



Newsletter

Value of the Week

Mango (Nur)	Ibrahim Alom
Apple (Rec A)	Anvi Badhe
Peach (Rec C)	Leroy Trumpiskis
Beech (1S)	Ummayah Rahman
Maple (1R)	Issac Dug-gan-Whyte
Ash (2R)	Leanne Peacock
Birch (2N)	Paulie King
Lemon (3C)	Belle Bishop
Oak (3B)	Frank Clapham
Aspen (4D)	Yaseen, Olivia, Alexander, Kaiwen
Spruce (4A)	Yahya and Yameen
Cherry (5B)	Edel Alsharifi
Palm (5G)	Bertie Dalwood
Willow (6L)	Stanley Porter
Cypress (6W)	Shakiyah Husbands

Dear parents and carers,

This week, I would like to update you on the following:

Value of the week

This week we have been focusing on the value of **enthusiasm**. I mentioned to you last week how impressed staff were with how enthusiastically the children returned to school after the holidays, and it is clear from what staff shared in collective worship today that this has continued in bounds this week. A big well done to all the children named!

Flu vaccine catch up clinic

Local NHS teams are running catch up flu vaccine clinics for children who missed the sessions in school. Please see the attached leaflet for full details.

Courses for parents

Tower Hamlets Children's Services are providing free mental health sessions for parents this term. Full details are below. If you would like to book onto a session, please email sul-tanax.begum@towerhamlets.gov.uk. All sessions will be held 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.

Book here: <https://www.papyrus-uk.org/shop/training-event/sp-ot/sp-ot-tower-hamlets-2/>

Key dates coming up:

Spruce class assembly on Thursday 20th January at 3pm. Parents of Spruce class welcome to attend.



ENTHUSIASM

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.

Attachments

There are a number of leaflets attached to this week's newsletter that provide information about local services available to parents and families. There is also information about Energy Kidz Holiday Clubs for the February half term.

Have a lovely weekend.

With best wishes,

Cristina King

Head of School

ENTHUSIASM

On Tuesday, some children from year 4 attended a 10 pin Bowling Competition and came first against six other schools in Tower Hamlets. They received gold medals and represented St Luke's enthusiastically. Well done to you all!



ENTHUSIASM

On Wednesday 12th January a group of our year 3/4 gymnasts represented St. Luke's in a Tower Hamlets Gymnastics Competition.

After an amazing performance of all the gymnastics routines, the team reached a well deserved 2nd place and came back to school proudly wearing silver medals.

Congratulations to our year 3/4 gymnastics team!

