



Old Palace Newsletter

February/ March 2020

BOOK WEEK 2020



World Book Day celebrations started off with lots of informative fun at Old Palace Primary this year, with our theme being information texts. The children had the exciting opportunity to explore a range of information texts and to discover how authors organize and present information using a range of features, such as sub-headings, illustrations and interesting facts. As we **learn to read and read to learn** at Old Palace, each year group had fun exploring a topic of their choice and designing their own information page. They enjoyed making it colourful, adding in fact boxes and pictures with captions. This year we launched a new evening event for Reception 'The Bedtime Story'. The children came back to school with their parents at 6pm. They listened to teachers reading their favourite book aloud to them. Then parents had a chance to read with their children. To finish off the evening they watched a beebies 'Bedtime Story'.



After all that great fun, there was only one thing left to do... Book week assembly! Red-riding hoods, Peter Rabbits, Gangster granniesyou name them, we had them! The hall was buzzing with the children's favourite characters everywhere. It was great seeing all the learning being presented and hearing all the interesting facts the children had learnt. We even had Reception join the assembly to share what happened at the bed time story. If you missed the assembly, you can watch it on our website. See if you can spot the amazing costumes. Prior to book week we also held our annual book fair, which again attracted a great turn out. Thank you to everyone who made this year's Book Week so successful—keep on reading!



IMPORTANT DATES



SPRING TERM 2

School finishes **2PM** Friday 3rd April 2020

SUMMER TERM 1

Return to School Tuesday 21st April 2020

School finishes Friday 22nd May 2020

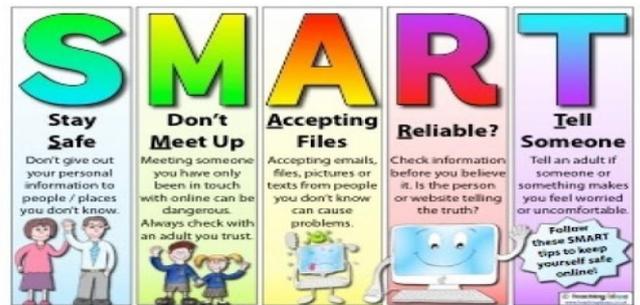
SUMMER TERM 2

Return to School Monday 1st June 2020

School finishes **2PM** Friday 17th July 2020

For all other important dates please visit our school website www.oldpalaceprimary.co.uk
Any parents thinking of taking children out of school during term time should arrange to meet the AWA before making any travel arrangements.

INTERNET SAFETY WEEK



We kicked off Internet Safety Week this year with a parent workshop with Selda Ziya, Tower Hamlets' Online Safety Consultant, during which parents learnt of useful resources to help keep their children safe while using the internet at home. Throughout the week children participated in online safety activities, this year with the theme #freetobeme. Children explored their online identity, what this meant and how to keep it safe. We rounded the week off with a whole school assembly on the Friday and shared some of the learning that had taken place.



PARENTAL ENGAGEMENT

COFFEE MORNINGS & WORKSHOPS

Employment and training



On Wednesday 12th February, Shuhel Miah from the Bromley by Bow Centre was invited to our Coffee Morning. He spoke to parents about Employment and Training programmes available at the centre, including workshops on CV writing & interview techniques. Parents who are interested can walk into the Connection Zone at the BBBC every Wednesday from 9am -5pm.

Mental Health



On the 26th February, Samia Shire came along from Health Watch Tower Hamlets to speak to our families regarding Mental Health. This coffee morning focused on how individuals with mental health conditions can manage their mental and wider health needs. We looked at ways to help manage stress, anxiety and self esteem. Further Coffee mornings on Mental Health & Emotional Wellbeing will be held on **Wed 11th March & Wed 22nd April**

Computing Class



Mostofa Uddin from the Quaker Social Action & Bromley By Bow Centre is presently delivering a 4 week course on basic digital and IT skills. This includes how to stay safe online & using mobile apps & websites to help save money. If you are interested please sign up with Shelly or Forida. Future dates will be: **12th & 19th March, 1.30-3.30pm**

Dads Parenting Course

Our Dads parenting course will be starting on Thursday 19th March. The course will cover the following topics: boundaries, behaviour patterns, routine, consistency, how to support children's learning, work/life balance & managing family time. If you are interested in joining up and getting to share your experiences with other Dads, please speak to Forida.

