



St Luke's News

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

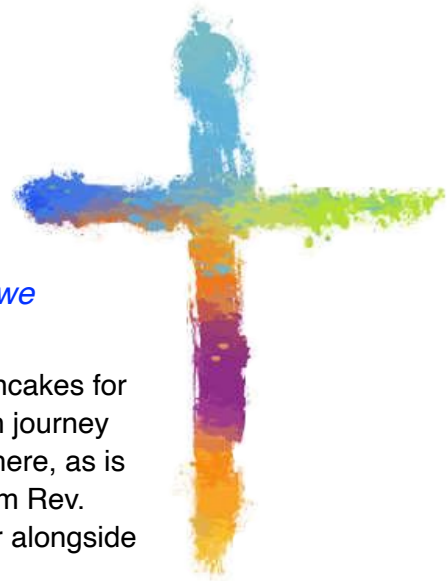


24th February 2023

Dear Parents & Carers,

This week has seen the beginning of Lent, the most important time of the year for Christians and a time of preparation for Christians as we remember the sacrifice that Jesus made for all of us.

For Shrove Tuesday, Miss Aulakh led staff in preparing and cooking pancakes for over 200 children and adults and Jing from the church team led us on a fun journey from pancakes to reflection. This was then followed by Ash Wednesday, where, as is tradition, our Christian children and staff received ashes and a blessing from Rev. Amy and for children of other faiths we helped them locate this time of year alongside



God has not promised
sun without rain,
joy without sorrow,
peace without pain.
But God has promised,
strength for the day,
rest for the labour,
light for the way,
grace for the trials,
help from above,
unfailing sympathy,
undying love.

Annie J Flint 1919

the great times of preparation and abstinence in other religions. As the week went on we talked about how Jesus is the greatest teacher of all and how the example of his suffering helps us realise that it is love not wealth that is the most important thing in our world. We also talked about how Jesus taught us that it is more important to serve than be served and many of our KS2 children volunteered to give up a lunchtime every week to help the younger children in school. Lastly the Diocese of Chelmsford sent round a poem that neatly sums up this time of year:

Your Parent Governors need you!



Welcoming Latoya (left) and Aisha

Your parent governors Latoya (mum of a Y3 boy) and Aisha (mum of children in YR & Y1) both want to say hello to you all and let you know that in March they intend to hold a coffee morning for all so you can come in to the school to meet them and chat to members of the school leadership team and ask us any questions – details to follow.

World Book Day!

As we approach March, it can only mean one thing - World Book Day! St Luke's will be celebrating World Book Day on Friday 3rd March. Pupils and staff are invited to dress up as their favourite book character for a special assembly/cat walk show! Be as creative as you can...there is no pressure to buy anything! Please re-use and recycle to create your character costumes if you can!

We will also be opening our very own book sale for the day. We have a new book shop where all books are only £2.50. Every class will have a time slot to visit the book shop with their class on 3rd March. We will accept no money on the day. Please, reply to Ms Joslyn's google form by Sunday 26th February, to let the school know how much 'virtual allowance' you will be let your child spend on the day. This will let staff know how much money your child is allowed to spend.

Pupils can take home their books on the day and parents will be sent a text and be invoiced to pay via ping the following week. We look forward to seeing your character choices on *World Book Day* on Friday 3rd March!

To make an order for World Book Day please use the link below

<https://forms.gle/1bhoiuzQLpRWq4dH9>

Snacks in Club

We are aware that some snacks that are banned from school (crisps, biscuits, sugary drinks etc.) are being brought in for snacks for those children staying on for after school clubs. These snacks are banned because they make the children behave in a hyper active 'sugar rush' way and this can make learning difficult for others in the club. Below is a list of what children can bring in for a snack – from the week of Mon 6th March any inappropriate snacks that are seen will be taken away. Below is a list of snacks that are allowed:

- a piece of fruit
- a sandwich/crackers
- veggies and hummus
- a cereal bar
- a yogurt

Please make sure that your choice has NO NUTS

Healthy Start FREE HEALTHY FOOD

FREE HEALTHY FOOD

Pregnant? Children under 4?

You may be able to get money to help you buy fruit, vegetables and milk. Apply online by visiting www.healthystart.nhs.uk



If you need help applying, speak to your local midwife or health visitor.

Applying is easy and DOES NOT affect your other financial benefits.

FREE VITAMINS!

In Newham, ALL pregnant women, new mums and children under 4 years old are entitled to free vitamins. You can collect a bottle from your midwife or local children centre.

To find your nearest vitamin distribution site, visit www.newham.gov.uk/healthystart

Rebellion in Roman Britain – AD 43!

