



Newsletter

24.04.2020

Our value this week has been **Responsibility.**

The following children have been nominated by their teachers:

We look forward to hearing about more children in the newsletter after Easter.

Ash Class - Tiffany

Tiffany has been working so hard with her online learning, even when she finds something difficult she takes responsibility for her own learning and challenges herself. Well done Tiffany.

Birch Class - Violet

Violet has taken responsibility for her learning in a very mature and sensible way. She is using the learning strategies we've worked hard on, in school, while she's at home. She's also taken responsibility for planning her day so she completes some work and then plays. So responsible, great work Violet.

In Willow Class Zane has shown a great deal of responsibility asking for help when needed and completing all his work. He has also been encouraging others to engage with our online learning.

Jalil for Cypress Class. He has been working so hard in his maths and has started to do the work in the next group. He is showing strong responsibility for his learning.

NUT FREE SCHOOL



THANK YOU



Dear Parents and Carers,

I hope you are all keeping well and managing to adjust to the new normal way of life in response to this global crisis.

During the Easter holidays a few children from our school attended the Island Hub School at Cubitt Town. They had a great time and we are very grateful to the staff at Cubitt Town for enabling this provision through the holiday period.

This week we opened again to vulnerable children and children of Key Workers. Our numbers on site have averaged between 20 and 25 this week, which is considerably higher than all other local schools. We are so grateful to the staff who come in on a rota each day and enable the provision for those children.

Contacting the school during the 'closure'

Even though the school is open for some children, the school office cannot currently be staffed throughout each day. This means, if you are calling the school, it is unlikely that someone will be there to answer the phone.

If you need to contact the school, please feel free to call the school number 0207 987 1753 but if you do so, recognise that it is most likely that you will leave a message and then we will get back to you. The voice messages are listened to at least at the start of each day.

If your call is of an urgent nature, possibly concerning children attending the site on that day, or you require assistance straight away, please feel free to contact my mobile number which is 07932 995 213. I am on site every day, and I will get back to you. Some parents have opted to text this number instead, which is also fine.

If your need is less urgent, another means of contact is to either email the home learning email address, homelearning@st-lukes.towerhamlets.sch.uk particularly if the query relates to the home learning (either doing it or accessing it), or you can email either admin@st-lukes.towerhamlets.sch.uk or head@st-lukes.towerhamlets.sch.uk

Whichever option you choose, please rest assured that they are constantly monitored, your contact does matter to us, and we will endeavor to respond to you promptly and certainly within 24 hours.

Thursday 7th May and Friday 8th May

Please note that on these two dates, the class teams will not be operating. This is because Thursday 7th May is a school INSET day, which despite the closure will be going ahead remotely. And Friday 8th May is a Bank Holiday. Teachers are contracted to work for a certain number of days each academic year and these days are not included.

For Key Worker parents, we will be consulting with you as to whether you need the site to remain open for those days and if there is a need, we will endeavor to meet that need, as together we do our best to enable the country to address this crisis. I will be discussing this with you—next week.

Anti Bullying update

Last Summer, St Luke's signed up to the 'All Together' programme, in conjunction with the Anti-Bullying Alliance. This was a whole-school anti-bullying programme designed to audit our existing practice around anti-bullying and well-being and develop an action plan tailored to our school's needs. Over two terms:

- We created and conducted pupil surveys to gather more information about children's well-being;
- We shared the definition of bullying and the impact it has on learning through PSHE lessons;
- We raised awareness during Anti-Bullying Week and Odd Socks Day;
- Staff began CPD certified training in this area; and
- The School Council developed a child-friendly Anti-Bullying policy to inform children about the different types of bullying and how to report it which we plan to publish and share with every child in school once normal schooling resumes.

In recognition of the provision at the school, the school has been awarded the All Together School SILVER status for demonstrating a commitment to stopping bullying and improving the well-being of our pupils.

We will continue to build on this good work. As part of our PSHE, we will keep revisiting the themes of bullying and ensure we celebrate the difference and diversity of all pupils, a key intent of our Wider Curriculum. We will gather pupil and parent voice in this area again through School Council and surveys, also working alongside our link Governors for Anti-Bullying and PSHE. In the future, we also plan to develop a team of staff and Pupil Well-Being Ambassadors.

