



# Old Palace Newsletter

Sep / Oct 2016

## SCHOOL COUNCIL 2016-17

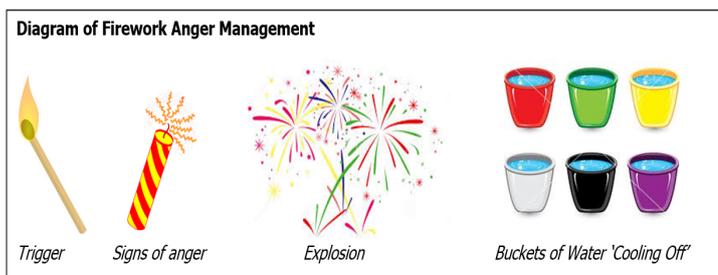
On Wednesday 12th October children from year 2 up to year 6 had the opportunity to vote for their new school councillors 2016-2017. After listening to the different candidate speeches and posters, they then had to vote for one girl and one boy to represent their class. We had the real voting booths again this year and all children took the process very seriously and understood the importance of democracy. The votes have been counted and the new school councillors for 2016-2017 are **6B** Zaydul & Zahra A, **6M** Zeeshan & Anjum, **5L** Atay & Taa'ibah, **5K** Habibur & Tahiya, **4C** Mikael & Amara, **4H** Adam & Safa, **3G** Ambar & Uthman, **3B** Akifah & Ibrahim A, **2K** Fayeezah & Wafi, **2M** Hafeezah & Ayo.



A big thank you to all the children who put themselves forward and campaigned.

## COOL DOWN FRIDAY & NATIONAL POETRY DAY

Our school celebrated National Poetry Day on Friday 7th October 2016. We combined this with Keep Cool Friday, an annual event when we help the children to consider strategies they can use to cool down when feeling angry.



This year the children all wore yellow, as that is the colour we use on our behaviour chart when the children need to reflect on their actions and calm down. Each class wrote their own poem based on this theme. There were a variety of different poems from Tankas to Acrostic poems and the classes spent their English lessons practicing reciting the poems in unison.

## IMPORTANT DATES



### AUTUMN HALF TERM

Monday 24th Oct —Friday 28th October 2016

### END OF AUTUMN TERM (CHRISTMAS)

Wednesday 21st Dec—Tuesday 3rd Jan 2017  
Return to school Wednesday 4th Jan 2017

### SPRING HALF TERM

Monday 13th Feb—Friday 17th Feb 2017

### END OF SPRING TERM (EASTER)

Monday 10th April - Monday 24th April 2017  
Return to school Tuesday 25th April 2017

### SUMMER HALF TERM

Monday 29th May—2nd June 2017

### POSSIBLE EID CLOSURE

Monday 26 June 2017

### END OF SUMMER TERM (SUMMER HOLIDAY)

Friday 21st July 2017 @ 2PM

All other important dates will be available on our school website [www.oldpalaceprimary.co.uk](http://www.oldpalaceprimary.co.uk)



Many of the classes used actions to help them to remember the words. The use of expression and tone helped to make the performances memorable. If you were unable to attend the assembly you can view it on <http://oldpalace.primarypodcast.com/>. The performances were brilliant and the day was very successful in reminding the children of their triggers, ways to recognize they are starting to get angry and the 'buckets' (strategies) they can use to calm down. Please chat to your child/ren at home to ask them to share with you the strategies they will use.

# PARENTAL ENGAGEMENT

## COFFEE MORNING UPDATES

At Old Palace we hold weekly Coffee Mornings for parents every Wednesday between 9-10am in the Community Room. All parents are welcome to attend. Some coffee mornings have a theme/topic with a guest speaker, other mornings are general. The coffee morning is a place for parents to get involved, be informed about what's going on at the school and make new friends.

At the end of each term we try to arrange an off site Coffee Morning at the choosing of parents. The following dates for off site Coffee morning have been booked.

Wednesday 7<sup>th</sup> December 2016 Venue TBC

Wednesday 5<sup>th</sup> April 2017 Venue TBC

Wednesday 12<sup>th</sup> July 2017 Venue TBC

## Parent Councilor's

Towards the end of academic year 2015-16 Parent Councilors were invited to our Certificates assembly. They were awarded with a certificate during our assembly for their valuable contribution to the school year.



