



# St Luke's News

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



24th March 2023

Dear Parents & Carers,

*As Easter approaches and the school term finishes next Friday we have the perfect offering for you in the shape of the Y3/4 Easter show. It will put you in both reflective and joyful mood for the approaching Easter celebrations. Details are below courtesy of one of the children:*



## Entitlement to holiday help from the Government

I have sent a message to some of you because you are on our Free School Meals (FSM) list. The link below takes you to holiday activities for which you do not need to pay for because of a government grant called HAF (Holidays and food). These are properly run activities which your children will most likely enjoy. Please click on the link to find out more details.

[Newham HAF · Eequ](#)

## Friday Night Club



There was a big treat after school on Friday for the parents of children attending the *Amplified Arts & Drama Club*. The children showed what they had been working on and put their hearts and souls into it. The club will run again on Friday nights through the Summer term and they also run a

Saturday club at the Community Links building on the Barking Rd. So maybe have a look and see if you think it would suit your child.

## Sleep Time

Miss Martin, our extremely hard working Learning Mentor and Pastoral lead, is starting up a discussion group of older children aimed at improving their sleep patterns. This has prompted me to think of some general guidance for all of us. If the children have their own phone it is vital they do not have it or any other electronic device in their bedrooms at night time. This is firstly for safeguarding reasons (children can access extreme material easily on their phone) but it is also very harmful to a brain that wants to get some rest. Ultimately bad sleep jeopardises their ability to do as well as they should in life .

## Food Offer

Below is a message from Theo Michaels; TV chef, author and founder of a company called *FiveDinners.com* - an online meal planning service for families.

*“Dear St. Luke’s,*

*The reason for sending you this message is that I’ve started an initiative to help families eat better and save money on food shopping, especially since they might be struggling with the cost-of-living and are fed up with trying to decide what to cook every night!*

*FiveDinners.com is an online meal planning service; we usually charge £49.99 per year however, in an effort to help families we are now giving our service away for free – no catch, no restrictions, just free. Every week we issue a new meal plan with a single shopping list, set to the number of people you are feeding so you know exactly what you need to buy for the week. All our recipes are easy to follow, with a nutritional breakdown and many with videos. Members can create their own meal plans with our recipes choosing from vegetarian, GF, kid friendly, quick and easy, airfryer, etc.*

*We’ve thousands of current members and are also working with the NHS and Police in trying to support their staff as well.*

*I’d be very grateful if you could communicate our offer to your parents and staff via an email/newsletter/ etc. There’s no catch to this, we’re just trying to help.”*

## Classroom Doors Project

The children have been researching a biography about a famous person and then used that information to create a display for their art work with quotes from them.



YN & YR Queen Elizabeth II



Y1 Katherine Johnson



Y2 Mary Seacole



Y3 Stormzy



Y4 Floella Benjamin



Y5 Martin Luther King



Y6 Nelson Mandela

### Music Concert for the Y6s

Friday saw a group of our Y6s perform instrumental and vocal performances for the school community and there were several incredibly moving performances. Massive thanks to our Y6s for sharing their talents and all of their music teachers - most especially to Miss Adams - whose incredible drive ensures we have wonderful days like today.



## London Youth Games 2023

On Tuesday our 5&6 Girls, and on Thursday our 3&4 Girls Football teams, travelled to *The Jack Carter Pavillion* in Fairlop to participate in the **2023 London Youth Games**. The LYG is the children's version of the Olympics Games and this was St Luke's first time attending a LYG event.

It was a big event, with over 30 football teams on Tuesday and 29 teams on Thursday taking part. Each team was representing a borough of London and St Luke's, of course, were representing Newham.



### 5&6 Team

After playing all 3 of their group games (which was made extra hard because our team had the wrong footwear!), our 5&6 Girls did not get enough points to make it to the last 16. However, this didn't dampen their spirits and they were determined to make the most of their time at the LYG. So after winning a friendly match and taking part in several fun football activities, our amazing Newham Lionesses went to watch the LYG Year 7 Girls' Netball Games. A fantastic end to a great day.

