

# Summer Newsletter

This newsletter keeps you up to date with information and advice from the school and local community during the Coronavirus lockdown. If you have any questions or comments, please email us at:

[parents@st-pauls.towerhamlets.sch.uk](mailto:parents@st-pauls.towerhamlets.sch.uk)



search for: st paul's primary whitechapel youtube

## Black Lives Matter Next steps for our children

### Talking to children about racism and BLM

This is a time for parents to help their children understand why Black Lives Matter has become something so talked about and what it means, why people are on the streets protesting, the different ways people get heard or take action, and how racism operates.

Sesame Street have produced a video for young children:

<https://www.youtube.com/watch?v=xBUFCv0y0yk&utm>

as have CBBC:

<https://www.bbc.co.uk/cbbc/watch/bp-advice-for-helping-to-stop-racism?utm>

There is also a guide for parents, which can be downloaded from here:

<https://yooopies.co.uk/c/press-releases/blacklivesmatter>

We are grateful to the Race Equality Foundation for this advice. [www.raceequalityfoundation.org.uk](http://www.raceequalityfoundation.org.uk)



A small group of Year 6 pupils returned to school on Tuesday 9th June (you can see what they've been up to on Page 5).

From Monday 22nd June, we will be hosting 12 Year 5 children along with a similar sized group of Early Years pupils. Each of these groups, or 'bubbles', will operate independently at all times.

A separate risk assessment has been carried out for the Early Years. This can be found on our website alongside the school's general risk assessment, here:

<https://www.st-pauls.towerhamlets.sch.uk/about-us/policies>

If you would like your child to join one of these groups, we will require at least 48 hours' notice. Please contact the school on our parents' email address:

[parents@st-pauls.towerhamlets.sch.uk](mailto:parents@st-pauls.towerhamlets.sch.uk)

## Children's Showcase

### Someone different

You don't have to look very far to see,  
Someone who is different,  
To you or me,  
Maybe they come from a land far away,  
Or maybe they are people you see every day,  
With different hair,  
Different clothes,  
Different eyes,  
Or a different nose,  
A different idea,  
That you haven't heard,  
A different word,  
So if you want to learn something new,  
Be a friend who is different to you.

By Amelia Ahmed

### BLACK LIVES MATTER



## In this edition of the Newsletter

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# St Paul's' food distribution Free school meals

St Paul's School has continued to distribute food to our families throughout the period of the school closure due to the Coronavirus lockdown.

Food is donated by Reynolds the Grocer, the Felix Project, Magic Breakfast and Café Spice Namaste. This has recently been supplemented by additional supplies from Manorfield Primary School.

Teams of staff assemble every Wednesday to sort the food and pack it up into pupil units (below, left).

Calls are then made to our families depending on the amount of food we have available and the families' needs. They are given a time slot to collect their packs from the school (below, centre and right).

We are very grateful to all our food distribution partners.

Look out for exciting details of how you can support us—coming soon!



Thank you to Manchester United and England striker, Marcus Rashford (above) who persuaded the government to carry on providing free school meals (FSM) to children during the summer holiday.

If you think you are entitled to free school meals, please email us on our [parents@st-pauls.towerhamlets.sch.uk](mailto:parents@st-pauls.towerhamlets.sch.uk) address, with FSM in the subject line, and we will do our best to advise and support you.



## Junk Orchestra Workshop

### An Online Fun Free Family Music Activity - July 11th

St Margaret's House, by York Hall, have got in touch with Mrs. Brownbill of St John's, to say that there will be a **free online Junk Orchestra Workshop**. Children will learn how to build a drum, shaker, trumpet and guitar from their recycling at home. They then get a chance to join the band from for a fun-filled recycled rave.

**Thursday 11th July 2020 (3 online sessions via Zoom)**

- For primary age children & families: 4 years +
- Limited to 15 screens per session. Book early!
- ZOOM meeting information provided with the ticket
- This is a free event and a wonderful opportunity to play instant music as a family.

If you want to book into a session email [stu-art@stmargarethouse.org.uk](mailto:stu-art@stmargarethouse.org.uk) or click on the link below and look for the "Book Your Place" tab. <https://www.stmargarethouse.org.uk/reach-whats-on/junk-orchestra>

Once booked in you'll receive all the information including Zoom details and a brief video showing you how to make instruments out of objects you have lying around.



