

Spring Newsletter

Remote learning update

Purple Mash

Most of our children have been engaged and coping well with the home learning activities that have been set for them on Purple Mash (PM). You may remember that we signed up for PM just before the first lockdown, in March last year. Since then the functionality has improved and we have added the Serial Mash library to further support children's reading.

Google Classroom

Regardless of the success of PM, which most parents seem to find practical, we wanted to look at a platform which enables our teachers to deliver online lessons in real time.

The school set up a Google Classroom account before Christmas

and had our IT lead trained as an administrator. Today (Friday) the teachers are being trained to use the platform and we will ask them to trial some lessons over the next two weeks. If these are successful we will migrate from PM to the new system.

What you can do

You will receive an email with your child's username and password. Please register this with Google Classroom and, if you are using your smart phone for this, please download the 'Google Meet app'. Details will be in the letter, so please look out for it in your inbox.

If you have any problems or concerns please email us at:

parents@st-pauls.towerhamlets.sch.uk



Google Classroom

Laptops for home Food distribution



Previously the school supplied its own laptops to pupils who were learning remotely. But, in Decem-

ber, we were offered 16 laptops by the DfE and these arrived on the last day of the autumn term.

Most of these laptops have now been allocated but we have one or two remaining and may be receiving some tablets.

If your child is still unable to access their work because you do not have a media device, please email us on the parents@st-pauls.towerhamlets.sch.uk email address and let us know what you need



Food distribution has continued over the Christmas holiday period and into the new term. We would like to thank all those who volunteered their holiday time to help and of course our friends who have so generously donated food to enable us to do so:

This week:

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From our School Librarian - Laura Bennett

Library and Literacy News

The OU produces a number of interesting webinars aimed at parents and educators about reading for pleasure and 'Book Chat' – the art of discussing books and reading with children <https://tinyurl.com/y5eqok>

The SLS has teamed up with other London SLSs to produce a new website showcasing the work of libraries and librarians and what they can do for schools. It includes helpful articles and recommended books <https://sls-uk.org/inside-edition/>

CLPE releases its sobering report on books Reflecting Reality and diversity <https://tinyurl.com/yxka657k>

The National Literacy Trust produces a report examining children's reading before and after Lockdown <https://tinyurl.com/ybxz2ywo>

Shaun Tan becomes the first BAME author to win the Kate Greenaway medal <https://tinyurl.com/y7hax8ri>

An archaeologist and a bored schoolgirl recreated a Bronze archaeological site in Minecraft <https://tinyurl.com/yd7rjfta>

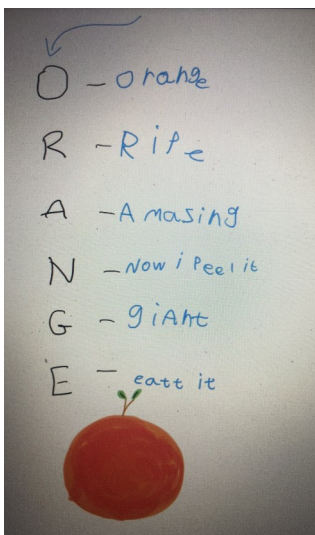
A rebellious ex-librarian is accidentally more subversive than she meant to be <https://tinyurl.com/y5fqwbz5>

A church decides to forgo traditional religious figures on its church and instead replaces crumbled figures with characters from Narnia <https://tinyurl.com/y9y3svoo>

The first digital Tower Hamlets Book Award sees children from all over the borough pick a winner <https://tinyurl.com/y9jx9mm7>

And several people have had too much fun pretending to play Quidditch <https://tinyurl.com/ybqlf4mv> and <https://tinyurl.com/yb8j3762>

Meanwhile, in school...



Clockwise from left:

Fruit acronym (at home)

Mashed beetroot and penne

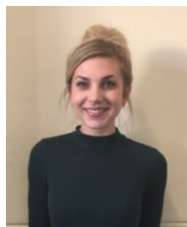
Learning 'tricky' words

Polar exploration

Roasting vegetables

Making equal groups





A message from Place2Be.....






Hello children of St Paul's from Place2Be!

Welcome back to the new Spring Term. We are not all back together in school as we would have hoped, and things may feel different again - but we are all still thinking about each other; every one of us within our school community.

There's no better time than now to think about our **ZONES** and how we might be feeling!



Don't forget - there's no 'right or wrong' way to feel....and by sharing your feelings with someone....face-to-

face , on the phone or even in a letter ,
it can really help us understand
what we might
be thinking and feeling.

As it's a new year - **2021** - this is often a time to think about things we have achieved last year, and think about things we would like to happen in the year ahead. We might even call these our '**hopes**'the things we would like to happen.

