

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

School open for Year 6 and eligible children

As planned, St Paul's school reopened on Monday for our eligible pupil group..

See below and right for photographs of the children in the classroom and at lunch.

On Tuesday 8th June we will be re-admitting our first set of Year 6 pupils.

The school's risk assessment is available to see on the policies section of the website:

tion of the website:

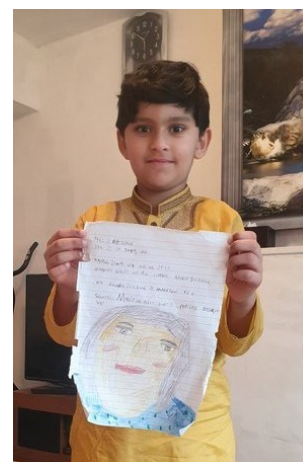
<https://www.st-pauls.towerhamlets.sch.uk/about-us/policies>

If you believe that you are entitled to a place, please contact the school on our parents' email address:

parents@st-pauls.towerhamlets.sch.uk



Showcase



Ava and Jacob enjoyed putting the apples, with the correct answers, on the maths worksheets made by their mother. Mersiha drew a clock in her house and Yahya made this lovely family profile. Keep up the good work everyone!

In this edition of the Newsletter

Page 1: Showcase

Page 2: Check out these resources

Page 3: A message from Place2Be

Page 4: A chair for Mr Bennett

Page 4: Problems with Purple Mash?

Page 5: Make your own Mini-Book

Page 6: 6 Tips for keeping your children safe

Page 7: A Message to parents from the NHS

Page 8: Ms Walker's Brain Teasers

Page 8: Term dates and Final Thought

Message from Denise and Rashina

(of St John's School and TH Parental Engagement Team):

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



Edinburgh Zoo's live webcam of Rockhopper penguins

Edinburgh Zoo has 24 Rockhopper penguins that are easy to spot among the rest of their penguin colony. Look for their spectacular yellow feathers and bright red eyes. They do not waddle like other penguins; they hop from rock to rock, making them particularly fun to watch 🐧

[Edinburgh Zoo](#)

The Royal Albert Hall

The Royal Albert Hall has been around for the nation for almost 150 years and in these extraordinary times closing their doors was the best way to look after the world. But why should that stop them from bringing you some of the world's most talented artists?

The Royal Albert Home will see artists sharing their work from their homes through their free streaming programme.

[Royal Albert Hall](#)

Virtual tour of The British Museum

When it comes to virtual tours, you are spoilt for choice at The British Museum. As well as a Google Street View tour of the museum's exterior, there is one which features several of its exhibition rooms. Each room spotlights a particular exhibit of interest, with links to further information about the artefacts.

[The British Museum](#)

We are one: a global film festival

Coronavirus has meant that most of this year's film festivals are not able to go ahead, so they have all teamed up for a 10-day online event called We Are One: A Global Film Festival. It combines Cannes, Tribeca, Berlin, and some smaller festivals, who do not usually get lots of publicity.

- There will be a single YouTube channel broadcasting continuously until **Sunday 7 June**
- Over 100 films, 13 world premieres and 31 online premieres

All FREE to watch

[Global Film Festival](#)

Into Film: Free family films

Into Film have a wide range of films available to stream for free within the UK. All films come with recommended viewing ages and talking points and many have additional educational resources too. Into Film puts film at the heart of the educational and personal development of children and young people across the UK.

[Into Film](#)

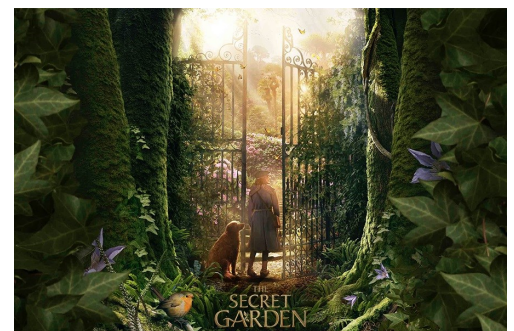
And finally... The Secret Garden competition

The Secret Garden film release has been delayed due to events. The Royal Horticultural Society (RHS) have therefore decided to extend the submission date for their Secret Garden competition.

The competition asks children to imagine they have discovered a Secret Garden and to either draw, paint or create a collage of plants, wildlife or other features that they might see.

The winner will have a chance to see their garden or elements of it brought to life in their community space. There are also opportunities to win a movie goody bag too. Good Luck!