On Wednesday 5<sup>th</sup> October, the coffee morning was open to parents who were interested in becoming Parent Councilors for this academic year, 2016/17. Parents councilors from last academic year came in to speak to potential new parent councillors. Nomination forms were then sent out throughout the school. Any interested parent should complete the slip and return by the deadline of Thursday 20<sup>th</sup> October.

## YEAR GROUP WELCOME MEETINGS

Year Group	% of Parent	At the beginning of the term parents were invited to attend Welcome Meetings arranged by the Assistant Headteachers. At the workshop, parents were given important information about what the children will be taught this year, tips on reading and how to best support their child at home. We are very grateful to those parents who attended, but as you can see from the table attendance levels overall were low. We are committed to providing workshops for parents, but for these to be successful we need your support.
FS	33%	
Y1	36%	
Y2	26%	
Y3	30%	
Y4	36%	
Y5	36%	
Y6	50%	

The meeting for Year 6 parents also included information on Secondary transition. Representatives from local school were invited to attend and a video on the application process was shared. All online applications must be completed by 31st October.

## SECONDARY SCHOOL APPLICATION PROCESS

- On Wednesday 21<sup>st</sup> September, Tower Hamlets Pupil Services came in to support Year 6 families with their Secondary School Application forms. If you were unable to attend that session and have not completed the application process, please do so before the deadline. Paper application must be sent directly to Pupil Services at Mulberry Place by **21<sup>st</sup> October** and online application must be completed by **31st October**.

## Emotional First Aid Course Thursday 10<sup>th</sup> November – 15<sup>th</sup> December, 9-11.45am Community Room

- Do you sometimes feel anxious about everyday life?
- Do children and family life sometimes cause you stress?
- Don't worry - it's normal, but talking can help you manage those feelings. The Emotional First Aid course helps parents explore their own feelings and gain an understanding of their own emotional well-being. If you're interested in signing up please come and speak to our parent support workers.

## SCHOOL UNIFORM

As the weather gets colder, please can we remind parents to ensure that their child brings a coat to school everyday. The weather often changes, so although it may be mild in the morning, this may not be the case throughout the day. With dark nights approaching we would also recommend that children have reflectors on their coat to help ensure that they are easily seen by motorists. This will help ensure they are kept safe when crossing the road.

Please can we also remind parents that our school uniform includes **black school shoes**. Children are only allowed to wear trainers during PE lessons or when playing football in the playground. Trainers which include roller blades are not permitted in school, as these do not allow the children to move around the school and climb the stairs safely. Please support us by ensuring that your child has the correct footwear.

## Updates from our Health Ambassadors

If you are interested in joining the Old Palace Dads' football team, please let Kamal (Health Ambassador) or Shelly know. Football days are held on the following days and location: Tuesday: Isle of Dogs, 9:30am-11am Wednesday: Mile End Stadium, 9:30am-11am Thursday: Stepney Green Park, 9:30am-11am Friday: Weavers Field, 9:30am-10:30am. We also hold Dads' Badminton sessions every Thursday 9.30-10.30, in the Top Hall.

Zumba will be starting from Thursday 3rd November 2016, 9.30-10.30, Lower Hall. There are only 15 places, and these will be offered on a first come first serve basis, with an upfront payment of £6, before the 3rd November to Shabana (Health Ambassador) or Shelly.

## PARENT VOLUNTEERS

**Reading:** Thank you to all the parents who attended the Guided Reading training session on 22<sup>nd</sup> September. As a result we now have 7 parents fully trained and working with children in Year 1. If you missed the training session and would like to get involved, please speak to our parent support workers, who can arrange another training session. We are currently looking for parents who can volunteer in year 2.

**Maths:** Last year, we had 3 parent volunteers who came in regularly to support children in Maths. This hugely helped us in boosting the children's confidence. This year we would like to continue with this, so if you would like to come in and help our children in Year 3 children, please come along to our Maths training session on **Friday 11<sup>th</sup> November at 9am** in the Community Room. For further details, please speak to our parent support workers.