Get Active—Netball for Mums

So far, we have had a very positive response to Mums Netball sessions being held in school, every Thursday. We are looking for more parents to take part in this exciting challenge. For more information and to register your interest, please come and speak to Shelly or Forida. Each session cost only £1.00.

After School Swimming Sessions

Sadly, a very low interest from our parents, meant that our first swimming session scheduled for Monday 2nd March did not go ahead. Parents are reminded that Poplar Baths offer family swimming sessions weekly on Monday and Tuesday from 4-7pm. The cost for an adult ticket is £5.70 and £2.10 for a child.

Keeping the School Updated

Please remember that it is YOUR responsibility as a parent to keep the school informed regarding changes to your contact details. You MUST NOTIFY us of any changes to your address, mobile and landline telephone numbers, emergency contact and collection details. As we often communicate by text it is important details are correct.

PARENT COUNCIL MEETINGS

If you have any suggestions on how we can continue to improve the school, please forward these to the relevant Parent Councillor for your child's class. The dates booked for the Parent Council meetings are:

- FS: Wednesday 18th March, 9.15-10am
- Year 6: Thursday 19th March, 9.15-10am
- Year 5: Thursday 19th March, 3-3.30 pm
- Year 2: Friday 20th March, 9.15-10am
- Year 3: Thursday 26th March, 3-3.30pm
- Year 1: Monday 30th March, 9.15-10am
- Year 4: Wednesday 1st April, 9.15-10am

TIME 2 ENGAGE

This half term, the KS1 Time to Engage workshops will focus on Maths, including number and place value, and strategies to support addition and subtraction, multiplication and division. After a short presentation by Mrs Hanter, we began to implement the spice challenge formula. The four spices are Mild (easiest), Medium, Hot and extra Hot (most challenging). Depending on how confident the children feel during the carpet session, the children



decide which challenge they want to start on. Our next Time 2 Engage workshops will take place on the following dates: Please ensure you attend both the sessions.

- Wednesday 18th March 3.30-4.30 Class 2H
- Wednesday 1st April, 3.30-4.30 Class 2H

PHONICS & HAND-WRITING WORKSHOP



The school recently held a second Phonics and handwriting workshop for Reception parents. The workshop helped parents to understand how phonics is used to support early reading. Parents had the opportunity to practice segmenting

and blending sounds to decode words and learned that some words need to be learned as phonics cannot be used to read them.

The second half of the session focused on handwriting. Parents were informed of the different letter families and how these are an essential part of early handwriting practice. Parents then were shown the pre cursive script, including the entry and exit flicks, which Reception children are now expected to begin to use (except those children who need to develop their fine motor control).

Thank you to all the parents who attended the workshop. Copies of the training materials have been put on our school website for your reference.

SPORTS RELIEF REMINDER

Merchandise continues to be on sale at the school office. On Friday the children are invited to dress in sports kit to help raise money. Children in KS2 will also be running for charity in Bobs Park. Please come and support them if you can.

- Y5 10.45-11.15am, Y4 11.15-11.45am
- Y3 11.45-12.15pm, Y6 1.30-2pm



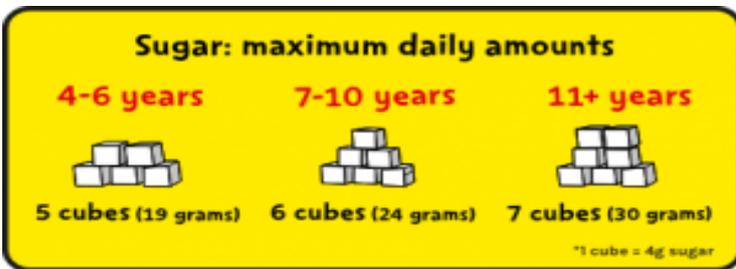
SPRING PARENT CONSULTATIONS

We will be holding parent consultations before the end of term. Parents will be given an appointment during the school day. It is important that parents attend to discuss their child/ren's progress and ways to support them at home. The dates are:

