



St Luke's News

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



8th May 2020

Dear Parents

I wanted to begin this week by saying that I am becoming increasingly aware of families of both staff and pupils struggling with major traumas around Covid-19.

I am starting to prepare for the limited re-opening of the school and it is really important that I know if a child has had a family bereavement or trauma arising out of the current situation. If I know, I can share that information with the staff who look after that child so they can support the child and we can also arrange some time to talk, when the child is ready. Please let me know on ht@st-lukes.newham.sch.uk

From a staff point of view Mrs Harding (who usually works in Y1 but has been in supporting in our 'new' world) was telling us this week about her son Shawn, a pupil with us in back in the '90s, who currently works as a maternity manager at Newham Hospital and his wife Stacey, a midwife at Newham. The pair of them have have been working continuously but on opposite shifts because they have an 18 month old baby Olivia that they need to look after on their own because of the lockdown. I thought this was important to share with you because it illustrates the devotion of NHS staff and also the anxiety they face not wanting to bring the virus back to Olivia. So let us all remember the sacrifice that those staff are making and the pressure they are working under and keep them in our prayers. Below are some pictures and thoughts from the children in school that we sent to Newham General as a thank-you.



School re-opening

We are expecting a formal announcement soon but my information is that Y6 will be the first children to be brought back and that could be in June. It could then be Reception after that. *But let me stress that it will not be 'business as usual'.* All schools will have to think very carefully about how we bring the children back whilst ensuring social distancing and safety for pupils and staff.

VE Day 75th Anniversary

Friday the 8th May sees us celebrate and remember the 75th year since VE Day (Victory in Europe) - the end of the Second World War in Europe (it was to continue in the Far East with Japan until August 14th). We were planning to hold a 'Street Party' in the playground and invite you all in but sadly we can't do that.



The war left whole areas of the world devastated (including Canning Town) with over 450,000 deaths in Britain alone and more than 100 million dead worldwide. The parties at the end of the war were less from a point of view that 'We won' (war is not a football game) but more from relief that we had survived. With our current situation I'm sure there will be celebrations when all this is over but above all, it will be feelings of relief for many and for some of us, mourning those we have lost. It is our support for one another in times like this that marks our humanity and defines us as a community - so I am very proud to say I am from the community of St. Luke's.

Prayers with Reverend Amy

From next Thursday Rev. Amy will be available to talk and or pray with any parents who are struggling. She will be in school from 12-1pm in a room suitable for social distancing and you can book some time with her through the school office.

See below another 'Home School Values' letter from Chelmsford Dioceses and advice on money issues from the Newham Support Team

Have a fantastic Bank Holiday weekend.

Matt Hipperson

Head Teacher



THANKFULNESS

HOME SCHOOL VALUES

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

TALK TOGETHER about Thankfulness

'Count your blessings' is an old saying, but it reminds us to be **thankful** and not take things for granted.

As a family you may like to talk about

- Remembering to let other people know when you are **thankful**
- Not taking things for granted
- Practical ways of showing gratitude
- How it feels when someone **thanks you!**

THINK TOGETHER Words of Wisdom

"God gave you a gift of 86,400 seconds today.

Have you used one to say **thank you**?"

Anon



READ TOGETHER...

The Man Who Came Back

Jesus was travelling along the dusty roads towards Jerusalem. At each village he was welcomed by people, happy to see him and listen to his teaching. But today, as he entered the village he saw in the distance a small group standing apart from the crowd. They were calling out, "Jesus, Master, help us, please make us well." These poor people had a disease called leprosy. They were terribly ill and no-one in the village wanted to go near them.

But Jesus didn't ignore them. He stood among them and prayed for them. As each of them went on his way they began to notice that their whole bodies were healing up. They were so excited that they immediately rushed off to share their good news. Well, nine of them did. The tenth turned and fell on his knees in front of Jesus and **thanked** him for what he had done.

"I healed ten people with leprosy today", said Jesus to the man. "Where are the others?". But then he smiled "Well at least you came back to say **thank you!**".

Bible story based on Luke 17:11-19



QUIZ

Jumbled Words

Unjumble the words (that are known as anagrams), to discover words from the story.

r sleep _____

per day _____

net _____

sly rope _____

heed al _____

had kent _____

sue js _____



FASCINATING FACTS

Have you ever thought about how many people we have to **thank** for some of the everyday things that we take for granted? For example the milk we drink.

Thank you Mum & Dad for buying the milk ,

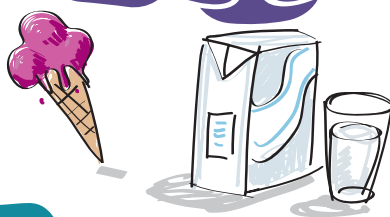
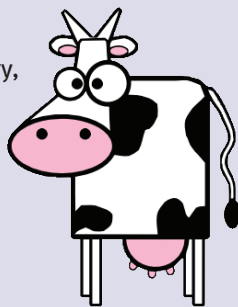
Thank you supermarket workers for stacking the shelves and operating the cash tills,

Thank you lorry driver for bringing cartons of milk to the supermarket,

Thank you workers in the packaging factory,

Thank you milk tanker driver for collecting the milk from the farms and bringing it to the factory,

Thank you farmers for milking the cows.