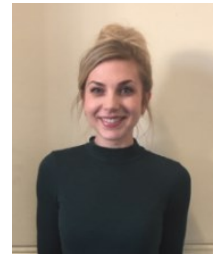
[The Secret Garden](#)



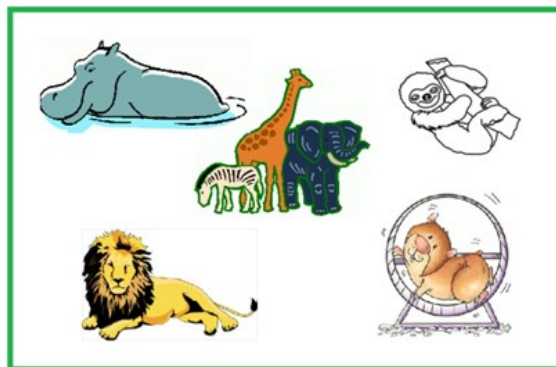


A message from Place2Be.....

Hello again children of St Paul's from Place2Be!



Let's start with a check-in like we normally do! How are you feeling today? Maybe you feel lots of different ways today. If your feelings were like animals....which animals would you choose? Maybe you feel loud today, like a roaring lion? Maybe your mind feels like it wants to race around, like a hamster on a wheel? Maybe you feel sleepy, and that you want to keep still...like a sloth! Or perhaps you feel stompy, like an elephant? You might feel like you want to 'cool off', like a hippopotamus cooling in a river!



It might feel funny thinking of your feelings in this way, but sometimes it can be hard to work out how we're feeling, or find the words to explain it. Thinking in different ways can help us to understand ourselves *and* others - and it can feel really great to be understood!

Some of you in certain year groups might be returning to school soon. This might feel like a change, as lots of you haven't been in school or seen your teachers for a long time. When something changes, it can give us lots of different feelings....

nervous **excited** **energetic** **moody** **shy** **uncertain** **ABOUT TO BURST!**

I wonder how you might be feeling about returning to school? Even if you're not returning to school right now, it might be helpful to think about the questions below too - and to talk about them with someone. Thinking about school can help us feel 'connected' (*that means joined together in some way*) to our friends, our teachers, and our memories with the school!

What have I missed about school? ***What are my worries about returning to school?***
What am I excited about doing when I go back? ***What lessons have I missed the most?***
What is my favourite thing to eat for lunch at school?
What is my journey to school? ***What is my favourite thing to do at play time?***

Dear Parents/Carers,

As we start this new term, school staff will be thinking carefully about the children's experience of being away from school, and how to mark changes, endings and new beginnings when they return. Here is a link to a leaflet on helping your child to cope with changes, which might be helpful during this period of ongoing change:

<https://mentallyhealthyschools.org.uk/media/2039/top-ten-tips-for-coping-with-change.pdf>

A chair for Mr Bennett

Mr Bennett's chair was so old that, it started to break and he fell off it. It had to be sent to the recycling centre by Mr Jones, the Premises Manager at St John's School.

Luckily for Mr Bennett, Rafaella and Ehsan in Year 3 have been designing and making a new chair for him. Thank you so much.

These are great, but Mr Bennett wants another chair that he can give to Mr Rubin. Can you help?

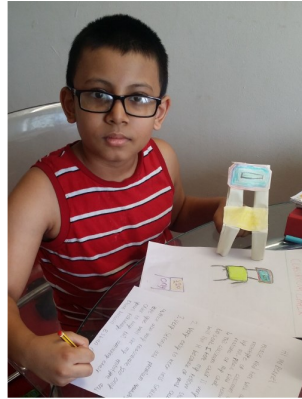


Hi Mr Bennett

Please find here with an amazing prototype of classroom chair designed by me. Please find below the amazing features of my chair.

1. This classroom chair is very comfortable to seat. I hope my fellow students will like it because of good quality.
2. Very easy to keep less space.
3. Very strong and premium quality.
4. Price also very reasonable so only hope you will like my prototype and order to buy this amazing chair.

Yours faithfully,
Ehsan Hussain Ehsan (9)



St Pauls Whitechapel CE primary school,
Wellclose square,
Shadwell,
London,
E1 8HX

13th June 2020

Dear Mr Bennett,

I am writing you a letter to introduce my Executive style office chair to you. The chair comes with features like soft faux leather upholstery, comfortable padded arms. Ideal for long hours of study or working. Just make sure you don't get too much comfortable as you could find yourself nodding off because the chair is really soft.

The price of the chair is £50. A good price as well. You won't get this extra modern style chair cheaper! anywhere except from me.

I trust you will be interested.

I am writing to hear your response soon.

