



# Old Palace Newsletter

November 2018

## CHILDREN IN NEED 2018



Our newly elected school councillors were very busy last half term organising and running our ever popular Children in Need week. This year, the theme was Animals and the amount raised surpassed all our expectations! During Children in Need week, the children participated in a number of competitions and activities planned across the school. The cross bar challenge and penalty shoot out took place in the KS2 playground, which proved very popular across the school and the children had lots of fun! Parents from all Key stages came together and worked with our School Councillors to help decorated well over 750 biscuits, which we managed to



sell on the day. We would like to take this opportunity to thank all our parents who contributed their time and were involved in preparing these for sale. Whilst all the preparations were taking place, lots of children got creative with 'Design an animal outfit for Pudsey Bear' and the colouring competition in KS1 and Reception. To end the week, as well as asking the school to dress up as animals, the School Council announced all the winners in assembly and shared some of the ways that Children in Need use the money raised. This year we raised an impressive **£625.15**. Thank you everyone!



## IMPORTANT DATES



### PARENT CONSULTATIONS

#### By appointment only

- Reception : Wednesday 5th December 2018
- Year 1 : Thursday 6th December 2018
- Year 5 : Monday 10th December 2018
- Year 6 : Tuesday 11th December 2018
- Year 4 : Wednesday 12th December 2018
- Year 2 : Thursday 13th December 2018
- Year 3 : Friday 14th December 2018

### CHRISTMAS EVENTS

- Wednesday 19th December 2018
- Christmas Assembly: 10:00am
- Christmas Lunch from 11.45am

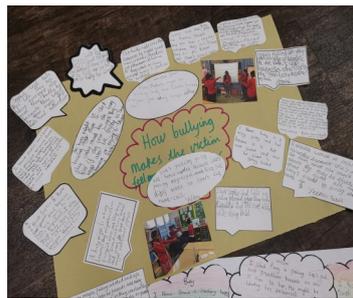
### CHRISTMAS PARTIES

- Thursday 20th December 2018
- From 2PM onwards

### END OF AUTUMN TERM

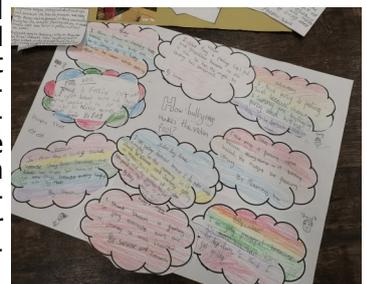
- School finishes **2PM** Friday 21st December 2018
- Return to School Tuesday 8th January 2019

## ANTI-BULLYING WEEK



From 12-16<sup>th</sup> November, the school held its annual anti bullying week. This year's theme was "Respect". Each year group read a book based around the issues of bullying. All the children learnt that bullying is something that happens **repeatedly**; it can be physically hurting someone, as well as name

calling, and can happen in person or online. The children explored whether it is right to bully someone because they are different and learned about respect; how we can show this and why it is important to help everyone to get along. On 14<sup>th</sup> November we held an anti-bullying workshop for parents at which we shared the procedures the school has in place to ensure that bullying is dealt with effectively. To end the week, during the Friday assembly, we shared videos from each phase to celebrate the children's work and to further reinforce the important messages taught over the week.



Please remember that it is YOUR responsibility as a parent to keep the school well informed regarding changes to your contact details. You MUST NOTIFY us of any changes to address, telephone number, emergency contact and collection details. The school will not be held responsible for inaccurate contact details provided by you. For more information, please visit [oldpalaceprimary.co.uk/privacy-policy](http://oldpalaceprimary.co.uk/privacy-policy) on how the school manages the data we hold.

# PARENTAL ENGAGEMENT

## PARENT COUNCILOR 2018-19

On Friday 28<sup>th</sup> September, Parent Councilors from 2017-18 were awarded with their certificate for their contribution. Following the assembly, the ex councilors celebrated in the Community Room. We are now proud to announce the following parents have been elected as Parent Councilors for academic year 2018-19.



