



Old Palace Newsletter

January / February 2019



SAFER INTERNET WEEK

This year's theme for Safer Internet Day was 'Together for a better internet' which involved thinking about how we can use the internet responsibly, respectfully, critically and creatively. We ran parents workshops throughout the week providing tips on how to stay safe online at home. This included providing resources to help set parental locks on all online devices in the home (phones, tablet, computers, consoles and TVs). Parents were encouraged to start a positive conversation with their children about their online habits,

what they like to do on the internet, whether they know what to do if they see something that they shouldn't, and if it's OK to share things online. Parents were then able to join their children in the classroom and participate in the discussions and activities that were going on. The week ended with a special assembly on Friday, when the children shared what had been learned.

Children were taught to be mindful about what information you are sharing when you go online. They explored what information someone could gain from a single photo posted online or discussed what personal information it is safe to share when chatting online.



The children also learned about consent and the right to say yes or no - when organisations ask for your personal information. This can include allowing access to your location when using Apps. Children also learned about the need to ask permission before sharing photos online. A recent case highlighted the care that is needed. A father who had been banned from seeing his child following domestic abuse, was able to find his child by seeing the council logo on a bin in a photograph of his child. The whole family was then placed at risk as a result of a simple photo posted online.

Louise Manthorpe, the school's Data Protection Officer, also provided a parents workshop on personal data and GDPR. Her role is to support schools across Tower Hamlets to make sure they are doing all they can to safeguard the personal data of children, staff and parents. To further safeguard data we will be making two changes to our current procedures:

1. The school will no longer be supporting passport applications due to the risk of personal data potentially being shared inappropriately.

e-Safety SMART Rules

When using the computer and internet we need to follow these e-Safety SMART rules:

- SAFE** Keep **SAFE** by asking permission before using the internet, going onto any website or opening unknown files/emails.
- MEETING** Do not give out personal information such as your phone number, your real name, your school name or password to anyone online.
- ACCEPTING** **MEETING** someone from the internet can be dangerous. Only do so with your parents' or carers' permission and only when they are there with you.
- RELIABLE** **ACCEPTING** emails, chat messages, or opening files or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!
- TELL** Think 'How **RELIABLE** is it?' Some information on the internet may not be true. People you meet online may lie about themselves.
- TELL** **TELL** your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

e-Safety Top Tips

When using the computer and internet we need to follow these e-Safety Top Tips:

- Top Tip 1** People you don't know are strangers. They're not always who they say they are.
- Top Tip 2** Be nice to people on the computer like you would in the playground.
- Top Tip 3** Keep your personal information private.
- Top Tip 4** If you ever get that 'uh oh' feeling, you should tell a grown-up you trust.

IMPORTANT DATES



SPRING HALF TERM

School finishes Friday 15th February 2019
Return to School Monday 25th February 2019

END OF SPRING TERM

School finishes 2PM Friday 5th April 2019
Return to School Tuesday 23rd April 2019

SUMMER HALF TERM

School finishes Friday 24th May 2019
Return to School Monday 3rd June 2019

END OF SPRING TERM

School finishes 2PM Friday 19th July 2019
Return to School Tuesday 3rd September 2019

All other important dates and performance videos please visit our school website www.oldpalaceprimary.co.uk

2. Parents will not be permitted to take photographs from the back of the hall during performances. We understand that parents wish to record these important memories, so we will ask the class to pose for photos once the performance is over. We will also continue to post clips of the performance online for those parents who may not have been able to attend. We hope parents can appreciate that the present system poses too much of a safeguarding risk, as it is impossible to manage which children or staff are being photographed. Posing at the end of the performance will reduce this risk, as the other children and staff will have left the hall. This also supports the schools current rules which states that mobile phones should not be used on school premises.

WORD OF THE DAY

Toward the start of this half term we introduced 'Word of the Day' in years 1 to 6, to help extend the children's vocabulary. The children have been enthusiastically using the new words in school and we would like to thank the parents for their support at home. Asking the children to share the word of the day in their year group, to explain its meaning and to use it in a sentence, is a great way to help the children to remember the words. We will share next half term's words in the next year group newsletters. Here are some examples of the words.