Thank you

Yours sincerely
Kobby Ayegbenga

This letter from Kobby seems very interesting. I can't wait to see what this chair looks like and only £50. You can rest assured that I won't fall asleep on it!

Dear Mr Bennett

I have a high quality chair for you to buy. This is one of the most fantastic chairs you have seen. It has a pillow and some wheels and when you sit on it you feel so relaxed.

This fantastic chair only cost £30.33, so get out of bed and buy this comfortable chair for any colour!

Have a relaxing day!

Yours faithfully, Rafaella



Having problems with Purple Mash?

Some children have experienced errors and glitching on Purple Mash. Here is what you can do to fix this.

1. Internet browsers

We recommend that you stick to MS Edge or Google Chrome internet browsers, as these are the most reliable. Internet Explorer is known to have problems with Purple Mash.

2. Clearing browsing data

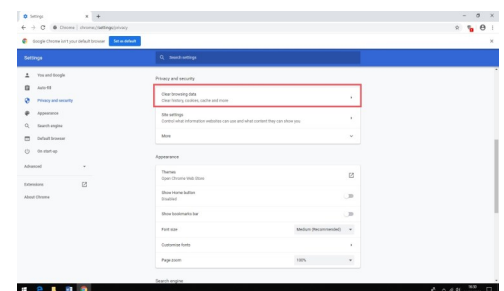
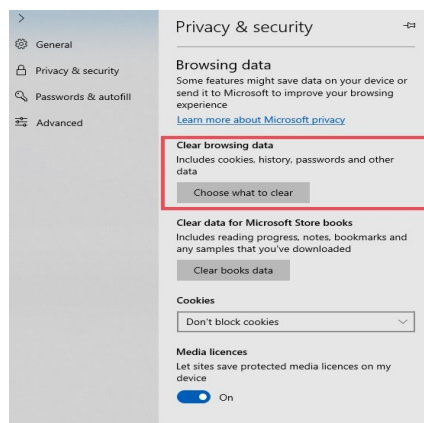
Please see the images (Right) For either of these browsers:

Go to settings --> privacy and security --> clear browsing data

You can then choose to clear all browsing data (recommended) or find and clear the data on the Purple Mash website (more complicated).

Also make sure that your browser (Edge, Internet Explorer, Firefox, Chrome) is up to date. Try a new browser if your one is still causing compatibility issues after this.

Steps 1 and 2 will clear away saved data that normally helps to make Purple Mash a more



smooth experience. Unfortunately, this saved data can also cause a problem when the Purple Mash platform is updated on their website and your saved data is now 'old'. This can cause glitching and for work to be accidentally lost.

Try to clear your browsing data every two weeks or so and it should make a difference.

