



# St Luke's News

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



**15th March 2024**



Dear Parents & Carers,

This week on our journey of fully understanding the message of Easter, we have been looking at the crucifixion. How Jesus must have felt being abused and mocked as he carried the cross he was to be nailed to, in contrast with the crowds that had greeted him and hailed him as a King on his entry to Jerusalem. Last week we had talked about how Jesus did not want to die on the cross but how he steadfastly did what God needed him to do so we could be forgiven for our sins. Next week we will be discussing the Resurrection before putting it altogether in the last week before Easter.

## Science Week at St. Luke's

### Cool Scientists

Friday saw us mash up Comic Relief Day with a dress-up day to finish off our Science week. The children enjoyed dressing up as scientists and carrying out investigations – although the children think there are a mixture of cool and nutty ones!





Virtual Reality



Experimenting



Recording...



and enjoying!

### ***Young scientists from Reception***



# Easter Production!

*Come to St Luke's Y3 and Y4 on the 26th of March 2024*

Postcode: E16 1JB 2:00 To 3pm



## World Book Day

Thanks to all the children and staff who had such a great World Book Day celebration last Thursday – they were dressed imaginatively as their favourite characters, chose books from the Book Fair and had stories read to them by parents – it was a great day and special thanks to Mrs Tarbuck and Miss Joslyn for organizing it so beautifully.





Our Mystery Reader in Y3



## Spoken Word Performance



This Friday saw our 12 finalists from our *Spoken Word Day* at the end of February perform their work for a large audience. The finalists all performed their work wonderfully and the winning poems are being made into a school anthology.



Church News – see below for a full list of events from St. Luke's Church during Holy Week

## St Luke's Church

BUILDING BRIDGES WITH OUR COMMUNITY

All events are at St Luke's Church, Ruscoe Road London, E16 1JB.

**THUR  
28TH  
MARCH**

### MAUNDY THURSDAY

Join us as we commemorate Jesus' final meal at the Last Supper.

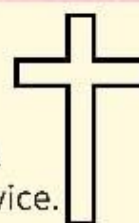


**19:00  
PM**

**FRIDAY  
29TH  
MARCH**

### GOOD FRIDAY SERVICE

Gather with us as we remember Jesus' final moments during this special Reflective Service.



**14:00  
PM**

**SAT  
30TH  
MARCH**

### EASTER FAMILY FUN DAY

Join our Easter Egg hunt and interactive Easter experience. Crafts and giveaways.



**14:00  
PM**

**SUNDAY  
31ST  
MARCH**

### EASTER SUNDAY SERVICE

Worship with us as we celebrate Jesus on Resurrection Sunday.



**10:30  
AM**



**stlukese16**



**stlukes\_e16**

**FOR MORE INFO VISIT**

**WWW.STLUKESE16.CO.UK**

**OR SCAN**



## Beginning of the day in KS1

Just to clarify parents, you can let your children go round to their class on their own as long as there is a member of staff on the gate – you can also go around with them if you would like to! You will notice we are having some work done to improve our playground. We have received a grant from *Trees in Cities* and they are planting extra trees and putting in some seating. This will be finished by the end of term.



## A letter of thanks to St. Luke's

*"We are two PGCE students from University of East London that visited St. Luke's Primary School at the end of February to experience primary education and to see how primary schools function in the UK.*

*We were given the opportunity to observe the Y5 and Y6 classes all day, seeing them do English, Reading, Maths, and PE. It was a delight to see how the students and the teachers work hard and how much the pupils in St. Luke's want to learn.*

*As modern foreign language teacher trainees the highlight of our day was the French class.*

*Both classes, Y5 and Y6 were phenomenal, the pupils were engaged in learning and enjoying it, the level of French taught by Madame Mbick was comparable to a secondary school Y7 class, the resources used were exceptional and engaging.*

*The day spent in St. Luke's was lovely, the staff are extremely professional and kind, made us feel welcomed and at ease, and the Headteacher Mr. Hipperson was kind enough to open the doors of the school for us to see what a wonderful and caring school St Luke's is.*

*Thank you so much!"*

Flavia (from Italy) and Francesca (from Portugal)



## Maths Workshop for Parents

Last week saw Ms Yeter and the Reception staff run a maths workshop to help parents understand the best ways to support their children. Often we think, that if for example we take the number nine, if they can write the number '9' then 'they know 9' but do they really? Do they know that:

$1+8=9$ ,  $2+7=9$ ,  $3+6=9$ ,  $4+5=9$  or that  
 $9-8=1$ ,  $9-2=7$ ,  $9-6=3$ ,  $9-5=4$

Or:

$2+2+2+2+2+1=9$ ,  $3+3+3=9...$



or that  $3 \times 3 = 9$

Or:

*9 divided by 3 is 3*

Or:

*What is 1 more, or less, than 9?*

Or:

*Can you halve 9?*

*Yes, but only if you*

*introduce fractions – parts of a whole*



So 1 number has so much learning in it and that is without linking that if  $3+3+3=9$  then maybe  $30+30+30=?$  – You can go on and on and the more that you do the more your child will be able to explore the more complicated areas of mathematics as they get older

## Ramadan Mubarak & Hindu Nav Varsh

We wish all our families of Muslim faith Ramadan Mubarak, as the holy month of Islam and Hindu New Year (Nav Varsh) both coincide this year with Christianity's most important time of worship.



## 6-a-side football league match against Star Primary

Well done to our boys & girls football A-teams, who put in a great performance against Star Primary School on Friday 8th March. The boys won both their matches and the girls won one and lost one.

The results were:

Star Boys 2 v 3 St Luke's Boys (Emmanuel x1, Faisal x1, Gbolade x1)

St Luke's Boys 3 v Star Boys 2 (Faisal x2, Emmanuel x1)

Star Girls 3 v 0 St Luke's Girls

St Luke's Girls 4 v Star 3 (Beverley x3, Evie x1)

Next match is Shaftesbury....

## Girls United=Girl Power!

Last week our lovely Year 5 girls went to Eastlea School to take part in their annual **International Girls Day**. Our girls and many others got to take part in various workshops designed to build their confidence, self-esteem, self-defence and give them the tools to speak up for themselves. There were workshops based on women's history, assertiveness, IT skills and Capoeira - Brazilian Martial Arts. It was an exciting and inspirational day.



**Have you booked your place for our Easter meal?**

**Already 50 parents have booked to come along and eat with their child!**

**Don't miss out - book now!**

## Spring Term dates

### March

18<sup>th</sup>-22<sup>nd</sup> Parent teacher meetings all week

20<sup>th</sup> Y5 visit to Cody Dock – River of Hope

22<sup>nd</sup> End of Term Music concert 9am

22<sup>nd</sup> Easter Meal – parents invited

22<sup>nd</sup> Clubs end for the Spring Term

26<sup>th</sup> 2pm Y3&4 Easter Show – parents invited

27<sup>th</sup> March End of Term Achievement & Attendance assembly

27<sup>th</sup> March school closes for Easter Holiday at 1pm and reopens as normal on:

**Thursday 11<sup>th</sup> April for the Summer Term**



## Having trouble with your child's sleeping pattern?

It is important for your child or children's mind and body (and for yours also) to develop a healthy sleeping pattern. Beat those short tempered tantrums and fraught situations with 10 top tips to help you sleep better.(see below - also available to download from [Parents' Page](#) of our school website))

*Hope you have a relaxing weekend*

**Matt Hipperson**  
**Head Teacher**

# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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