



# St Luke's News

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



27th March 2020

Dear Parents

*We are all now one week into a different world for everyone and it seems to be getting stranger all the time. The one thing we can be sure of is just how serious this situation is for London in particular. We are very lucky to live in one of the most diverse cities in the world and one that has so much culture. But it is also a very busy place with so many people living in it and that has made it somewhere that the Coronavirus Co-Vid 19 can easily spread.*

The current advice to stay home is so important to follow – I know it is difficult, especially as the sun is coming out after the past storms, but any ideas people had that the healthy and fit or those who are young were not affected by the virus are unfortunately being proven wrong.

## Essential Workers

We are still open for between 20-30 children from families who meet the government criteria and I would like to thank them, as well as the staff, for working together to make sure we support these families but also have as smaller number as possible in so people are not travelling in public spaces.

## Services and Support

If any of you are struggling to access services and support you need to survive please email me at [ht@st-lukes.newham.sch.uk](mailto:ht@st-lukes.newham.sch.uk) and I will do my utmost to help you.

## School Work at Home

With this new way of working we want to give you some guidance – hope this helps!

### Firstly: this is not home-schooling!

This is an unprecedented emergency situation impacting the whole world. 'Homeschooling' is a choice where parents consider, plan and deliver their child's education as a sole school teacher in whatever form they choose. What we are doing is, at best, 'distance learning'. In reality we are all simply trying our best as there are currently no norms - no right or wrong ways.

### *Most common questions about 'home working':*

***"The school has sent home lots of work, hours and hours! How am I supposed to get through it all?"***

You're not expected to do all of it if you seriously can't fit it in. Your child's teacher spent some time last week gathering things to send home and a lot has been put on the website.

That way at least we can say we did our best under the circumstances to support you and avoid complaints that enough didn't go home. It's not a competition, or a race, but better to be prepared than not.

***“My school keeps sending home links and emails with more work. How do I make it stop? Ahhhhhh!”***

Any links and websites are simply suggestions and ideas because the school is worried they're not offering enough. Use them if they suit you, don't if they don't suit. If you're getting stressed, stop working!

***“Someone in my child's class has everything done and we've barely started. Will they fall behind?”***

Even if everything were equal in terms of support, time and number of children (which it is not), all children learn at different rates. In the class, there is a wide range of development in all subjects: there are different paces and there are many children working on different levels of work. It is impossible for teachers to differentiate at the moment, so you don't have to do it either. Be reassured, your child will not fall behind. This is all revision and 'reminder' work. All of this is learning - very valuable learning. Give yourself and them a break.

***“Ok, but what should they do?”***

*Certainly* a bit of reading every day – independent or you read to them - or even use an audiobook

Some free writing: get them to keep a diary, write a Hollywood blockbuster about killer bugs taking over the world or something even greater like a comic strip or graphic novel. Get them to read it to you. Ask them questions about it: what happens next? What might happen if..? Then there's practical hands-on maths – involve your children in cooking (measuring, following instructions, timings), get them cleaning, tidying up small toys (counting, sorting) or some maths games, physical or digital (look up some simple fun games with a pack of cards: counting, number recognition, memory training). How about a snack shop inside using pocket money?

For some fine-motor work - Lego, cutting up old magazines (cutting out figures and glueing them to card, making up stories), Playdough (you can make playdough in next to no time from everyday ingredients found in your kitchen cupboards - Google it).

***Physical exercise everyday – Joe Wicks on Youtube at 9am, lots of staff doing it!***

Some art/music where possible through the week - Draw, paint, colour, listen, or make a song up. It doesn't have to be structured or guided.

**But most importantly - Listen. Talk. Encourage. (Laugh.) Reassure.**

***Remember, you are doing enough. You are loving your kids and supporting them through a difficult time. Look after yourself. Minimising stress is absolutely vital in a time like this for mental health. Don't let this be something that stresses you. Only you can control that by accepting it is in your control, what you do and what you don't.***

### **A Message from Rev. Amy**

As you've probably heard The Church of England has closed their church buildings for now but the church itself



goes on! Church was never supposed to be about our buildings anyway! St Luke's Church is here to offer support for anyone who requires it in these challenging times. I am live streaming morning prayer on [St Luke's E16 Facebook](#) and Instagram each day at 9am and we will be live streaming a service on Sunday at 10:30am on these platforms or via our church website. Please feel free to join us any time online if prayers or worship would be an encouragement to you. Do message me on these platforms or via contact details available on [our church website](#) with prayer requests. Keep safe, keep indoors, keep in touch, keep the faith! We will get through this together.

