

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



Shadwell Responds

We'd like to thank Shadwell Responds - a community-led response to the Coronavirus crisis, with representatives from local churches, mosques and community groups.

St Paul's School was given 25 activity packs from Shadwell Responds. These were full of resources and ideas to support children's creativity. The children were delighted to receive these packs!



In the Newsletter

Page 2: Highly recommended resources

Page 2: TH Creative Writing Competition

Page 2: St Paul's' YouTube channel

Page 3: A message from Place2Be

Page 4: VE Day Celebrations

Page 4: TH Advice and Support

Page 5: Top Tips for Online Learning

Page 6: Supporting language skills at home

Page 8: Term dates and Final Thought

Swedenborg Gardens thriving in the lockdown

From Michelle Lindson:

I would just like to give you an uplifting update on how the wildflower mound is looking in the park. "Nature and Us" began working on the mound in June 2019, as wildflowers were only growing well on a section of it.

The first photo is from when we had a huge delivery of crushed concrete put on it to help control the growth of weeds, which would otherwise have suppressed wildflower growth. The second photo is when Lloyds

volunteers sowed and trampled wildflower seeds into the crushed concrete.

The photos (below right) were taken by Jim (local resident who joins the partnership meetings) on Monday. The wildflower mound is unrecognisable after only 11 months!

Michelle Lindson is the "Nature and Us" project manager/ Friends of Tower Hamlets Cemetery Park



Michelle is doing an online talk "about our nature-based community work in Tower Hamlets" on Friday (6:30pm) where she will be singing the praises of Swedenborg Gardens!

If you would like to join: <https://www.tickettailor.com/events/thefriendsoftowerhamletscemeterypark/368345>

More 'highly recommended' online resources to try at home

Khan Academy

The Khan Academy is a free resource with lessons in a wide range of subjects for children (and adults) of all ages:

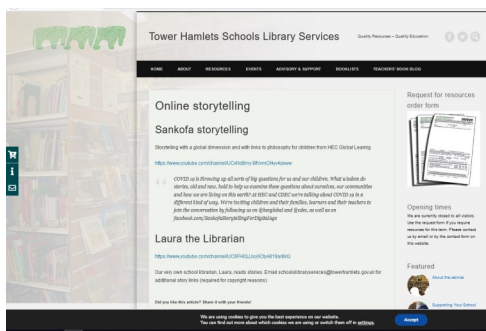
<https://www.khanacademy.org/>

LEARNERS AND STUDENTS

You can learn anything.

Build a deep, solid understanding in math, science, and more.

[Learners, start here.](#)



TH School Library Service

Tower Hamlets' School Library Service has links to a large number of online services that are available for families to access and use. These can be found at:

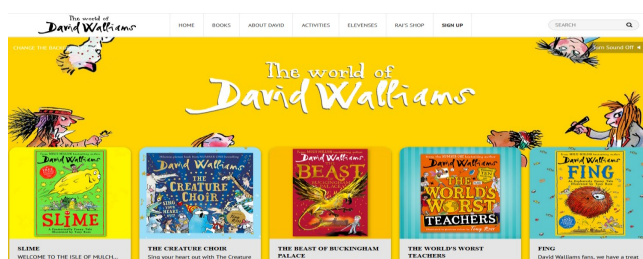
www.towerhamlets-sls.org.uk/links

With stories read by our very own librarian, Laura Bennett:

www.towerhamlets-sls.org.uk/links

Elevenes with David Walliams

Elevenes with the World of David Walliams offers interviews, book extracts, interviews and readings from this popular children's author.



TH Creative Writing Competition

From Shajan Hekim, Librarian, Tower Hamlets Library Service:

Hi all, I hope you all have been well and safe.

The Tower Hamlets Creative Writing Competition 'This Hidden Island' closes in 10 days' time! (Friday 15th May). We've had some fantastic work sent to us, but there's always room for more!

For full details of the competition, visit

www.towerhamlets-sls.org.uk/cwc20

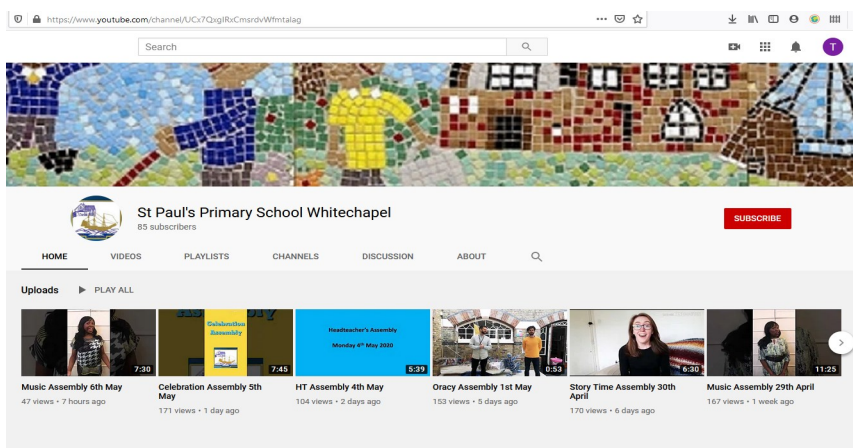
St Paul's School on YouTube

Our YouTube Channel is full of content and being added to each day. Take a look at:

