



# St Luke's News

A Christian school that serves a diverse community and works in partnership with parents to develop the whole child.



22nd January 2021

Dear Parents & Carers

*I have written and spoken about us all looking after one another's mental health throughout the pandemic. From the start of this term and the move from classroom to remote, parent supported learning, I have become increasingly aware of the amount of time we are all spending in front of devices and how quickly "screen fatigue" sets in. For the adults this can be tough to cope with, so one can only imagine what the children are feeling when their normal working environment includes short, sharp breaks and lots of physical activity.*



The timetables that have been set by staff were designed to give some routine and structure that hopefully avoids device clashes in homes with multiple children. The deadline time is set to end the day and give staff the chance to mark the day's work so that misconceptions can be addressed in the following day during Google Meets. I feel that 4.30pm is late enough for all KS2 children to be working and KS1 and EY children should finish at 3pm as they would normally. If work is not turned in by then it is expected that they have done their best and I thank them and you for that.

The timetable is not a rigid immovable object; it is intended to be a structure on which you build your own household's needs. I encourage you to plan around it but want to add a caution with online work from home: **Parents must remain vigilant whilst their children are online - this week I learnt of two children who appeared to be taking part in a Google Meet but were actually playing Roblox on another device at the same time - the only safe way for children to be online is for you to be able to keep on top of what they are doing - please check their toolbar for any minimised pages!**

## Your Health Matters!

Below are seven activities together to help and support you and your child's mental health daily:

1. *Talk about your feelings* — Talking can help you stay in good mental health when you feel troubled - it is a great model for them!
2. *Keep active* – Regular exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

3. *Eat well* – Your brain needs a mix of nutrients in order to stay healthy and function well. A diet that's good for your physical health is also good for your mental health.
4. *Drink sensibly* – Keep a glass of water on the go all day.
5. *Keep in touch* – There's nothing better than catching up with someone face to face (remotely!).
6. *Ask for help* – None of us are superhuman. We all get tired or overwhelmed.
7. *Take a break* - A change of scene or a change of pace is good for your mental health. It is OK to take a five-minute pause. A few minutes can be enough to de-stress you. Be kind to yourself.

Class	Remote learning arrangements	Live lesson times
Year N Year R	Work will be uploaded onto the school website <a href="#">here</a>	Music for YN@10.30 on Thursdays Music for YR@10.00 on Thursdays Link sent via text system
Year 1	Work will be uploaded onto <a href="#">Google Classroom</a> every day.	Live lessons will be on Google Meet from 1.00-2.00 every day - the link to this will be posted in <a href="#">Google Classroom</a> . Music for Y1@09.30 on Thursdays
Year 2	Work will be uploaded onto <a href="#">Google Classroom</a> every day.	Live lessons will be on Google Meet 10.00-10.30 GPS 1.00-1.30 Maths 2.00-2.30 Reading The link to this will be posted in <a href="#">Google Classroom</a> .
Year 3	Work will be uploaded onto <a href="#">Google Classroom</a> every day.	Live lessons will be on Google Meet 9.45-10.30 Maths 11.10-11.45 Reading The link to this will be posted in <a href="#">Google Classroom</a> .
Year 4	Work will be uploaded onto <a href="#">Google Classroom</a> every day.	Live lessons will be on Google Meet 9.45-10.30 Maths 11.10-11.50 Reading The link to this will be posted in <a href="#">Google Classroom</a> .
Year 5	Work will be uploaded onto <a href="#">Google Classroom</a> every day.	Live lessons will be on Google Meet 9.00-9.50 Maths 10.30-11.10 Reading The link to this will be posted in <a href="#">Google Classroom</a> .
Year 6	Work will be uploaded onto <a href="#">Google Classroom</a> every day.	Live lessons will be on Google Meet 9.00-9.50 Maths 10.30-11.10 Reading The link to this will be posted in <a href="#">Google Classroom</a> .

