



St Luke's News

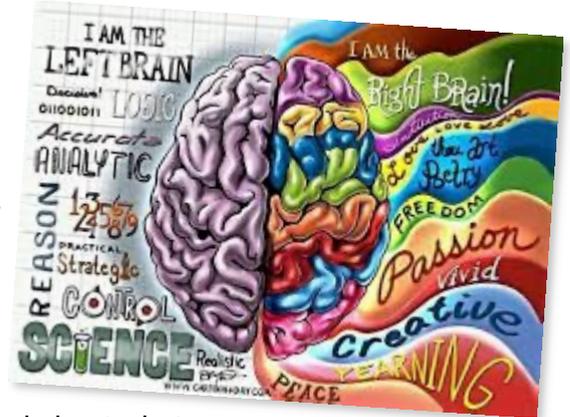
A Christian school that serves a diverse community and works in partnership with parents to develop the whole child.



10th February 2023

Dear Parents & Carers,

We have spent the week looking at our brains and finding out loads of facts and really getting to know ourselves better. The children were fascinated by the different 'sides' of our brain but also how it is important to link those two sides so if we are feeling a strong emotion (right side) it is good for us to speak or write about it (left side) to fully understand our feeling.



Zones of Regulation			
Blue	Green	Yellow	Red
Low	Happy	Wobbly	Angry
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive

We also talked about what happens when we lose control and how we can recognise that and get ourselves back to where we need to be, using our Zones of Regulation (see below). There are some pictures and quotes about our week at the back of this newsletter.

Huge Thanks

A big thanks to all our families and staff as our non-uniform day today raised £170 for the Turkish/Syria earthquake relief fund. I am sure we have all seen the utter devastation wrought on the area and we send prayers along with the money that help for all arrives as soon as possible.



Internet Safety Day

Thursday saw us celebrate the good things about the internet as well as focusing on what we need to do to keep safe. The presentation is on the school website for you to share again with your child and the main Do's & Don'ts are below. So we get a break from screens we are also planning a technology-free day before the end of the school year so the children can see it can still be a fun day!

When using the internet

Do ...

- ✓ Set your profiles to private
- ✓ Share what you do online with adults you trust
- ✓ Tell an adult if anything worries, upsets or frightens you
- ✓ Be kind to others
- ✓ Spend time with friends and family offline, too

Don't...

- X Believe everything you see online
- X Trust what strangers say – they could be anyone!
- X Share personal information like your name, age or address
- X Share pictures or videos of yourself
- X Spend any money without checking with an adult
- X

Help for Households scheme:

£3 Zoo tickets

In support of the Government's Help for Households scheme, London and Whipsnade Zoos are providing tickets at £3 per person.

These tickets can only be purchased from the admissions kiosks at the time of your visit up until 31st March 2023 – they are not available online or in advance. We are operating a cashless system on our sites, and we ask that you pay with credit or debit cards, or contactless payment methods only. Regular admissions tickets, including those for anyone coming along with you, must still be booked online and in advance. To be eligible for the £3 ticket, you must meet certain criteria and be able to prove that you are currently receiving *Universal Credit, Employment and Support Allowance, Income Support or Jobseeker's Allowance*. You will need to bring your proof of benefit letter along with you to the zoo when you buy your ticket from our friendly staff at the admissions gate. If you do not have paperwork, you can show online documentation on your phone, such as a Universal Credit portal or a recent bank statement confirming that you are in receipt of these benefits. Unfortunately, we won't be able to issue discounted tickets unless you bring along one of these documents per household as proof of eligibility. The remainder of your household also qualify for £3 tickets, providing that they visit with the person in receipt of government benefit.

£3 ZOO TICKETS!

London Zoo is offering £3 tickets for anyone currently receiving Universal Credit, Employment and Support Allowance, Income Support or Jobseeker's Allowance.

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London Zoo is offering £3 tickets for anyone currently receiving Universal Credit, Employment and Support Allowance, Income Support or Jobseeker's Allowance.

- The £3 tickets are available for the whole family and under 3's go free.
- Tickets can be purchased from the admissions kiosk on the day, from 11am, every day of the week.
- Just bring proof of benefit letter (electronic or paper).
- Offer runs until the end of March 2023.

Fathers Forum – Message from our school Nurse

The newly formed 'Newham Fathers United with Purpose Programme' which aims to empower local fathers to educate, support and impact their families is meeting for a third time.

Date: Thursday 23rd February

Time: 18:00 to 21:00

Location: Canning Town Library 18 Rathbone Market, London, England, E16 1EH

Please see the flyer and booking link below with any fathers or significant males who would be interested in attending the forum.

https://Newham_Fathers_Forum_Feb23.eventbrite.co.uk



Altered Holiday Dates for 2023-24

You can download the term dates for the school year 2023-24 on our website at <https://www.st-lukes.newham.sch.uk> (go to Term Dates for School Year) or follow the link: <https://tinyurl.com/475pt8ve>

Staying safe on the streets



On Monday, at 3pm, one of our parents had their phone snatched out of their hand, yards from the school. The thieves were on motorised bikes and the Police told us that everyone should be vigilant as this crime is 'epidemic' across London at the moment and then today one of our children felt she was being followed on her way into school. If your child feels unsafe while walking to school, tell them if they are close to run to school and come straight to the School Office.