We will post updates here: <https://www.st-lukes.towerhamlets.sch.uk/your-child-s-wellbeing>

Special acts of kindness to celebrate

My daughter has been inspired to make masks on her sewing machine which she attaches to a 'Mask tree' on our street each day, donating them to people in our community. To date she has crafted approximately 30 masks and from doing this she has raised funds that she is donating to the NHS.

I have no doubt your children will also be doing great things. Please share those stories with me via email so that we can celebrate their contributions through this newsletter each week.

In the meantime, please take care, keeping safe and well, and we will continue to look forward to a time when we can see you all again. Best wishes, Rebecca Abrahams

Earth Day is an annual event celebrated around the world on April 22 to demonstrate support for environmental protection. First celebrated in 1970, it now includes events coordinated globally by the Earth Day Network in more than 193 countries. Here follow some things to do linked to celebrating our earth, in addition to the learning in teams.

Astronaut Chris Hadfield's shares his tips on self-isolation

Former astronaut Chris Hadfield has shared his top tips for people who are self-isolating during the coronavirus outbreak.

Chris has been to space three times and was commander of the 35th mission on the International Space Station in 2013. Astronauts spend some time self-isolating before going on space missions to ensure that they do not get sick before going into space. They often spend many months away from their family and friends, so it can sometimes get a bit lonely.

Here are Chris' top tips...

Understand the risks: Chris suggests checking trusted sources [like Newsround] for information on what's happening in the world.

Set yourself goals: These could be small daily tasks or long term goals. Perhaps you could give yourself a list of things to do to keep yourself busy and have something to look forward to!

Constraints: Chris says that it is important to take the time to think about any barriers that might prevent you from doing the things you want to do and figuring out a way around them.

Take action: Have fun learning a new skill like learning how to play a new instrument or learning a new language. You could also write a story, paint a picture or read a book! 'The world is your oyster!'

<https://www.bbc.co.uk/newsround/51994927>

Chris Hadfield sings from the International Space Station!

Astronaut Chris Hadfield sings his own **out-of-this world** version of David Bowie's song Space Oddity- recorded from the International Space Station, 250 miles above earth!

View the video on the link below:

<https://www.bbc.co.uk/newsround/22506830>

A collection of STEM activities from NASA

The NASA @ Home webpage is a hub packed full of fun, engaging and educational Science, Technology, Engineering and Mathematics (STEM) activities. The US grades K-4 (Year 1 to Year 5 UK equivalent) activities include space photos of the day, craft activities, puzzles, interactive games, word games, colouring sheets and educational books to read. The resources for US grades 5-8 (Year 5 to Year 9 UK equivalent) include interactive games, learn how to train like an Astronaut, projects to build and make, educational shows, and astronomy tips.

<https://www.nasa.gov/stem-at-home-for-students-k-4.html>

<https://www.nasa.gov/stem-at-home-for-students-5-8.html>

NASA- Commercial Crew A-Z activity and colouring booklet

Age range: US K-4 (Year 1 to Year 5 UK equivalent)

Download this printable colouring, writing and activity book which focuses on 'Living and Working in Space'. The booklet contains puzzles, handwriting practice, prompt questions and an opportunity to learn about NASA's Commercial Crew Programme. The Commercial Crew Programme will launch astronauts to space on American rockets. In order to get to the International Space Station American astronauts currently hitch a ride via the Russian Soyuz rocket.

<https://www.nasa.gov/stem-ed-resources/commercial-crew-a-to-z-activity-and-coloring-booklet.html>

NASA: Space Tech Fun pad

Age range: US K-4 (Year 1-5 UK equivalent)

NASA has made an impact in the world around us. Next time you brush your teeth, check the weather forecast, travel in a car or fly in a plane you are using NASA technology. This booklet contains word games, word searches, colouring, dot-to-dot, new vocabulary, matching activities and NASA facts.

https://www.nasa.gov/sites/default/files/atoms/files/space_tech_funpad_tagged.pdf

Tour of the International Space Station with Suni Williams

Age range: All

US astronaut Sunita (Suni) Williams spent a total of 322 days in space on two missions to the International Space Station. It was launched back in 1998 and astronauts have been living on board ever since. Astronauts carry out tests and research on the space station that will help future space missions to places like the Moon and Mars. As expedition 33 (September to November 2012) Commander Williams concluded her tour of the International Space Station with by filming a fascinating tour of the following parts of the International Space Station:

