

Spring Newsletter

Back to School (again)!

Next week—Monday 8th March—we are expecting all children to return to school. This follows the government announcement last Monday.

Although we will revisit, and rewrite, our risk assessment, we do not expect the arrangements to be very different to how the year began in September. This means that we will operate with the 'Bubble' system and the start and end of the school day will be staggered, as will playtimes and lunchtimes.

You will receive a letter with more details and our risk assessment information will be placed on our website. Below is a reminder of the start and finish times for each class.

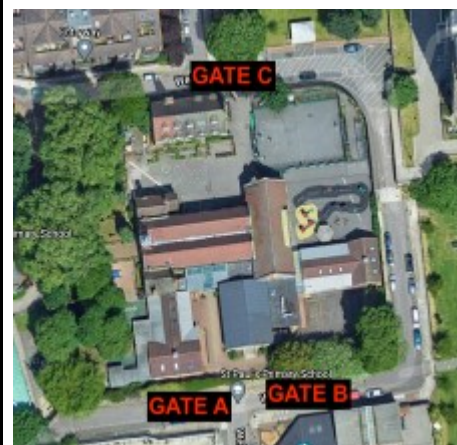


School resumes on March 8th!

If you have any questions, after receiving the letter, please contact us through our dedicated email account:

parents@st-pauls.towerhamlets.sch.uk

Class	Start	Drop off point	School	Collection point
Year 6	9:00 am	Gate C	3:30 pm	Gate C
Year 5	8.45 am	Gate A	3:20 pm	Gate C
Year 4	9.00 am	Gate C	3.30 pm	Gate B
Year 3	8.45 am	Gate A	3:20 pm	Gate C
Year 2	8:45 am	Gate C then Year 2 entrance	3:10 pm	Gate C
Year 1	8:45 am	Gate C then Year 1 entrance	3:10 pm	Gate C
Reception	9.00 am	Gate A then EY main door	3:30 pm	Gate A then EY main door
Nursery	9:00 am	Gate A then EY side gate	3:30 pm	Gate A then EY side gate
Siblings	8.45am	Gate A	3.15pm	Gate A



Easter Holiday Date Change

After consulting parents and staff across the federation, we have decided to change the dates of the Easter holiday. The new dates will be:

Monday 5th April to Friday 16th April*

The main reasons for the change are:

- To allow the children an additional week to settle into school after a lengthy absence.
- To enable families and staff to take advantage of the proposed 'Step 2' relaxation of lockdown restrictions.

The change will have additional benefits for our Christian and Muslim families. For our Christian families, we shall now be in school for Holy Week and will be able to coordinate our Easter activities with more relevance. For our Muslim families, with the onset of Ramadan, families will be able to attend the Mosque during the week, if they wish to do so.

We understand that the change in dates will not suit everyone and apologise for the inconvenience that this may cause to some parents and carers. However, the number of supportive comments show that the vast majority of respondents would appreciate the change.

This week's Newsletter

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A message from Place2Be.....



Hello again children of St Paul's from Place2Be!

How have you all been feeling this week? For this week's feelings check-in, perhaps we can wonder what our feelings would be like if they were an act in the **circus**.....



Perhaps you might be feeling full of laughs...like a bunch of giggling clowns! Or maybe you feel the *whoosh* of a trapeze artist as they soar through the sky. Or maybe you feel a bit like you're 'balancing' all your feelings....a bit like a tight rope walker trying not to fall off? Don't forget to share your feelings with your family, your friends, your teachers.... and remember to ask others how they have been feeling too.

In Place2Be, we talk a lot about how sometimes our minds can feel quite 'full'. When our minds do feel really 'full', it can help to **take a moment**....to *pause*....and to play really close attention to what's going on for our **senses**. This can help our minds 'take a break', and can help us *relax*.

For this week's activity, we're going to be paying close attention to our **senses** the next time you eat a snack at home!

Take a look at the snack you're about to eat – what colour is it? What shape is it?

What does your snack feel like? Is it rough...is it smooth?

Take a listen – does it make a noise...do you think there will be a big crunch when you eat it?

Now smell your food! What does its smell like? Does it give you any memories?

Now finally.....Taste! Do you like the taste? Does it remind you of anything else?



Dear Parents/Carers,

It's likely that children will be spending more time online at the moment as we all spend more time at home. Find here some advice on how to start conversations around online/digital safety with your child:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Showcase: at home and at school



What a fantastic Lunar New Year Dragon!