– Report by Joshua Nduka

On Thursday 23rd of February, Year 4 took part in a roleplay of the Roman army meeting some Celtic people in Ancient Britain. One of us dressed up as the brave Roman soldier Milo, others dressed up as a trader, Boudica the Celtic queen, a Roman governor, a slave called Aileen and 'Drest' a Celtic farmer. We acted out the revolt by the Iceni tribe of Celts and thought about how it affected all of the characters.





Well done to...

our Fantastic Year 2 (and one Year 1) athletes for coming second in a Mini Olympics Multi Skills Competition at Eastlea School. The competition took place on Thursday 23rd February and our little sports stars had to compete in 6 different events. They had an amazing time and did us all proud.



Once again, St Luke's has proved they are the most Active School in Newham by winning **Season 6 in StreetTags**. Well done to everyone who has been keeping fit & collecting those tags. Currently, we are participating in The LYG StreetTags games (see the message board on the S-T app for more details). Any points that are collected from 20th February until 24th March, will be added to your Season 6 score and the top 8 will get to attend the S-T Easter Egg Hunt Party or a trip to The O2 - more details to follow.

If you would like to join the St Luke's StreetTags team, see Ms Adams.

Over the last few weeks, we have attended quite a few sports competitions. Although we did not win, everyone performed well and were a credit to St Luke's. Well done to everyone who took part - we are all proud of you. Watch this space for future results...

Congratulations to our Boys & Girls Football team for a great result in the 1st match of the season:

Gainsborough Boys: 0 v St Luke's Boys: 0

Gainsborough Girls: 0 v St Luke's Girls: 1

St Luke's Boys: 2 v Gainsborough Boys: 0

St Luke's Girls: 0 v Gainsborough Girls: 0

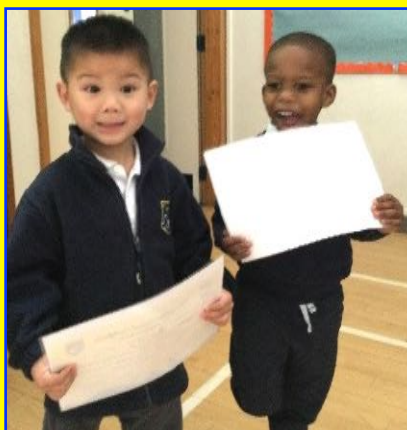
Well done and keep it up.



And finally... this week our Nursery & reception class were really pushed to the limit in their PE lessons! Both classes had an extreme gym lesson where they demonstrated their running, climbing, balancing, listening and jumping skills. Their effort, focus and ability to remember multiple instructions was truly amazing. Well done to our littlest Sports Stars. Keep it up!



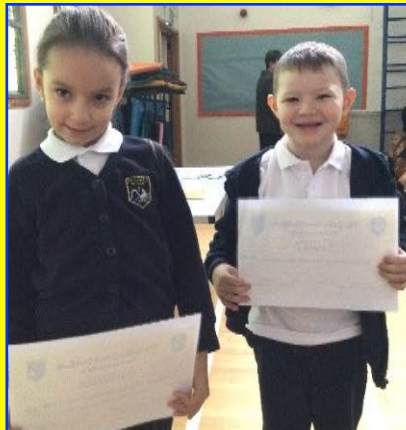
Celebrations & Stars of the Week



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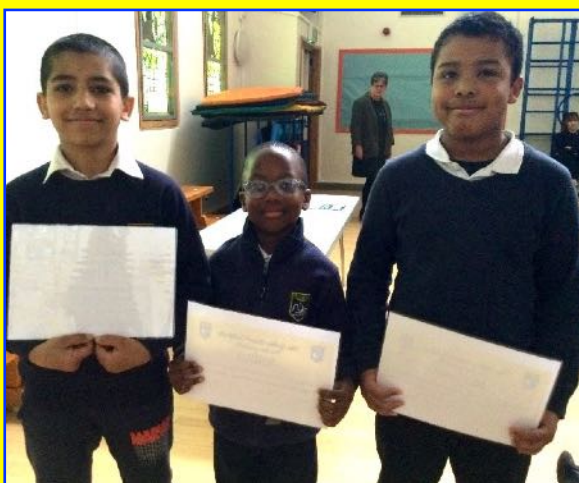
YR



Y1



Y2



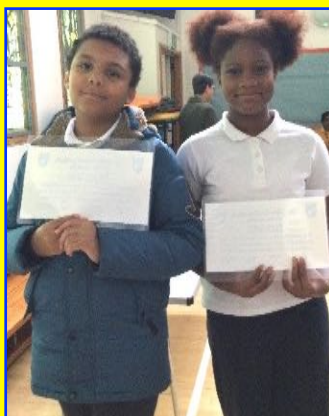
Y3



Y4

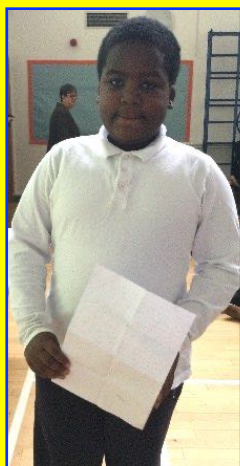


All of Y5!