- Russian segment of the International Space Station
- Observation deck- known as cupola
- Exercise equipment
- Laboratory modules
- Sleeping quarters and hygiene station

Did you know: The ISS weighs about **420,000kg** – which is the equivalent of **320** cars. It flies about **250** miles above Earth – it takes craft about **6** hours to get there from Earth. [\[Source\]](#)

The video clips can be accessed here:

https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html

The Planet: Get to know the Blue Planet with Steve Backshall

Steve Backshall, naturalist, broadcaster (CBBC Deadly 60) and author, has been delivering live "wildlife chats" on Facebook, Instagram and YouTube. Backshall, Liz Bonnin and Chris Packham will be hosting Blue Planet Live where they will explore the health of our oceans and its wildlife.

<http://www.stevebackshall.com/news/2019/3/20/blue-planet-live-on-bbc-one-this-sunday-evening>

Adventure time with Ben Fogle

At 4pm each day presenter and adventurer, Ben Fogle, will be presenting on YouTube and Instagram Live on a range of topics about the planet. One of his sessions covered a discussion about the ocean, with a focus on the Atlantic Row, great sailors and the single handed non-stop yacht race, The Solo Vendee Globe.

<https://www.instagram.com/p/B-Mt-1rHA4a/>

Here are some activities to encourage well being during this period

Picture Book: Dave the Dog is worried about Coronavirus

Aimed at: Primary

Nurse Dotty is a registered children's nurse who has worked for a number of years in a paediatric intensive care unit. She has written and illustrated a number of stories and poems for her patients to help start conversations and relieve some anxiety and fear. 'Dave the Dog is worried about Coronavirus' is a book that 'provides truthful information in a reassuring and child friendly way'. The author says that it is free to download and can be printed out and shared as wanted.

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

Emoji Card Activity

Aimed at: All

Are you looking for a way to start a conversation or gauge how others around you are feeling? This Emoji activity was designed by a 16 year old summer intern Amina, at the Royal College of Paediatrics and Child Health. It was designed to help young people express their feelings; she found that games can help children to stay calm and focused when having what can seem to be daunting conversations.

<https://www.rcpch.ac.uk/resources/emoji-card-game>

The LBTH Healthy Lives Team have shared ideas to do at home from the Bromley by Bow Centre. Here is a snap shot...

Virtual Family Playrooms at Bromley by Bow Centre

Family playrooms offers a digital activity group for families with children aged 0-11; the intention is to keep children healthy and entertained. There are 9 virtual rooms, each filled with resources, top tips and fun things to do. Children can earn badges for completed activities and participants are encouraged to share their pictures and success stories with the wider community.

<https://www.bbbc.org.uk/family-playrooms/enter-family-playrooms/>

Some highlights from Bromley by Bow Centre 'Discovery Platform virtual Room' include:

James Dyson Foundation Challenge Cards:

There are 6 challenges set by Dyson engineers, which use resources commonly found in the home. They encourage inquisitive young minds to get excited about engineering.



The Spaghetti Bridge challenge

This bridge themed challenge asks 'can you build a spaghetti bridge that is strong enough to hold a bag of sugar?' Embedded videos provide a starting point, where Dyson Engineers attempt the challenge themselves; they build a replica of the Golden Gate Bridge in this example!

<https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html>

Cardboard Boat Challenge



This nautical themed challenge asks 'can you build a boat from cardboard that is' strong enough to float, even with a weight on board?' An example video is provided by the engineers.

<https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html>

BBC Earth Kids provides the best of clips from the BBC's natural history programmes, specially curated for curious explores. The engaging site is packed with fun facts, inspiring hosts, amazing creatures and information about our planet.

<https://www.bbcearth.com/earthkids/>

As well all know, keeping fit during this period will really help us to have strong immunity. Here are some activities to encourage us to keep fit!

Home Learning inspired by the Tokyo Olympics

Aimed at: 5-19

'Don't stop getting active' is the campaign message from the British Olympic Association and the British Paralympic Association, who have produced free home activities, challenges and cross curricular learning resources for primary and secondary schools.

