

Summer Newsletter

Ramadan Mubarek

St Paul's School wishes that all our Muslim families are able to enjoy a peaceful, healthy, joyous Ramadan, despite these most trying of circumstances.

We understand that some of our older pupils may be fasting during Ramadan. If they are, please be flexible with their home learning; the children may need extra breaks and rest periods. If you let us know that your child is fasting, this can be taken into consideration when teachers call to check in.

Ramadan Kareem!



A message for Ramadan from Tower Hamlets Council

Have a safe and healthy Ramadan

Many of our residents will start observing Ramadan this week, but the coronavirus pandemic means that the holy month will be quite different this year.

While Ramadan is a time for togetherness and community, it's important that everyone continues to follow government advice to stay at home unless it's absolutely necessary. Mosques will remain closed until the restrictions are lifted, but you can still pray in congregation at home with those you live with.

We would urge anyone with an underlying health condition that makes them more vulnerable to coronavirus to speak to their GP to make sure it's safe to fast. If you

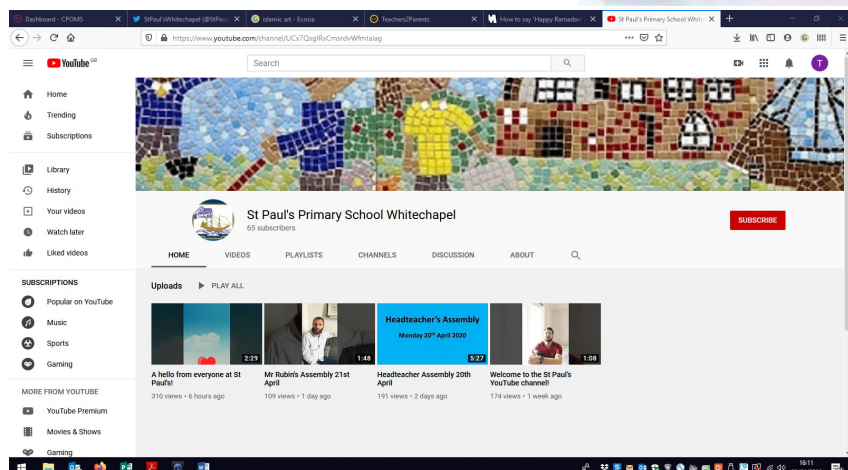
develop symptoms of coronavirus, we would strongly advise you to consider breaking your fast to avoid dehydration.

Guidance and resources have been published by the Muslim Council of Britain, the East London Mosque and Open Ifta, which can offer support on how to engage with your community while staying at home during Ramadan.

Technology will play a key role in overcoming the challenges of lockdown, with Ramadan prayers and the nightly recitation of the Qur'an moving online. You can also use video calling platforms such as Zoom to host Iftar parties.

Are you eligible for Free School Meal Vouchers? See page 2

St Paul's School on YouTube



Why not visit our St Paul's Whitechapel YouTube channel, where we will broadcast our assemblies and other video content?

<https://www.youtube.com/channel/UCx7QxglRxCmsrdvWfmtalag>

Or try:

<https://tinyurl.com/St-Pauls>

Check in each day.

If you have any appropriate videos that you would like us to share please email them to:

parents@st-pauls.towerhamlets.sch.uk

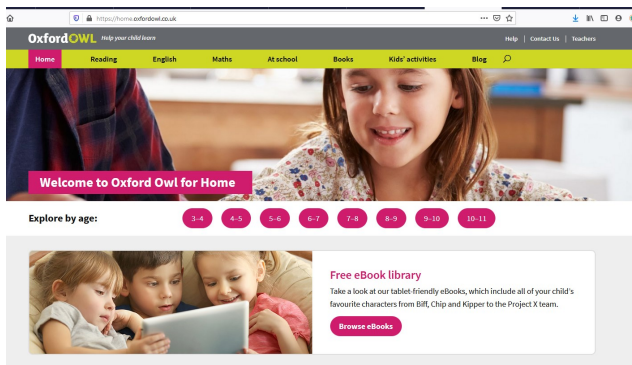
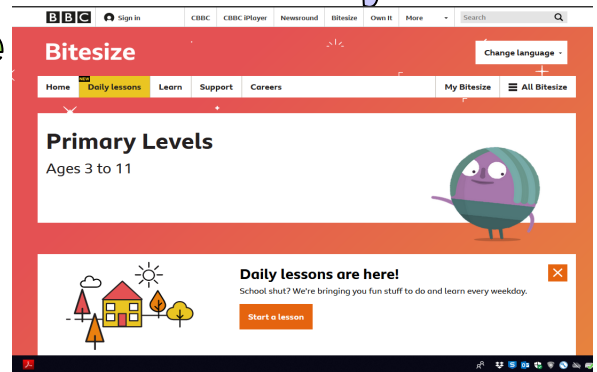
More 'highly recommended' online resources to try at home

BBC Bitesize

BBC Education's new education service, BBC Bitesize Daily, was launched on Monday. This has 150 online lessons from Years 1 to 10 in English, mathematics and other core subjects including science!