- ⇒ Reception, Wednesday, 1st April 2020
- ⇒ Year 1 Monday, 30th March 2020
- ⇒ Year 2 Wednesday, 25th March 2020
- ⇒ Year 3 Thursday 26th March 2020
- ⇒ Year 4 Friday, 27th March 2020
- ⇒ Year 5 Monday, 23rd March 2020
- ⇒ Year 6 Tuesday, 31st March 2020

SUGAR SMART PLEDGE

As a school we place great importance on the health of our children. To continue this work, the school has signed up for the Sugar Smart Pledge to reduce the amount of sugar that the children are consuming. The project started with children in Year 6 keeping a food diary. The average 10 year old should only have around 24 grams of sugar per day (6 teaspoons) but some of our Year 6 children were consuming up to 85 grams! The reason for this is that foods often have additional sugar added to them, so often we are eating extra sugar without even knowing it. David Banks from the Healthy Lives team came in to deliver a special assembly where he shared with the children the amount of hidden sugar in a range of items like yoghurts, coca-cola, flavoured water and thick shakes. We have also chosen 7 Sugar Smart Ambassadors who will continue to promote this message. Change4Life also offer a Sugar Smart app which can be downloaded for free. If you scan the bar code of an item, the app will tell you how much sugar the food contains.



As you know we already do a lot to reduce sugar through our food policy. This includes limiting pudding to just once a week on a Friday. From the start of next term we will extend this to include not bringing in birthday sweets. Newer parents will know this policy is already in place at Children's House. Children will still get a chance to say happy birthday and families can send in fruit/ dry fruit if they wish, but please no cakes, sweets or chocolates. This will help us to break the link between sugary foods and celebrations.

Coronavirus—COVID19 Update

We understand that there is a great deal of concern amongst parents and staff regarding the increasing number of confirmed cases in London.

Assemblies have been delivered on the importance of hand-washing and using tissues and procedures have been put in place to ensure the children continue to wash their hands throughout the day. At present, the DfE is recommending that school life should continue as normal, with trips going ahead. Children will be asked to wash their hands after using public transport.

We continue to receive daily updates from Public Health England and should the situation change we will inform parents. The school communicates by letter, text and through our school website. Should any rumours appear on facebook or Whatsapp they are likely to be false and should not be believed until confirmed by the school.

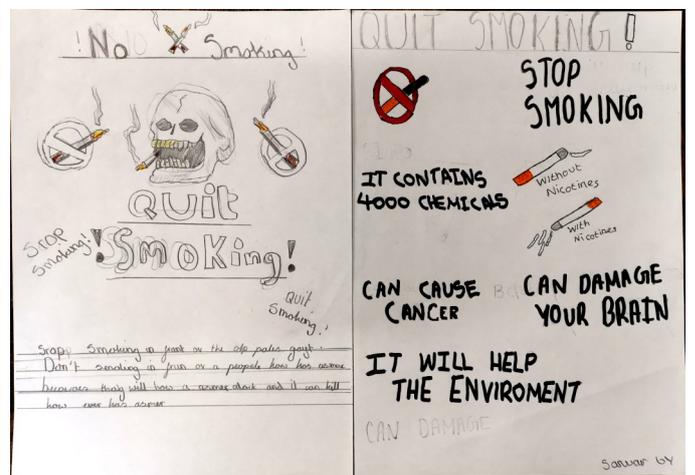
Y5 & 6 KEEPING CHILDREN SAFE



On Tuesday 10th March, Tristen from St Giles Trust came in to deliver a workshop to Year 5 and 6 about knife crime. He discussed ways for children to keep safe without carrying a weapon, the law and consequences of carrying a weapon, statistics of knife crime and also why people carry weapons at all. It was interesting to hear the children's views on the matter and also for Tristen to share the realities of knife crime. All parents were invited to a workshop which mirrored what the children learnt. 13 parents attended to find out what they can do to keep their children and communities safe.