| CLASS | PARENTS          | CHILD    |
|-------|------------------|----------|
| RB    | Hazera Akther    | Maryam   |
| RB    | Shahanaj Sultana | Sulayman |
| RM    | Ruksana Begum    | Eesa     |
| RM    | Juberia Khatun   | Yahya    |
| 1L    | Rohima Begum     | Zain     |
| 1L    | Jalal Miah       | Manha    |
| 1S    | Emdadul Hossain  | Munira   |
| 1S    | Amina Begum      | Sulaiman |
| 2D    | Sahra Ahmed      | Omar     |
| 2D    | Shipa Begum      | Adyan    |
| 2H    | Ruqia Hyder      | Sahil    |
| 2H    | Amina Begum      | Sumayyah |
| 3H    | Salema Khatun    | Adam     |
| 3H    | Rahima Aktar     | Dawood   |
| 3L    | Tanzina Akther   | Zara     |
| 3L    | Muna Ali         | Aisha    |
| 4M    | Nadia Saidi      | Wassim   |
| 4M    | Sabia Khanom     | Hibbah   |
| 4T    | Kamrul Chowdhury | Hafsa    |
| 4T    | Hussain Misba    | Mushin   |
| 5A    | Jinnatul Tarana  | Nusaiba  |
| 5A    | Mannor Banu      | Zahir    |
| 5D    | Nadia Ali        | Zuheb    |
| 5D    | Surma Begum      | Mahera   |
| 6G    | Khaleda Yeasmin  | Younis   |
| 6G    | Sukran Alparslan | Hatice   |
| 6H    | Rajna Begum      | Tawheed  |
| 6H    | Lumna Begum      | Samia    |

If you have any suggestions on how we can continue to improve the school, please forward these to the relevant Parent Councilor. We will provide a summary of the topics discussed this term in the next newsletter. The dates booked for the Parent Council meetings are:

|           |                           |        |                           |
|-----------|---------------------------|--------|---------------------------|
| Reception | 30 <sup>th</sup> November |        |                           |
| Year 1    | 4 <sup>th</sup> December  | Year 4 | 5 <sup>th</sup> December  |
| Year 2    | 23 <sup>rd</sup> November | Year 5 | 21 <sup>st</sup> November |
| Year 3    | 16 <sup>th</sup> November | Year 6 | 28 <sup>th</sup> November |

## USE OF MOBILE PHONES ON SCHOOL PREMISES



Recently, we have noticed an increasing number of parents using their mobile phone in the school playground. Please make sure you put away your phone before entering the playground so we can protect the children. We would not want any child to be unknowingly photographed or filmed, but need your support to make sure this does not happen. Remember the use of mobile phones on school premises is not allowed for this reason.

## COFFE MORNINGS

### ◆ Therapy Space

On Wednesday 7<sup>th</sup> November, a facilitator from BBBHC and Dr. Seema from the Surgery came in to speak to our parents about how to manage minor health issues at home such as fevers, eczema and asthma. A 'friendly discussion group' called **Therapy Space** has been set up for parents as a drop-in every Tuesday between 10-12pm at the BBBHC. Please call 0203 728 0980 for more information or to book a place.

### ◆ Mental Health & Wellbeing

On Wednesday 21<sup>st</sup> November, 3 parents from the Mental Health & Wellbeing Awareness Project came to speak to our parents. They are a group of local parents, drawn from the Tower Hamlets Parent and Carer Council, the borough's main family forum. The group offered help and support to other parents for mental wellbeing for children and young people. The parents who attended found the session to be really helpful, especially ideas for conversation starters with your child.

## PARENT COURSES

### ◆ Learning through play

Recently parents from the Foundation Stage completed a 3 week course on 'Learning through Play' delivered by the Parental Engagement Team. The aim of the course was to engage parents and children to play together to establish new skills in reading and writing.

### ◆ Employability Course

From 6<sup>th</sup> December, the Employability course will be delivered at the Bromley by Bow Centre every Thursday from 9-11am instead of our school. The course is aimed at Parent who are actively seeking work or require a helping hand in terms of accessing work. If anyone would like to join the Employability Course, please speak to Shelly.

### ◆ ESOL Class

Esol classes are currently taking place in school for parents every **Monday afternoon** and **Tuesday morning** in the Community Room. If you are interested in taking part, please come and speak to Shelly or Forida for more information.

### ◆ Can Do Healthy Cookery Classes

For the past 6 weeks, parents have been attending our Healthy Cookery class in the food lab, learning to prepare a healthy meal for themselves and children. On Wednesday 28<sup>th</sup> November, Sunita from the BBBC helped prepare a healthy breakfast which they all enjoyed together.

### ◆ Community Money Mentors

And finally, 10 parents from the school have regularly attending a Community Money Mentoring Course delivered by a professionally trained Money Mentor. This has been taking place at the school every Friday from 9-12.30am. At the end of the course, these parents will gain a nationally recognised qualification in Community Money Mentoring. The graduation ceremony will be taking place on Friday 7<sup>th</sup> December at Canary Wharf. We would like to take this opportunity to congratulate all the participants for their hard work on all the courses mentioned above.