You can also find **Bitesize Daily** programmes on BBC iPlayer and via the BBC Red Button.

www.bbc.co.uk/bitesize/primary



Oxford Owl

It takes just a few minutes to sign up for the **Oxford Owl for Home** website; this gives you access to hundreds of age-related (and book banded) books each of which can be accompanied by audio.

The site also contains a phonics guide and maths games.

Home.oxfordowl.co.uk

Are you eligible for Free School Meals?

There has been some confusion about eligibility for Free School Meals (FSM). Prior to the coronavirus lockdown, all school children from Reception to Year 6 received a free school meal paid for by the mayor or the DfE. Once schools closed, this scheme was stopped.

Now entitlement to free school meals is limited to those families receiving benefits.

The Government website states that **you may be entitled to FSM vouchers** if you receive 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 - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

If you need some support with this, please email us on our parents@st-pauls.towerhamlets.sch.uk address and we will try to advise and support you.

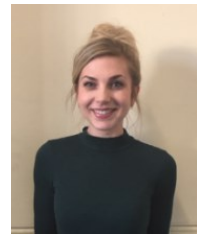
Thanks are due to Lisa and Natalie for their perseverance and patience in sorting this out for our schools.





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 are you feeling? Today, let's pretend our feelings are a piece of art or a drawing....





What **colour** would your feelings be today?

Would your pencil strokes be *thin* or **thick**?

Would the lines be sharp and straight, or wiggly and curved?

Would they feel rough or smooth ?



Would your feelings take up a  BIG piece of paper or a small  piece of paper?

Like we did last time.....why don't you share your feelings today with someone else, and ask them how they are feeling too? When things are a bit different to how they normally are, it's really important that we 'communicate' - and that means that we let those around us know how we are feeling.

My Favourite Place.....

This week's activity is going to focus on how to help ourselves feel 'calm'. Everyone can feel stressed or angry at times.....here's a technique that might help you feel a bit more relaxed when you notice that you want to feel calmer.....



Today we are going to think about our *favourite* place.

To begin, let's get comfortable. You can lie down or sit with your legs crossed, close your eyes and take a deeeeeep breath.

Now think of your favourite place - it may be somewhere near or it may be far away.

Continue to breathe and think about this place.....is it inside or outside? It could be somewhere you go a lot, or somewhere you've only been once!

As you keep taking nice deep breaths, I want you to picture this place in your mind.

What does it look like? Do you notice any smells? What sounds do you hear there? Try to think about everything you notice there.

Now think about how the place makes you feel...do you feel calm? Happy? Excited? Something else? Really focus on this feeling...keeping your breaths nice and deep and slowly breathing out.

When you've finished, take a nice breath through your nose and out through your mouth.

Slowly open your eyes and notice how your mind and your body feels now!

Dear Parents,

There are many online resources to support your own mental health during this time.

www.mind.org.uk offers further online information and advice to support your emotional wellbeing.

Update from Denise and Rashina

Tower Hamlets Education Parent and Family Support Service

Dear families,

There is a lot of support for you in Tower Hamlets, we understand that it can be difficult in accessing it but hopefully the following will help:

Residents' Support Scheme

What kind of support can you get?

The scheme is designed to support residents who are either in or at risk of being in crisis, are in need of immediate help and have no source of financial support available to them.

The Residents' Support Scheme will help with short term living costs such as credit food and gas/electric prepayment metres. It can also help in some circumstances with white goods and furniture. Cash will not usually be awarded, but a pay point voucher can be supplied to the applicant where necessary.

Vouchers will be awarded to enable residents to purchase the items that they require, such as furniture. If white goods, such as a washing machine or fridge are required, then these items will be purchased through the scheme and the delivery will be arranged with the resident directly to their home. Household goods will be paid by voucher, which will be received within five working days of the decision being made.

The scheme will also signpost residents to other sources of support that is available to ensure that they can get the maximum level of help. There may also be the opportunity for referral for advice/assistance with financial, debt and/or welfare benefits to try and address the resident's long term needs.

Who does the scheme help?

Residents must be aged 16 years or over and must not be subject to any UK immigration control. The council has identified the following groups as a priority to support –

- those experiencing domestic abuse
- families with young children
- older people
- people with longer term illnesses
- people with disabilities
- people with mental health needs
- households with a pregnant person

How do you apply?

