

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

St Paul's  **YouTube**

search for: st paul's primary whitechapel youtube

Lockdown Farewell

In what was the strangest end to the school year, we said goodbye to our fantastic Year 6 class yesterday afternoon.

About half the class had been attending, following the reopening of schools, but I'm very pleased to say that even those who had not returned to school, popped in to see us and say 'goodbye' to Mr Boutflour, Ms Georgina and other members of staff.

Each was presented with a certificate, an autograph book and a school hoodie (see below). We very much hope they will visit when the world is a calmer place.



Staffing news

We have no staff leaving us at this point, but we are very happy to welcome back Ms Bassi from her maternity leave. Ms Bassi will be sharing Year 1 with Ms Khan. We are sure they will be an excellent team and will help the Reception class transition after a disrupted year.

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Thank you so much...

To the staff, many of whom have gone above and beyond what might be expected of them to minimise children's anxieties and ensure that pupils continued to learn and develop during the lockdown.

To our parents and carers for their care and support of their children during such a difficult time.

To our pupils for tremendous hard work and resilience in what must have been a worrying time for many of them. Their awesome attitude and commitment have made us proud all through the lockdown and have often made us smile.

Eid Mubarek!

Eid Al-Adha takes place at the end of the month (date to be confirmed). This celebration recalls the occasion when Ibrahim (Abraham) was about to sacrifice his son to obey Allah's (God's) command. Before the sacrifice could be carried out, a lamb was provided instead.

We send our very best wishes for a peaceful and joyous time, to all those celebrating Eid.

Spotlight on Year 5



Some of the Year 5 children have returned to school over the past few weeks and have had an excellent time!

They have learnt about the Pop Art movement and created their own portraits using a light box, explored the topic of World War 2 through the books *The Boy in the Striped Pyjamas* and *Rose Blanche*, wrote newspaper reports and designed a theme park using an array of maths skills.

Along with the Year 5 children at home, they also created an obstacle course which they then brought to life in PE!



Swedenborg Gardens

A message from **Michelle Lindson**,
Community Outreach Coordinator, "Nature and Us" project manager, Friends of TH Cemetery Park

I hope you are all well. Despite wishing we had a bit more sunny weather again, I keep thinking how all the flowers in Swedenborg Gardens will appreciate this rain!

We are hosting an online talk, in association with the Swedenborg Society, on Friday 24 July at 6:30pm:
<https://www.tickettailor.com/events/thefriendsoftowerhamletscemeterypark/388414>.

"The Long Road to Swedenborg Gardens" will be delivered by acclaimed writer Iain Sinclair, who will talk about the history of the park and its association with the Swedish scientist, philosopher and mystic, Emanuel Swedenborg. The talk will be live streamed from Swedenborg Gardens.

Very exciting! Please join us if you are interested.

I've also attached two recent photos (thanks to Barry Carter, one of our project participants) of the wild flower mound which is still looking very beautiful! Local residents seem to be loving it!

Thanks all and take care,



Help us get through the COVID-19 outbreak and continue protecting local nature and heritage.

Click [here](#) to give to the Friends of Tower Hamlets Cemetery Park's appeal



A message from Place2Be.....

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



Let's start with a check-in again like we normally would.....how have you been feeling this week?

As we come to the end of your year at school - we know that things may have felt a bit different this year.

We've spoken before about how changes can give us all sorts of feelings.....and some people describe feelings like a 'rollercoaster'! This means that as we travel through our time in school, we might feel like we're whooshing to the top of the fastest rollercoaster in the world, feeling full of joy and excitement. We might also feel other ways at times though. A rollercoaster can suddenly feel like it's racing downwards instead of upwards, and your feelings might change too. You might feel sad, bored, sleepy, worried, or angry before the rollercoaster climbs up to its peak again!

I wonder what your 'rollercoaster' of feelings would look like this week? Would yours be full of twists and turns?