Year 1 Glacier, Year 2 Complex,
Year 3 Obvious, Year 4
Obtained, Year 5 Imply & Year
6 Reliant

PARENTAL ENGAGEMENT

FGM WORKSHOP

On Wednesday 23rd January, we invited Soad Omer from The Woman's Health & Family Services to speak to parents about Female Genital Mutilation (FGM). The workshop was well attended by parents and allowed Ms Omer to inform the parents of the facts about FGM and what the procedure involves. FGM is illegal in the UK and anyone found guilty of this faces up to 14 years in prison. Parents were informed that professionals are required to treat any reported cases as a child protection issue and have a personal responsibility to report their suspicions to the police. If you would like further information, you can contact Soad Omer at the Brady Arts Centre on 0207 377 8725.

PARENTING COURSE

Forida & Shelly have been facilitating a 10 weeks parenting course, taking place every Monday morning between 9-12pm. The programme is designed to give parents advice and strategies to help their children to have good routines, boundaries, discipline and above all quality family time. It enables the sharing of ideas to support positive parenting. The course started on Monday 28th January, but there are a few places left for parents who need support or for those who can provide support, advice and guidance to other families.

SPORT ENGLAND FAMILIES PROJECT

So far, 20 families have signed up to our 12 week family learning course which is taking place after school on Monday to Thursday at the BBBC. Families will be taking part in various sports activities together to promote healthy lifestyles. As part of the learning, healthy eating will also be promoted, as well as community cohesion. If you are interested in signing up please come and speak to Shelly. There are limited places available.

ESOL

The feedback from parents attending the ESOL class has been very positive. In partnership with BbBC, the school has been facilitating ESOL class every Monday afternoon from 1.30-3.30pm and Tuesday mornings from 9-11am at Old Palace. These sessions will now continue to run until the end of the school year. For more information, please come and speak to Shelly or Forida.



KEEPING THE SCHOOL UPDATED

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 on how the school manages the data we hold.

SCHOOL NURSE UPDATE

The school has finally been allocated with a school nurse whose first job will be to review the Care plans for children with medical needs. She will be contacting parents soon to arrange appointments. If you are given an appointment and are unable to attend please let us know well in advance, so this can be offered to another parent. The nurse's time is very precious, as altogether she is covering 12 schools. Thank you for continued support.



TIME 2 ENGAGE

On Saturday 9th February a group of parents and children visited The Winton Gallery at the Science Museum. The gallery explores how mathematics connects to every aspect of our lives; from war and peace, to life, death, trade and beauty. Families enjoyed exploring the museum, visiting other galleries like the flight gallery and enjoyed time in the simulator with high definition 3D and motion effects. One parent said "I have never really visited the museum before, this opportunity has supported me to have fun, learn and given me quality family time with my girls". For those families who are part of the 'Time to Engage project, your next workshops will



Dates for your diary

- ◆ Wednesday 27th February Arts and Crafts monthly drop in Session 9-10.30am in the Community Room.
- ◆ Thursday 28th February Mums' badminton 9.30-10.30am, Top Hall, if you are interested please book with Shelly/Forida by Friday 15th February 2019.
- ◆ Wednesday 6th March, Parents view on Paediatric Dental research, 9-10am Community Room
- ◆ Wednesday 20th March Coffee Morning Cultural Awareness Day Bring a dish & celebrate 9-12pm Community Room
- ◆ Tuesday 5th March - Tuesday 19th March for KS2 families. Keep Talking to your Children, Community Room : The course focuses on child development and the importance of good communication as the children grow older. It aims to share practical strategies and to develop the parents' confidence.



OFF-SITE COFFEE

Our first Off-site Coffee Morning this year took place on Wednesday 13th February at the BBBC, Pie in the Sky. Over 15 parents attended the event. Our next off-site coffee morning will take place 3rd April.

Speak out. Stay safe. programme



NSPCC 'SPEAK OUT. STAY SAFE.' WORKSHOPS

The NSPCC, the UK's leading children's charity, will be visiting Old Palace on Tuesday 26th February to make sure our pupils have the knowledge and understanding they need to stay safe from abuse. They will do this by delivering their 'Speak out. Stay safe.' programme, a nationwide programme for every primary-school-aged child in the UK.

