



St Luke's News

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



17th April 2020

Dear Parents

I hope you all had a spiritually refreshing Easter - and boy didn't we need it! I already know of staff members/families that have been affected by this virus and I am sure this must also be the case for the wider school family – this leads to an enormous amount of stress which of course is very damaging for our health. At the end of this newsletter I have attached some guidance around staying as positive as possible and I hope you may find it useful.

The novelty of the lockdown has definitely worn off and I want to say a huge thank-you to all our families who have had to get used to fulfilling some part of the teacher role. We know how very difficult that can be! The children also deserve our praise as they seem to have taken to this new way of working incredibly well. I would also like to thank the staff who had a little under a week to totally prepare a new way of learning - and continue to suggest new tweaks to improve it. We were very lucky that some of the strategic decisions we have taken over the last couple of years around the website and cloud based learning put us in a position to be able to offer some solutions to the new home working situation we find ourselves in.

What Happens Now?

My best guess is that we will remain in our current method of working for the rest of this half term until June and then fingers crossed we might be able to re-open fully then. This is really important as it would allow us to complete the Primary school time for our Y6s and allow the residential trip to occur. As soon as I have any information regarding this I will let you know. This last week we have had some keyworker children in and I also want to thank staff for giving up some of their Easter holidays. This also meant we were able to give out 57 food parcels today to children who met government criteria.

Summer Term

A reminder to parents that from **Monday 20th April** the Summer Term begins and the teachers will have set fresh work for the children to begin. Also, if your child has any Special Educational Needs please check out the new [Inclusion During Shutdown](#) tab under the [Parents' Page](#) on our website for ideas to help your child access their learning.

Below you will find a message from Reverend Amy, a Wellbeing Guidance leaflet from Newham, an educational summer adventure opportunity for KS2 pupils, a message from Hope (with a quiz) and of course, the Covid-19 *Food & Essentials* Appeal.

Have a quiet and safe weekend

Matt Hipperson

Head Teacher

A Message from Reverend Amy

One of the songs we like to sing at Church Assemblies is *Our God is a Great Big God*. I love this song as it reminds us that no matter how old we are, or how we feel today, God holds us in his hands: He's higher than skyscrapers, he's deeper than a submarine. He's also mightier than Corona Virus and loves us beyond our wildest dreams.

At these times of uncertainty and difficulty for all of us, it's important to hold on to the promises of Scripture: God is with us, God loves us and he never abandons us. This coming week in moments of sadness, struggle or laughter, it is my prayer that you would know God's comforting presence, his peace that surpasses understanding and his love for you all. I am praying for you and all your family at this time.

Do get in touch if there's anything I can do and please continue to support and use the new Canning Town food bank if you can or need to.

God bless

Amy

COVID-19 Guidance

Newham London

Mental Health and Wellbeing - Factsheet

How to look after your mental health and wellbeing

Following the Government announcement that we must all stay home as much as possible, it's important that we think about how we can each best take care of our mind as well as our body. You may feel bored, frustrated or lonely and miss being outside with other people. You may also feel low, worried or anxious, or concerned about your finances, your health or those close to you.

It is OK to feel like this – everyone reacts in their own way to challenging events and uncertainty. It is important to remember that staying at home may be difficult, particularly if you don't have much space or access to a garden. The tips and advice on this page include things you can do now to help you keep on top of your mental wellbeing, prevent you from falling into unhealthy patterns of behaviour and cope with how you may feel while staying at home.

Simple things to do at home to keep you mentally and physically active:

- Check for ideas to exercise at home using the NHS website
- Spend your time doing things you enjoy, such as reading, cooking, listening to music and watching your favourite television programmes
- Stay in touch with family and friends over the phone or on social media



- Maintain a healthy diet, eat well-balanced meals, drink enough water, exercise regularly, and try to avoid smoking, alcohol and drugs
- Keep your windows open to let in fresh air, get some natural sunlight if you can, or go outside into the garden. You can also go outside to exercise once a day – either by yourself or with members of your household. If you do this, you must stay at least 2 metres away from other people.



