



# St Luke's News

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



9th December 2022

Dear Parents and Carers,

*The second week of Advent saw the Church youth team come in and work with the children on Incarnation – the story of the first Christmas. Massive thanks go to Revd. Amy, Jing and Nana (see below) for taking time out with each class to not only guide the children through this season but also to answer the many questions that the children had.*



**The season of Advent starts to get crazy for the school next week** with our Nativity plays, Christmas dinner and multiple visits by our Carol Singers to our local community. This is a special time of year when we remember the journey we are all on, where we have come from and where we hope to go to, as well as those who help us.

We hope to make the next few days as special and memorable as possible for the children as a thank-you to them and you their families for your trust and support. We sent a letter out earlier this week saying ***please do not give the usual presents this year*** and if you wanted to give something maybe make a donation to the River Christian Centre & St. Luke's Foodbank, that we support to help those less fortunate at this time of year.

## Order! Order!



Well-done to all the Right Honourable Gentlemen and Ladies who took part in our 'parliamentary' debate. We know our children are special but even we were astounded by the quality of the public speaking on display last Tuesday debating our whole school question: *"Should we eat less meat to help the fight against climate change?"*

Our children from Years 3 to 6 composed speeches both 'for' and 'against' the motion and spoke eloquently on both sides of the debate. Much to the disappointment of Mr. Scott the house voted narrowly against the motion. Special mention goes to the youngest debaters from Y3 as Ms Joslyn our Office Manager said, "You could hardly tell who was from which year group because they all argued fantastically."

### Presentation to the Board

This week, Y5 were invited to present their learning to a board of trustees at the *Institute of Imagination*. The board were so impressed with the fabulous opportunities our amazing teachers provide for each pupil and were left speechless by our "eloquent" pupils who so ably explained how they learn and why St Luke's is such a great school. This is what Catherine from the Institute had to say:

*"Thank you Helen, Candy, Richael and Nabil! What superstars your pupils are. The Trustees were so impressed and also heart-warmed by their eloquent and outstanding speeches. Thank you so much for being part of this meeting, it really made a difference to actually hear from the pupils we work with."*

*Have a fantastic Christmas break and we look forward to working with you again in the spring.*



### Nursery PE Stars

Well-done to our amazing Nursery PE Stars for an amazing PE lesson on Monday. Firstly, our little athletes named all the equipment, the colours AND the shapes! Then they took part in a mini competition that involved them using their running, aiming and throwing skills whilst trying to remember



and follow the rules of the game! They also had to work as a team and collect all their bean bags first and at the end of the lesson, clean up all the equipment with minimal instructions. They were amazing and were SO competitive. Congratulations to the Orange & Pink team for coming joint 1st place. Ms Adams is very proud of you.

## 5&6 Athletics



Congratulations to our amazing Year 5 & 6 (and two Year 4s) athletes who took part in the Newham SSP athletics competition @ The UEL, on Tuesday.

It was a huge event with over 230 young competitors taking part in various field events including javelin, vertical jump, long jump etc. We did very well, especially in chest throw and speed bounce where both our boys and girls came in 1st and 2nd. In the track events we did extremely well, coming first or second in all of our races - winning most of our races by almost half a length. Overall, we came 2nd with 394 points out of the 11 schools (even though we are the smallest of these schools) and have qualified for the Newham Athletics Finals taking place in January 2023. Well-done to everyone who took part. St Luke's is proud of you.

## Y6 Intensive Swimming Course



On Friday our Y6s completed a two week intensive swimming course at the Olympic pool in Queen Elizabeth Park. In the Summer we moved our swimming lessons to the Olympic Pool because we were sure it would have a greater impact on their confidence and ability to swim than by doing 1 session a week for 10 weeks. The children certainly agree and they have really enjoyed the lessons which have been expertly taught by the instructors. Y5 are next to go after half-term and then Y4 will go in the Summer Term.

## Strep A - **Stay Alert!**

Please remain vigilant for the signs of Strep A, which can emerge after a bout of Scarlet Fever (see below).