Through child-friendly, interactive assemblies and workshops the NSPCC's specially trained staff and volunteers will give the children information about how to keep themselves safe from harm and how to get help if they have any worries, sensitively discussing issues like bullying and sexual abuse, without using scary words or adult language. The content of the materials is appropriate for primary-school-aged children and by the end of their visit, we're convinced the children will feel empowered – knowing how they can speak out and stay safe. If you would like any more information about the NSPCC 'Speak out. Stay safe.' programme, including frequently asked questions, you can find it on the NSPCC website nspcc.org.uk/schools.

The NSPCC website provides child-friendly materials which you can use to carry on the conversation after the visit has taken place. This includes 'The Underwear Rule', a simple way for parents to help keep children safe from sexual abuse. The guide uses the rules of PANTS to teach children that their body belongs to them and them alone. You can download the free resources at nspcc.org.uk/pants. Further information and advice is also available at nspcc.org.uk/preventing-abuse/keeping-children-safe/.

CHOIR PERFORMS AT O2 YOUNG VOICES

After months of hard work and amazing enthusiasm the school choir was ready for their big night at the Young Voices concert at the O2 on Monday 4th February. The arena was packed to the brim with amazing choirs, schools, and enthusiastic parents, and our Old Palace school choir were at the heart of it all. Performing with celebrities, world renowned dancers and famous musi-

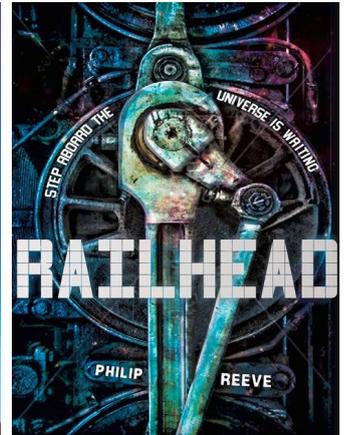
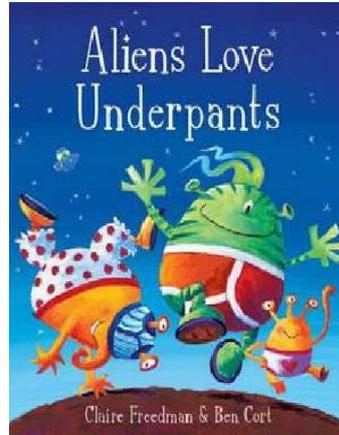


cians, the children sang their hearts out on a night to truly remember. The concert was a huge success, and the children showed patience throughout a 3 hour rehearsal, behaving impeccably, making Mr. Heighington, their school, and their parents incredibly proud. We would like to take this opportunity to thank the parents who have helped design our school banner for the performance and to thank the staff who stayed so late to accompany the children.

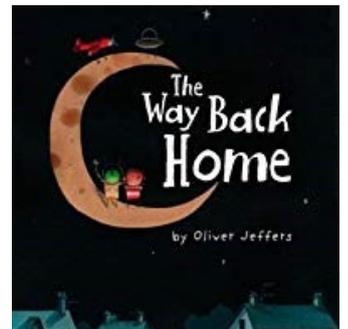
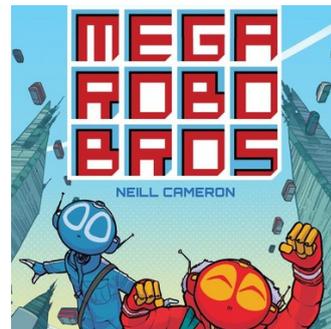
BOOK WEEK 2019

Old Palace Primary School will be celebrating BOOK WEEK from Mon 4th—Fri 8th March. The theme this year is **Sci-fi books**.

The children will have the exciting opportunity to explore a range of Sci-fi stories and discover how the author uses description to describe settings and events.



Year	Story
Rec	Aliens Love Underpants by Claire Freedman
1 & 2	The Way Back Home by Oliver Jeffers
3 & 4	Rail Head by Philip Reeve
5 & 6	Mega Rumble by Neill Cameron



Dates for your calendar:

Please do come along to all these events. Your support will mean a lot to your children and the school.