Y6 FIT FOR LIFE

In Spring 1, the topic for year 6 was 'fit for life'. The children found out ways to keep the body and mind healthy and also learned about the dangers posed by drugs. A part of this learning the children also 6 took part in a brilliant workshop about First Aid delivered by St.Johns Ambulance. The workshop taught the children some basic first aid techniques. The children learned how to bandage a wound, how to put someone in the recovery position and how to get help when someone is in need. Year 6 worked really hard during the workshop and showed great concentration. Well done year 6! Parent Councillors raised concerns about some parents smoking in the area in front of the school gate. Year 6 decided to tackle this problem as part of their Make it Real project. They have created posters to attach to the fence that will explain the dangers of passive smoking, in the hope that this will stop this dangerous practice. Please listen to Year 6 and help us to keep all our children's lungs smoke free by not smoking anywhere on the pavement outside the school!



Unfortunately we continue to receive reports of parents spitting on school premises. This will not be tolerated, as it spreads disease, including COVID-19. We do not wish to have to ban anyone from the school grounds, so please do not spit. If see anyone spitting, please let a member of staff know immediately.

VISITS TO THE SOANES CENTRE



Year 4 had an amazing time at the Soanes Centre, learning about Nature All Around Us! They carried out a nature walk through the woodlands and grasslands in Mile End and looked for clues that showed animals had been roaming around. They also

learned all about the different plants and trees that can be found in our local area. Using their observational skills, they made notes about everything they saw and will use this information when writing their nature journal.



Year 5 also visited the Soanes Centre, this time to learn more about their topic on materials. The children had the opportunity to discuss what they have learned so far about different materials and to categorise them by their

properties. They also learned about different types of changes—finding out that making charcoal and mixing bicarbonate of soda and vinegar are examples of irreversible reactions. The children will continue to extend their knowledge of how different materials are made and used for the rest of the term.

CORE VALUE AWARD - FEBRUARY 2020

The value of the month for February was **RESPONSIBILITY**. Congratulations to:

- Reception: RB Elisha & RW Ibrahim
- Year 1: 1B Inaya & 1D Bilal
- Year 2: 2A Abdurrahman & 2H Saadat
- Year 3: 3L Manha & 3S Zaynab
- Year 4: 4H Yusha & 4M Zakariyah
- Year 5: 5A Fayeezah & 5C Zaina
- Year 6: 6H Imtiyaz & 6Y Taiba

Y2 VISIT THE HORNIMAN MUSEUM

This term, Year 2 were fortunate enough to visit the Horniman Museum as part of their topic on life in Africa. The children got the chance to look at and try on traditional Kenyan clothing and also had the opportunity to play with Kenyan toys, which they made out of recycled objects. They then got a chance to play some music on Ngoma (drums) and African xylophones. Back at school the fun continued, with children getting the chance to design and make their own African Mask using modroc clay.



Y4 VISIT LEARN ABOUT BUDDHISM

On the 7th February, Year 4 visited the London Buddhist Centre to find out more about this religion. In the Shrine Room, they got to meet a Buddhist, who was able to answer their questions. He also shared the details about the



story of Buddha and explained the virtues and beliefs of Buddhists. To finish off the trip, the children got to experience a peaceful meditation session, allowing them to calm their minds and reflect on their day. Back at school, the children used all the knowledge they had gained to help them to prepare for the Year 4 Nirvana Day festival assembly. They did a fantastic job sharing with the school why this festival is important to Buddhists and the different ways in which it is celebrated.

Y3 VISIT THE SCIENCE MUSEUM

Last half term, Year 3 visited the Science Museum as part of their unit on Forces and Magnets. They attended a 'Feel the Force' workshop, investigating various types of forces such as air resistances, up thrust, gravity, friction and magnetics. Later in the day, the children became scientists in the Wonderlab, exploring a variety of interesting and unusual experiments. These included see lightning strike before their eyes, playing with forces on giant slides and travelling through space under a canopy of stars. It was an exciting and fascinating day, which everyone enjoyed thoroughly.



OLD PALACE FOOTBALL NEWS

Last half term, Old Palace was invited to take part in a Boys Football Tournament at Marner Primary. 10 boys, from year 6, were selected. They took part in different matches against various other schools in Tower Hamlets, each Monday for 4 weeks. Although Old Palace did not win the tournament, they showed great team work, resilience and respect throughout the games. This half term 8 girls, from year 6, will be taking part in the Marner Football Tournament. We are sure they will do us proud and all have our fingers crossed for them!

