





### **Energy Kidz and Breakfast Club**

This is a reminder to parents that Breakfast Club will reopen on Wednesday 25<sup>th</sup> November, and Energy Kidz will reopen on Monday 30<sup>th</sup> November.

### **Flu Nasal Spray**

You will be aware that we have an NHS team coming on the 26<sup>th</sup> November to administer flu nasal spray to children whose parents have requested it. As a large number of children will still be in self-isolation, we have arranged for a second date for these to be administered in school. This date will be on the 4<sup>th</sup> December. Parents who have handed in their forms do not need to take any further action. All children who are absent on the 26<sup>th</sup> November will receive their vaccination on the 4<sup>th</sup> December instead.

### **School Streets consultations**

Attached to this newsletter are two documents about a pioneering scheme from Tower Hamlets to try to make the roads near schools safer. They are working across the borough, and are consulting on the roads around our school. There is a leaflet that provides detailed information about the scheme and a survey for all parents. The consultation period will go live on Monday 23<sup>rd</sup> November, and run for four weeks.

### **Further resources for families**

#### **Idea Store resources**

The Idea Store have been in touch with their exciting new programme of online activities and resources that Idea Stores and libraries in Tower Hamlets are offering to children and families from next week.

For children aged 5 to 11 they have online activities such as scavenger hunts, quizzes, football chat and much more (please see the attached poster for more information). For younger children they have daily Story Time videos so they can listen to their favourite books and nursery rhymes on their YouTube channel. As well as all this, they have a vast range of audiobooks and ebooks for both children and adults and resources to help with homework such as Britannica Library Junior. Please click on the link below or copy and paste it into your internet search bar to see more information on their website:

<https://www.ideastore.co.uk/children-families>

### **Introducing Ollee – a virtual friend (ParentZone/BBC Children In Need)**

Ollee is a digital friend for children aged 8-11, created by Parent Zone and funded by BBC Children in Need's A Million & Me initiative, which aims to make a difference to children's emotional wellbeing.

It is designed to help children reflect on how they feel and to process their experiences with the support and help of their parents and carers – and it does this by offering them advice about a range of subjects: school, family, friends, their body, the internet and the world.

For each of these subjects, children can choose an emotion that matches how they feel about it: happy, angry, sad, confused, frustrated, stressed or worried.

Next, they can choose from a list of topics – for instance, a child who was worried about school might be able to select 'I haven't done my homework' as the cause of their worry. Finally, they'll see a page of advice about the topic, presented in child-friendly bite-sized chunks they can read then or save for later.

You can more information and download the Ollee app here: <https://parentzone.org.uk/Ollee>

### **Tower Hamlets Education Wellbeing Service**

Finally, as was explained in a newsletter last half term, we have signed up to this service, commonly referred to as THEWS. We are working in partnership with Tower Hamlets to provide guidance and support around mental health, and how to support your child's emotional wellbeing. Please see the attached leaflets for further information.

Wishing you all a restful and enjoyable weekend. With best wishes,

Cristina King