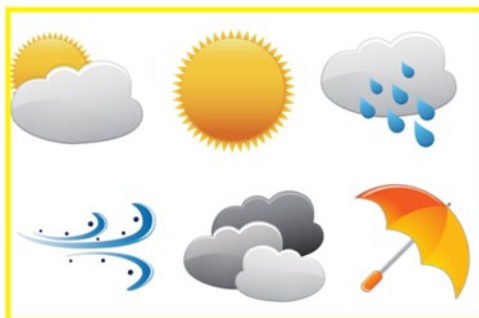


*A message from Place2Be.....*

Hello again children of St Paul's, from Place2Be!



For today's check in, I want you to think of all the different feelings you've had this week as different types of weather! Have you felt sunny...and full of warmth? Maybe you've felt stormy too...like hail-stones crashing to the ground! Or perhaps you've felt gentle like a calm breeze....or fierce like a wind-storm!



Just like how we've seen our weather change each week, our feelings can change too. They can change by the week, by the day, by the hour....sometimes quite unexpectedly. This isn't unusual, especially when things around us are changing. Like we say each week - let someone know how you're feeling, and ask them how they're feeling too. This might help how we're feeling...like putting up an umbrella in the rain!

For this week's activity, here's a game that you can play with someone else in your home! This game makes us think about our senses again...you really have to concentrate on all your senses for this one.

Can you guess.....?



**Hide 5 objects from your home in a bag....don't let your partner see what they are...!  
- make sure they are safe objects** 😊

**Let your partner close their eyes, put their hands in the bag, and try and guess each object one at a time**

**Really focus on how they feel and the sounds the object makes. Are they hot or cold?  
Smooth or rough? What do they smell like?!**

**Did they guess right? Now swap with your partner and get them to hide 5 objects for you!**

Dear Parents/Carers

Youngminds - a children's mental health charity - shares their examples of using activities and conversation starters to check in with your child's mental health during this time:

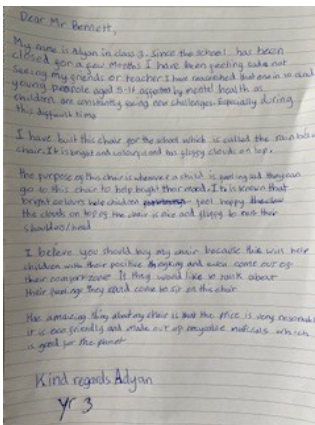
<https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/>



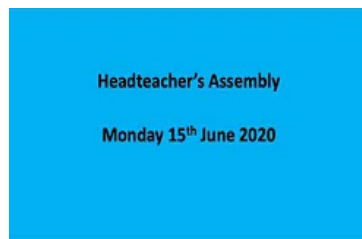
## Designing a new chair for Mr Bennett

Mr Bennett's chair was so old that, it started to break and he fell off it. It had to be sent to the recycling centre by Mr Jones, the Premises Manager at St John's School.

In our last newsletter we saw Rafaella and Ehsan's designs for a new chair. Here is another great design, this one from Adyan (below, left middle and right middle) along with Kobby's design (below, right).



Have you seen this week's assemblies on **St Paul's** **YouTube** ?



## Advice from the London Fire Brigade



The London Fire Brigade (LFB) have produced a set of fire safety education videos for children.

These videos cover: creating an escape route; fire prevention; smoke detection (alarms). There are also quizzes and craft activities. Why not take a look:

<https://www.london-fire.gov.uk/schools/learning-at-home/fire-safety-education-at-home/>

If you're not sure where to begin, we suggest making your own escape route. It could save lives!