★ HALL OF FAME

Laura Trott Track Cyclist

At the age of just 20 Laura won two gold medals in Track Cycling at the London 2012 Olympics. Then four years later in Rio, she won another two, making her the first British woman in any sport to win four Olympic gold medals.

It wasn't easy – as a child she suffered from asthma but enjoyed and competed in trampolining until she had to give up due to breathing problems. Then as a young teenager she took up cycling and at 17 won a junior title racing in the British championships.

Her inspiration to train and succeed as a cyclist came from a meeting with Sir Bradley Wiggins for which she will always be **thankful**. She chatted to him and wore his gold medal for a few moments. It felt amazing!

After her success in the Rio 2016 Olympics, Laura talked about her training programme – it is not just her hard work that brings success. She really is **thankful** for the whole team - managers, coaches, doctors, mechanics, therapists and so many more people - who encourage, motivate and support her.



HOME-SCHOOL CHALLENGE

Thank you chain

Think about how an everyday item reaches you: Where does it come from? Who was involved in making it? Who should you **thank**?

Make a **thank** you chain and bring it to school to hang in the Challenge Gallery.



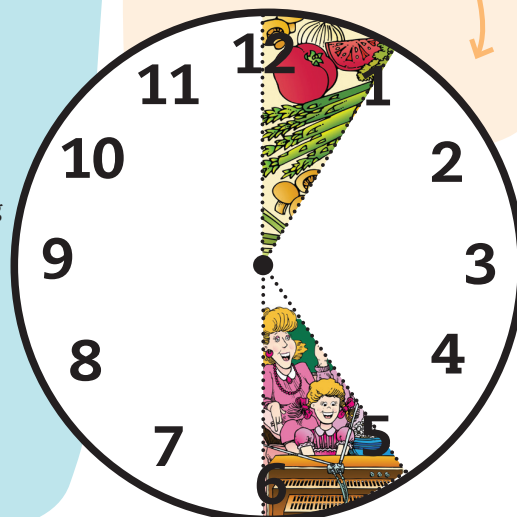
FAMILY FOCUS

Time to say "Thank you"

Draw a clock face for your family to fill in together.

Choose one day and ask every one to think, as the hours tick by, about one thing in each hour that they would like to say **thank** you for.

Draw a picture of what you are **thankful** for in each segment.



Top tips for managing your money

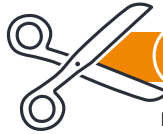
1 Work out your budget

Keep a spending diary – what is coming in and what is going out (include one off expenses)

Consider having a 'mean month' where you only spend on basics – only spending where you have to
Money Advice service budget planner:
www.moneyadviceservice.org.uk



2 Look at ways to cut costs



Look at cheaper providers for water, energy, electricity, broadband etc.

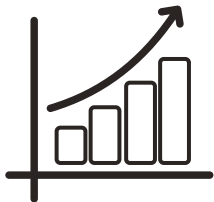
Cancel direct debits you no longer need e.g. subscriptions etc. (Check what contracts you have with the companies before you do this)

Use the quick cash finder tool to see how cutting back on regular spending could save you money:
www.moneyadviceservice.org.uk

3 Maximise your income

Check your entitlement to benefits:
www.gov.uk/benefits-calculators

Seek advice from a benefits adviser if you are unsure – contact Newham MoneyWorks for support:
www.newhammoneyworks.co.uk/contact



Increase income through work - contact 'Workplace' about work opportunities and support:
www.newhamworkplace.co.uk

4 Review your savings

Use some savings where appropriate as this may be the 'rainy day', but only for essentials
Set a savings goal as soon as you receive money: pay your bills, then save an amount, then divide out what else you have for things you need



5 Check any insurances you have

Read the documents, you may be able to claim



6 Be vigilant about scams

Scammers can take advantages of difficult situations and may attempt to make contact in a number of ways including face to face, text, phone and online



Take a moment to stop and think before parting with money or information. Challenge and ignore requests and contact your bank immediately if you think you have fallen for a scam. Do this by contacting the bank directly, do not click on a link or call an unknown number that you make have been given

Further information can be found at:
www.nationalcrimeagency.gov.uk/news/fraudscams-covid19

7 Talk to your creditors

Talk to creditors if you think you're going to miss a payment as early as possible

Get help as soon as possible and deal with priority debt first – rent/mortgage, Council Tax, gas and electric etc.

Contact the relevant Council service and discuss options available (This may also include Bailiffs enforcement if you have debt outstanding)

Further information on priority and nonpriority debts can be found at:
www.stepchange.org/debt-info/dealing-with-debt-problems/what-debts-to-pay-first.aspx



8 Borrowing as a last resort

Consider a credit union – contact MoneyWorks for advice Avoid pay day loans and door step lending – these can make your situation worse

Budgeting loans: www.gov.uk/budgeting-help-benefits



Mental Health and Wellbeing

If you are dealing with a mental health crisis or emergency and want to speak to someone, please click here for a list of phone numbers you can call:

www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services

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.



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