You can apply online via:

https://www.towerhamlets.gov.uk/lgn/advice_and_benefits/Residents_Support_Scheme.aspx OR

<https://tinyurl.com/residentsupport>

If you are finding it difficult to apply online, or if you have a query about a new or existing application, please email lwqueries@northgateps.com or call 020 7520 7217.

Tower Hamlets – Mutual Aid/Community support

This scheme covers residents and community members across Tower Hamlets;

Supporting community members with grocery shopping, collecting prescriptions, running essential errands, friendly phone calls; signposting to other services;

Includes links to other more local Mutual Aid/Community support groups

Facebook: <https://www.facebook.com/groups/2740546326063053/>

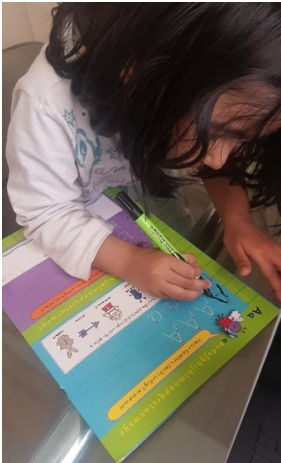
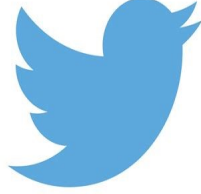
What have you been up to during the lockdown?

Follow the school on Twitter

@StPaulsCESchool

for all the latest news in and around our school. It is a great way to stay up to date with all the exciting things that are going on. We have 528 followers.

Here are some examples of what people have been sending in.



Establishing Routines

Much of the advice about looking after children at home centres on the importance of establishing routines and sticking to them. Consistency is an aid to mental wellbeing, whereas uncertainty can cause anxiety.

We suggest that you have clear times for meals, bedtime and waking up, wherever possible. Clearly these routines may need to be adapted for those families observing Ramadan. Below are some suggestions for older children. They are not set in stone, but may help you to establish your own routines and school work timetables.

Possible KS2 timetable

PE /Fitness - Joe Wicks:

Live at 9 am-9. 30am (**30 minutes**) Monday to Friday or can be watched later on his YouTube channel

Go outside once a day for fresh air whilst maintaining social distancing

Reading:

Independent reading of own books. 10 - 20 minutes daily

Guided reading (reading, comprehension, book-related activities. **10- 20** minutes daily

Writing:

Handwriting practice. Making notes. Non-fiction. Creative writing. **15 - 30** minutes daily.

Speaking and listening:

Have meal times as a family; ask each other questions and listen! Get to know more about each other. Use the Friday Oracy assembly as inspiration to get debating.

Maths:

MyMaths. Times Tables Rock Stars. Purple Mash **15-30** minutes daily

Other subjects:

Drawing/ painting/ building (includes Lego)

Cooking. Computing / coding. RE. Geography. History

PSHE. **10-30** minutes daily

Many of the above subjects will be work set by teachers on Purple Mash.

Overall, there is about 3-4 hours of activities here depending on how much time your children do then for.

Physical exercise and going outside at least every other day is very important for both physical and mental health.

St Paul's Whitechapel CE Primary School Term Dates and Holidays - 2019/ 2020

Summer Term 2020

First Day of Term
Staff Training
Half Term
Second half of term
Last Day of Term

Await government announcement
Friday 22nd May
Monday 25th to Friday 29th May
Monday 1st June
Friday 17th July

Eid Al-Fitr
Eid Al-Adha

Sunday 24th May 2020*
Friday 31st July 2020*

Can you help to brighten their day?

Dear Schools of Tower Hamlets,

sponse in .

My name is Marc Robinson and I am a senior nurse at the Royal London Hospital. I am currently part of the team supporting the Adult Critical Care Unit through the COVID 19 Pandemic.

We have received a number of unexpected letters/ pictures/ poems from local school children and young people. The positive impact on wellbeing this is having on staff across the RLH is unmeasurable. Thank you

Marc Robinson,
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Ward 4E, Royal London Hospital
Whitechapel Road
London, E1 1FR
marc.robinson1@nhs.net

Please could I encourage you to do this and help me coordinate this lovely community re-

Best Wishes
Marc Robinson



Final Thought

"I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy."

Kahlil Gibran

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 1st September
Wednesday 2nd September
Monday 26th – Friday 30th October
Monday 2nd November
Tuesday 3rd November
Friday 18th December
Friday 25th December
Saturday 26th 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 1st January
Monday 4th January
Tuesday 5th January
Mon. 15th to Fri. 19th February
Monday 22nd February
Friday 26th March
Friday 2nd April
Monday 5th April
Tuesday 13th 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 12th April
Friday 30th April
Monday 3rd May
Monday 31st May to Friday 4th June
Monday 7th June
Friday 23rd July
Thursday 13th May 2021*
Tuesday 20th July 2021*