Don't forget to ask others how they're feeling too - you could ask them what their rollercoaster of feelings would look like, maybe they could describe this using the different coloured **ZONES**.

For this week's activity, we're going to 'reflect' on our year - reflecting means to think about what something was like for *you*, what you did, and how it made you feel.

A Letter To Me!

I wonder what you would tell *yourself* if you were talking to **you** at the beginning of this school year?

It might sound a bit strange....but how about writing a letter to YOURSELF! What would have been helpful to know back then? What did you want to achieve this year and have you achieved it?! What has made you feel proud of yourself? What have you learnt about YOU? How have you felt this year?



This has been a very different year for everyone - and reflecting on the year **for you** might help you feel more prepared for your next year at school!



Dear Parents/Carers,

As we end the Summer Term and Year 6's begin to transition towards Secondary School, find here a video for parents to support this move for these children:

<https://www.bbc.co.uk/bitesize/articles/znncpq8>

Summer Activities & Reading Challenge

All families should have received an email with a Summer Holiday Activity Pack for their children. These have a range of different activities that you may wish to do with your child during the summer break.

One of these is the annual summer reading challenge which is a fantastic way to encourage your child to enjoy different books this summer.



The Summer Reading Challenge is free to join in with online [here](#) and the Ideas Store has stocked up on lots of digital eBooks to make it easier to access if children can't get to Whitechapel Ideas Store. Children will still get a medal for taking part.

The Ideas Store has [lots of free digital activities](#) planned for children throughout the Summer holidays too.

If children sign up to go to 6 of these (so basically one each week of the holidays) they get a medal for each activity and 6 medals gets a certificate.



SCHOOL

UNIFORMS

School clothing grants

School clothing grants can help towards the cost of a school uniform for children aged 11 who are moving from primary to secondary school. Only one grant is payable during a child's school life.

Applications can only be made between 30 June and 30 September each year. Late applications will only be considered in exceptional circumstances.

For more information please telephone the council's **Benefits Contact Centre** on 020 7364 5000.

How do I apply?

Where a family receive housing benefit or council tax benefit from Tower Hamlets, the grant is normally paid without the need to make a separate application.

If not, you should complete the [school clothing grant application form](#).

How will I be paid?

All school clothing grants are paid into a bank or building society account in your name.

If you need help with the application please email parents@st-pauls.towerhamlets.sch.uk with 'School Uniform' in the subject line.

Tower Hamlets SEND Information Advice and Support Service

Moving Up 2020

Free virtual workshops to help Year 6 parents/carers to support their child's move to Secondary School in September. The workshops will be delivered through Zoom and look at how best to prepare your child for the move, key considerations and support smooth transition

Monday 20th July 10.00 – 11.30

Tuesday 23rd July 2.00 – 3.30

Monday 27th July 6.00 – 7.30



FamiliesMatter
Tower Hamlets Parental Engagement Team

For more details and to book a place:
TowerHamlets&City.Sendiass@towerhamlets.gov.uk

Tel: 0207 364 6489

Tower Hamlets SEND Information, Advice and Support Service offers expert Information, advice and support for parents and young people with SEND.



Mayor's Charity funds Clothes Bank and school uniform



We are very grateful to the Mayor of Tower Hamlets, whose fund aims to raise the aspirations of children in our borough.

The mayor's funding enabled Janice, along with Debbie from Shapla, to establish a clothes bank for families in St Paul's, Shapla and Harry Gosling Schools.

During this difficult time we have been able to support some families by giving a uniform to the children. Each child will receive either a skirt or trousers, two polo shirts, 1 jumper or cardigan, 2 tights or three socks.

Coming back in September smartly dressed in a new uniform will, we hope, help the children feel confident and settle in. **Thank you to Janice and Debbie for setting up and running the project.**

Message from Denise and Rashina (Family Engagement & Parental Practitioners)

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

Families Matter

Messages from the Parent and Family Support Service



Join the Tower Hamlets Dads' Network

Dads and male carers from across the borough came together last Friday to meet and talk informally about fatherhood during coronavirus and celebrate Fathers' Day Weekend.

