



# St Luke's News

Aspiring to be just and kind. Walking humbly with God.  
Growing with every opportunity



2nd May, 2025

Dear Parents & Carers,

Friday 2nd May saw our 6 award winners in the *Show Racism The Red Card* competition receive their prizes at the Nottingham Forest Football Ground from, amongst others, Viv Anderson (top right,) who was the first black player to play for England in the modern era. Viv helped to open a door that should never have been closed and our children are working to make sure it always stays open. Thanks to their families and Ms Mbick and Miss McCarthy for making the long journey to Nottingham.



## OFSTED

We are still waiting for Ofsted to give us the final published report - as soon as they do we will share it with you but because the Easter holidays came straight after the inspection it has led to a delay - fingers crossed we get it for next week.

## Sleep needed!

This week we have issued a letter to all Y5&6 parents about the dangers of allowing 10 and 11 year -old children to set up and run Whatsapp accounts. Careless comments are made and children hurt and for what purpose? I urge you to delete Whatsapp from your child's phone and monitor to make sure it isn't added back. Another problem from too much digital usage can be the damage to sleep which will impact on learning and life chances. One of our safeguarding partners issued the advice below this week:



*The hidden cost of screen time - We often hear about the physical health concerns tied to too much screen time, but its impact on sleep is just as critical. Poor sleep caused by excessive device use doesn't just result in groggy mornings; it can lead to difficulty concentrating, emotional ups and downs, and behaviour that mirrors conditions like ADHD.*

*Signs your child might be sleep-deprived - Does any of this sound familiar?*

- Lack of focus at school? A tired brain struggles to stay attentive. Your child may seem spaced out, need frequent redirection, or find it hard to follow along in class.
- Struggling with memory or motivation? Poor sleep impairs working memory and executive function, making it hard to follow instructions or stay engaged.
- Restless or constantly moving? Kids who aren't getting enough rest may fidget, pace, or bounce in their seat—not out of hyperactivity, but from sheer exhaustion.
- Forgetful and scattered? Sleep is essential for memory storage. Without it, your child might lose track of homework or forget simple tasks.
- Emotional roller-coasters? Tired kids often have a shorter fuse. They may react dramatically to small problems, have frequent outbursts, or struggle to regulate their emotions.

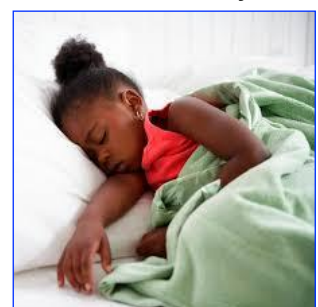
If these behaviours are showing up regularly, screen-related sleep disruption might be part of the puzzle. Apps like [Qustodio](#) allow parents to track screen time, block inappropriate content, and monitor online activity, providing an added layer of security. Using parental control tools like Qustodio can help, but it's also important to have open discussions with your child about online safety. Instead of constant surveillance, schedule regular check-ins to talk about their online experiences, address any concerns, and guide them in making responsible choices. Staying informed about the latest social media trends and security settings will also help you support your teen effectively. There are several ways screens interfere with your child's ability to get quality rest:

- Blue light exposure: Devices emit blue light that suppresses melatonin, the hormone that signals it's time to sleep.
- Stimulating content: Whether it's a fast-paced game or dramatic video, stimulating content keeps the brain active and alert.
- Emotional arousal: Social media and online interactions can trigger intense emotions—excitement, anxiety, or fear of missing out—that make it harder to wind down.
- Sleep displacement: Time spent scrolling or gaming is often time taken directly from sleep.
- Mental associations: Using screens in bed can confuse the brain, linking the bedroom with alertness instead of rest.

Thankfully, small changes can make a big difference. Here's how to help your child reclaim their rest:

1. Introduce a "tech curfew": Turn off devices at least an hour before bedtime to give the brain time to relax and promote melatonin production.
2. Make bedrooms screen-free zones: Keep electronics out of sleep spaces to strengthen the mental link between the bedroom and rest.
3. Stick to a consistent sleep schedule: Going to bed and waking up at the same time daily—even on weekends—helps regulate internal rhythms.
4. Create a soothing wind-down routine: Encourage activities like reading, gentle stretches, or quiet music to cue the body for sleep.
5. Support overall sleep hygiene: Nutritious food, physical activity, and cutting back on sugar or caffeine near bedtime can all support better sleep.

*Sleep tight!*



## What's been going on at St. Luke's:

### Y3 visit to the Wallace Collection

As part of the the Y3 topic on Adventures Back in Time the Y3s visited the Wallace Collection in Marylebone to study the mostly 17th and 18th Century art collection and copy some of their techniques with the help of museum staff. This is another free museum in London that we highly recommend having a look round.



Spotting the dangers

### Safety visit

Hot summer weather and the temptation of playing in cool waters are a great temptation to adults and children alike. Last week we were visited by Anthony from the **Canals & River Trust** who did two really interesting sessions with our children to help them be more aware of the dangers that can be present where there is open water.



Stephen Lawrence Memorial Worship



Sunflower planting at lunchtime...



...and watering the vegetables in the Eco garden

## News from the Church

### Life Skills Course

In light of the current cost of living crisis, if you want to see your money go further, find ways to save money, have more time and less hassle in your day to day life, then *Life Skills* is for you. The **St Luke's Church team** is running a Life Skills Course starting Friday 2nd May, 9:30am to 11:00. Why not join them after the school run for this **FREE** 8 week course that equips you with tools in order to make your money go further.