**\*Your child may also be part of smaller live lessons throughout the day please ensure you read text messages sent to inform you of this and check the class stream.**

## Holocaust Memorial 27<sup>th</sup> Jan 2021



Next Wednesday is Holocaust Memorial Day but at St. Luke's we started to discuss this early. On Wednesday this week we hosted a session with Dilia, Andy and Sem from a foundation aimed at helping us to remember and realise that the crimes of the Nazis

towards the Jews, Slavs, Homosexuals and others were real and just about the lowest point of humankind. They also highlighted more recent genocides between tribes in Rwanda, against intellectuals and the middle classes in Cambodia in the 1970s and against Muslims in Bosnia in the 1990s. This is some of the most important input our children can be given. Next week the children will learn about Nicholas Winton who organised the escape of hundreds of children to Britain just before the war started (saving them from certain death) and the famous poem 'First They Came' written by Pastor Niemoller whilst imprisoned by the Nazis (see below)



**First They Came - Pastor Martin Niemoller**

First they came for the Communists  
And I did not speak out  
Because I was not a Communist  
Then they came for the Socialist  
And I did not speak out  
Because I was not a Socialist  
Then they came for the trade unionists  
And I did not speak out  
Because I was not a trade unionist  
Then they came for the Jews  
And I did not speak out  
Because I was not a Jew  
Then they came for me  
And there was no one left  
To speak out for me

**Top left and left:** Dilia talking online with Y5&6 (inset picture showing how the Nazis used schools to spread their hate). **Above:** Pastor Martin's poem

## New Online Library



The internet classroom Oak National Academy has created a library because schools were forced to move to remote learning for the majority of pupils until February half-term. Click on <https://www.thenational.academy/> and on the home page is a 'Go to library' button. This has been formed with The National Literacy Trust, the library will provide a book a week from its author of the week and is a nice place for any keen readers to investigate whilst it is difficult to get to our Newham Libraries.

## Message from Newham Family Support Workshops

*Dear Newham Parents, Carers and Young People,*

*Do you need some support for yourself or your family during lockdown? Not sure where to start? Join us for our weekly workshops taking place every Thursday, 4pm-5pm on Zoom and we will*

inform you of the support that is available to you in Newham. We want to make sure that every family in Newham knows about the amazing support on offer, especially during this difficult time. This includes support for wellbeing and mental health, finances, housing, befriending and much more. Click the link below to join our workshop!

[Join Zoom Meeting](#)

Phone United Kingdom: [+442034815240](tel:+442034815240), [95579486838#](tel:+442039017895) or [+442039017895](tel:+442039017895), [95579486838#](tel:+442039017895)  
one-tap:

Meeting <https://zoom.us/j/95579486838>  
URL:

Meeting 955 7948 6838  
ID:

## Workshops

Supporting parents during the Coronavirus pandemic	Thursday 28 <sup>th</sup> January 2021, 4-5pm
Supporting teenagers during the Coronavirus pandemic	Thursday 4 <sup>th</sup> February 2021, 4-5pm
Supporting children during the Coronavirus pandemic	Thursday 11 <sup>th</sup> February 2021, 4-5pm
Taking care of yourself during the Coronavirus pandemic	Thursday 18 <sup>th</sup> February 2021, 4-5pm

*Join by phone*

**If you do not have Zoom on your phone or computer, you can still join by phone.**

1. Call the below number on your phone (if the first one does not work please try the next one along)
2. You will be instructed to key in the 'Meeting ID' (below)
3. Then press '#' and you will be let in to the meeting!

**Dial:** United Kingdom:  
+44 203 481 5240 or +44 203 901 7895 or +44 131 460 1196 or +44 203 481 5237

**Meeting** 955 7948 6838

**ID:** The office will send text reminders for the next 4 Thursdays to remind parents of the sessions.

Reminder if you need to get hold of me for any reason please use the email below:

[ht@st-lukes.newham.sch.uk](mailto:ht@st-lukes.newham.sch.uk)

Please see the flyer below for an online music session. Thank you all for staying at home, protecting the NHS and saving lives. Keep safe and look after each other.

Matt Hipperson  
Head Teacher



**TASTER SESSIONS** **BEAT-MAKING**  
**WEDNESDAYS 5-6PM** **RAP/LYRIC WRITING**  
CONTACT [CASSANDRA.DELISSER@NEWHAM.GOV.UK](mailto:CASSANDRA.DELISSER@NEWHAM.GOV.UK) TO SIGN UP



**ONLINE MUSIC SESSIONS**

**YOU TH**  
EMPLOYMENT



Newham Music