Travel to Tokyo Home Learning- Get active from home with games and resources for 5-11's

<https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity>

Primary Home Learning- Curriculum resources for children aged 5-11

<https://www.getset.co.uk/resources/home-learning/primaryhomelearning>

Secondary Home Learning- Curriculum resources for young people aged 11-18

<https://www.getset.co.uk/resources/home-learning/secondaryhomelearning>

The Mascot Challenge Home Learning- The resources explore Olympic and Paralympic mascots and challenges children to design a mascot for the Paralympics. They have extended the deadline to 31st May 2020. There is a chance to have selected designs displayed at Paralympics House in the athletes' village at the Tokyo Paralympics Games; you can also win signed Team GB or Paralympics GB kit. Full resources, design sheets and an email address to send entries to are provided:

<https://www.getset.co.uk/resources/home-learning/the-mascot-challenge-home>

Gym Stars

Aimed at: All

Duration: Approximately 22 minutes

Are you inspired by the Tokyo Olympic resources above or are you hoping to be an Olympian one day? The CBBC channel has uploaded Season 3 of Gym Stars which follows the lives of some of the UK's most promising young gymnasts.

<https://www.bbc.co.uk/programmes/b0b23j7w>

Daily Mile at Home

Aimed at: All

Tower Hamlets had the highest number of schools committed to The Daily Mile in London. The Daily Mile is free, requires no equipment and offers benefits to physical and mental health. The Daily Mile and the Healthy Lives Team would like to encourage children, teachers, parents and carers to participate in #DailyMileAtHome. The Daily Mile initiative can be undertaken as part of the government's guidance on allocated daily exercise, whilst keeping a safe distance from others. Every Monday, Wednesday and Friday there will be fun challenges to complete while undertaking 15 minutes of jogging or running, front door to front door in the fresh air.

For further information and a calendar outlining each challenge please visit the website link here: [Link](#)

Here follow some things to do to foster children's enjoyment of reading and books:

Celebrities read stories with Amy Adams and friends

The Hollywood actors have launched a new Instagram page in aid of charity 'Save the Children.' Amy Adams, along with Jennifer Garner have launched @SaveWithStories – which involves celebrities reading children's books. The goal is to raise dollars to ensure that children in America can still continue to learn and will not go hungry.

<https://www.instagram.com/SAVEWITHSTORIES/>

Story time with Baroness Floella Benjamin

Actress and writer Baroness Floella is reading some of her favourite stories for children. On Twitter she wrote "I'm telling some of my favourite #stories to keep you amused, especially if you have kids, enjoy".

https://www.youtube.com/channel/UCTKRCnHB7YmN69ilbg_JH2w

Reading: Free online books and more with BookTrust

Looking for something fun as a family? Enjoy Storytime with free online books and videos, play games, win prizes, test your knowledge in their book-themed quizzes, or even learn how to draw some of your favourite characters. BookTrust is the UK's largest children's reading charity. They are dedicated to getting children reading. Each year they reach 3.9 million children across the UK with books, resources and support to help develop a love of reading.

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

And lastly, activities pertinent to this pandemic crisis

One World Together at Home

Aimed at families: First shown at 7:15pm on BBC 1.

This is a global televised entertainment event live streamed to unite the world and celebrate workers on the frontline of COVID-19. The event will support the COVID-19 Response Fund, powered by the UN Foundation, who are working hard to combat COVID-19 around the world. It is organised by Global Citizen and World Health Organisation. The live performances include music and entertainment stars ranging from Sir Elton John, Sir Paul McCartney and Chris Martin.

<https://www.bbc.co.uk/iplayer/episode/m000hkb3/one-world-together-at-home>

Children and Young People's Health Diary- Royal College of Paediatrics and Child Health

Aimed at: All- Particularly useful for SEND or children with ongoing medical conditions.

While we are all adjusting to the new temporary normal, there may be times where children are not able to see their doctors, nurses or medical professionals as often as they like, perhaps they are between appointments. The Royal College of Paediatrics and Child Health have worked with Doctors and Nurses to create a diary where children can draw or write their feelings, record fun things they are doing at home and provide a place to record questions for their next medical visit. There is a print version and a digital version that can be emailed to the doctor or medical professional before the next appointment.

<https://www.rcpch.ac.uk/resources/stay-home-activities-children-young-people>

The remaining sections of this week's newsletter contain general information which may assist you as parents during this time:

There is a poster attached from NHS to encourage NHS services to be used appropriately and to prevent delayed presentations.

The LBTH Family Information Service is here to assist and support. They provide free, impartial information and advice on a variety of services for children and young people (from birth to 25 years old), parents and families (and professionals). The service operates a telephone helpline service from Monday to Friday, 9am to 5pm. Tel: 020 7364 645 or email fis@towerhamlets.gov.uk.