The group chatted about the challenges of working from home and juggling family life, keeping children happy, occupied and engaged in their education and more.

Participants also got a free activity bag with lots of resources to support play and creative learning for their children. All said they found the meeting enjoyable and informative and are keen to meet again.

You can also join the Dads' Network to receive updates about national and local information on family life and strengthening relationships with children through positive parenting and play.

https://www.towerhamlets.gov.uk/ignl/education_and_learning/parental_support/dads_network.aspx

Family wellbeing

The Parental Engagement Team has put together some advice to help families stay well during what could be challenging times.

Tips include ideas to create some space at home, connecting with others and re-thinking screen-time.

<https://www.localoffertowerhamlets.co.uk/pages/local-offer/covid-19/parenting-tips>

Fight for equality toolkit

A 'Fight for Equality' resource has been developed with young people from George Green's School, as a way to help others learn about how local communities have come together to help stamp out racism.

It celebrates those who have inspired change by speaking out against hatred and intolerance. Readers will also discover the story of Altab Ali (pictured). The resource aims to equip people with the knowledge and confidence to challenge hatred and intolerance.

https://www.towerhamlets.gov.uk/ignl/leisure_and_culture/Arts_events_and_information/Altab_Ali_and_The_Fight_for_Equality.aspx#ad-image-0

Virtual Sports Day

St Paul's vs. St John's

Children from St Paul's and St John's Schools took part in our Virtual Sports Day on Friday 10th July.

The activities included: 'Holding a plank; Bunny hops; Throw and clap; Sit down, stand up; Balance challenge; Obstacle course; Sprint; Sack race.

We loved the photos and videos of them taking part (some of which are shown below). It was great to see them enjoying the physical challenges.

The scores have been counted up and we are proud to announce that St Paul's School were the winners! **Well done St Paul's!**

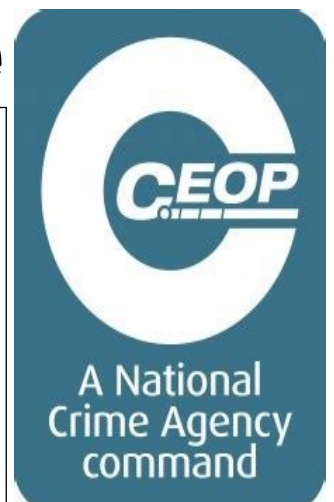


Keeping safe online at home

A Message from Ms Moses (Federation Computing Lead)

This summer, please do not worry too much about screen time - think instead about screen quality, balance and mental health. It's important for children to get the opportunity to chat to their friends so it's great to hear that they have been chatting online.

Please remind your children never to share scary or rude images. If they do see something that worries them or that might be wrong, all they need to do is ask for help from a trusted adult. If you or they are concerned about an adult's behaviour towards a child online, report them to [CEOP](https://www.ceop.gov.uk). And as a parent, you can also contact the NSPCC - O2 advice line on 0808 800 5002.





sustain
the alliance for better food and farming



FREE SCHOOL MEALS IN ENGLAND

Make sure you're not missing out!

Many families are entitled to free school meals but are not claiming this support. Free school meals support in the form of supermarket vouchers or food parcels will be provided over the summer holidays for all children who are registered for free school meals. Apply as soon as possible to your school or local authority so that you don't miss out.

This information sheet will explain if you might be eligible for free school meals and how to apply. It includes information for families that receive welfare support and for families with **no recourse to public funds (NRPF)**.

The families of children that were getting universal infant free school meals because they were in reception, year 1 or year 2 should apply for support if they fall into any of the groups explained on this sheet.

