



St Luke's News

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



20th November 2020

Dear Parents & Carers

The House of Commons (Y5&6 Phase) came to St. Luke's on Friday morning to debate a motion:

'This House believes that the injustice against one group matters more than the injustice against another group?'



There was a particular focus on the news and events coming from the *Black Lives Matter* protests and the renewed focus on the legacy of slavery. The children were both professional in delivery and put under enormous pressure through tenacious questioning from the 'backbenchers'. The 'Ayes' supporting the motion won by 39 votes to 19.

Preparation and Delivery



The Speakers



Below is the reaction from Amarachi B in Y5 to performing as a politician:

"As I was called up to read my speech, I felt my heart racing. My side were cheering me on. I stood in silence too scared to talk, I was shaking and couldn't keep still until I took a deep breath. Once I started talking there was no stop. As I finished it seemed like millions of hands raised for questions. I answered hoping I did my best and sat down quickly, waiting for the end. I mopped my face thinking I could do better even though I tried my best!"

Relationships, Health & Sex Education (RHSE)

Next Tuesday, 24th Nov. at 5pm, I am hosting the first of two virtual meetings for parents about the changes from the government to the RHSE curriculum. I will take you through those changes and how we will deliver them and parents will have an opportunity to ask questions with governors present. The link for the meeting will be sent out next Tuesday afternoon.

More Y4 Bushcraft

The Y4s were at it again learning bushcraft skills on Friday afternoon – this time how to use flint and cotton wool to light some kindling – the children love these practical sessions with Mr. Scott as you can see by their faces below.



Money Earned!

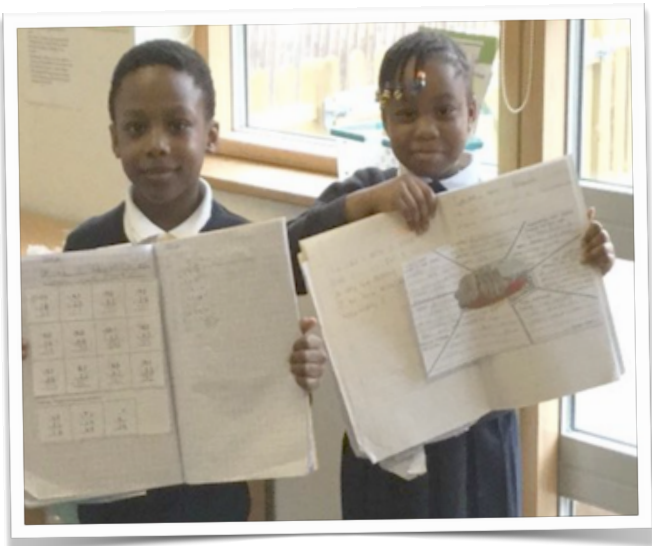
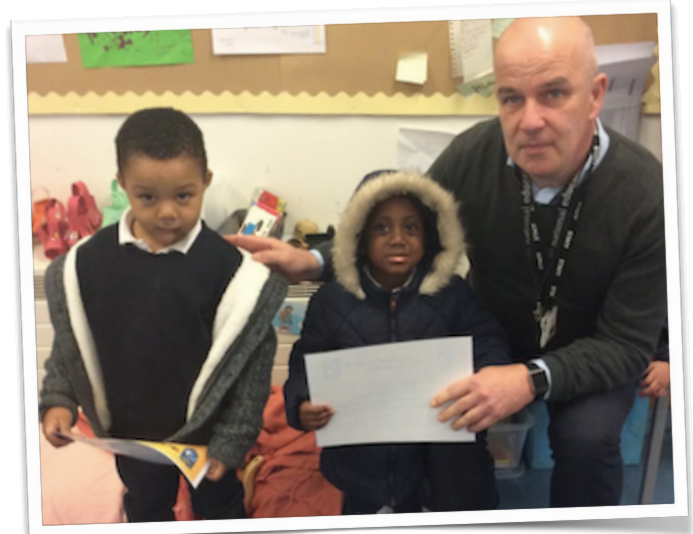
Just before the first lockdown all of KS2 took part in a poetry competition about the changing face of Canning Town. The entries were so good the developer Linden Homes in partnership with Vistry donated £1000 to our sports fund which led to us buy the fantastic new goals in the playground – below are some of the children that took part.



Road Safety

As this week was Road Safety week, next Tuesday the children will take part in a special assembly with a quiz to see how much they have learnt about keeping safe whilst crossing the roads. One of our Y6s was seen not showing enough attention when crossing behind a bus this week and it is really important that you keep reminding children of the safe way to cross as unfortunately one mistake can be very costly.