How to stay connected with family and friends during this time at home?

- Make plans to video chat with people or groups you'd normally see in person. There are many applications to do this, such as Whatsapp, Facebook and Skype.
- Arrange phone calls or send instant messages or texts
- Put on the radio, television or listen to a podcast if your home feels too quiet
- Choose positive television programmes and films over those that will cause you to feel negative, hopeless or worried. Limit your media and news consumption to twice a day
- Search and download **online community apps** on the NHS apps library



We're encouraging Key Stage 2 pupils to join our summer adventure (no passport required).



Not a KS2 teacher? [Update your email settings](#) | **SHARE:** [Twitter](#) | [Facebook](#) | [LinkedIn](#)

From the comfort of their own home, children will explore the limits of outer space, the depths of the ocean and travel to the far-flung corners of our incredible world — *collecting fun facts along the way!*

Featuring spectacular video clips from Discovery channels like Animal Planet and Discovery Science, our summer adventure is **intended to inspire curiosity**.

The quiz is exclusive to subscribing schools (that's you), and links to awe-inspiring footage in our video zone.

Invite your pupils to take part in this #StayAtHome adventure of a lifetime! Your school's pupil home access details are below, ready to copy/share.

St. Luke's CE Primary School

Username

student20682

Password

Stlukes

Play along: www.discoveryeducation.co.uk/mywb

The pupil account is **unique to your school and should be shared privately** with parents. Home access questions? Contact [school support](#).

Educational and enjoyable! See the quiz content overview »

This term we will be focussing in school on the value HOPE.
We hope your family will find these ideas helpful as you explore the value and have fun together.

TALK TOGETHER about Hope

The value **hope** is about much more than just wishing as hard as we can that things will be different. It is about believing that the world can be better and being prepared to do something!

The character Noah in the story opposite, was willing to look silly in front of his neighbours by building a huge boat even though he lived miles from the ocean, because he **hoped** and believed that God had a plan. As a family you may want to talk about:

- your **hopes** and dreams for the future
- what you can do to make them happen
- what others need to do

THINK TOGETHER Words of Wisdom

"Learn from yesterday, live for today,
hope for tomorrow"

Albert Einstein



READ TOGETHER... God's Special Promise

The world that God had made was a beautiful, colourful place – brimming with life and bursting with good things. It was his precious gift given with all his love. God **hoped** that people would care for it and care for each other but now they were doing just the opposite! They were quarrelling, fighting, and spoiling everything. God saw that there was only one thing to do; to begin all over again.

But God also saw that not everyone on the earth was wicked. There was one man and his family trying to do their best to look after the world and to look after each other and to listen to him. The man's name was Noah. God told Noah to build an ark – a huge, magnificent boat. Noah was mystified because he lived miles from the ocean and was not sure why he would ever need a boat. As word got around about the enormous boat Noah's neighbours made his life miserable with their taunts and jibes. Sometimes Noah was tempted to lose **hope**, but he knew from experience that he could trust God for the future, so he and his family kept on building.

When the work was finally finished God told Noah to gather two of every kind of creature as well as all his family together and set up home in the ark. It took a long time but Noah had to just keep on trusting God. And then the first raindrops began to fall, followed by showers, then torrents and finally floods. On and on it rained for forty days and forty nights. When Noah was beginning to lose **hope** of ever seeing the sun again, the rain suddenly stopped. Noah sent out a dove and when it did not return he knew that the bird had found dry land on which to build a nest. They were safe at last!

And then a wonderful thing happened. God sent a rainbow - a beautiful, colourful bow in the sky. It was a sign of **hope** and promise. The world had been washed clean, and was all ready for a new beginning.

Bible story based on Genesis 6.1-9.37



QUIZ Word Search

Find the words from the story of Noah.
12 creatures are also hidden in the word search. They were on the boat!