I have attached a leaflet with this bulletin about the Family Information Service which will respond to all queries from parents and carers.

Information, guidance and resources for children, young people, families and professionals can also be found on the [Tower Hamlets Local Offer](#).

Links from the Department for education (DfE). If you don't already, it is worth following them on Twitter as they send out information and updates, every day:

Help children with SEND continue their education during coronavirus (COVID-19)

https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19?utm_source=2e5b55a3-a70c-4ef9-9d11-f63b6d452437&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

To share with parents: information, guidance and support for parents and carers of children who are learning at home (there are further age-specific links within this guidance).

Supporting your children's education during coronavirus (COVID-19): https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19?utm_source=cab989cd-0d5a-4ac7-9145-6445159c785f&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

St. Luke's Church Foodbank is running.

It is open Mondays - Thursdays, 10am - 12noon, and with a constant supply of fresh produce, as well as plenty of non-perishables, thanks to donations from shops, schools and charities.

They have been giving out 60-80 bags per week, and can increase this amount as the quantity of food they are being given is set to increase.

They deliver on Mondays and Thursdays, across the whole of the Island, and are open for people to come and collect food on Tuesdays and Wednesdays.

No proof of need is required but we do ask clients to fill in a registration form.

Please contact Fuzz Dix, Children's and Families Pastor and Foodbank Co-ordinator, St Luke's Millwall, Alpha Grove, London

Mobile: 07730 594755 www.stlukesmillwall.church

**Marlene Botha has asked me to share her details with you.
She works at Café Forever
Her mobile is 07890 838 962
And she is willing to help with anything that you need.**

Update from The Healthy Start Team

Aimed at: Parents and Guardians

Please see the helpful update from The Healthy Start Team, offering to assist with completing the Healthy Start Voucher Application form. The Healthy Start website highlights that you can get 'free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins'. There is an online form below and an option to print, sign and post the form for parents without printer access. The future plans of Tower Hamlets Council are to make the application form fully web-based; but in the meantime the application has been made clearer online.

Online Link:

<https://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/online-application-form/>

Option for families that do not have printer access:

Parents who wish to apply and need assistance with printing, can get in contact with the Healthy Start Issuing Unit (HSIU) <https://www.healthystart.nhs.uk/contact-us/>, in addition to LBTH support through Children's Centres and other services, with further assistance with applications when returning to normal capacity after COVID-19.

Tower Hamlets Stay at Home page - There is a [Stay at Home](#) resources page on the council website – it is comprehensive and updated regularly. This covers a broad range of things including education and learning, staying active, mental health, how to use WhatsApp, and much more.

On Line safety update

We have a link to Thinkuknow on the school website and some lessons Ms. N. has used for encouraging safety on line.

There you will also find a link to '[Video chatting: a guide for parents and carers of primary school age](#)'

If the hyperlink does not work you are also encouraged to visit: https://parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-primary-school-age-children?utm_source=Thinkuknow&utm_campaign=03f521e658-TUK_ONLINE_SAFETY_AT_HOME_21_04_20&utm_medium=email&utm_term=0_0b54505554-03f521e658-64790753

Please note that the links shared with you in this newsletter come from a variety of sources, but we are particularly indebted to the LBTH Healthy Lives Team who email schools with activities and ideas, every day.

And lastly, but by no means leastly... just as I was about to press send, I received this email:

Dear Schools of Tower Hamlets,

My names Marc Robinson and I am a senior nurse at the Royal London Hospital part of Barts Health NHS Trust. I am currently part of the team supporting the Adult Critical Care Unit through the COVID 19 Pandemic.

We have received a number of unexpected letters/pictures/poems for local school children's and young people. The positive impact on wellbeing this is having on staff across the RLH is unmeasurable. Thank you

Please could I ask you encourage and support students to do this and help me coordinate this lovely community response in a safe way. Please can ask that these be sent to the below address or my email. I am happy for my details to be shared freely. I will ensure they reach staff in need of this heart warming morale lift.

Marc Robinson

If your children want to give the staff a boost, please send pictures to:

Marc Robinson,
Senior Clinical Site Manager
Adult Critical Care Unit
Ward 4E
Royal London Hospital
Whitechapel Road
London E1 1FR