Y6

Special Awards



HT homework award winner & Times Table Rock Stars (TTRS) winners

Please check the school term dates below and the flyer from Newham regarding heating and staying warm.

Have a good weekend

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

Matt Hipperson
Head Teacher

Spring Dates

February

27th Feb - Y5 intensive swimming course every morning @ Olympic Pool Stratford

27th Feb Y3/4 Indoor Athletics Competition

28th Feb Y3/4 Football Tournament

March

2nd March YR, Y1,3 & 4 closed due to Strike Action

2nd March Y6 free visit to see Trial of Josie K at Stratford youth Zone Theatre

3rd March World Bookday hits St. Luke's

7th Mar. World Mathematics Day

10th Mar. Teaching & Learning Coffee Morning for parents

10th Mar. Holi Festival

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

Mar 15th & 16th Possible Strike days

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



SIGNS YOUR HOME IS NOT WARM ENOUGH

- The home feels cold, damp or draughty
- Wearing lots of clothes indoors
- Staying in bed to keep warm
- Asthma or a persistent cough
- High energy bills or in fuel debt



Save energy and keep warm by getting help and advice

Our Newham Money

Energy vouchers are provided to applicants with prepayment meters without electricity/ gas or at risk of having their fuel supply cut.
Tel: 020 8430 2041

East End Citizens Advice

Call 020 8525 6379. Lines are open at the following times:
Tuesdays and Wednesdays: 10am-1pm

GLA Warmer Homes Programme

Get free advice and support if you are having trouble paying to keep your house warm. Services include:

- Telephone advice and home energy visits
- Help with draft excluders and similar in house support
- Support with energy bills and debts
- Grants of up to £20,000 per household to improve insulation (visit www.london.gov.uk/warmerhomes for eligibility criteria and to apply)

Call 0300 555 0195 or contact shine@islington.gov.uk

Other places to get help

Keep Warm Keep Well Scheme (ECO)

Newham Council is working with E.ON and J&J Crump on its Keep Warm Keep Well scheme to help eligible residents benefit from a range of energy-saving measures in their homes. Call J&J Crump and Son on 0800 783 3127 or visit www.jjcrump.com

Water Bills

WaterSure and Water-Help can help make water bills lower, particularly for people who have lower income or need water for health conditions.

Find out more:
www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp

For any physical and/ or mental health concerns call 111 for information on where to get help or talk to your local pharmacist.

Warm Home Discount Scheme

Residents could get £140 off your electricity bill for winter under the Warm Home Discount Scheme. Find out more at www.gov.uk/the-warm-home-discount-scheme

Winter Fuel Payments

Residents can get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 July 1953. Find out more at www.gov.uk/winter-fuel-payment

GLA Cost of Living Hub
www.london.gov.uk/what-we-do/communities/help-cost-living

Translated leaflets
www.nea.org.uk/get-help/advice-resources/?tag=english

Keep energy down by practising sustainable fuel saving tips

1. Turn off standby appliances
2. Install a smart thermostat
3. Turn down your thermostat
4. Buy efficient appliances
5. Install a new boiler
6. Wash clothes in at low temperatures
7. Be smarter about water
8. Invest in double glazing windows
9. Draught-proof your property
10. Insulate the roof
11. Monitor your usage
12. Switch to LED Light bulb



For information on support available visit:
www.newham.gov.uk/public-health-safety/energy/2



Save around £80 a year just by remembering to turn your appliances off standby mode



Save about £35 a year on bills by replacing all of your old bulbs with LEDs



Only fill the kettle with the amount of water that you need and save around £7 a year



Turning down your room thermostat by just 1°C can save between £85-90 a year



Turn your lights off when you're not using them. This will save you around £15 on your annual energy bills



DIY draught-proofing of windows, doors and filling holes in floors can save up to £25-£35 a year on heating bills



Washing your clothes at 30°C can help you save significant amount of money on utility bills



When buying new appliances check the EU energy label to make sure you're buying an efficient product