NOAH	CREATURE	FORTY
ARK	DAYS	HOPE
BOAT	DOVE	NEST
BUILD	FLOODS	PROMISE
	GOD	RAINBOW
		WORLD

P	R	O	M	I	S	E	T
A	A	C	G	K	D	U	P
R	I	B	F	R	O	G	J
R	N	J	H	G	O	D	D
L	Q	R	O	B	O	A	T
G	O	A	T	O	U	A	M
D	L	R	O	W	Z	I	H
P	M	K	C	A	M	E	L
O	L	I	O	N	E	V	O
E	R	U	T	A	E	R	C
V	X	A	Y	G	I	R	A
F	F	E	B	Y	W		
K	A	N	S				
F	O	R	T	Y	T		
P	E	D	T	S			
N	E	L	F	E			
S	K	E	O	N			
C	A	R	B	E	Z	M	

The Basket of Dreams

This beautiful sculpture is on the hills overlooking Lake Wakatipu in New Zealand. It is called the Basket of Dreams and is made from a spiral of steel. Spirals can remind us that we have a choice about the way we live. We can either travel inwards towards self-centredness where we only try to think of ourselves or we can travel outwards towards the world and other people.

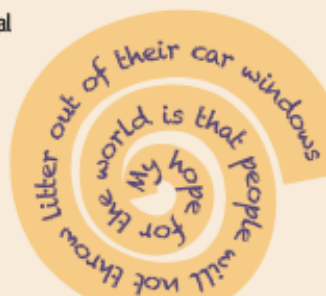


FAMILY FOCUS

Spiral of Hope

Start with a circle of paper or light card and draw a spiral. On the spiral write a **hope** or dream that you have that will make the world a safer, cleaner or more healthy place to live. Cut along the lines until you get to the centre, leaving a circle in the middle. Make a hole in the middle so you can hang your spiral from a thread.

(You may want to practice drawing a good spiral on some scrap paper before you start.)



FASCINATING FACTS

Rainbows

After a shower of rain we sometimes see a magnificent rainbow arched across the sky.

- rainbows are the reflection of the sun in the rain droplets in the sky
- they are curved because raindrops are round
- they are multi-coloured because each raindrop splits the sunlight into a spectrum of colours
- the colours of the rainbow are always in the same order – red, orange, yellow, green, blue, indigo and violet – and red is highest in the sky
- an easy way to remember the order is using the mnemonic 'Richard Of York Gave Battle In Vain'. The first letter of each word is also the first letter of the colour.



HALL OF FAME

Sir David Attenborough

Sir David Attenborough is best known as a natural history film maker. He has made expeditions all over the world to watch and film wildlife in its natural habitat. His many TV documentary programmes have allowed us all to understand the wonder of nature and the importance of conserving the natural environment if species are to survive.

Sir David has shown us the impact humans have too often made on the natural world and the consequent



struggle of wildlife to survive. His **hope** is that we leave future generations a planet that is healthy and inhabitable by all species.



HOME-SCHOOL CHALLENGE

Make a 'hopes and dreams' catcher

Dream catchers are traditionally made from a looped willow branch onto which a net or web is woven. The net is then decorated with feathers, beads and other decorations. According to American Indian folklore, as we sleep, dreams are caught in the net and with the first rays of sunlight any bad dreams are burned away.

Find a long twig that can be bent and tied to make a hoop or frame. Use natural string or thread stretched across the frame to make the net and then decorate it creatively to catch all the **hopes** and dreams you can!



Canning Town Covid-19 Support: Food and Essentials

We are accepting donations from the public, which will then be sorted, packed and safely delivered to Canning Town residents who need them.

Please purchase non-perishable foods and essential household items and drop them in the entrance area at River Christian Centre, Vincent Street, Canning Town, E16 1LZ, Monday and Friday 9am-6pm.

If you are in need of support we may be able to help.
Contact us on 020 74761171 or 07470301364

We are asking you consider if there are other alternatives first e.g. family or online deliveries. We want to prioritise those in most need.



Newham Mutual
Aid Network

We are a partnership of local organisations working in liason with Newham Council