



St Paul's Whitechapel Newsletter

www.st-pauls.towerhamlets.sch.uk Wednesday 8th March 2023

An update from Mr Bennett...

Dear parents/ carers,

It has already been a very busy term with Children's Mental Health Week (CMHW), before the half term break, and World Book Week last week (see photo, right).

Next week sees the start of Science Week and then we have Neurodiversity week from 20th March. And don't forget all the Parent/ Carer sessions, including a Place2Be Coffee Morning on Thursday.

Finally, please note that the school will be closed on Monday 17th April for Staff Training and again on Friday 26th May.

T Bennett



Katherine, Princess of Wales, launching CMHW at St John's School in Bethnal Green. Mr Bennett and Mr Rubin met the Princess after she had taught a lesson to our early years children and then a group of junior pupils. She was so good that we offered her a teaching job at St John's School!

Follow us
on Twitter
[@StPaulsCESchool](https://twitter.com/StPaulsCESchool)



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St Paul's School Staff News

St Paul's School is saying 'Farewell' and 'Good luck!' to two long-serving members of staff, who have left us recently: Ms Khan; Ms Bassi.

Ms Khan (right) has been a teacher at St Paul's School since 2010, with two breaks for maternity leave. Predominantly teaching in Year 1, we will miss her contribution to creative activities around the school and our 'Bake Sale' fundraisers.

Ms Bassi has been a member of staff since 2013, also having had two periods of maternity leave. Ms Bassi transformed our school Cooking & Nutrition provision.

We send them both all our best wishes for the future.



What's on for parents and families this half term

See Janice or Rachael for more information



Come to our Coffee Morning

Inviting all

Nursery, Reception, Year 1, 2, 3 & 4 parents and carers

Thursday, March 9th / 9:00 – 10:00/ Studio

Would you like to:

- Have a chance to talk about connecting with your
- child through play and building their confidence
- Meet other parents and carers.
- Know more about Place2Be and how we could support you, and your child's emotional wellbeing.

. • Place2Be সম্পর্কে আরও জানুন এবং কীভাবে
আমরা আপনাকে সমর্থন করতে পারি এবং
আপনার সন্তানের মানসিক সুস্থতা সম্পর্কে জানুন

বাংলা অনুবাদক উপস্থিত থাকবে দয়া করে আসুন

Please join us to find out more and meet other parents/carers

Science WOW Day!

Friday 10th March 2023

British Science Week is a ten-day celebration of science, technology, engineering and maths. This year's theme - connections!

To celebrate British Science Week 10th – 19th March, all children will be enjoying a 'Science WOW day' on Friday 10th March. This will be a day of conducting fun science experiments in school. All children are asked to 'dress like a scientist' for this day. Homemade costumes are strongly encouraged!



Here are some examples of homemade costumes.

Attendance: The Race to Non-Uniform Days

Each week the classes with the best attendance are awarded letters which, when they spell out a word, earn the class a non-uniform day.

At present, Year 6 are well in the lead and have earned three non-uniform days. Years 4, 3 and 2 have had one non-uniform day and are neck and neck on their way to their second.

Come on Year 5 and Year 1, see if you can catch up!

Best Attendance:

1. Year 6
2. Year 4
2. Year 3
2. Year 2
5. Year 5
6. Year 1



St Paul's School Photo News

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



Year 2: Can you tell we have been enjoying Peter Brown's *The Wild Robot*? Happy World Book Day!



Laura the Librarian was in today, and for World Book Week, she visited many of our classes (with her amazing puppets) and did some interactive storytelling. Wonderful! Thank you, Laura!



Clockwise, from above left:

Butterflies had a fantastic day at the Transport Museum; they were very well behaved and learnt so much about transport - old & new!

Year 1: Class 1 explored 'Under the Sea', 'Secret Garden' & 'Fairy Tale Kingdom' mazes.

Year 3: For World book week we decorated our door with the classic book from Roald Dahl *Esio Trot*.