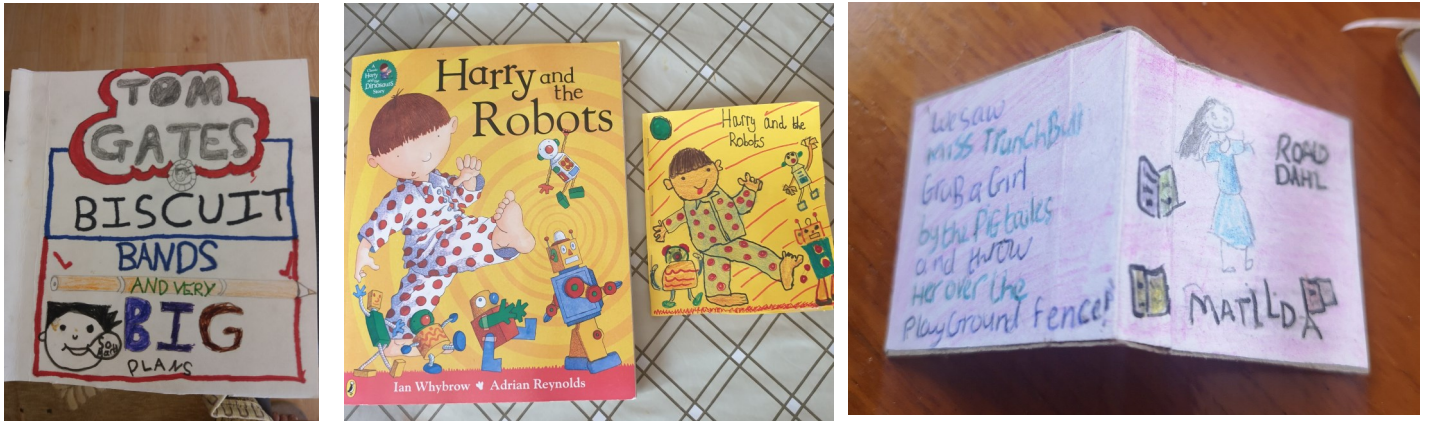
Good luck and stay safe,

Mr Boutflour

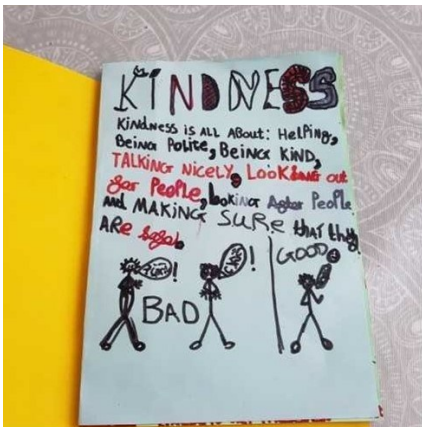
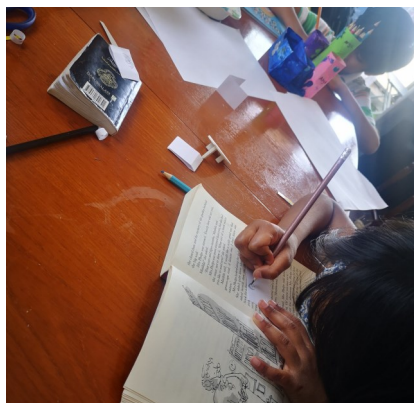
Make your own mini-book

Well done to all those who made their own mini-books and posted photos of them on Twitter. Here are some that were sent to us by email or on Twitter.

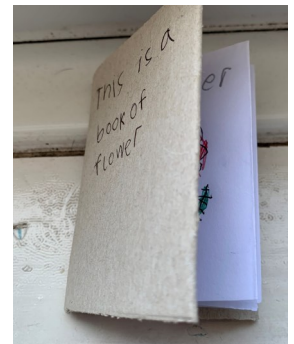
Can you tell which book is the original!?



Above: Biscuit Bands, by Dhairya; Harry and the Robots, by Ali; Matilda, by Aryan



Clockwise from above: Alya and Aryan working on their books; The Very Hungry Caterpillar, by Ali; A Book of Flowers, by Anabia; The Secret Seven, by Mimi; The Runaways, by Mersiha; Kindness, by Yassir; Awful Aunties, by Ella.



6 Tips for keeping your children safe as they return to school

[Current evidence](#) suggests that children generally experience a milder form of illness than adults, with most infected children presenting with mild symptoms or none at all.

In the past few months, however, reports have emerged documenting children that have developed a more [serious systemic inflammatory response](#). This [new disease](#) is scary for parents, but thankfully seems to be rare.

Nevertheless, as schools and nurseries in the UK gradually open up their doors again from June 1st, one question that many parents are asking is: "what can I do to keep my children safe?".

1. Make hand washing fun

Teaching your children how to wash their hands properly with soap and water is a simple, yet effective, way, to help keep them safe. We've outlined four simple steps for effective hand washing in the diagram below. You could print this off and stick on the bathroom mirror as an easy reminder for everyone to wash their hands more often.

The best way to get your little ones to do this is by making hand washing more exciting. Encourage them to sing their favourite song as they wash their hands. Tell them that by washing their hands, they're like superheroes that are doing what they can to beat the bad guys.

Above all, be patient. It takes time for children to learn how to master a new skill and get into the habit of doing it. Remind them that you are there to help when they need it.

2. Lead by example

A little can go a long way when it comes to teaching and reinforcing basic measures that can help protect your kids. Children learn from the adults around them. By making a habit of regularly washing your own hands, avoiding people who are coughing and sneezing, and throwing away tissues after using them, your little ones will be more likely to practice what you teach them.

3. Test their smell

A new [loss of taste and smell \(anosmia\)](#) have now been added to the UK's official list of COVID-19 symptoms. Results from the COVID Symptom Study suggest that losing your sense of smell or taste may be [a stronger predictor of coronavirus infection](#) than fever.

Keeping track of any changes to your child's sense of smell may be a good way to identify coronavirus infection early. Mealtimes are a great time to test this out. You could [encourage food exploration](#) by asking them what they can smell, taste, and see on their plate.

Make sure to also keep an eye out for other common COVID-19 symptoms including fever and a new, continuous cough. If you see any sign of illness consistent with coronavirus infection, make sure to contact your healthcare provider and [follow NHS guidance](#) by keeping your child at home and away from others.