For this week's activity, can you think about your **hopes** for 2021?

Is there anything you would like to get better at?

Perhaps you would like to become an *expert* in something?

Is there anything *new* you would like to try?



You could always share your hopes for 2021 with us through the school twitter page or email them in to parents@st-pauls.towerhamlets.sch.uk



Dear Parents/Carers,

*As we start this new term and find ourselves in another national lockdown, please do get in touch should you wish to talk about supporting mental health. Here is a link to **youngminds**, a website where you can find advice and tips to help support wellbeing during these challenging times:*

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Blue Peter is now on YouTube

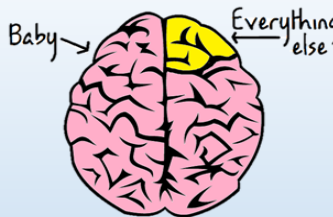
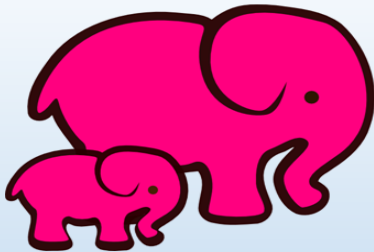
The BBC have launched [Blue Peter on YouTube](https://www.youtube.com/bluepeter) at for entertainment outside of home-schooling hours now we're in lockdown.

Blue Peter is the longest running kids TV show in the world and the BBC are uploading videos to it that are suitable for 5-11 year olds. They have world record breaking challenges, arts and crafts, environmental videos, cooking and baking how tos, inspirational films, gaming, celebrity appearances, dance routines and music performances. It also feature ways of getting a Blue Peter badge, behind the scenes footage and extra content about the presenters Adam, Lindsey, Mwaksy, Richie and Henry the Blue Peter dog.

If you are interested in this, please subscribe to <https://www.youtube.com/bluepeter> - (it's completely free to subscribe!) and don't forget to watch the live programme on CBBC at 5.00pm every week, or on BBC iPlayer.



Request for research participants

**Contact:**

SleepStudy@York.ac.uk;
07548359133

Website:

<https://sites.google.com/york.ac.uk/the-omg-sleep-study/home>

Social Media:

<https://twitter.com/OmgSleep>;
<https://www.facebook.com/sleep.study.334/>



UNIVERSITY
of York

Are you a parent with a child under 6?

Research needs you!

We're carrying out research into memory and sleep in parents.

You would be required to complete a memory game on your phone and answer some questions about your daily activities.

You would be entered into 3 prize draws if you complete the study.

Good morning, I hope you are having a lovely day. I'm getting in touch on behalf of the Department of Psychology at the University of York. We are running an online research study aimed at better understanding and raising awareness of the cognitive impact of the postpartum period on new parents.

We've already recruited hundreds of participants and have had great feedback from parents, both that they find the study interesting and important, the tricky part is just reaching them.

Look forward to hearing from you.

Kind regards,

Tom Hunter, **PhD candidate in the Neuroscience and Psychology of Sleep**

Room E/208, Department of Psychology, University of York, YO10 5DD Email: tjh554@york.ac.uk

Tel: 01904 322953 Web: <https://www.york.ac.uk/psychology/staff/postgrads/tjh554/>

A message from the police about NOx use

Nitrous Oxide Public Spaces Protection Order (PSPO) Consultation

We are consulting on proposals to introduce a Public Spaces Protection Order (PSPO) to tackle the issue of antisocial behaviour linked to the use of the psychoactive substance, nitrous oxide (NO₂).

A PSPO is an order that:

- specifies a public place
- prohibits people from doing certain things or carrying out specified activities in that area
- stops activity such as persistent and continued antisocial behaviour

We want to hear what you think about our proposal. **To have your say, complete [our online consultation survey](#)**. This will be the best way for the council to fully understand the views of residents and other interested parties, which will be presented to the Mayor and Cabinet.

The consultation will run from Monday 4 January 2020 to Monday 15 February 2021. More information and details specific to this PSPO proposal and antisocial behaviour linked to nitrous oxide use can be found in the accompanying information pack.

If you would like support or more information in a different format, please email: saferneighbourhoods@towerhamlets.gov.uk.

If you need to reply regarding this message, tap on this email address: shalina.akhtar@towerhamlets.gov.uk

Regards,

Shalina Akhtar

Community Safety Commissioning Officer

Email: shalina.akhtar@towerhamlets.gov.uk

Read more about the existing [PSPOs in place in Tower Hamlets](#).