**LFB**  
LONDON FIRE BRIGADE

ABOUT US | SAFETY | COMMUNITY | INCIDENTS | NEWS | CAREERS | **SCHOOLS**

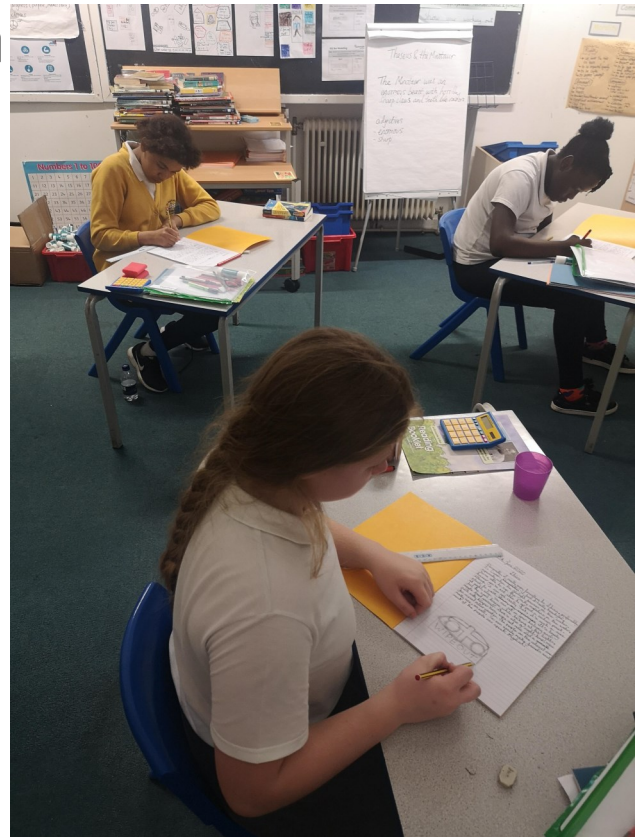
CONTACT US | MUSEUM

Learning at home > Fire safety education at home >

**We know how important it is** to teach children all about fire safety education from a young age, so our Education team have created resources for you to use at home.



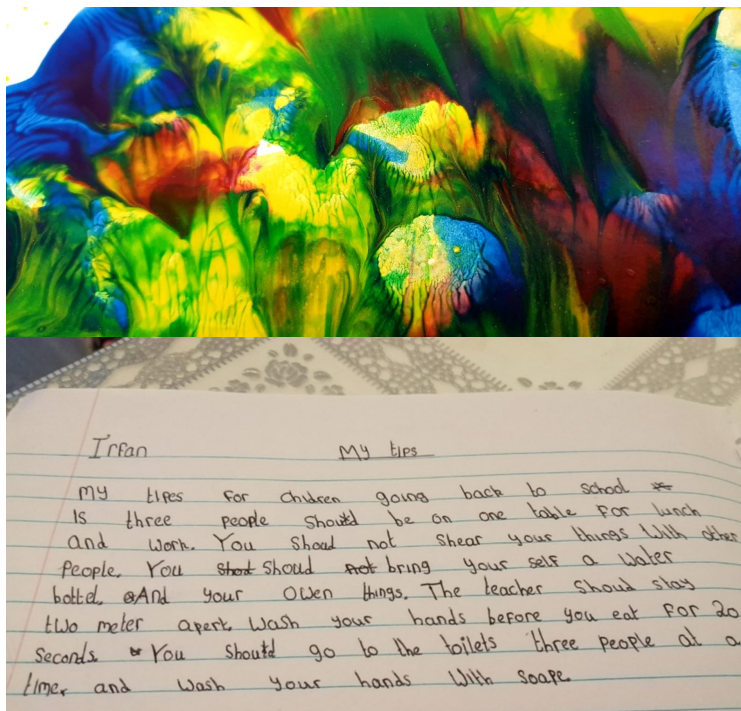
# Year 6 in action



at school...



...and at home



Some members of Year 6 returned to school last week. As you will see, life in the classroom is a bit different! The children have been kept busy. Indeed, they have worked on Purple Mash on their own laptops, played socially distanced basketball and have done some creative writing. We look forward to more Y6 pupils returning in the near future.

Photos, clockwise from top left: Working on Purple Mash; writing in their exercise books (remember these?); yoga workout; Irfan's tips for the return to school; Aiya's wonderful art work; socially distant basketball.



## Message from Denise and Rashina,

You can find lots of links and ideas on Tower Hamlets Local Offer page, but here are a few for you to check out.



## Make music day

Make Music Day is a global celebration of music in 125 countries, taking place on Sunday 21 June and this year, the worldwide festival will be moving online.

There is a range of exciting [projects](#) for everyone to get involved with, including:

- Bash the Trash - making instruments from recycling and old clutter
- Lockdown Sound Challenge - submitting your own recordings of everyday noises and then be astounded as a team of producers turn your found sounds into music
- Bring me Sunshine song competition
- Auld Lang Syne virtual choir and ensemble

And on Sunday 21 June, you can stream live performances, workshops and talks throughout the day from music-makers all over the world.

<https://makemusicday.co.uk/>

## Think U Know - home activity packs

Think U Know have created home activity packs to support parents. Each fortnight, they will release new home activity packs with simple 15 minute activities parents and carers can do with their child to support their online safety.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/?utm>

## Boost your child's wellbeing

Partnership for Children have developed short ten-minute activities to help children find healthy ways to deal with their feelings. The activities cover feelings, staying connected, dealing with change, getting along, dealing with worries and relaxing. They are designed for children aged five to nine but can be adapted for younger or older children.

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

## Make slime at home

Here is a great gloopy, gooey, slime recipe that you can make with your child in approximately 25 minutes. Do you know what the best bit is? It only requires two ingredients, so you barely need anything to make it.