**PEST CONTROL : BED BUGS**



Although bedbugs are not known to spread diseases, they can be an unpleasant and persistent nuisance due to their feeding habits. Adult bedbugs are roughly apple pip size and may vary slightly in colour. Anyone who comes in direct contact with bed bugs or their eggs can unknowingly carry them into their home or workplace. They are easily spread by moving beds, furniture, luggage, or clothing from one location to another. For this reason, it is important that you inspect

your child's bag, coat and other items regularly for the presence of bedbugs. Bed bugs require blood to survive and reproduce, so they will typically look to bite any areas of exposed skin while you are asleep. The bites may not hurt at first, but may become swollen and itch a few days later, much like a mosquito bite.

**Bedbug Treatments**

Getting rid of bedbugs begins with cleaning up the places where bedbugs live. This should include the following:

- ◆ Clean bedding, linens, curtains, and clothing in hot water and dry them on the highest dryer setting. Place stuffed animals, shoes, and other items that can't be washed in the dryer and run on high for 30 minutes.
- ◆ Use a stiff brush to scrub mattress seams to remove bedbugs and their eggs before vacuuming.
- ◆ Vacuum your bed and surrounding area frequently. After vacuuming, immediately place the vacuum cleaner bag in a plastic bag and place in the bin outdoors.
- ◆ Encase the mattress with a tightly woven, zippered cover to keep bedbugs from entering or escaping. Bedbugs may live up to a year without feeding, so keep the cover on your mattress for at least a year to make sure all bugs in the mattress are dead.
- ◆ Repair cracks in plaster and glue down peeling wallpaper to get rid of places bedbugs can hide.
- ◆ Get rid of clutter around the bed.



While cleaning up infested areas will be helpful in controlling bedbugs, getting rid of them usually requires chemical treatments and can take from 2 weeks to 2 months. Tower Hamlets provide further guidance and advice on dealing with bed bug infestations, please see link below for further assistance.

[https://www.towerhamlets.gov.uk/ignl/environment\\_and\\_waste/pest\\_control.aspx](https://www.towerhamlets.gov.uk/ignl/environment_and_waste/pest_control.aspx)

**YEAR 5 & 6 ARITHMATICS WORKSHOP**

Earlier this half term, an Arithmetic's workshop was held for parents in Years 5 and 6. At this workshop, we looked at the formal written methods that children across Upper Key stage 2 are taught, including some of the more complex methods which some children struggle with, such as long division and calculations that involve decimals. We looked at the common mistakes that children often make and ways that parents can support their child at home to become more confident with all methods taught. Thank you to the 11 parents who attended this session. We are hoping to hold similar workshop in the near future and look forward to seeing more of you then.

**BUG CLUB READING WORKSHOP**

On Friday 23rd November a workshop was held for Reception explaining how to access Bug Club. Bug Club is an online interactive resource that we use to support reading in KS1 and Reception. The workshop explained to parents what Bug Club is, how to access it with their child and how to support them with using Bug Club. They were also given some resources to take home to support children with their reading. It was great to see Reception parents turn up, keen to know how else they can support their children with their reading.

**Y5 HELP THE DOCTOR**

On Friday 22<sup>nd</sup> November, Year 5 actively participated in a BBC Live Lesson called Doctor Who, Space, Light, and Super Movers. Pupils worked alongside the Doctor to solve an interplanetary, scientific investigation, which involved exploring the eight planets in our Solar System and physically demonstrating their orbits. They also investigated objects that are transparent, translucent and opaque and looked at how these impact on the direction of light. Children thoroughly enjoyed working together to help the Doctor solve the galactic dilemma and demonstrated excellent participation throughout.



**ONLINE SAFETY-FORTNITE**



**Did you know...**

- The game is designed for player over the age of **12**.
- It is very violent, including the use of guns and knives to kill other players.
- There is a chat feature in the game. This means the children could be chatting with adults who might potentially harm them
- Some children have been accessing YouTube or Twitch TV to watch people playing the game. These clips can include inappropriate and violent language.
- There are in-app purchases, which can become expensive.

We will be holding a workshop for KS2 parents at **9.15am on Tuesday 11th December** to share with parents the content that children can be exposed to if they are allowed to play Fortnite.