Free webinars from Tower Hamlets Talking Therapies

Since the recent announcement of schools being closed, it has meant a lot of sudden changes for parents which can have an impact on mental wellbeing. Tower Hamlets Talking Therapies is offering a series of two free webinars to support parents during these uncertain times and I would appreciate if you can circulate the below webinar details to parents and anyone else in your network who may have contact with parents so it can be shared further (within the Tower Hamlets borough):

Managing my child during lockdown : 19/01/21 at 4pm

This webinar aims to look at common difficulties a parent may face when having their child at home while schools are closed and strategies to manage.

Managing my self care as a parent during lockdown 02/02/21 4pm

Self care can be forgotten as a parent especially due to the current uncertainties. This webinar aims to act as a refresher and reminder of the importance of self care and how to ensure parents make time for themselves.

These webinars are only available to parents who have a registered address +/ registered GP in the borough.

To register, simply click on the link and complete the information on the form: <https://bit.ly/35bz88x>

The deadline to register is 24 hours prior to the day and time of the webinar, if you register after this we will be unable to send you the link to the webinar. The webinar will be run on a platform called Webex, you will be sent instructions on this along with the link closer to the time of the webinar.

Khudaija Ismail, Community Engagement Worker, East London NHS Foundation Trust

Tower Hamlets Talking Therapies, Tel: 0207 702 7641, Mob: 07584595728, email: khudaija.ismail1@nhs.net



Virtual Autism Coffee Morning

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

The coffee morning will be delivered in
English and Bengali

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

Monday 25th January 2021: Managing self-care
during lockdown for parents

Monday 8th February 2021: Supporting
children with anxiety

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 the zoom details by:

EMAIL: halima.chowdhury@towerhamlets.gov.uk

TELEPHONE CALL/TEXT: 07984188237

Free training from

Sleep and mental health

Thursday 11th February 2021 - 10 – 11am (school staff and parents only)

The Healthy Lives Team will be hosting a free online webinar which aims to provide staff and parents with practical, easy to understand knowledge about sleep, interesting facts and a range of strategies and tips to take away and apply that very same evening.

The webinar will cover topics such as the importance of sleep, identifying barriers to sleep, sleep cycles, routines and much more. Please email sultanax.begum@towerhamlets.gov.uk to book your place.



Healthy Lives
TOWER HAMLETS

Violence Against Women and Girls (VAWG) schools pledge

Schools are crucial to reducing and supporting students, parents and staff experiencing Violence Against Women and Girls (VAWG). Despite a gender bias of women and girls being affected, we recognise that men and boys are also victims of these forms of abuse.

The London Borough of Tower Hamlets' VAWG team have developed a VAWG pledge. For schools to sign up to the pledge and be recognised as an 'Anti-VAWG' school is a crucial step to ending this abuse. There is a dedicated officer to help you implement the objectives.

If you are interested in learning more, please email
vawg@towerhamlets.gov.uk or phone **020 7364 663**



New domestic abuse advocacy in Tower Hamlets

Tower Hamlets Solace Advocacy and Support Service (TH SASS) are the new provider of domestic abuse advocacy in the borough. TH SASS will provide one to one advocacy for victims and survivors of domestic abuse living in Tower Hamlets of any gender who are aged 16+.

Solace are open Monday to Friday from 9am until 5pm and can be contacted by professionals and residents on 0203 795 5064. For out of hours please phone the National Domestic Abuse Helpline on 0808 2000 247.

For any further information, please email towerhamlets@solacewomensaid.org.



Session on Kooth for children and young people

Kooth offers free, safe and anonymous support to children and young people. The online mental health and wellbeing support service is available in Newham, Tower Hamlets and Waltham Forest.

To give you more information about Kooth and the service it provides, the team at Kooth have arranged a free training session. The session will take place on **Friday 15 January, from 11am-12noon**. There is no pass-

Parent and Family Support Service



Virtual sessions for parents

Now more than ever parents need a safe space to come together, share their experiences and get reliable information. That's why the Parental Engagement Team are launching regular 'Platform to Talk' sessions, led by experienced practitioners from the Schools and Families Team. The virtual sessions will cover a range of topical issues from health and well-being, family life, parenting, school and more.

The first session will be on the theme of growing up and will explore how to speak to children and young people about growing up, changes and relationships.

Platform to Talk: Growing Up

Monday 18 January at 10am

Join our discussion and gain an insight into the pressures children face and how you can keep them safe by building resilience and confidence.

To find out more, book your place or suggest themes for future sessions email parentalengagement@towerhamlets.gov.uk

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

Spring Term 2021 (59 days)

New Year's Day Friday 1st January
Staff Training Monday 4th January
First Day of Term Tuesday 5th January
Staff Training Friday 15th 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*

Final Thought

*"Man still wishes to be happy even when he
so lives as to make happiness impossible."*

Augustine