# Signs and Symptoms of Strep Throat

Usually include:	Typically do not include:
✓ Sore throat starts quickly	✗ Cough
✓ Pain when swallowing	✗ Runny nose
✓ Fever	✗ Hoarseness
✓ Red and swollen tonsils, sometimes with white patches or streaks of pus	✗ Conjunctivitis (pink eye)
✓ Tiny red spots on the roof of the mouth	
✓ Swollen lymph nodes in the front of the neck	



## If it's December - then it's Panto time!

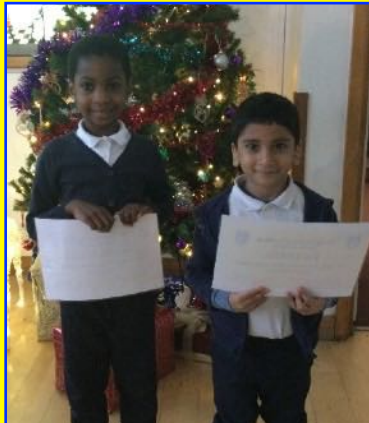
Friday saw a theatre group come to school to perform a Pantomime version of Dick Whittington. Even Santa turned up which sent our youngest children into a frenzy of excitement – ‘Oh no he didn’t – Oh yes he did!!!’



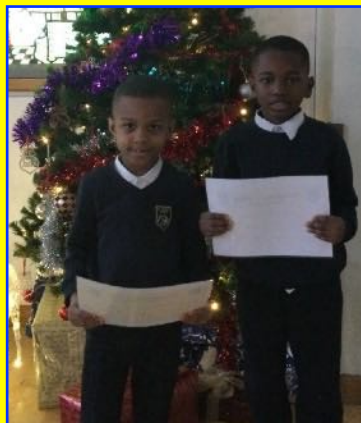
## Golden assembly & Awards



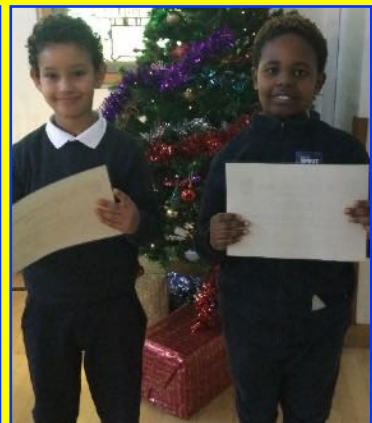
Our Y4s who were awarded second place in an Architecture competition.



Y1



Y2



Y3



Y4



Y5



Class of the Week: Y3



Happy Birthdays!



Our successful Y5 Athletes

## StreetTags

Season 6 is in full flow and we are sitting (once again) at the top of the Newham Schools leader board. Lets stay there!! It's great to see so many of you keeping fit and collecting those tags. At the moment Trixstar & D Knight are at the top of the Children's competitor scoreboard with eliora2345, team ella, run2013/joshn breathing down their neck!! Keep it up! The top SIX will win a major prize in March when Season 6 ends. SEASON 5 Party will take place next week. After a few games, the top eight will get a big prize and the others will get a smaller prize. We will let you know the exact day and time asap. If any parents would like to join the St Luke's Street Tags Team and learn a fun way to stay fit as a family, see Ms Adams for more details. Stay fit & keep collecting those tags.

## Keeping children safe on **ROBLOX**

- *Roblox* is a popular online game-creating system where children create and publish games and play other users' games.
- It is relatively easy for children to see content that isn't age-appropriate
- Strangers can contact children – there have been recent news articles about grooming via *Roblox*
- Children can easily lose a large amount of real-world money
- Be aware of conversations about *Roblox*, and remind pupils to be careful when talking to strangers online

## Problems staying warm?

Then your nearest guaranteed warm haven is Trinity Community Centre Bothwell Close E16 1QS. You can go there for a hot drink, wifi access and some warmth on:

**Mondays 1pm-4pm, Wednesdays 1pm-4pm, Saturdays 2pm-5pm**

Have a safe and joyful weekend & stay warm

Matt Hipperson HT

## December:

**Dec 10th Sat – Choir singing at Waitrose Canary Wharf**  
**Dec 12th Y1 visit to Ascension Church Custom House PM**  
**Dec 13th AM EYFS Christmas Nativity – Parents welcome**  
**Dec 15th AM KS1 Christmas Nativity – Parents welcome**

