



Newsletter

Attendance

Our target is	W/B	W/B
96%	06/12	13/12
Mango (Nur)	83%	87%
Apple (Rec A)	77%	72%
Peach (Rec C)	86%	92%
Beech (1S)	95%	85%
Maple (1R)	86.0%	79%
Ash (2R)	87%	89%
Birch (2N)	95%	84%
Lemon (3C)	97%	79%
Oak (3B)	98%	95%
Aspen (4D)	89%	82%
Spruce (4A)	93%	94%
Cherry (5B)	86%	86%
Palm (5G)	99%	75%
Cypress (6W)	85%	87%
Willow (6L)	92%	95%

Value of the Week

Mango (Nur)	Grayson Anderson Pavanello
Apple (Rec A)	Everyone!
Peach (Rec C)	Everyone!
Beech (1S)	Everyone!
Maple (1R)	Rabbani Ahmed
Ash (2R)	Subhanshi
Birch (2N)	Everyone!
Lemon (3C)	Halle Brown- Catania
Oak (3B)	Noa Leal Olivas
Aspen (4D)	Luca De Wachter
Spruce (4A)	Rylee and Samina
Cherry(5B)	George, Quinten, Emile and Max
Palm (5G)	Aya Siddika
Willow(6L)	Everyone!
Cypress (6W)	Everyone!

Dear parents and carers,

I hope this newsletter finds you all well. As we reach the end of the first term, I would like to begin by thanking you for your continued support of the school. Whilst things may have felt a more unsettled in these last couple of weeks, it has been wonderful for this term to have felt so much more 'normal' and less disrupted than what we have experienced in the last 18 months, and for children to be in school every day.

This week, it has been a joy to see the children perform their nativities for parents. I know how much you have enjoyed seeing the performances in person, and the children certainly did you all proud. Once again, I would like to extend my thanks to the staff who have worked incredibly hard to ensure that these performances were able to go ahead, and to such a high standard. Our Chair of Governors, Father Ed Dix, shared with us what a pleasure it was to have seen the nativity and how heart-warming the performances were.

It is rather apt that the value that we have been focusing this week is **enthusiasm**. This was clearly seen in droves at the nativities by each and every child, and they all deserve to be commended for their exceptional efforts. Teachers shared how children had shown enthusiasm this week in our final collective worship of the term. A big well done to all those children named, and it is great to see so many whole classes named this week!

Coronavirus

I understand that the increase in cases of Coronavirus, both nationally and in school, will be causing concern. As I explained to you in last week's newsletter, primary schools have not been given any updated guidance from the government regarding Covid safety measures, with the exception of staff wearing face coverings in communal areas, which we are following. We are reporting every positive case, confirmed on a PCR test, to Public Health. They will contact us if they feel that we need to take any additional measures.

Clearly, none of us know what might happen over the holiday period, in terms of possible new restrictions. In the event of school closures, we would of course contact you with all the information you would need. In order to support us in being able to respond to any new measures as quickly as possible, please could you kindly respond to the questions in the SurveyMonkey questionnaire by following the link below as soon as possible.

<https://www.surveymonkey.co.uk/r/V8S3VJB>

Message from local NHS Services

Catch-up clinics for flu vaccination

Are there children who missed their flu vaccination?

Below are details of catch-up clinics:

- Ocean Children Centre - 418 Cable Street E1 0AF 3.30 to 4.30pm on Tuesday 14 December
- Chrisp Street Children Centre - 45 Kerbey Street E14 6AW at 3.30 - 4.30pm on Thursday 9 December and Thursday 23 December

To book your child in please text child's name, date of birth, school, preference of spray or injection and which date you would like to attend to 07376474193. Please note this is a text service only.

Key dates coming up:

- School reopens for Children on Wednesday 5th January 2022 at the normal time.



Winter Mini Reading Challenge

Taking part in the Winter Mini Challenge is simple. Read at least three books between 1st December and 16 January and add them to your online profile at wintermini.org.uk to earn fun digital rewards! They can be any books you like including ebooks and audio books. You'll find loads of other great stuff on the website too, including games, book reviews, reading activities and content from the best children's authors and illustrators around. For parents there is a Home Zone and Library Zone. The Wild World hero characters are there to help as is the summer reading challenge list of books linked to nature and the environment.

Wellbeing for Education sessions - free mental health sessions from Tower Hamlets

Tower Hamlets will be providing Mental Health sessions for parents next term. Please see details below. If you would like to book a place, please email sultanax.begum@towerhamlets.gov.uk Please note that all sessions will be online.

Sleep and Mental Health

Date: 19th January 2022

Time: 10 – 11am

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 webinars will cover topics such as the importance of sleep, identifying barriers to sleep, sleep cycles, routines and much more!

Sleep and Mental Health

Date: 21st January 2022

Time: 10 – 11am

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 webinars will cover topics such as the importance of sleep, identifying barriers to sleep, sleep cycles, routines and much more!

Suicide Prevention - Overview Tutorial

Date: 3rd February 2022

Time: 10 – 11.30am

Key Objectives:

- To understand the prevalence and impact of suicide.
- To explore the language, and the challenges, when talking openly about suicide.
- To recognise the 'signs' that may indicate someone is having thoughts of suicide
- To consider how we can all contribute to a suicide safer community.



Responding to worries and fears: covid and beyond

Date: 23rd February 2022

Time: 2 - 3pm

Short webinar for parents of primary and secondary age children followed by a Q&A session. We will share practical strategies for responding to the concerns and worries of children and young people.

Private therapy for children, young people, and families in the community

Hello to all members of the St Luke's school community!

For those of you who I am yet to meet, I am Fiona Treasure the school's Psychological Therapist. I provide therapy for individual pupils and small groups at the school.

From January 2022, my private practice will be available to children and young people between the ages of 5 and 25 in the school's community house. I also provide joint work with parents/carers and young people.

Therapy can simply be an opportunity to develop a trusted relationship within a private space and to share challenging thoughts and feelings. Therapy is not a magical solution to all things, however for some, it enables management of intense struggles.

The opportunity to take part in therapy can build understanding and help you respond to life experiences in better ways. In recent times this has become increasingly important to children, young people, and their families. My work includes many of the areas increasingly affected by the troubles of COVID and growing levels of hardship.

If you would like to find out more about my private work and how it could be suitable for your child and family, please email TreasureTherapies@gmail.com for more details.

Message from Tower Hamlets Council – School Streets

The Council have previously run a public consultation on a school street scheme. Following the feedback received, the Council has decided to run a second school streets consultation with a modified proposal to try and mitigate some of the concerns that were raised. The consultation will begin this week and run until the 23rd January. Parents can complete the survey at <https://talk.towerhamlets.gov.uk/schoolstreets> or by printing and returning the attached survey. Please find a leaflet attached with further details.

This leaves me to wish you all a Merry Christmas. However you are planning on spending the holidays, I hope you are able to spend time with family and loved ones, and that you all stay safe and remain well.

With best wishes,

Cristina King

Head of School



A message from the Reception Team:

Our milk bottle igloo is finished!

Thank you to all the families for donating their milk bottles.

The Reception children are really enjoying using it!