**Follow the TEAM tips to help keep your child safe when playing online games:**

- ◆ **Talk** to your child regularly about what they are doing online and how to stay safe. Let them know they can come to you or another trusted adult if they're feeling worried or upset by anything they have seen.
- ◆ **Explore** your child's online activities with your child. Understand why they like using them and make sure they know what they can do to keep themselves safe.
- ◆ **Agree** your own rules as a family when using sites, apps and games.
- ◆ **Manage** your technology and use the settings available to keep your child safe.
- ◆ *Advice and support about keeping your children safe online- NSPCC Online Safety Helpline on 0808 800 5002*

## YEAR 4 EXPLORE FOOD CHAINS



In Year 4 this half term the children have been learning about digestion and states of matter. To support this, they visited the Soanes Centre near Mile End, where the children looked at the food chains of different local invertebrates. First the children went to the pond area and did some pond dipping. This allowed them to discover

which invertebrate lived in the local pond. The children then took their specimens inside to find out more about them, including what they ate and classified them as omnivores, herbivores and carnivores. Using this information they were able to create food webs and discuss how, like humans, invertebrates get their energy from their diets. Once they had made their food chains the children took a closer look at their invertebrates using microscopes, so they could see their features more closely. Overall it was a very interesting and enjoyable day!

## JUNIOR CITIZENSHIP



Year 6 visited the Mile End Ecology Pavilion this half term as part of a citizenship course. The children took part in small workshops with the police, fire services, TFL to help them learn about how to stay safe when travelling independently. This will help them to prepare for their move to Secondary school next year. The workshops were very informative, and the children were able to share much of their learning when they returned to school.

## Y1 VISIT THE NATIONAL PORTRAIT GALLERY



This week, Year 1 visited the National Portrait Gallery. The children had a special tour of the gallery, and looked at lots of portraits ranging from old to new. The children learned how each portrait was made, who were in the portraits and what might have been happening at that time. The children also got the chance to be creative by drawing and designing their very own crowns. To round off the day the children got to enjoy a picnic in Trafalgar Square.

## Y3 VISIT THE ROYAL BOTANICAL GARDENS

Year 3 visited Kew Gardens, where the children got to work with some of Kew's botanists, to explore different species of plants, and various types of pollination, such as wind and seed dispersal. They also explored the glass houses, which contained tropical plants from around the world. In the



afternoon, both classes explored the gardens and climbed up to the highest viewing point, Tree Tops to admire the autumnal landscape. The children showed great enthusiasm throughout the day, especially when identifying different types of foliage and seeds, such as leaves, conkers and acorns. They children

have been applying what they learned in their Science unit, "How do plants grow?", this half term.

## Y2 FESTIVAL : DIWALI



Year 2 children visited Sri Mahalaxmi Temple in order to find out more about Hinduism. As part of their visit, children had the opportunity to sit and watch the praying ceremony, listen to Hindu hymns and enjoy the fragrance of incense sticks. When the ceremony was over, a guide came and he talked to children about the history and importance of the temple. Next, there was a question and answer session, where the children's interesting questions were answered by the priest. After that, children were given a tour of the temple, which gave them the chance to find out more about Hindu gods such as: Vishnu, Shiva and Brahma. Before leaving, children were offered sweets and fruits in order to say thank you for coming. Following all their learning, the children performed the Diwali assembly and told the story of Rama and Sita. Through great acting and singing, they shared a very important message: light triumphs over darkness and goodness triumphs over evil. Well done Year 2.

## Y6 VISIT THE NATURAL HISTORY MUSEUM

The children visited the Natural History Museum as part of their 'Life Story' topic this half term. They took part in a fantastic workshop to learn more about adaptation and evolution and were able to use the prior knowledge they had gained in class to solve a range of problems. Part of the workshop involved looking at how animals have adapted to survive their environments, and the children were able to simulate this as part of the workshop. The children had an excellent and educational visit, and were very keen to share their findings back in class.



## Y2 VISIT THE CUTTY SARK

This half term in year 2 we have been learning about explorers. As part of their learning the children went on a visit to the Cutty Sark. Aboard the ship, the children took part in a workshop where they learned the history of the Cutty Sark through role play. They learnt about where the name Cutty Sark came from and about the stories of some of the figureheads that the Cutty Sark has had. The children really enjoyed exploring the ship, travelling between the decks and seeing the different cabin rooms. After lunch, the children then went to the Maritime Museum to see other famous explorer ships, which helped them to image what voyages were like centuries ago.