**Trips:** As you know, we rely on parents who volunteer on school trips. Occasionally, some parents cancel due to last minute circumstances, which leaves us in a difficult position, as without the correct number of adults the trip will have to be cancelled. Our PSW are in the process of setting up an Emergency volunteers database. If you are able to help on those occasion please supply your contact details to us.

## ATTENDANCE AND MINOR ILLNESSES

Last year the school's attendance level was 96.1%. This was above the Tower Hamlets' average, so thank you to all our families for helping us to achieve this! Of course we want to continue to improve on this, as every day of absence is a missed day of learning. Last year, attendance in KS1 was lower, especially in the winter months when there are lots of minor illness around. The school nurse and Attendance Welfare Advisor held a workshop last Thursday to support parents in preventing these and to support parents in deciding whether or not to send their child to school. The key messages were:



Children should only stay off school if they have a temperature above **38C**. If your child's temperature returns to normal, and once they have been given medication if appropriate, they can be sent back to school for the start of the afternoon session. (KS1 1pm and KS2 1.30pm).

Hand washing is very important and families should not rely on alcohol gels alone, as these do not kill all virus. At school the children are taught to wet, soap, wash, rinse and then dry their hands. Respiratory hygiene is also important. When coughing or sneezing, children are taught to cover their nose and mouth with a tissue. This should then be put in the bin and the child should wash their hands. Also to prevent infection it is important that any child who has vomited or who has had diarrhoea stays off school until 48 hours after the symptoms have ended.

This year we will also be offering free flu vaccinations to children in Y1,2 & 3, which are delivered using a nasal spray. We will be writing to parents of children in these year groups to provide further information.



## FIRST AID AT SCHOOL

As part of the Health and Safety guidelines, it is recommended that the school informs parents of any medical attention given to a child when in the care of the school. We have reviewed the way we record and monitor accidents in school. After half term, we will be using a new format to record all incidents of minor injuries. A copy of this report will then be sent home with the child, if first aid is administered.

## Asthma Pumps/Medication.

We would like to remind parents that it is the parent's responsibility to make sure that your child's medication is in date and in school. All medication needs to be handed to the school office. Once the correct paperwork is complete a member of staff will then notify your child's class teacher. If your child's medication expires or the relevant paperwork is not renewed, the school will contact you to advise you to make an appointment to see a health professional. It is important that for the child's safety that we have the correct medication in school. If we do not have this, it is not safe for the child to be in school and they will miss out on their learning.

## FUNDRAISING FOR PANCREATIC CANCER UK

We would like to say THANK YOU to the school community for taking part in the cake sale. With the support of the children, staff and parents we have raised a fantastic £350. We were so impressed by the fantastic range of delicious cakes parents and staff made and donated. Miss Davis also ran a half marathon on 9<sup>th</sup> October to raise even more funds for Pancreatic Cancer. She would like to say a huge thank you for to all those who supported her and for the kind donations received.



## OLD PALACE TIN CAN CHALLENGE

Old Palace took part in the Food Bank challenge again this year! We started the challenge off by having Debbie and Becky visit us from the Tower Hamlets Food bank and tell us all about what they do and why they need donations. The children were then asked to bring in cans of food throughout the week. All the classes did really well, bringing in at least one item per child but the overall winners this year with a massive 137 cans was 2M!

On Wednesday 5<sup>th</sup> October, Barney from the food bank, came to collect all the items and was overwhelmed by Old Palace's generosity! He said it was definitely the biggest collection so far this year. Thank you for all your contributions.



## THANK YOU & GOODBYE



On the Wednesday 19<sup>th</sup> October a Coffee morning was arranged for our parents to say Goodbye to Pat Clark our School Lollipop lady. We would like to say a huge thank you for her contribution and help over the years.



## STAR CITIZEN

Congratulation to the following pupils for achieving the Star Citizenship award for Autumn term 2016.