<https://www.youtube.com/channel/UCx7QxgIRxCmsrdvWfntalag>

Also, why not check out St John's', our sister school's channel:

https://www.youtube.com/channel/UCVsLkOc_vyS1IONuHmcEFZw



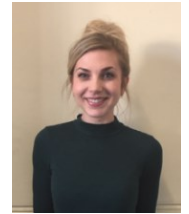
School Library

Being able to enjoy a book is more important than ever. Last week we started our socially distanced library. Families were given a time slot to come and collect some books to take home. Happy reading!





A message from Place2Be.....



Hello once 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 use emojis to help us think about how we're feeling...just like in Place2Talk!



Perhaps the right emoji to show how you're feeling isn't there....maybe you could design your own feeling emoji? Don't forget to ask others how they're feeling too - you might find that you're feeling the same way as them. Or perhaps you feel a different way...however you're feeling, it's important to talk about it!

For this week's activity we're going to be thinking about our 'sleep patterns'- that means how we go to sleep each night. Have a think about how *you* sleep each night. Sometimes when our mind feels 'heavy' or 'full' at night, we might find that we don't sleep as well as we often would.

Here are some relaxing activities to help you get 'snoozy' and ready to sleep:

Belly Breathing.....

- Put your hands on your belly and take a deep breath in for four counts, blowing up your belly like a balloon.
- Hold the breath for one count and then slowly breathe out for four counts, deflating the balloon in your belly.
- Do this for a few minutes until you feel calm and relaxed!



My Day.....

- Think about the *best* thing that has happened that day.
- What did it feel like?
- Who were you with?
- Can you picture it in your mind?



All About You....

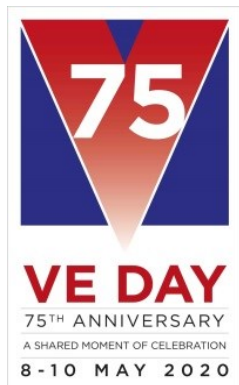
- Have a think about what helps *YOU* feel relaxed
- It might be some calming music, a special book, or talking about the day with someone else.



Dear Parents/Carers,

Here's an online resource to help support maintaining bedtime patterns during this time of change:

<https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/coronavirus->



VE Day Celebrations



Friday 8 May is VE Day, or Victory in Europe Day, which marks the end of World War Two fighting against Nazi Germany and the war in Europe. This year also marks the 75th anniversary.

During the day, the nation will [join in a toast](#) at 3pm and the BBC will broadcast a message from the Queen at 9pm - the exact moment her father, King George VI, gave a radio address 75 years ago.

There are other ways you can safely take part in celebrations from home. Here are some suggestions:

Search for historic images of street parties and the Second World War on our [Local History Library and Archives site](#).

You may wish to mark VE Day by researching your family history at ancestry free from home - you just need an [Idea Store card](#) to log in.

Visit the council website for information about [War Memorials](#) in the borough.

The [Royal British Legion](#) website highlights ways to get involved, including activities like a VE Day livestream at 11.15am, a singalong to Vera Lynn's We'll Meet Again at 9pm and a learning pack for children.

The public can pay tribute by taking part in [a nation's toast](#) to the Heroes of the Second World War at 3pm on the 8 May, from the safety of your own home by standing up and raise a glass of refreshment of their choice and undertake the following 'toast' – "To those who gave so much, we thank you," using this unique opportunity to pay tribute to the many millions at home and abroad that gave so much to ensure we all enjoy and share the freedom we have today.

The [official VE Day website](#) has many more ideas for commemorating at home including activities for adults and children.

Advice and support from Tower Hamlets

Tower Hamlets Homes

Advice and support

Working with some of our community partners, we have helped set-up three Community Support Hubs to help elderly and vulnerable residents during the pandemic. Our Financial Health Centre is also available to provide advice on money and benefits issues.



Support

- ▶ Regular phone calls
- ▶ Emergency home visits (with safeguarding in place)
- ▶ Food and medication deliveries
- ▶ Hot meals three times a week

Phone **020 7364 5015** or email community.partnerships@thh.org.uk

Advice

- ▶ Debt/money management
- ▶ Applying for welfare benefits/universal credit
- ▶ Help with utility bills
- ▶ Accessing food/hardship fund
- ▶ Employment and training

Phone **020 7364 2200** or email fhc@thh.org.uk

Please do not visit the centres as they are not open to the public. To access any of the support, please phone or email us as above. For more information phone **020 7364 5015** or visit thh.org.uk.



Top tips for online learning

LGfL

DigiSafe

keeping children safe

SIX TOP TIPS

To Keep Primary Kids Safe Online During School Closure

Children are bound to spend lots more time on devices during school closure. **DON'T FEEL BAD ABOUT IT** – lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.



Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?