Lots of number exploration . We can match the Numicon with the correct numbers and find the correct number on the number fan! Great work everyone! (Above).



Great fruit tasting. We used our cutting skills to chop and our oracy skills to describe the tastes. The pineapple, banana and oranges were delicious, juicy, soft, healthy and sweet! We had such a fun time and can't wait for our next cooking session.

St Paul's Food Distribution

At half term we had a large selection of fruit, vegetables and hygiene products for families to collect and were visited by over 40 families!

Thanks to Ms Feruja and Ms Wright for their help with our food distribution and Mr Rubin for several early morning trips to the shops. Special thanks are due to our former Chair of Governors **Ian Graham** for his generous financial support.

If you need help with food, please email us at:

parents@st-pauls.towerhamlets.sch.uk



It was the end of an era, last week, when our good friends, Cyrus and Pervin Todiwala said goodbye to their restaurant, Café Spice Namaste. Tower Hamlets agreed to the site leaseholder's plans to turn the premises into offices, so the Todiwalas are looking to set up a restaurant elsewhere. We wish them all the very best and look forward to visiting their new venture, wherever it may be.



Goodbye and Good Luck!

Community Information Page



International Women's Day Event Registration
– 6th March 2021

Women 100 International Women's Day on the 6th March

<https://www.eastlondonmosque.org.uk/forms/international-womens-day-registration>

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Home > Taking Social Action > Events

Mindfulness for wellbeing & resilience - free course

We're hosting a free online mindfulness course, providing practical tools to help you improve your wellbeing and resilience.

EVENT INFO

DATE:
Monday, March 8, 2021 11:00 to
Monday, March 22, 2021 12:30

TICKETS:
[BOOK YOUR FREE PLACE](#)

These are challenging times indeed, in the context of the coronavirus pandemic and all its knock-on effects. Many of you may be facing all sorts of challenges. While we can't solve these directly for you, we want to help you to support yourself through it.

This course consists of three 90 minute Zoom sessions on Mondays 8, 15 and 22 March, 11.00-12.30. Session 1 will provide a broad introduction to tools and techniques from mindfulness and positive psychology that can really help you take better care of your mental wellbeing. Sessions 2 and 3 will include a recap before delving deeper into how to apply the techniques of mindfulness during our current turbulent times. You are welcome to attend all three sessions, or just one. [Learn more about & book here >](#)

Tower Hamlets Wellbeing for Education

Tower Hamlets Council are delivering mental health and wellbeing sessions for parents as part of their Wellbeing for Education programme. The programme aims to support mental wellbeing and resilience and aid mental health recovery, in light of the impact of Covid-19 and lockdown. They have pulled together local experts to deliver training. To book a place on any of the sessions, please email:



sultanax.begum@towerhamlets.gov.uk with the name of the session(s) you would like to attend, your name, role, organisation (if applicable) and contact details.

Please note that places are limited and will be booked on a first come first served basis.

Supporting children who are anxious to return to school

Date: Wednesday 10th March Time: 2 - 3pm

Led by: Julie Burns (Senior Educational Psychologist), Dr Lauren Coates (Educational Psychologist) and Guy Tamlyn (Trainee Educational Psychologist)

A session for parents and school staff who support children who are expressing worries about returning to school post-lockdown.

Teen Sleep

Date: Wednesday 17th February (half term) Time: 12 - 1pm

Led by: Dr Lauren Coates (Educational Psychologist) and Sherly O'Hara (Trainee Educational Psychologist)

A short webinar for parents followed by a Q&A, exploring the importance of sleep in the teenage years, and how to support young people with good sleep hygiene.

Responding to worries and fears: Covid and beyond

Date: Wednesday 17th February (Half term) Time: 2 - 3pm

Led by: Dr Lauren Coates (Educational Psychologist), Julie Burns (Senior Educational Psychologist) and James Redburn (Trainee Educational Psychologist)

Short webinar for parents of primary and secondary age children followed by a Q&A session. We will share practical strategies for responding to the concerns and worries of children and young people.

Supporting home learning during lockdown and beyond: Secondary

Date: Monday 1st March Time: 11am - 12pm

Led by: Dr Michael Palmer, Dr Patrick Sullivan (Educational Psychologists) and Guy Tamlyn (Trainee Educational Psychologist)

A short webinar for parents of secondary aged children, followed by a Q&A session. We will explore the current challenges of home learning, what young people are gaining, what they are missing, and share some practical strategies for how to support young people at home.