Dec 15th Christmas Dinner and Jumper-day  
 Dec 16th End of Term Music Assembly – Parents Welcome  
 Dec 19th End of Term Awards Assembly 9am – Parents welcome  
 Dec 19th Christmas parties for children  
 Dec 20th Christingle Service 9am – Parents welcome

Dec 20th School closes for Christmas holidays at 1pm and Re-opens on Thursday the 5th January with Breakfast club opening at the normal time – After-School clubs will begin on Monday 9th January



## FREE HELP WITH LIVING COSTS



### Free help with money

- Our Newham Money: ☎ 020 8430 2041 ✉ [ournewhammoney@newham.gov.uk](mailto:ournewhammoney@newham.gov.uk)  
[www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk)
- Money A+E: money advice & education for Newham residents.  
 ☎ 020 8616 3750 [www.moneyaande.co.uk](http://www.moneyaande.co.uk)
- Community Links: for housing, debt, consumer and employment advice, free legal services from FreeLaw. ☎ 020 7473 2270 [www.community-links.org](http://www.community-links.org)
- Bonny Downs: welfare and welfare benefit checks for over 65s ☎ 020 8586 7070



### Free help with housing

- If you're having problems with a private landlord or letting agency, contact:  
 ☎ 020 3373 1950 ✉ [privatehousing@newham.gov.uk](mailto:privatehousing@newham.gov.uk)
- If you're homeless, you can get support from our Homelessness Prevention service at:  
[www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice](http://www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice).
- If you're threatened with homelessness, contact: ✉ [hpas@newham.gov.uk](mailto:hpas@newham.gov.uk)
- Emergency help for families with children: MASH ☎ 020 3373 4600 during office hours (Mon-Thu, 9am-5.15pm or Fri 9am-5pm) ☎ 020 8430 2000 at any other time
- If you're pregnant and need immediate help or you're clinically or physically vulnerable.  
 ✉ [Accessto.AdultsSocialCareTeam@newham.gov.uk](mailto:Accessto.AdultsSocialCareTeam@newham.gov.uk)



### Free help with food

- Newham Food Alliance ☎ 07790 975 086 ✉ [frontdoor@newhamfoodalliance.org](mailto:frontdoor@newhamfoodalliance.org)  
[www.newham.gov.uk/newhamfoodalliance](http://www.newham.gov.uk/newhamfoodalliance)



### Free help with energy bills

- Our Newham Money: ☎ 020 8430 2041
- East End Citizens Advice: ☎ 020 8525 6379 Tuesdays & Wednesdays 10am-1pm
- Mayor of London Warmer Homes Programme: ☎ 0300 555 0195 ✉ [shine@islington.gov.uk](mailto:shine@islington.gov.uk)



### Free help with work

- Our Newham Work: ☎ 020 3373 1101 ✉ [ournewhamwork.engagementteam@newham.gov.uk](mailto:ournewhamwork.engagementteam@newham.gov.uk)  
[www.ournewhamwork.co.uk](http://www.ournewhamwork.co.uk)
- Employment Rights Hub for free confidential support and advice if someone is having problems at work ☎ 020 3373 6494
- Work Rights Centre for help with employment rights, CV building and benefits  
 ☎ 030 0400 0100 (EN) 07437 110951 ✉ [contact@workrightscentre.org](mailto:contact@workrightscentre.org)



### Free help with stress and emotional pressure

- Free and confidential psychological support for adults:  
 ☎ 020 8175 1770 [www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)
- For children (under 18): Talk to your doctor or the school.
- For school health support ☎ 020 3373 9983 [www.newham.gov.uk/schoolhealth](http://www.newham.gov.uk/schoolhealth)
- Mental health crisis line for anyone: ☎ 0800 073 0066 anytime

[costoflivingresponse@newham.gov.uk](mailto:costoflivingresponse@newham.gov.uk)  
[www.newham.gov.uk/council/cost-living-response](http://www.newham.gov.uk/council/cost-living-response)

**WE ARE NEWHAM.**