All sessions will run at Ruscoe Road Sheltered Housing, 55 Ruscoe Road, E16 1JA just on the opposite side of the road from St Luke's School. Join a session and see if its for you! For more info and to register your place please visit: [www.stlukese16.co.uk/lifeskills](http://www.stlukese16.co.uk/lifeskills)

### Alpha Course

The St. Luke's Church Team invites parents and carers to their Latest *Alpha Course* starting next Thursday 1st May 19:00 - 20:30 at the school. There will be dinner provided and a video to have a conversation around. You can register your interest at [www.stlukese16.co.uk/alpha](http://www.stlukese16.co.uk/alpha). There is no obligation to stay for the whole course, come and see if it's for you - we're sure you'll love it!

**What is Alpha?:** *Alpha is a series of 10 sessions exploring the Christian faith, run over eight weeks. Each talk looks at a different question around faith and is designed to create conversation. Alpha is run all around the globe, and everyone is welcome.*

**What can I expect?** You can expect a welcoming place to join in a conversation with space to share your thoughts, ask questions whilst joining a community of people on a journey of exploration. Oh, and food - we love having conversation around some food.

What Others Say:

*'What Alpha offers, and what is attracting thousands of people, is permission, rare in secular culture, to discuss the big questions life and death and their meaning.'* – The Guardian, London

*'What distinguishes Alpha from other initiatives is the easy-going, relaxed feel of the proceedings – that, and its astonishing success.'* – The Times, London

*'Alpha is an unqualified triumph.'* – The Daily Telegraph, London

### Information for parents



**SCOPE3CE** **Bargain Bazaar At Beams**  
Factory Road, London E16 2HB  
**Sunday 27th April**  
**11am - 3pm** BRING YOUR OWN BAG

SCOPE3CE is proud to bring you a brand new fortnightly Community Sale...  
Sustainable Shopping at it's best... Save Money & The Earth at the same time... Perfectly Pre-Loved Clothing, Footwear and accessories, Vintage Linens and Fabrics  
Massive Savings on New Items, Handcrafted Items , Bargains For everyone...  
For more information contact : [Scope3CE@gmail.com](mailto:Scope3CE@gmail.com)



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Household Packs and Personal Support packs available  
Contact us for more info!  
[SCOPE3CE@gmail.com](mailto:SCOPE3CE@gmail.com)

# Golden Assembly and Birthdays



YR



Y1



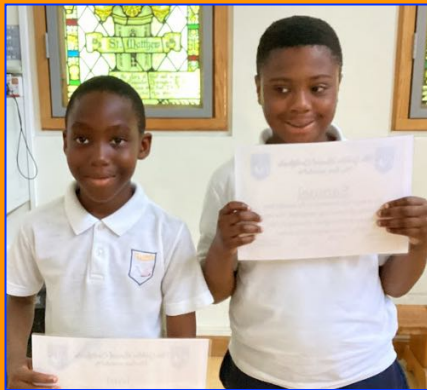
Y2



Y3



Y4



Y5



Y6



HT Award



Happy Birthday!!!

## Dates for the Diary

### May

7th VE Day 80th Anniversary Assembly - Parents Invited

9th VE Day Street Party for the children in the playground

12th-15th Y6 SATs Tests

15th May Stubbers meeting online for Y6 parents

16th Outdoor Classroom Day at St. Luke's – see poster right

20th Newham Schools Sustainability Conference – Eco committee

21st Y4 Sunflowers gardening and art workshop day

22nd Bee Keeper brings mobile Bee Hive to school Y1-Y6

22nd PM Electricity Workshop Y4

23rd Class Photos in the garden

23rd Tea party in the playground to celebrate the 25th anniversary of the school opening Parents Invited

**26th May to 30th May school closed for Half-term holiday – school reopens at the normal time on Monday the 2nd June**



### June

2nd – 6th World of Work week for Y1-Y6 focusing on jobs of the future

3rd – Gardening/Art workshop Y2 Bee theme

4th Y3 Visit to National History Museum

4th Y4 Cricket Festival Stratford

9th-11th Y6 Residential visit to Stubbers

9th-13th Y1 Phonics Check & Y4 Times Tables checks this week

13th Y2 & Y3 visit to the Hackney Empire

16th-27th June Y4,5&6 Swimming lessons every morning at the Olympic Pool

18th Pop Artist & Gardener visiting Y3 for flower workshop

19th SEND Coffee morning Parents Invited

19th 5pm new to YR Sept. 2025 meeting

23rd - 25th PM Y6 working with University College London (UCL) on film making project

30th Special Windrush Assembly – Parents Invited

### July

3rd Y6-7 transition day for those attending LBN schools

3rd Stay & Play for those new to YR Sept. 2025 who didn't attend our Nursery

4th St Luke's Carnival 1-4pm Parents Invited

8th Y6 SATs results released by DfE

8th 5pm Y5 Secondary transfer meeting Part 1 – school choices

9th Theatre group visit in school for Y5&6

10th Y4 visit to Brockwell Park Bee Centre

11th 9am End of Year Music Celebration Parents Invited

11th PM Careers Fair Y5&6 Parents Invited

11th Nursery closes for the year to allow home visits for Nursery children in September

12th Saturday - Church Summer Party to celebrate 150th Anniversary

14th 2pm Y6/UCL Film viewing for Y6 Parents

16th Y6 End of Year Performance for Y6 Parents

17th 9am Y6 Leavers Service for Y6 Parents

18th 9am End of Year Awards – Parents Invited

**18th School closes for the Summer holiday at 1pm**

**Thursday 18th July School closes for Summer Holidays at 1pm –**

School reopens for children on Wed 3rd September 2025 for Y1-Y6 with Breakfast Club & After  
School clubs open.

YR & YN start times will vary, parents will get individual letters

Have a Peaceful Bank Holiday Weekend

*Matt Hipperson*

Head Teacher