Don't try to hide the news about coronavirus

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

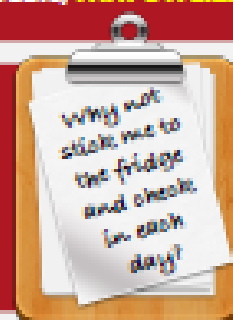


Remind them of key online safety principles

There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at **reporting.lgfl.net**, including ones to tell your kids about (they might not want to talk to you in the first instance).



You can find anything above by just googling it, or follow us @LGfLDigiSafe on Twitter or Facebook where we regularly share these resources



SUPPORTING LANGUAGE SKILLS AT HOME

Daily Routines

Daily Routines are the perfect way to support lots of different communication skills.

Talk about what you are doing when your child is getting dressed, having a meal or getting ready for bed.

No matter what class your child is in, talking through everyday routines is so valuable. This way, they learn to follow directions, answer questions and learn more words for items in their home.

Hide and Seek

No matter what the age of your child, Hide and seek supports children's understanding of place words and supports use of sentences.

- Choose someone to hide and someone to seek.
- Encourage children to choose – "Do I count to 10 or 20?" "Do I count on the sofa or behind the door?"
- Use repetitive language – "Coming IF you're ready AND IF you're not!"
- "Where is he?" "Is he UNDER the blanket?" "Is he BEHIND the sofa?"
- If you have a smaller space or younger children, use blankets, boxes and clothes to create hiding spaces.

Scavenger Hunt

Support your child's word knowledge by helping them understand more about objects in the home

Walk around the house looking for objects that are connected e.g.

- Things that are red
- Things that are round
- Things that are soft
- Things that we wear
- Things that we sit on etc

Alternatively, use your phone to take pictures of 10 objects in the house. Make a special spot and see how many objects they can find and bring to the 'scavenger spot'.

Treasure Hunt

This needs some thought but once you've done it, children can copy! This supports following directions and sequencing skills

- Hide a treasured object in your home
- Write clues and hide them around the house so that the clues lead to the object.
- Clues could be a drawn picture, a drawn symbol, a written word or sentence that describes the place. This means you can make it easier or harder depending on who is playing.
- Encourage the children to talk about where they went on the hunt using the clues they collected at the end.

Share a book

Books support so many language skills!

- Use engaging books to work on joint attention, sentences and understanding of words and questions.
- Read them together or point at the pictures if it is a picture book.
- For older children, read a bit about a character and then draw a picture of the character or place to encourage more talking and understanding.

Baking

Baking and cooking are language-rich activities

- Talk about the utensils you use e.g. whisk, spatula, wooden spoon, bowl, sieve, colander etc
- Talk about the ingredients you need.
- Talk about the steps you will go through before eating the yummy food.
- Talk about the steps you went through after you've eaten the yummy food.
- Help your child to remember what you did and what you used.
- 'Review' what they made e.g. rating out of 10, taste test with the family etc.

Obstacle course

Designing, building and following an obstacle course supports understanding, turn taking and re-telling talk.

Using objects and/or tape, help your child design a course that involves walking, climbing, jumping and balancing, wall sits and wall push-ups. Talk about them whilst they do it like a sports commentator. Ask questions...

- Who will be fastest?
- Who can jump the highest?
- Who can do the most step ups?
- What did you do? Did you go under? Did you go over?

Dress up

Support shared play and storytelling skills

If your child has a favourite TV programme or character, dress up and copy what happens on the screen.

- Talk about what is happening.
- Act out a different ending to the story.
- Make props for the character from scrap card and other materials.
- Draw a cartoon of the story afterwards and retell the story with your child.

Mystery box

Support listening, prediction, describing and increasing sentence length.

There are different ways to play this. Hide an object in a box, container, empty tissue box or bag and then:

1. You can give 3 clues so that your children can guess what it is e.g. it's round, you eat it and it's got skin you peel!
2. Let one child look in the bag and let them describe it to you or their sibling.
3. Your child can try and guess what is in the bag first, then reach out and pull out the object. Encourage them to describe the object and answer questions about the object.

Games

Table-top games provide opportunities for talking, listening, shared attention and taking turns.

Here are some of my favourites:

- Headbandz – describing and answering questions
- Hungry Hippos
- Pop up Pirate – requesting and taking turns
- Sleeping dragon – using full sentences and identifying emotion
- Top Trumps – predicting and taking turns
- Dobble - vocabulary
- Buckaroo – Vocabulary
- Jenga

St Paul's Whitechapel CE Primary School Draft 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*

Update from the Ideas Store

While our Idea Stores remain closed during the coronavirus outbreak, you can access a wide range of resources and activities by becoming a member online. Membership is free and can provide you and your family with hours of entertainment, including e-books, audio books and magazines.

Idea Stores are also moving some of their much-loved activities for children online, including art club and story time, where you can see staff sharing some of their favourite books or nursery rhymes from their homes. Go to:

<http://www.ideastore.co.uk/>



Final Thought

*“We may have all come on different ships,
but we're in the same boat now.”*

Martin Luther King Jr.

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*