Year 4: We made a mouthwatering meal: Cauliflower nuggets with a zingy salad of peppery rocket, cool cucumber and spicy chili

Year 5: Training the cricket stars of the future!

Year 6: As part of our 'Myths & Legends' Topic, we created these beautiful representations of mythical creatures.



Healthy Families Parent Ambassador (HFPA) Programme

The HFPA programme offers parents community-based training development. We aim to recruit, train, and offer development opportunities to all our HFPAs.

Once training has been completed, Ambassadors will be supported to work with their child's school to:

- Run healthy eating, wellbeing, oral health and physical activity sessions./workshops.
- Signpost families to other health organisations within the borough.
- Support and encourage families to visit and use leisure activities, including parks and other public spaces.
- Work with and support families who may be new to schools or the borough and families who may not access school activities.
- Promote school/setting health initiatives.



A termly network meeting will be held by the parental engagement team for Ambassadors to receive current health messages and also share their skills, experience and ideas.

For more information about the Healthy Families Parent Ambassador Programme, please contact: parentalengagement@towerhamlets.gov.uk for further information.

The Healthy Families Parent Ambassador Training Programme is coordinated by the Parental Engagement Team: Children and Culture Directorate.

The Healthy Families Programme – promoting a healthier lifestyle



Tips for healthy meals and portions



Be more active as a family



Find out about hidden sugars



Know what's in your food

Make small changes that have a positive impact on family health and well being.

Sessions are practical, fun and accessible to all

5 Tips for Family Health

- 1 Be more active
- 2 Eat more fruit and veg
- 3 Check the food labels
- 4 Cut down on sugar and salt
- 5 Talk about your worries

For more information contact the parentalengagement@towerhamlets.gov.uk

'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?

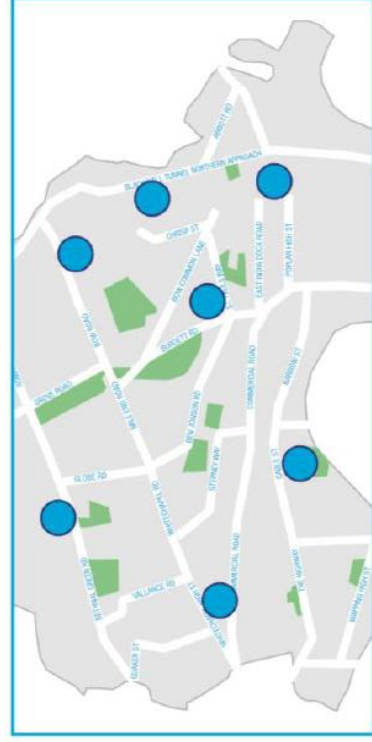
The Food Store is running in sites across Tower Hamlets.

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.



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

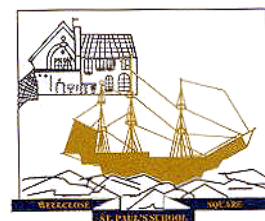
St John's & Paul's Whitechapel CE Primary Schools Term Dates and Holidays - 2022/ 2023

Science Week Friday 10th March
 Year 6@Gorsefield Monday 13th March
 Neurodiversity Week Monday 20th March
 Last Day of Term Friday 31st March
Good Friday Friday 7th April
Easter Monday Monday 10th April

Summer Term 2023 (64 days)

Staff Training Monday 17th April
 First Day of Term Tuesday 18th April
 Staff Training Friday 30th April
 May Day Bank Holiday Monday 2nd May
Staff Training Friday 26th 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



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

Kindness Cup Winners this term, are:

Year 6	Sofia	Year 1	Ahnaf
Year 5	Jeho'ash	Butterflies	Zainab A
Year 4	Nura	Caterpillars	Yusuf A
Year 3	Zainab	Year 6	Zain
Year 2	Inaya	Year 5	Rijja

Well done to all of them!



Final Thought

"For me, forgiveness and compassion are always linked: how do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?"

Bell hooks (Gloria Jean Watkins) 1952 - 2021