***'Psalm 121 says 'I lift my eyes to the hill. From where does my help come? My help comes from the Lord who made heaven and earth.'***

You're in my thoughts and prayers - Rev. Amy

**And finally...**

Please remember our healthcare workers in your prayers every day – they are literally risking their lives for all of us (many will die whilst trying to save lives) even though they have been underfunded for years – they are such an amazing example to all of us.



Keep safe, stay inside and communicate with others from a distance.

Matt Hipperson

Head Teacher

PS see below for some ideas and helpful contacts.





**We invite you to brighten up Canning Town and make people smile by drawing, painting or collaging a picture of a rainbow and sticking it up in your window for everyone to admire!**



**As you look out of your window, or go out for some fresh air, look around at all the beautiful rainbows and remember – we are all in this together! (If you go out to look at all of the lovely rainbows, please remember to practise social distancing and stay at least 2m away from others.)**

**Useful Contacts and Emergency Assistance for Families**

Newham Families Information Service and Local Offer - [www.families.newham.gov.uk](http://www.families.newham.gov.uk)



An inclusive local family directory and service guide for families with children and young people aged 0-25 years with Special Educational Needs and/or Disability.

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|                             | <b>Website</b>  |
| <b>Emergency Assistance</b> | <a href="https://newham.foodbank.org.uk/">https://newham.foodbank.org.uk/</a>   |
| <b>Food bank</b>            | <b>Manor Park Centre</b><br>Manor Park Christian centre<br>454 High Street North<br>E12 6RH<br>Opening Times: Tues 10- 12pm                                 |
| <b>Food Bank</b>            | <b>St Marks Centre,</b><br>218 Tollgate Road,<br>Beckton,<br>London,<br>E6 5YA<br>020 7474 3060<br>Opening Times: Fridays 7-9pm                             |
| <b>Food Bank</b>            | <b>Bonny Downs Community Centre</b><br>Bonny Downs Church Hall,<br>Darwell Close off Flanders Road<br>E6 6BT<br>020 7474 3060                               |
| <b>Food Bank</b>            | <b>London Ghana SDA Church</b><br>Chadwin Road,<br>Plaistow,<br>London<br>E13 8NF<br><br>0207 474 8095<br><br>Thursdays, 6 – 8pm                            |
| <b>Food Bank</b>            | <b>Rehoboth Church</b><br>478 Barking Road,<br>Plaistow,<br>London<br>E13 8QB<br><br>07951 612405 (Emergency Food Distribution)<br><br>Saturdays, 9am -11am |
| <b>Food Bank</b>            | <b>Royal Docks Activity Centre</b><br>Albert Road,<br>London<br>E16 2JB<br><br>0207 476 1666 (Emergency Food Distribution)<br>Monday – Friday, 9.30am – 2pm |