Wed 27th Feb	<p>Parent workshop 9:15 – 10:15am</p> <p>Parents can come along to look at the books and make masks and props for their child for the dress up day.</p> <p>Book Fair: 3:30-4:15pm in the Lower Hall (Children will receive £1 book vouchers from their class teacher).</p>
Thur 7th Mar	<p>The children will be reading their stories and taking part in a variety of tasks, including role plays, book making and art activities.</p> <p>Reception Reading Picnic from 2pm</p>
Fri 8th Mar	<p>Dress up in Sci-fi costumes : Non-uniform</p> <p>Book day assembly will be at 10:10am. Parents are welcome to come and celebrate with us.</p>

Y1 VISIT TO CUTTY SARK



This half term in year 1 we have been learning about explorers. As part of our learning we 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 enjoyed looking at the different figureheads and learnt stories about some of them, including what voyage they had gone on. They then had a great time designing and creating their own figureheads. Fol-

lowing the workshop, the children had an opportunity to explore the ship. They had fun travelling between the decks and seeing the different cabin rooms. They discovered how tiny and uncomfortable some of the cabins were! After lunch, the children went to the Maritime Museum to see other famous explorer ships.

MAGIC ROAD SAFETY ASSEMBLY



This half term, Reception and KS1 learnt all about road safety through a performance delivered by School Magic. They learnt about the different types of crossings, such as puffin, pelican and Zebra. They were taught how to spot these crossings and how to use them safely.

They were made aware that when they are out and about as a pedestrian, they should think about what they are doing when they reach the kerb. The children also learnt about the importance of wearing bright or fluorescent clothing if out in the dark to help them be more visible to other road users.

Y3 VISIT THE HONRIMAN MUSEUM



Year 3 visited the Horniman Museum as part of their topic on Prehistoric Britain. We attended a workshop where we got to handle some Stone Age, Bronze Age and Iron Age artefacts including tools and weapons such as a flint arrowhead, a bronze pickaxe and stone spear-

head. We also had the opportunity to look at some natural artefacts including an enormous tooth from a woolly mammoth and the teeth and skull of a cow. We then had a treasure hunt looking for where prehistoric artefacts were kept around the museum.

Y5 VISIT THE MUSEUM OF LONDON



Year 5 visited the Museum of London this half term as part of their topic on Anglo-Saxons and Vikings. The children used the information around them in the Museum to complete a range of activities in pairs, exploring the similarities and differences between the different invaders and settlers of Britain in the past. The children enjoyed

the experience and activities on the day, and were able to bring back new knowledge into the classroom. Great work Year 5!

Y4 VISIT THE BRITISH MUSEUM



This half term Year 4 have been learning all about Ancient Greece. As part of the children's learning on artefacts and what they tell us about the past, we visited the British Museum to take part in an interactive journey

through time. Using iPads we travelled around the Pantheon gallery scanning statues and artefacts to find out more about the story of Athena and some of the other Greek gods, such as Zeus. We learnt a lot about the Greek gods through the interactive workshop and through exploring the gallery.

PANTO TIME FOR Y4 & Y5

Year 4 and 5 went to the Peacock Theatre in London's West End to watch a performance of 'Sleeping Beauty'. The children thoroughly enjoyed the pantomime and got the chance to sing along with the actors on stage. In addition they were able to watch a stage production full of special effects, interesting set designs and talented actors, which may help inspire them in their up and coming assemblies. We would like to take this opportunity to thank all the staff for arranging the trip and PWC for providing us with great entertainment.



FS STORY TELLING—DISCOVERY CENTRE

On the 29th and 30th January, Reception went to the Discovery Centre in Stratford. Hootah, the space creature, gave the children a special mission to explore story world, which was full of dress up clothes, a spaceship, books, a puppet-making station and fun mirrors. We all got together afterwards and with our storyteller and used the props to come up with our own story for Hootah. The storyteller helped us organise our ideas and imagination to create a story that made sense. We talked about the setting, the characters and our teacher wrote down all our ideas so we could remember and retell the story. Finally, before we travelled back to school, we went outside and climbed up on the big spaceship! Such fun!



Y6 VISIT THE BLIZZARD INSTITUTE

Year 6 visited the Blizzard institution as part of their 'Fit for Life' unit this half term. It was their first experience in a university lecture theatre learning all about the circulatory system. The children surprised the staff with their excellent knowledge of the circulatory system and the heart, and proved that they could still learn more, taking part in a range of activities and games. The children were then able to apply their new knowledge to their topic lessons back at school.