**Reception:** Zeeshan **RD** & Ruslan **RM**

**Year 1:** Aiden **1B** & Sifat **1L**

**Year 2:** Samiha **2K** & Farhan **2M**

**Year 3:** Arman **3B** & Mahina **3G**

**Year 4:** Alamin **4C** & Samia **4H**

**Year 5:** Brian **5K** & Farhana **5L**

**Year 6:** Zahra A **6B** & Mahira **6M**



## Y1 SELF PORTRAITS



Last week, year 1 visited the National Portrait gallery. They had a tour around the gallery and looked at the different portraits. The discussed how each portrait was made, who were in the portraits and what might have been happening at that time. Year 1 had a vote for the best portrait and the winner was a painting of Queen Caroline with her 7 children. The day ended with a picnic at Trafalgar Square. The children are now looking forward to making their own self portrait back at school.

## Y3 DINOSAURS & FOSSILS



On Thursday 22<sup>nd</sup> September, Year 3 visited the Natural History Museum. In class, we had been learning all about dinosaurs and fossils, so it was great to get a chance to see the huge fossilised bones of Triceratops, Diplodocus, Iguanadons and many more inside the museum. There were some amazing robotic dinosaurs too, which gave us a scare! We had a brilliant workshop where we got to become palaeontologists and found our own fossils. Lucky no children were eaten by dinosaurs and all returned safely after an exciting day at the museum!

## HEALTHY LIVING IN YEAR 2



This half term in Year 2 we have been learning about keeping healthy. We have looked at lots of different ways to keep healthy including eating healthy, keeping clean and doing exercise. As part of our learning we were able to visit the Olympic Park. At the park we were able to use the different structures to play and exercise different parts of our body. We were able to climb, run, jump and balance. We sure

did get a lot of exercise! As part of our day out we also had a healthy picnic, with delicious, nutritious sandwiches, fresh, tasty fruit and a nice, refreshing bottle of water. The children had so much fun and as the park is so close to the school, perhaps they could return for a another fun day out over half term.



## THANK YOU JEREMY FORD



Year 2 have been very lucky this half term as they have had the chance to work with a real life chef, Jeremy Ford. He has been working with the children to help them learn more about healthy eating and cooking healthy meals. In the first work shop, the children learnt

all about healthy foods and how we experience them in different ways. We felt, smelt, saw and tasted lots of different foods. We learnt that some foods are sour, some are sweet and some are bitter. In the next few lessons the children learnt how to cook some healthy dishes, include baking bread and making a berry tart. They also learned the importance of kitchen hygiene and how to stay safe. It was a lot of fun and we would like to say a huge thank you to Jeremy for giving his time and also generously donating the ingredients.



## Y4 LEARN MORE ABOUT ANCIENT EGYPT



This half term in year 4 we have been learning about Ancient Egypt. As part of our learning we went to visit the British Museum. At the museum we attended a workshop where we learnt about mummification throughout time and how technology has helped scientists and archaeologists discover more about ancient civilisations. The children really enjoyed walking

around the different galleries where they were able to see Ancient Egyptian artefacts such as sarcophaguses, canopic jars and the Rosetta stone engraved with hieroglyphs. The children were excited to see all their learning come to life at the museum and were eager to share their knowledge of the topic with the museum staff. Overall it was a very fun and exciting day in year 4!

## YEAR 5 VISIT ROMAN VILLA

On 27th September, Year 5 made a trip to Eynsford, a village in Kent. Children were given the opportunity to carry out fieldwork to explore how land is used in Eynsford, helping them to compare the buildings and facilities with those found in Bow. During their visit, children had the opportunity to explore Lullingstone Villa which is a beautiful surviving Roman Villa. For the third year running, our Year 5 pupils were very fortunate to be welcomed into Anthony Roper Primary School. Children thoroughly enjoyed meeting the Year 5 and 6 children at the school and learning about the similarities and differences between their school and ours.



## Y6 LEARNING ABOUT WORLD WAR II

In Year 6 the children have been learning about World War II and immigration to the UK. To support their topic work, the classes visited the Churchill war rooms to discover how the British government planned to defend the UK and to attack the Nazis. They explored fascinating exhibits which included artefacts, documents, clothing and weapons. Meanwhile to help the children develop their understanding of rationing, the children have been cooking using just the basic ingredients that would be available. After half term 6M will be performing this year's Remembrance Day assembly on 11th November.