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| <b>Food Bank</b>   | <p><b>WGMI</b><br/> 738 Barking Road,<br/> London<br/> E13 9LB<br/> 07944 101267 (Emergency Food Distribution)<br/> Sundays, 10.30 - 13.00</p>  |
| <b>Emergency Assistance</b><br>(i.e. food parcels, clothing etc) | <ul style="list-style-type: none"> <li>• <b>FairShare</b> – <a href="http://www.fairshare.org.uk">www.fairshare.org.uk</a></li> <li>• <b>Salvation Army</b> - <a href="https://www.salvationarmy.org.uk/emergency-assistance">https://www.salvationarmy.org.uk/emergency-assistance</a></li> </ul>  |
| <b>Support Services</b>  | <ul style="list-style-type: none"> <li>• <b>Family Lives</b> – provides information, advice, guidance and support on any aspect of parenting and family life. Their helpline number is 0808 800 2222</li> <li>• <b>Gingerbread</b> – provides single parents with advice and practical support. You can call the <a href="http://www.gingerbread.org.uk">Gingerbread Single Parent Helpline</a> on 0808 802 0925</li> <li>• <b>Relate</b> – provides relationship support, including <a href="http://www.relate.org.uk">help for children and young people</a> and <a href="http://www.relate.org.uk">help with family life and parenting</a></li> <li>• <b>Single Parents</b> – provides single parents with help, advice and support</li> <li>• <b>YoungMinds for Parents</b> – provides advice about mental health and behaviour problems in children and young people. You can call the parents' helpline on 0808 802 5544</li> <li>• <b>Family Rights Group</b> – provides parents or other relatives with advice about their rights and options when social workers or courts make decisions about their children's welfare. Their advice line number is 0808 801 0366</li> </ul> |
| <b>Maternity Support</b>   | <ul style="list-style-type: none"> <li>• <b>Newham NCT</b> (includes breastfeeding support) and <b>Parents in Mind</b> PND support<br/> <a href="https://www.nct.org.uk/local-activities-meets-ups/region-london/newham">https://www.nct.org.uk/local-activities-meets-ups/region-london/newham</a></li> <li>• <b>Maternity Voices Partnership Newham (Social Action for Health)</b><br/> <a href="https://www.safh.org.uk/newhammvp?fbclid=IwAR1neKgylidNTIuh8nMltSeLXgmv8arCZ9dCRMjCkiHYnJ5XwpXaUfmT7zo">https://www.safh.org.uk/newhammvp?fbclid=IwAR1neKgylidNTIuh8nMltSeLXgmv8arCZ9dCRMjCkiHYnJ5XwpXaUfmT7zo</a></li> <li>• <b>Alternatives</b> Pregnancy and family support particularly those with no access to public funds.<br/> <a href="http://www.altel.org.uk/">http://www.altel.org.uk/</a></li> </ul>  |
| <b>Helplines</b>   | <ul style="list-style-type: none"> <li>• <b>Kooth Online Counselling (10-16 year olds)</b> – <a href="http://www.kooth.com">www.kooth.com</a></li> <li>• <b>Childline</b> 0800 11 11</li> <li>• <b>Newham Talking Therapies (self-referral)</b> 0208 475 8080</li> <li>• <b>NSPCC</b> – 0808 800 5000</li> <li>• <b>Family Lives</b> – 0808 800 2222</li> <li>• <b>Runaway Free</b> – 116 000</li> <li>• <b>Young Minds Parent Helpline</b> – 0808 802 5544</li> <li>• <b>Gangline</b> – 0800 032 9538</li> <li>• <b>Crimestoppers</b> – 0800 555 111</li> </ul>  |

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| <b>Benefits Advice</b>                      | <ul style="list-style-type: none"> <li>• <a href="https://www.understandinguniversalcredit.gov.uk/coronavirus/">https://www.understandinguniversalcredit.gov.uk/coronavirus/</a></li> </ul>   |
|   | <ul style="list-style-type: none"> <li>• <b>Newham Community and Crisis Support</b> - <a href="https://www.newham.gov.uk/Pages/Services/Newham-community-and-crisis-support.aspx">https://www.newham.gov.uk/Pages/Services/Newham-community-and-crisis-support.aspx</a></li> </ul>  |
| <b>Community Based Support Groups</b>       | <ul style="list-style-type: none"> <li>• <b>The Magpie Project</b> - <a href="https://themagpieproject.org/">https://themagpieproject.org/</a></li> <li>• <b>BDCA Community Association</b> - <a href="http://www.bonnydowns.org">www.bonnydowns.org</a>.<br/>Projects specifically for elders, children, parent/carers and youth as well as general community services around healthy food, poverty response, sports and a Gardening Project.</li> </ul>   |
| <b>Community Based Support Groups</b>       | <ul style="list-style-type: none"> <li>• <b>Ascension Community Trust</b> - <a href="http://www.ascensioncommunity.org.uk/eldersproject.html">http://www.ascensioncommunity.org.uk/eldersproject.html</a></li> <li>• <b>Newham Community Links</b> - <a href="https://www.community-links.org/advice/">https://www.community-links.org/advice/</a></li> </ul>   |
| <b>Debt Management</b>                      | <ul style="list-style-type: none"> <li>• <b>MoneyWorks</b> - <a href="https://newhammoneyworks.co.uk/">https://newhammoneyworks.co.uk/</a><br/><br/>Newham MoneyWorks<br/>112 - 118 The Grove<br/>London<br/>E15 1NS<br/><br/>Monday to Friday 9am-5pm<br/><br/>Tel: 020 8430 2041 Email: <a href="mailto:moneyworks@newham.gov.uk">moneyworks@newham.gov.uk</a></li> </ul>   |
| <b>Social Media Apps and Support Groups</b> | <ul style="list-style-type: none"> <li>• <b>A Facebook group for Newham</b> has been set up where people have been posting information for residents in need of support: <a href="https://www.facebook.com/groups/202303704194767/">https://www.facebook.com/groups/202303704194767/</a></li> <li>• <b>OLIO App</b> - Olío is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those who need or wish to consume such food.</li> </ul> |

