



# St Luke's News

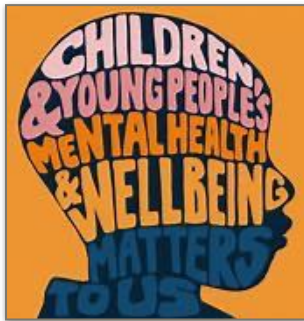
A Christian school that serves a diverse community and works in partnership  
with parents to develop the whole child.



3rd February 2023

Dear Parents & Carers,

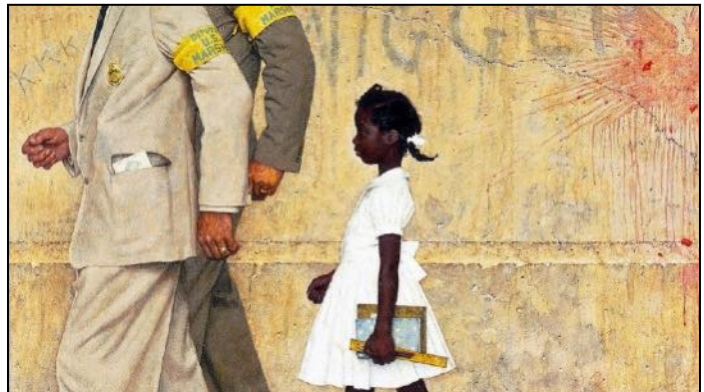
*Next week is 'Children's Mental Health Week' and 'Safer Internet Day' and the two are closely linked for our children. Having time away from all screens is really important for all of us and is a key way to keep our children both safe and happy.*



On Friday we will have a special **non-uniform day** which will have special circle times to discuss how we deal with our feelings and extra games time where they will focus on team games and exercise as key parts of staying both physically and mentally happy. The end of this newsletter has an ABC of things that the children can do to keep their mental health strong.

## Importance of Education

This week in assembly we talked about how in the past schools have been used to drive a wedge between people. We started the week with another session on the holocaust, concentrating on how the Nazis excluded Jewish people from the school system so they could then demonise them to the children in their care. On Wednesday we looked at story of Ruby Bridges, a young black girl who in 1960 had to be taken to school in New Orleans USA, by armed police. The school was the William Frantz Elementary School and Ruby was the first black child to ever attend it. The refusal by her family to allow the education of their daughter to be segregated on racial grounds led to the law of the land being changed to make such evils illegal. Standing up for what is right and for those who have less of a voice still remains very important today.



Special thanks to Victoria Y6 for doing extra homework on Ruby and finding this painting depicting her first day, by Norman Rockwell

## Tax Free Childcare

Dear Parent/Carers, you may be entitled to help with your childcare costs which you can use to pay for after school clubs. With the cost of living rising we are trying to find ways to support our families, as we do not want our families to miss out on any help that is available. Please see the links below. There is also a calculator available [PLEASE CHECK TO SEE IF YOU ARE ELIGIBLE](#). If you have any questions, please do not hesitate to come to the school office.

<https://www.gov.uk/tax-free-childcare>

<https://www.moneysavingexpert.com/family/benefits-check/>

<https://www.entitledto.co.uk>



## Nursery Emergency Workers

Nursery have been learning about Firefighters this week. The children have learnt the roles of firefighters and the importance of fire safety. Mr Scott and his Y4 helpers delivered a fire activity and he taught the Nursery pupils about the 3 components needed to make a fire (if you have a child in Nursery, ask them if they can remember what they are!). The children had so much fun making and putting out a real fire.



## WARNING

We have now had two cases of the ridiculously priced soft drink called *Prime* in the school. It sells at up to £19 a bottle – yes you read that correctly – and has seen cases of people fighting over getting what is a terribly over-sugared energy drink. **To be clear: No Juice is allowed at school** unless we provide it for a specific celebration. If it is seen it will be taken and poured down the sink like any other juice so please make sure no-one is trying to sneak a bottle in to impress their friends as it will literally be money down the drain!



## Phones in School



This week two Newham school children were mugged for their phones on their way home from school. We allow Y5&6 to bring a phone in if the parent requests it. However, having a phone increases the chance of them suffering violence, especially when they can't resist getting it out on the way home. I know this to my family's cost as my oldest son was mugged twice in these circumstances, the second time at knifepoint. These two incidents have stayed with him and affected how he sees the world. Please think very hard about whether your child needs to bring that phone in – I literally have children who live within a couple of hundred metres of school who bring them in! If nothing else time away from their phone is good for their mental health.

## Celebrations & Stars of the Week



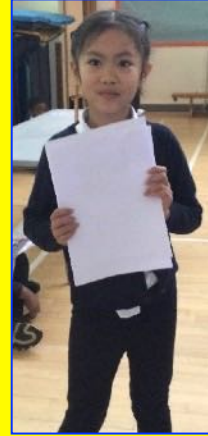
YR-Y6



YN Stars



Happy Birthday



Special writing Award



HT awards for extra homework & contributions in assembly

**Please make sure you see the A-Z of Mental Health at the end of the letter and an information flyer from Newham Libraries about a great half-term activity (ages 8+)**

Have a peaceful weekend

A handwritten signature in black ink, appearing to be 'M. Hipperson'.