Let's play! The importance of play across the age range

Date: Wednesday 3rd March Time: 2 - 3pm

Led by: Dr Lauren Coates (Educational Psychologist) and Penelope Edwards (Trainee Educational Psychologist)

Play! What is it good for?! Well, lots of things actually! Parents, join us for a short webinar followed by a Q&A. We will explore ways to bring playfulness back into your life during lockdown, and explore why it's so important.

Supporting home learning during Covid and beyond: Primary

Date: Monday 8th March Time: 2pm - 3pm

Led by: Dr Patrick Sullivan, Dr Michael Palmer (Educational Psychologists) and Jack Hammond (Trainee Educational Psychologist)

A short webinar for parents of primary aged children, followed by a Q&A session. We will explore the current challenges of home learning, what children are gaining, what they are missing, and share some practical strategies for how to support children at home.



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to people in poverty or crisis

FOOD COLLECTION

Every Wednesday 12pm - 3pm

Osmani Centre, 58 Underwood Road, London E1 5AW

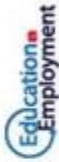


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For further information

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www.osmanitrust.org



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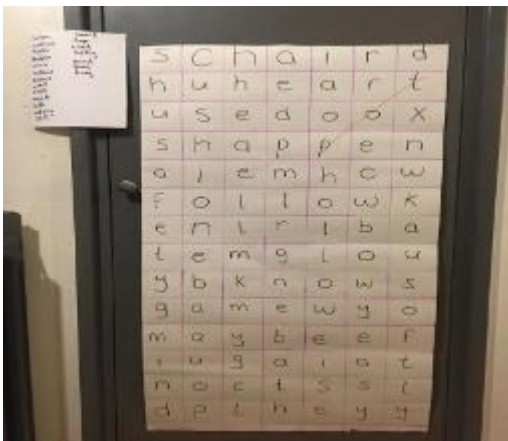
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Family Fun!

Ideas to support learning, play and well-being

Number games

Use games and resources you already have at home to help children learn about numbers. Things like dominos can easily be used to develop numeracy : adding up, recognise more or less, match the number of dots, highest number wins, add some paper for pick it write it, make a sum and so many more.



Giant word search

Make literacy fun by using old wall paper rolls or wrapping paper to create a giant word search. Draw the grid, add the words then fill in the rest of the squares with random letters. Make it more difficult by spelling words up, down, backwards and diagonally. Use words at your child's reading level and stick onto a door or wall. Give them a thick felt tip and off they go!

Nature painting

On your next walk get the children to collect leaves, twigs and plant life. Then let them get creative by using paints, pencils or crayons to make rubbings. If leaves are painted, they can be strung with cotton and hung up to make a pretty display. Doing something creative allows children to express themselves and supports emotional well-being.



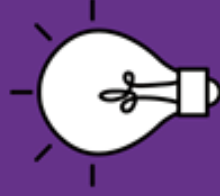
Build a Tower

Encourage children to problem solve whilst building a free-standing tower with mini marshmallows and spaghetti. Encourages abstract thinking skills, social skills, mathematical skills.

MADE OF MONEY WEBINAR SERIES

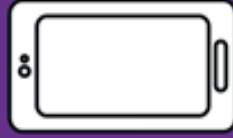
Reducing Energy Costs

- Understanding your gas and electricity, and ways to cut costs
- Monday 1 March (11am or 3pm)
- FREE 30 minute webinar on Zoom
- To register: <https://bit.ly/3jOZpQ8>



Getting a Good Deal on Broadband & Mobile

- Using comparison sites to find the best deals
- Wednesday 3 March (11am or 3pm)
- FREE 30 minute webinar on Zoom
- To register: <https://bit.ly/3jOZpQ8>



Staying Safe Online

- Learn how to stay safe online
- Thursday 4 March (11.30am or 3pm)
- FREE 30 minute webinar on Zoom
- To register: <https://bit.ly/3jOZpQ8>



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

Spring Term 2021 (59 days)

Second half of term Monday 22nd February
Last Day of Term Thursday 1st April

Good Friday Friday 2nd April

Easter Monday Monday 5th April

Ramadan begins Monday 12th April 2021

Summer Term 2021 (58 days)

First Day of Term Monday 19th 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

Eid Al-Adha

Thursday 13th May 2021*

Tuesday 20th July 2021*

Final Thought

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else....”

you are the one who gets burned.”

paraphrased from the work of Buddhaghosa in

Visuddhimagga IX, 23,

