

# Spring Newsletter

## Latest information for parents/ carers

Last Monday we opened the school as requested by the DfE. We expected several children, but only two attended. I spoke to the children's mother at the end of the day to ask if she would have the boys at home and she agreed. Following this I decided to close the school until further notice and informed the chair of governors and the local authority.

I'm glad to say that parents/ carers are making good use of the [parents@st-pauls.towerhamlets.sch.uk](mailto:parents@st-pauls.towerhamlets.sch.uk)

email address to contact us.

We received a few emails from parents who had not been able to access Purple Mash. Most of these could be solved quickly.

On Wednesday I went into school to feed the chicken, turn off the heating, speak to the alarm maintenance engineers and empty out the school fridge, taking this food over to St John's School. St John's has had a small number of children attending and remains open for now. Similarly, St Paul's School could reopen if demand grows; we shall be contacting relevant families, towards the end of the Easter holiday.

Mr Rubin and I had conference calls with the chair and vice-chair of governors last week and this, where we discussed the current situation. This information was shared with other governors.

This week our efforts have been focused on organising the distribution of food to FSM families (see right) and doing an audit of our children's wellbeing and online learning engagement.

St Paul's School may re-open after the Easter holidays for key worker families and vulnerable children. If you feel you need a place can you please email us at

[parents@st-pauls.towerhamlets.sch.uk](mailto:parents@st-pauls.towerhamlets.sch.uk).

Remember— wherever possible, pupils should remain at home.



Thank you to the staff who came in to bag up and distribute the food we were given to for our free school meal (FSM) families.

The food, provided by the local authority, was supplemented by donations from the Felix Project, Reynolds the Grocers and Café Spice Namaste.



## Message from Carly, p.2

## Message from Chair of governors, p.3

## News to cheer you up!: Nature & us



Since June 2018, The Friends of Tower Hamlets Cemetery Park has been delivering 'Nature and Us', a nature-based community cohesion project. The project aims to bring local communities together through nature; creating green spaces for people to enjoy, developing people's skills in local nature and delivering fun nature-based activities.

Earlier this year St Paul's' pupils took part in a day of bulb-planting in Swedenborg Gardens. These bulbs have been

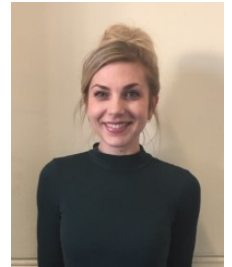
flowering and brightening up the local area. (see above).

If you would like more information about the projects, to join as a partner or volunteer, or to say what events/courses you would like to see advertised, please call Michelle Lindson on 0208 983 1277 or email [michelle.lindson@fothcp.org](mailto:michelle.lindson@fothcp.org).

Thank you to local resident Jim Ford for allowing us to use his lovely photographs.



*A message from Place2Be.....*



Hello to all the children at St Paul's from Place2Be.

Let's start with a check-in like we normally would.....how are you feeling today?

If it's hard to find the words, can you think if you're 'thumbs up' ' thumbs middle' or 'thumbs down'?



Whichever one you think you are..... maybe you can go and tell someone at home how you're feeling today? Why not ask them how they're feeling too? Or you might want to think about what zone you're in.



You might be feeling lots of different ways at the moment and all these feelings are OK.....lots of people will be feeling this way too. Here's an activity you might want to try this week that can help you think about how your body is feeling right now - it can help you focus on your 'senses'.....



**Find a comfy position (you may want to lay on your back)!**

**Close your eyes if you want to and put your hands on your belly**

**Now think about your breathing - you may want to count 1..2..3 breathe in, and 1..2..3 breathe out**

**Ask yourself these questions in your mind:**

- What does your breath sound like?**
- Can you feel your belly moving?**
- Can you feel anything else?**
- Can you hear anything else?**
- Does your breath feel hot or cold?**
- Do you feel comfortable? Do you feel tired? Do you feel awake?**
- What parts of my body feel heavy? What parts of my body feel light?**

**Open your eyes when you feel ready, and slowly wriggle your body to feel awake again!**

*Dear Parents,*

*It is important to think about your general wellbeing too. Doing breathing exercises can help with difficult emotions and worries for all of us. Please see the NHS Every Mind Matters website for tips and advice on looking after your mental health while staying at home.*

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

# More online resources to try

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](http://www.towerhamlets-sls.org.uk/links)

One example you might like to try out are the Collins Big Cat eBooks.