**Matt Hipperson**  
**Head Teacher**

Spring Term 2023 dates  
6<sup>th</sup>-10<sup>th</sup> Children's Mental Health Week  
8<sup>th</sup> PM Futsal Tournament for Y5 @ Rokeby School  
10<sup>th</sup> Non-Uniform & special Mental Health Day

**School Closed for Half-Term Mon 13<sup>th</sup> to Fri 17<sup>th</sup> Feb. – Re-opens as normal  
Mon 20<sup>th</sup> Feb.**

February  
20<sup>th</sup> YR & Y6 Height & Weight checks AM  
20<sup>th</sup> Feb – 3<sup>rd</sup> March Y5 intensive swimming course every morning @ Olympic Pool Stratford



23<sup>rd</sup> Y6 free visit to see Trial of Josie K at Stratford youth Zone Theatre

March

10<sup>th</sup> Teaching & Learning Coffee Morning for parents

13<sup>th</sup>-17<sup>th</sup> Mid-Year test for Y3,4&5

20<sup>th</sup> – 24<sup>th</sup> Spring Parent-Teacher meetings all week

24<sup>th</sup> Y6 Music Assembly – Parents Welcome

29<sup>th</sup> Y3&4 Easter production PM – Parents welcome

31<sup>st</sup> School closes at 1pm for Easter Holidays

School Closed for Easter Holidays Mon 3<sup>rd</sup> to Mon 17<sup>th</sup> April – Re-opens as normal Tuesday 18<sup>th</sup> April

# A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

<b>A</b> <b>ASK FOR HELP</b> You are not alone, so reach out and ask for help	<b>B</b> <b>BREATHE</b> Focus on your breath to find a sense of calm	<b>C</b> <b>CONNECT</b> Connect with friends, family and trusted adults	<b>D</b> <b>DETOX</b> Unplug from social media and other distractions	<b>E</b> <b>EMOTIONS</b> Observe how you feel and label your emotions	<b>F</b> <b>FIND SAFE PLACE</b> Go to a place where you feel safe and at ease
<b>G</b> <b>GRATITUDE</b> Focus on the things you're grateful for	<b>H</b> <b>HEALTHY HABITS</b> Create a balanced routine with healthy habits	<b>I</b> <b>INQUIRE</b> Pause and ask yourself, 'how do I feel right now?'	<b>J</b> <b>JOURNAL</b> Use a journal to express your thoughts and feelings	<b>K</b> <b>KINDNESS</b> Be kind and compassionate to yourself and others	<b>L</b> <b>LET GO!</b> Feel more energised, by moving your body
<b>M</b> <b>MEMORIES</b> Visualise three things you are proud of	<b>N</b> <b>NATURE</b> Improve your mood by exploring the great outdoors	<b>O</b> <b>OPENNESS</b> Be open to new activities and notice what happens	<b>P</b> <b>PATIENCE</b> It's okay to not be okay, so give yourself time	<b>Q</b> <b>QUIET</b> Take quiet moments every day to reflect	<b>R</b> <b>REST</b> Be mindful, rest often and get plenty of sleep
<b>S</b> <b>SUPERHERO</b> Stand in the Superhero Pose for two minutes every day	<b>T</b> <b>THOUGHTS</b> Track your thoughts in a journal, and notice any themes	<b>U</b> <b>UNIQUE</b> You are unique, and so is your mental health	<b>V</b> <b>VOLUNTEER</b> Boost your self-esteem by giving back to others	<b>W</b> <b>WORRY TIME</b> Schedule 'worry time' to help solve practical worries	<b>X</b> <b>EXCITEMENT</b> Do more of the things that bring you joy and excitement
<b>Y</b> <b>YOU MATTER!</b> You are important and your feelings matter	<b>Z</b> <b>ZEN</b> Practise calming activities like yoga and meditation				

Find out more about how Optimus Education can help boost your wellbeing at [healthinschoolsuk.com](https://healthinschoolsuk.com)

# NEWHAM LIBRARIES HALF-TERM CODING EVENT: MISSION ZERO



★ Come to Newham Libraries this half-term to create  
a code that may be shown in space

This February half-term, Newham Libraries is taking part in Mission Zero.

Mission Zero offers young people the chance to have their code run in space! Write a simple program to take a reading from the colour and luminosity sensor on an Astro Pi computer on board the International Space Station, and use it to set the background colour in a personalised image for the astronauts to see as they go about their daily tasks.

Choose one of our sessions to take part in. At each session we'll code and run emulators to submit to the Mission Zero project. Your child's code may run for the astronauts on the International Space Station.

**For children aged 8+**

Mon 13th Feb	Forest Gate Library	10.00-11.30am
	Plaistow Library	1.30-3.00pm
Tues 14th Feb	Stratford Library	11.00-12.30pm
	Canning Town Library	2.30-4.00pm
Thurs 16th Feb	Custom House Library	2.00-3.30pm
Fri 17th Feb	East Ham Library	1.00-3.30pm