Here are some tips for you to discuss with your child to help them stay safe:

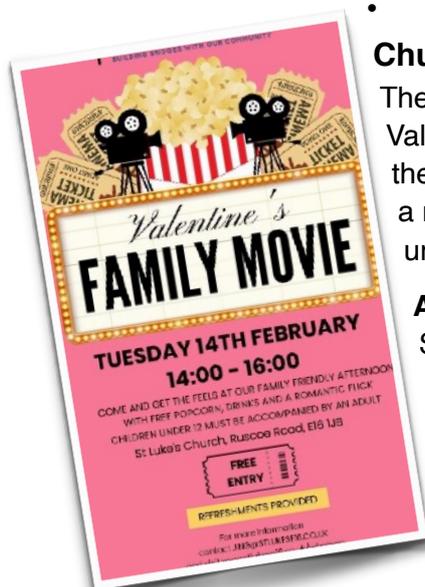
Safety tips when walking to school

1. Keep away from the kerb and ensure you walk on the pavement at all times. If the pavement or footpath isn't continuous, walk in single file at the side of the road until the pavement or footpath continues.
2. Stay alert and don't walk or cycle through the streets while wearing headphones so you are fully aware of traffic and other people around you. Your phone should stay in your pocket!
3. Be visible by wearing reflective clothing especially in the winter months when the days are darker in the mornings and after school.
4. Walk with others where possible. If your child is old enough to walk to school without adult supervision, make sure they know the safest, direct route and encourage them to walk with friends.

Teaching children about stranger danger

Basic Stranger Danger rules include:

- never go anywhere with a stranger
- never accept gifts or sweets from a stranger
- never get in a car with a stranger
- never go off on your own without telling your parents or a trusted adult
- tell your child it is okay to break the rules if they are in danger
- tell your child to stay with their friends and not to go e.g. to the park on their own



Church News

The Church Team are running a free Family Cinema event on Valentine's Day, Tuesday the 14th of February. Come and have fun at the free, family friendly show from 2-4pm with free popcorn, drinks and a romantic flick (see poster below). Please note that that children under 12 must be accompanied by an adult.

And more great news! The Church will be running their fabulous Summer Club again this Summer – details to follow.

Children's Mental Health Week

Below are some pictures and quotes about our special Mental Health Day on Friday



Our 'colourful' kids learning about how their brain works and how to look after it!

"I enjoyed the extra PE for improved mental health." – L Y6

"My favourite part of today was the assembly where I saw everyone smiling and trying to be the best version of themselves." – CH Y6

"I liked how we did some extra activities thinking about how you feel when your mental health is not good."
– M Y5

"Learning about how some children struggle with their mental health and the different colours of the zones of regulation was great!" C Y6

"I learnt that the brain has 2 sides: logic and creative and together they are a very powerful source." – M Y6



High Impact fitness from Ms Holley



Moving fast in YR

Celebrations & Stars of the Week



Mrs Aulakh gave a thanks to these children from Y5&6 who help her with breakfast Club



Happy Birthdays

If you think your child is a young budding baker, the producers of Ch4's *Junior Bake Off* are looking for applicants to the TV show (9-12 years olds). See flyer attached after term dates.

Have a peaceful weekend

Matt Hipperson
Head Teacher

School Closed for Half-Term Mon13th to Fri 17th Feb. – Re-opens as normal Mon 20th Feb.
February

20th YR & Y6 Height & Weight checks AM

20th Feb – 3rd March Y5 intensive swimming course every morning @ Olympic Pool Stratford

20th Feb Girls & Boys football matches at Gainsborough School 4pm

23rd Feb KS1 Mini Olympics

23rd Feb Y6 free visit to see Trial of Josie K at Stratford youth Zone Theatre

27th Feb Y3/4 Indoor Athletics Competition

28th Feb Y3/4 Football Tournament

March

7th Mar. World Athletics Day

10th Mar. Teaching & Learning Coffee Morning for parents

10th Mar. Holi Festival

13th-17th Mar. Mid-Year test for Y3,4&5

20th – 24th Mar. Spring Parent-Teacher meetings all week

24th Mar. Y6 Music Assembly – Parents Welcome

29th Mar. Y3&4 Easter production PM – Parents welcome

31st Mar. School closes at 1pm for Easter Holidays

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

April



JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 12



WWW.APPLYFORJUNIORBAKEOFF.CO.UK

APPLICATIONS CLOSE
SUNDAY 12th MARCH 2023

Enquiries:

applyforjuniorbakeoff@loveproductions.co.uk