



St Luke's News

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



12th January 2023

Dear Parents & Carers,

Happy New Year to those of you I have not bumped into in the playground – I hope you all had some calm and relaxing family time – I am aware this isn't always possible at such a busy time of year but we all need to wish for the best as much as possible! This is a short newsletter – next week I will try to include a list of the main dates/events for this term. Even though we have only been back for seven days there has still been a lot going on and only this afternoon (Friday) our team of athletes won their indoor athletics semi-final – beating 10 other schools to progress to the finals next week. Fingers crossed we have more good news next week.

This week also saw some intensive work with staff from *Trees for Cities* who were gathering pupil voice to drive their £50,000 (won from a grant) development of our garden area, please see more on these below.



“We enjoyed meeting with representatives of Trees for Cities on Thursday as part of our participation in the Healthy Playgrounds project. We looked at the playground and showed them on our maps where we play and what sort of things we do during break times and in our lessons and then they showed us some proposals they had to help us improve the playground and make it more natural to provide us with shade and nature. Finally we gave them a tour of the school and we worked together to think about how we could improve this in a sustainable way that we will be taking the lead on. Next week we have asked classes to do some creative writing about this to give us their ideas and insights. Stay tuned for future developments.”



Congratulations to our fabulous Athletics Team for their outstanding performance at The Newham SSP KS2 Athletics competition at The UEL Sportsdock on Friday 12th January.

Out of 11 schools and over 250 competitors, our team of 20 athletes from Years 6,5 and 4 came first! A massive well done to you all - especially considering we couldn't practice properly this week due to the cold weather. Ms Adams, Mr Adams and St Luke's is very proud of you.



Recycling news from Newham

This January, join Newham in pledging to buy nothing new!

January is **'Buy Nothing New Month'** from **Keep Britain Tidy**. It is about cherishing the things we already have, repairing things rather than sending them to landfill, finding new homes for the things we no longer need and - at a time when many are feeling the pinch - it's an opportunity to save some pennies while protecting the planet.

As part of *Buy Nothing New Month*, LBN are hosting a FREE Community Clothes Swap events at Newham Libraries to help you swap, not shop:

Monday 22 January, 3.30pm – 5.30pm – Canning Town Library E16 1EH

Tuesday 23 January, 3.30pm – 5.30pm – East Ham Library, E6 2RT

Wednesday 24 January, 3.30pm – 5.30pm – Green Street Library, E13 9AR

Friday 26 January, 3.30pm – 5.30pm – The Gate Library, E7 0QH.

On the day, bring along your gently used clothing donations to participate in a rolling drop and swap.

Yes please: *clothing, accessories and bags*

No thanks: *shoes, underwear, socks, tights*

Or; bring along clothing that you would like to upcycle with textile experts at *Fabrications and Sew London*.

Enjoy free refreshments, choose up to 5 'new to you' items, plus hear from our upcycling experts as how you can extend the life of clothes that little bit longer!

New Year Fun!

Our first Friday assembly of the new term saw a crack team of staff take on a brave team of Y5s in a *Guess-the-Language* quiz. All 10 translations were of the same phrase 'Happy New Year' and in a massive turn up for the books the brave little team from Y5 smashed the teachers to earn an extra 10 minutes play at lunchtime – well done children! Below are some of the translations – do you know the languages?



Su Naujais Metais *Sanat Jadidat Saeida* *Yeni Yiliniz Kutlu Olsun*
An Nou Fericit *Nav Varsh Ka Shubkamnayein*

Have Fun!

x

Picture from the Archives

Digging through our archive, Mr Scott came across this golden oldie - Mr. Durrant our old Learning Mentor from about 5 years ago with some Y3 pupils investigating the Ancient Egyptian tradition of embalming using a volunteer who stayed absolutely still on the 'operating table' during the demonstration – it was definitely hands on learning in action!



Golden Assembly & Birthdays



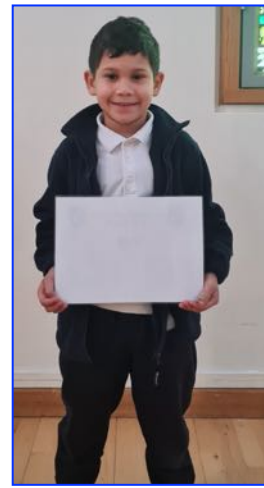
Happy Birthday guys!



YR



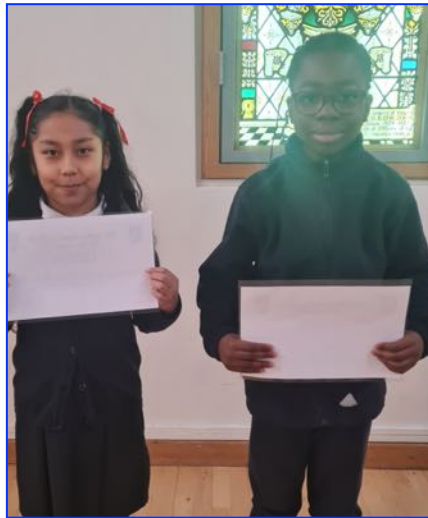
Y1 – Infant Class of the Week



Y2



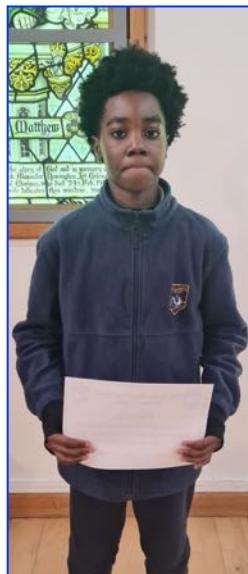
Y3



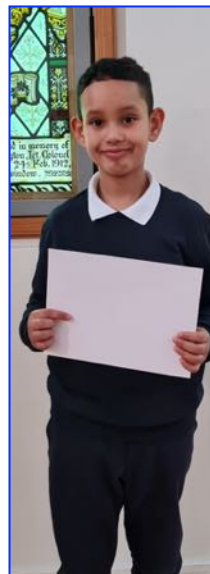
Y4



Y5



Y6



Poetry winner

Please take time to check out the flyer below, and we hope you have a relaxing weekend

**Matt Hipperson
Head Teacher**

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY
MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE
BOX

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#WakeUpWednesday

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