4. Track their symptoms

As children return to school, we encourage parents to take just 1 minute each day to log their health status on their behalf in our COVID Symptom Study app. <https://covid.joinzoe.com/>

This data will help our scientists better understand how the virus might affect kids and inform public health authorities how and where the virus might be spreading as schools reopen.

5. Encourage outdoor play where possible

Returning to school will be challenging for many children after spending weeks without interaction with their peers. Even more so if they aren't allowed to play with one another.

Lockdown and social distancing measures have played an important role in curbing the spread of COVID-19. However, a number of [child mental health experts](#) are urging that the social and emotional wellbeing of children is prioritised in decisions made around the reopening of schools.

Play teaches children how to regulate their emotions, form a sense of identity, and develop important social skills. [Outdoor play](#) and learning, which we know have a number of [mental and physical health benefits](#), should be encouraged where schools have the facilities.

Encouraging outdoor play, either in pairs or within small 'social bubbles', may help reduce the risk of COVID-19 infection.

6. Listen to them

Your child may be feeling worried or concerned about the things that they see, hear, or read regarding coronavirus. As they return to school, they will be exposed to information and opinions shared by their peers and teachers. As a parent or caregiver, it's important to reassure them that you are there to listen to them when they feel scared or unsure about the things that they're hearing. You don't need to have all the answers, but just knowing that it is safe to talk to you about their concerns can help them feel calm.

FOR PARENTS

A SPECIAL COVID-19 MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111, or go the Accident and Emergency Department (A&E). While the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance around what to do if your child shows any of the following symptoms or signs.



FOR ADVICE ON COVID-19 AND
CHILDHOOD ILLNESSES/INJURIES
VISIT WWW.NHS.UK

Designed by primary &
secondary care clinicians from
Barts Health NHS Trust & East
London Health & Care Partnership

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF:

APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness
(can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Unusually noisy breathing

OTHER

- ▶ Bleeding from an injury that doesn't stop after
10 minutes of pressure
- ▶ Fever with a stiff neck

YOU SHOULD GO TO A&E IF:

APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

BEHAVIOUR

- ▶ Severe tummy pain

OTHER

- ▶ Burn
- ▶ Possible broken bone

OTHER

- ▶ Swallowed foreign objects
(especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby
younger than 3 months old
- ▶ Your child has special health care needs and
you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant self harm thoughts
- ▶ Head injury

YOU SHOULD CALL YOUR GP IF:

APPEARANCE

- ▶ Mild/moderate allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Moderate tummy pain
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

BREATHING

- ▶ Wheezing/fast breathing

OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for 5 days or more
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress (where your child can't be reassured)

YOU SHOULD USE 111 ONLINE OR CALL 111 IF:

APPEARANCE

- ▶ Pink eyes/red eyes

BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain

BREATHING

- ▶ Cough
- ▶ Runny nose

OTHER

- ▶ Temperature over 38°C for less than 5 days

St Paul's Whitechapel CE Primary School

Draft Term Dates and Holidays - 2019/ 2020

Summer Term 2020

Last Day of Term

Friday 17th July

Eid Al-Adha

*Friday 31st July 2020**

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

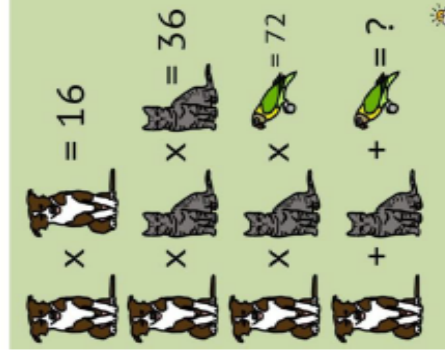
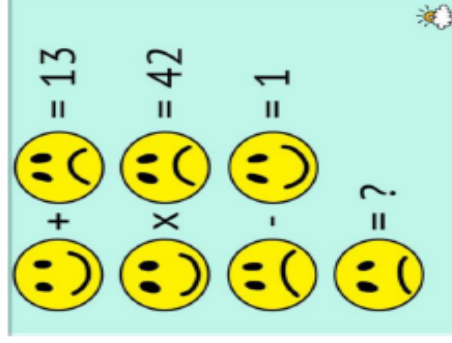
Christmas Day

Friday 25th December

Boxing Day

Saturday 26th December

Brain teasers from Ms Walker



Can you solve these two problems? There are lots of these types of problems available online and they are a fun and stimulating way to put your brainpower to the test. You can find more of these at <https://www.mathsisfun.com/puzzles/>

Final Thought

“Look for strengths in people, not weaknesses; for good, not evil. Most of us find what we search for.”

J. Willur Chapman



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**