### 3&4 Team.

Just like our 5&6 team, our 3&4s did not get enough points to progress to the last 16 however, their third group match against the team that eventually went on to win the tournament, was an epic one! Despite Team Islington beating the other 2 teams in the group 5-0 and 4-0, when they came up against our St Luke's girls, a victory wasn't as easy as they thought it would be. Our girls were amazing and put up an epic battle and despite losing 2-1, our mini St Luke's *Lionesses* proved that they are made of steel. Even one of the parents from another school congratulated our team on an excellent performance.



Overall both our teams had an excellent time at the LYG 2023. It was a great experience for everyone and a day to remember.

As an addition to the competitive games, **Y3&4 Mixed Badminton team** went as well. This was an enormous honour for a school as small as ours to be competing against the best in London and the children were fantastic, as ever.



## Easter Production

Last week was the Hollywood Oscars but the winners of that will be nothing compared to our Year 3&4 actors and actresses, who will be performing in the **St Luke's Easter Production** on **Wednesday 29th March @ 2pm**. All week they have been acting, singing and dancing non-stop! They are really looking forward to performing to all our students, staff and families. We hope to see you there.

## Church News

### Shine Club

Held in St. Luke's school, this club will now run on **Tuesdays 15:30-16:30** for Y1, Y2, Y3, Y4. It is led by the St Luke's Church team where we learn what it means to be the *Light of the World* and to *Shine from the Inside Out*. A time of song, stories, drama and games. All are welcome.

**THIS MUST BE BOOKED ONLINE FOR THE TERM AT THE FOLLOWING LINK 'SHINE TUESDAYS FOR Y1-Y4'. £3 PER SESSION BOOKED AS AN 11 WEEK BLOCK. Click on the link below:**

<https://linktr.ee/stlukese16>

### Youth Club: PLAY on Thursdays 15:30 - 17:30 for Y5 & Y6

A new FREE Youth Club Drop-In run by the Church Team at St Luke's Community Centre (round the corner from the school). This club will from September be for children Y6 and above but for the summer term is open to Y5s and Y6s. It's a hangout space with table tennis, pool, board games and video games. Children from St Luke's who have signed up will be escorted to the club after school and can be picked up anytime before the club closes from the community centre. If they have permission they can also make their own way home at anytime. All children attending from St Luke's School must register in advance 'YOUTH CLUB: PLAY ON

THURSDAYS (Y5,Y6):

<https://linktr.ee/stlukese16>

With Regards,

Jing, St. Luke's Church Team

And finally...

## Easter Egg Raffle

Our annual Easter Egg raffle will take place on the last day of term, Friday 31st March. Raffle tickets are 20p each and all **money raised will go to our Stand By Me charity**. Raffle tickets go on sale from **Monday 27th March** until **Friday 31st March, 8.45am**. Please give your money to your child's teacher or Ms Adams. If any parents would like to donate an Easter Egg, that would be greatly appreciated. All the eggs will be won by the children. Thank you

Please check out the flyer below after the remaining term dates from Keir Hardie Primary school regarding Teaching Assistant course.

Have a peaceful weekend



**Matt Hipperson**  
Head Teacher

## Upcoming Dates:

### March

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

31<sup>st</sup> Mar. 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**



**Learn enjoy inspire diversity achieve explore excellence**

**Teaching Assistant Level 2 at Keir Hardie primary school and children's centre starting September 2023.**

This is an **accredited course** it will run from September 2023 to July 2024.

The course is on a Monday of each week during term time, from 10am to 1.30pm at Keir Hardie Children's Centre.



**For those on benefits, such as JSA, UC and Income support** there are concessions so you can pay in instalments, **if you need to pay.**



Want to work in a school or with children? Then come along to our open day Monday September 4<sup>th</sup> at 1pm at Keir Hardie Children's Centre, where you can speak to our tutor and have your question answered.

You can also contact Sonia/Bose at Keir Hardie on 0207 476 1284 for more information.

Look forward to seeing you.