## How to access free Collins Big Cat ebooks

Access 330+ free KS1 ebooks from our primary reading programme

Go to [Collins Connect](https://collinsconnect.co.uk) and click on the Teacher portal and enter:

Username: [parents@harpercollins.co.uk](mailto:parents@harpercollins.co.uk)

Password: **Parents20!**

and click Login.



# News to cheer you up!: Flash-hymns



Before returning to his native Lancashire, our Choir leader, Mr Tom Daggett, popped into school to record the choir singing a few of their favourite hymns.

These videos were then sent as 'musical gifts to elderly and lonely parishioners, likely to be forced to self-isolate'. The videos, which also included a message of hope from the children, were tweeted.

They proved to be incredibly popular with one hymn alone having been viewed over 5,000 times!

Well done Mr Daggett!

# A message from the chair of governors

*Dear Parent/ Carer,*

*These are unprecedented, challenging times for all of us. Nicola the vice-Chair of Governors and I are in regular contact with Mr Bennett and Mr Rubin about the leadership and management of both schools in the Federation at this trying time. With the support of our incredible staff and volunteers and with advice from Tower Hamlets and the Diocese, please be assured that all that can be done to support, protect and educate your children has been done and will continue to be done.*

*We meet, virtually, on a weekly basis to review the situation and to discuss the emerging issues and possible future ones. Specific information will come from them but please feel confident that we are here to support you, and everyone is doing their very best for all pupils at this worrying time.*

*Dr Robin Precey  
(Chair of Governors)*



# Easter Challenge 1

## INTERNET SAFETY – POSTER COMPETITION. ‘STAYING SAFE ONLINE DURING CORONA TIMES’

With everyone being confined to their homes due to the global coronavirus (COVID-19) pandemic, we are using the internet and online services more now than perhaps ever before. Being online is a life-line. This is probably, therefore, a good time to remind ourselves of a few key points to keep safe online.

During the holidays ask your children to create a poster about ‘**Staying safe online during Corona times**’ – there will a prize for the winners! Send a picture of the poster to the St Paul’s email address: [parents@st-pauls.towerhamlets.sch.uk](mailto:parents@st-pauls.towerhamlets.sch.uk)

### These are some of the points to consider:

#### 1) Talk to your children about their technology use

It's important to have open and honest conversations about what your children are doing online. Find out who they are talking to and how their online learning is going. Let your children know that if there are any concerns that they have they can discuss it with you.

#### 2) Embracing social media

Social media has become an invaluable tool during this time. Seek out opportunities to use this for good, such as sharing positive messages or checking that everyone is ok.

#### 3) Online learning

There are some amazing resources available for children and adults out there. The school can help you with this if you need more advice.

#### 4) Be mindful of online contacts and connections

Remember that social media can open up the possibility of communicating with strangers. If you feel uncomfortable, feel free to shut the conversation down.

#### 5) Choose your tools carefully

Remember that many websites have age restrictions and it is important to understand the type of content that users might be exposed to. Check the privacy settings work on particular sites and know how to report a problem if you have one.

#### 6) Keep personal information private

Think carefully before you share personal information.

#### 7) Scams

Sadly, there are some who are seeking to exploit the coronavirus situation by creating online scams which could catch us out. Remember that if something looks too good to be true, then it probably is.

Download this help sheet for more online safety tips:

[https://www.thinkuknow.co.uk/globalassets/professional/thinkuknow\\_primary\\_parents\\_helpsheet.pdf](https://www.thinkuknow.co.uk/globalassets/professional/thinkuknow_primary_parents_helpsheet.pdf)

## Easter Challenge 2

### WELLBEING POEM

Over the holiday, we would like you to write your own poem around well-being. Think about all the things that you do to stay happy during the day such as, colouring, dancing, singing and fitness.

- Some examples of poems include: Acrostic, Free Verse, Haiku, Narrative and Shape.
- Think about your structure: written in verses, each line starts with a capital letter and each line usually ends in a comma.

## Easter Challenge 3

### MATHEMATICS PROBLEM

#### 18 Threes Tennis

##### Your challenge:

- Who can win a match of threes tennis?