<https://www.madeforums.com/school-and-family/oobleck-slime-recipe/?utm>

## Making a garden from scraps

Common vegetables and herbs that you can re-grow from scraps include potatoes, onions, garlic, leeks, celery, carrots, beets, leafy greens, basil, and mint. Many of them simply require a glass of water and a sunny position.

<https://www.ruralsprout.com/regrow-vegetables/>

## How to help nursery age children learn from home

Help children aged two to four to learn at home during COVID19. Tower Hamlets have five children's centres still open - follow the link to find out more information about these as well.

[https://www.towerhamlets.gov.uk/ignl/health\\_social\\_care/health\\_and\\_medical\\_advice/Coronavirus/Schools/Childrens\\_centres\\_during\\_coronavirus.aspx?utm](https://www.towerhamlets.gov.uk/ignl/health_social_care/health_and_medical_advice/Coronavirus/Schools/Childrens_centres_during_coronavirus.aspx?utm)

<https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19>



# Virtual Autism Coffee Morning

for parents and carers that have a child  
diagnosed with Autism.

Join to meet other parents and find out more about  
the following topics on:

**Monday 29th June 2020:** Self-care for parents

**Monday 13th July 2020:** Services that may be  
available to you during covid-19

**Monday 27th July 2020:** Behaviours that are  
challenging

**Time:** 10am - 11:30am  
on Zoom

These coffee mornings will be run by parents and staff from DCOS  
(Disabled Children's Outreach Service)

If you are interested in attending,  
please contact us for details by:

EMAIL: [halima.chowdhury@towerhamlets.gov.uk](mailto:halima.chowdhury@towerhamlets.gov.uk)

TELEPHONE CALL/TEXT: 07958087393



# St Paul's Whitechapel CE Primary School

## Summer Term 2020

Last Day of Term

*Eid Al-Adha*

Friday 17<sup>th</sup> July

*Friday 31<sup>st</sup> July 2020\**



## Have you seen your Local Offer recently?

This is a website which tells you what support is available for children and young people with special educational needs or disabilities (SEND), and their families.

There are lots of updates as well as special pages dedicated to information during the Coronavirus pandemic which are regularly updated. You can find the dedicated Coronavirus pages, here: (<https://www.localoffertowerhamlets.co.uk/pages/local-offer/covid-19>).

### Final Thought

*"We all take different roads home. Each of us is heading for the same destination, but we face our own variety of twists and turns and narrow places, as well as a few stretches that are all downhill."*

*Janet Paschal*



# St John's & Paul's Whitechapel CE Primary Schools Term Dates and Holidays - 2020/ 2021

## Autumn Term 2020 (73 days)

*Staff Training*

First Day of Term

Half Term

*Staff Training*

Second half of term

Last Day of Term

*Christmas Day*

*Boxing Day*

*Tuesday 1<sup>st</sup> September*

Wednesday 2<sup>nd</sup> September

Monday 26<sup>th</sup> – Friday 30<sup>th</sup> October

*Monday 2<sup>nd</sup> November*

Tuesday 3<sup>rd</sup> November

Friday 18<sup>th</sup> December

*Friday 25<sup>th</sup> December*

*Saturday 26<sup>th</sup> December*

## Spring Term 2021 (59 days)

*New Year's Day*

*Staff Training*

First Day of Term

Half Term

Second half of term

Last Day of Term

*Good Friday*

*Easter Monday*

*Ramadan begins*

*Friday 1<sup>st</sup> January*

*Monday 4<sup>th</sup> January*

Tuesday 5<sup>th</sup> January

Mon. 15<sup>th</sup> to Fri. 19<sup>th</sup> February

Monday 22<sup>nd</sup> February

Friday 26<sup>th</sup> March

*Friday 2<sup>nd</sup> April*

*Monday 5<sup>th</sup> April*

*Tuesday 13<sup>th</sup> April 2021\**

## Summer Term 2021 (58 days)

First Day of Term

*Staff Training*

May Day Bank Holiday

Half Term

Second half of term

Last Day of Term

*Eid Al-Fitr*

*Eid Al-Adha*

Monday 12<sup>th</sup> April

*Friday 30<sup>th</sup> April*

Monday 3<sup>rd</sup> May

Monday 31<sup>st</sup> May to Friday 4<sup>th</sup> June

Monday 7<sup>th</sup> June

Friday 23<sup>rd</sup> July

*Thursday 13<sup>th</sup> May 2021\**

*Tuesday 20<sup>th</sup> July 2021\**