Your child might be eligible for free school meals if you or your child receives any of the following:

- ✳ Income Support
- ✳ Income-based Jobseeker's Allowance
- ✳ Income-related Employment and Support Allowance
- ✳ Support under Part VI of the Immigration and Asylum Act 1999
- ✳ The guaranteed element of Pension Credit
- ✳ Child Tax Credit (provided you're not also entitled to working Tax Credit and have an annual gross income of no more than £16,190)
- ✳ Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- ✳ Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get)

More information about who is eligible for free school meals and how to apply can be found here: <https://www.gov.uk/apply-free-school-meals>

Temporary extension to free school meals for some families with no recourse to public funds (NRPF)

Thousands of families with no recourse to public funds (NRPF) have become temporarily eligible for free school meals support until schools reopen for all children. To get this support over the summer holidays your child must be registered for free school meals. Apply as soon as possible to your school or local authority so that you don't miss out.

If you have NRPF your child can get free school meals if your household earnings are less than £16,190 per year and if:

- ✱ You are a Zambrano carer - A non-EEA National primary carer of a British child
- ✱ Your family is receiving support from a local authority under Section 17 of the Children's Act 1989 (for example, from social services or the NRPF team)
- ✱ Your family has been granted leave to remain with NRPF on the basis of family or private life grounds

All children from families who receive Section 4 support from the Home Office are also temporarily eligible for free school meals and do not need to have their income assessed.

More information about the extension of free school meals to some families with NRPF and how to apply can be found here: <https://www.project17.org.uk/resources/guide-to-accessing-support/free-school-meals-during-the-covid-19-pandemic/>

Read about why the free school meals eligibility criteria must be permanently extended to reach all children who need them regardless of immigration status here: <https://hacknymigrantcentre.org.uk/wp-content/uploads/2020/04/Children-with-NRPF-The-need-for-FSM.pdf>

We hope that before schools reopen to all children, the free school meals eligibility criteria will be reviewed so that no child is left without this vital support.

Hackney Migrant Centre, Project 17, Sustain

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

Term Dates and Holidays - 2020/ 2021

Autumn Term 2020 (73 days)

Staff Training Tuesday 1st September

First Day of Term Wednesday 2nd September

Half Term Monday 26th – Friday 30th October

Staff Training Monday 2nd November

Second half of term Tuesday 3rd November

Last Day of Term Friday 18th December

Christmas Day Friday 25th December

Boxing Day Saturday 26th December

Spring Term 2021 (59 days)

New Year's Day Friday 1st January

Staff Training Monday 4th January

First Day of Term Tuesday 5th January

Half Term Mon. 15th to Fri. 19th February

Second half of term Monday 22nd February

Last Day of Term Friday 26th March

Good Friday Friday 2nd April

Easter Monday Monday 5th April

Ramadan begins Tuesday 13th April 2021*

Summer Term 2021 (58 days)

First Day of Term Monday 12th April

Staff Training Friday 30th April

May Day Bank Holiday Monday 3rd May

Half Term Monday 31st May to Friday 4th June

Second half of term Monday 7th June


Last Day of Term Friday 23rd July

Eid Al-Fitr Thursday 13th May 2021*

Eid Al-Adha Tuesday 20th July 2021*

#SustransOutsidein

Challenges, games and activities to keep your family busy



sustrans

Sustrans is providing free extracurricular activities to keep the kids entertained during the lockdown and beyond. To find out more and subscribe to the weekly resources visit:

www.sustrans.org.uk/outsidein



And, families looking for a healthy challenge are invited to join Sustrans virtual challenge 1k-a-day.

Families that skip, walk, run, wheel, hop or jump 1km a day for 7 days will get a certificate and 20% Sustrans shop discount voucher.

www.sustrans.org.uk/1kaday

www.sustrans.org.uk/outsidein

www.sustrans.org.uk/1kaday

Final Thought

"[It's] going to take a while but if we take care of each other, help where we can, and give up some comforts ... this, too, shall pass. We can figure this out."

Tom Hanks

