this!





Sport and regular exercise is very important at St Paul's. The children really enjoy the different sports offered and have been taking part in football, gymnastics, circuit training, bench ball, hockey and judo.



Lots of delicious, healthy food is being cooked in our Kitchen pod.

Our children hold such knowledge about nutrition and flavours!

Thank you to Reynolds for their generous donations!



These pages show a snapshot of some of the great learning that takes place this term across the subject we teach.

Each year group's curriculum overview has been sent out to let you know which topics children are studying and what the children are learning this half term.

You can see lots more if you follow us on Twitter.

# Weekly Mindfulness Session



Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

**Starting Thursday 3rd February**  
**On Zoom**  
**2pm-2:30pm**

Contact Ricky to sign up  
 020 8709 9700/ 07507556908/  
 connect@bbbc.org.uk



**Bromley  
 by Bow  
 Centre**

Sheet 28

## Family Fun!

Ideas to support learning, play and well-being

### Place Value Cups

Use this hands-on approach to place value. Just write the digits 0-9 on a set of disposable cups. Now say a two-digit number like 78 and get them to create it using the cups. Challenge them by saying even larger numbers for them to create!



### Journaling

Journaling is a great way to express yourself- the act of writing itself can help ease anxiety. Fill your journal with drawing, writing and collage to express your feelings.

### 100 square ideas

Cover up one or more numbers and get your child to guess which numbers are hidden

Add or subtract 10 from any number. Notice that you move down the columns to add 10 and up the columns to subtract

Draw sections of the 100 square with only some of the numbers filled in. Children think about the numbers and the patterns to fill in the empty spaces.

Highlight a 2 by 2 square. Add the numbers in the opposite corners. What do you notice?

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Produced by

The Parental Engagement  
 Schools and Family Team



FamiliesMatter

Subscribe to our e-bulletin

[www.towerhamlets.gov.uk/parentfamilysupport](http://www.towerhamlets.gov.uk/parentfamilysupport)





## Children's Mental Health Week 2022 Growing Together

From 7-13 February 2022, we will be taking part in Children's Mental Health Week. This year's theme is **Growing Together**.

**Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

For Children's Mental Health Week 2022, we will be encouraging children (and adults) to consider how they have grown and how they can help others to grow.

The children will be doing lots activities with their teachers that week to explore the theme of **Growing Together**. You can also encourage and support your child at home - check out the free resources for families on the Children's Mental Health Week website!

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

### St John's & Paul's Whitechapel CE Primary Schools Term Dates and Holidays - 2021/ 2022

#### Spring Term 2022 (58 days)

Half Term Mon. 14<sup>th</sup> to Fri. 18<sup>th</sup> February

Second half of term Monday 21<sup>st</sup> February

Last Day of Term Friday 1<sup>st</sup> April

*Good Friday* Friday 15<sup>th</sup> April

*Easter Monday* Monday 18<sup>th</sup> April

#### Summer Term 2022 (64 days)

First Day of Term Tuesday 19<sup>th</sup> April

Staff Training Friday 29<sup>th</sup> April

May Day Bank Holiday Monday 2<sup>nd</sup> May

Half Term Mon 30<sup>th</sup> May to Fri 3<sup>rd</sup> June

Second half of term Monday 6<sup>th</sup> June

Last Day of Term Friday 22<sup>nd</sup> July

*Ramadan begins* Saturday 2<sup>nd</sup> April\* 2022

*Eid Al-Fitr* Monday 2<sup>nd</sup> May\* 2022

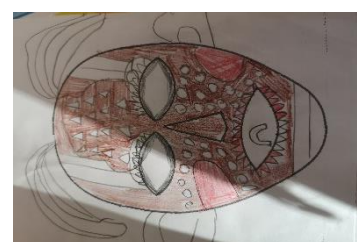
*Eid Al-Adha* Saturday 9<sup>th</sup> July 2020

190 School Days, 5 Staff Training Days

\* to be confirmed



Early years children imagine they are eating popcorn at the cinema (above). A Year 2 Yohura tribal mask from the Ivory Coast (below)



### Final Thought

*"Your problem is how you are going to spend this one odd and precious life you have been issued. Whether you're going to live it trying to look good and creating the illusion that you have power over people and circumstances, or whether you are going to taste it, enjoy it, and find out the truth about who you are."*

*Anne Lamott*