##### How to play:

1. Stand opposite your partner. The first player picks a number between 1 and 10 to start with and says that out loud. The other player must add 3 to the number. This becomes your running total.
2. Now it's back to the first player who adds 3 to the running total, and so on.

##### You win when:

- You are the first player to say a number over 100
- Your partner makes a mistake
- Your partner says 'umm'
- Your partner takes more than 3 seconds to answer.

Play at least 9 matches with your partner. Who will win the most games?

I played with \_\_\_\_\_

The person who won was \_\_\_\_\_

##### You will need:

- A partner

Completed on (date): \_\_\_\_\_

Adult's initials: \_\_\_\_\_

## Easter Challenge 4

### FORGIVENESS

And Jesus said, "Father forgive them for they know not what they do."

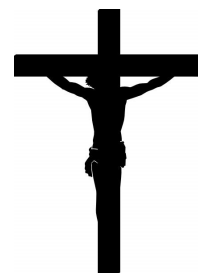
Luke 23:34

Our core value this term is Forgiveness. What does the Easter story tell us about God's love and Forgiveness.

Produce an illustration with text to describe a real, or imagined, time when you had to ask for forgiveness or when someone had to ask you for forgiveness. What had happened that needed to be forgiven? How did you feel when you gave, or received, forgiveness?

Take a photo of your work and email it to [parents@st-pauls.towerhamlets.sch.uk](mailto:parents@st-pauls.towerhamlets.sch.uk)

There will be prizes for the best entries.



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

### Spring Term 2020

*Good Friday* Friday 10<sup>th</sup> April  
*Easter Monday* Monday 13<sup>th</sup> April

### Summer Term 2020

First Day of Term  
*Staff Training* Friday 1<sup>st</sup> May  
May Day Bank Holiday Friday 8<sup>th</sup> May  
*Staff Training* Friday 22<sup>nd</sup> May  
Half Term Monday 25<sup>th</sup> to Friday 29<sup>th</sup> May  
Second half of term Monday 1<sup>st</sup> June  
Last Day of Term Friday 17<sup>th</sup> July


### Ramadan begins

*Eid Al-Fitr* Friday 24<sup>th</sup> April 2020\*  
*Eid Al-Adha* Sunday 24<sup>th</sup> May 2020\*  
Friday 31<sup>st</sup> July 2020\*

*Final Thought*

*“Everything will be alright in the end...  
and if it isn't alright...  
it isn't the end”*

*Judi Dench's character in  
The Best Exotic Marigold Hotel*



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

### Autumn Term 2020 (73 days)

*Staff Training* Tuesday 1<sup>st</sup> September  
First Day of Term Wednesday 2<sup>nd</sup> September  
Half Term Monday 26<sup>th</sup> – Friday 30<sup>th</sup> October  
*Staff Training* Monday 2<sup>nd</sup> November  
Second half of term Tuesday 3<sup>rd</sup> November  
Last Day of Term Friday 18<sup>th</sup> December  
*Christmas Day* Friday 25<sup>th</sup> December  
*Boxing Day* Saturday 26<sup>th</sup> December

### Spring Term 2021 (59 days)

*New Year's Day* Friday 1<sup>st</sup> January  
*Staff Training* Monday 4<sup>th</sup> January  
First Day of Term Tuesday 5<sup>th</sup> January  
Half Term Mon. 15<sup>th</sup> to Fri. 19<sup>th</sup> February  
Second half of term Monday 22<sup>nd</sup> February  
Last Day of Term Friday 26<sup>th</sup> March  
*Good Friday* Friday 2<sup>nd</sup> April  
*Easter Monday* Monday 5<sup>th</sup> April  
*Ramadan begins* Tuesday 13<sup>th</sup> April 2021\*

### Summer Term 2021 (58 days)

First Day of Term Monday 12<sup>th</sup> April  
*Staff Training* Friday 30<sup>th</sup> April  
May Day Bank Holiday Monday 3<sup>rd</sup> May  
Half Term Monday 31<sup>st</sup> May to Friday 4<sup>th</sup> June  
Second half of term Monday 7<sup>th</sup> June  
Last Day of Term Friday 23<sup>rd</sup> July  
*Eid Al-Fitr* Thursday 13<sup>th</sup> May 2021\*  
*Eid Al-Adha* Tuesday 20<sup>th</sup> July 2021\*