Golden Assemblies and Birthdays





Please take time to read the flyers below: one an invitation to a Canning Town Community safety forum and the other an advisory on dental care for your children

Have a peaceful weekend

Matt Hipperson

Head Teacher

Autumn 2 Dates of interest

Please note as of 10th Nov parents and Governors will not be allowed onsite for events but the school will do its utmost to make digital copies for viewing.

30th Nov. Y2 Phonics test (that was delayed due to Covid 19)

3rd Dec. Carols around the firepit – Y5 & 6 children filmed singing carols to be shown on the website, at St. Luke's Church and the sheltered accommodation at 55 Ruscoe Rd.

8th, 9th & 10th Dec. Rev. Amy in working with classes on the incarnation story

10th Dec. Christmas Dinner for children and Christmas jumper day

11th Dec. Y1 take part in Faith in School's Christmas journey

15th Dec. KS1 Christmas Party PM

16th Dec. Christingle service in phases AM – Y3/4 Christmas Party PM

17th Dec. Y5/6 Christmas Party PM

18th Dec. Autumn Term ends school closes for Christmas at 1pm

19th Christmas meal for the homeless run by volunteers



Custom House & Canning Town Community Safety Forum

Join us to find out what has been achieved regarding community safety in Custom House & Canning Town

**Thursday 26 November 2020
6pm – 7.30pm on Zoom**

This is the final forum in this round and we will update you on the Community Safety Action Plan and how we can all work better and more effectively together with Custom House & Canning Town Safer Neighbourhood Police & LBN Environment teams.

If you would like to attend online please email:
CN.CustomHouseCanningTown@newham.gov.uk or
contact Canning Town Library on **0203 373 0854**.

Healthy Foods Happy Teeth



- We need strong, healthy teeth to help us eat, talk clearly and feel good about ourselves.
- We need **calcium** from milk and dairy foods for strong healthy teeth and bones
- You should aim for **3 servings of dairy foods** per day for example a glass of milk, a small pot of yogurt and a match box size portion of cheese
- Eating food and drinks high in sugar or acidity will damage teeth if eaten on a regular basis.



What can I do to help protect my infant's teeth?

- Introduce a cup or free flow beaker from an early age – from around 6 months is ideal
- From 1 year of age – **bin the bottle!** All drinks including milk should be taken from a cup or free flow beaker - not the bottle
- Do **not** put your infant to sleep with a bottle in their mouth as this can cause dental decay and increase the risk choking.



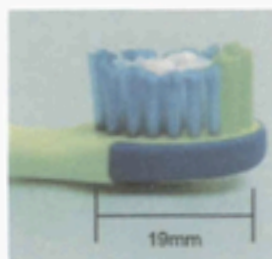
Healthy Teeth



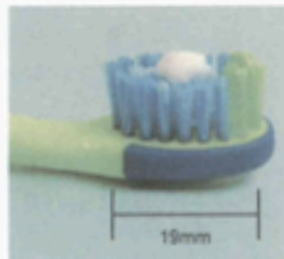
Dental Decay

What about my child?

- Ensure that your child brushes their teeth for 2 minutes **twice a day** using adult toothpaste (1350 – 1500ppm). Once just before they go to bed – this will help to limit the risk of tooth decay developing during the night.



Children under three years old

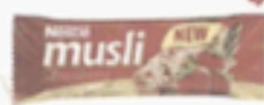


Children between three and six years

Tooth Friendly Snacks

- Fruit – fresh, frozen and tinned fruits are all healthy snacks for your children. However, when choosing tinned fruits ensure they are tinned in natural juice and offer dried fruit as part of a meal or with other foods such as yoghurt.
- Vegetables – can be cut up into finger foods or given as fun lunchbox additions
- Crackers, plain popcorn (no salt, sugar or toffee), breadsticks, rice cakes, chapatti, crumpets, toast, plain scones.
- Cheese, yoghurt.

Not Tooth Friendly Snacks



Tooth friendly Snacks



Tooth friendly Drinks

- Milk and water are the only tooth friendly drinks for children
- Fruit juice can be given **with a meal only** but should be diluted 1 part juice to ten parts water for under 5s and 50:50 with water for children over the age of 5.
- Juice should **never** be given in a bottle.
- All other drinks (including diluted fruit juice) should be offered with a meal
- Tea is **not** an appropriate drink for children under 5 years of age. For older children i tea is consumed it **should be offered no more than once a day and never with a meal** as this can affect iron absorption. Additionally, be sure not to add any sugar as this can increase the risk of tooth decay.



Not tooth Friendly Drink



Tooth friendly Drinks

