



Old Palace Newsletter

November 2022

Y6 CHILDREN UNIVERSITY GRADUATION



In October, our year 6 children attended their Children's University graduation ceremony. The event took place at Bow School's Riverside theatre. The children were dressed in full gowns and Mortar Boards and received their certificates after some celebratory speeches from Mr. Heighington and the Children's University team. We had a fantastic turnout from parents and we were very impressed with the number of Bronze and Silver awards that were given to the children in recognition of all the extra curricular activities they had completed throughout the year. In order to gain a Bronze award, the children had to evidence that 80 hours of out of school activities had been completed. This year we have signed up our year 5 children to take part in Children's University alongside the year 6's. The children have had an assembly introducing them to the project and we will be hosting an information workshop for parents towards the end of the half term. Dates for this will be sent out in due course.



CHILDREN IN NEED 2022

This year, Children in Need was all about being 'SPOT-tacular!'. Throughout the week, the School Council led a range of activities including: design a Pudsey, basketball hoop-off, biscuit making and an official merchandise stall, which proved very popular. Children in all year groups from Reception to Year 6 donated money, took part in activities and supported the cause by wearing the official merchandise, allowing us to raise a whopping £655! A huge thankyou to all the children and parents that donated to the wonderful cause and a big thankyou to the School Council for their hard work organising and making the 'SPOT-tacular' biscuits for the whole school! We look forward to raising more money for the charity next year...



IMPORTANT DATES



PARENT CONSULTATIONS
13th & 14th December 2022
By Appointment ONLY

END OF AUTUMN HALF TERM
School finishes Friday 16th December 2022 @ 2PM
Return to school Tuesday 3rd January 2023

SPRING HALF TERM
School finishes Friday 10th February 2023
Return to school Monday 20th February 2023

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School finishes Friday 10th February 2023
Return to school Monday 20th February 2023

Please visit our school website for a full list of term dates
www.oldpalaceprimary.co.uk

Follow us on Twitter 

ANTI-BULLYING WEEK



In support of Anti-Bullying Week, we began with Odd Socks Day on Monday 14th November. The adults and children wore odd socks to help promote and celebrate what makes us all unique. Throughout the week each year group carried out activities based around their focus book and the theme 'Reach Out'. This included writing advice to the victim, creating friendship recipes and friendship puzzles, re-enacting scenes from the book and discussing how it made the different characters feel and what we could do in a similar situation. We also had lots of fantastic odd sock and poster competition entries that children created at home! Miss Dawson, our PHSCE Leader, also delivered a workshop for parents on the school's anti-bullying policy and procedures. A big thank you to all who attended.



PARENTAL ENGAGEMENT

PARENT WORKSHOPS & COFFEE MORNINGS



Trauma Workshop

On Thursday 20th October, Holly Samson, our Drama Therapist from the Connect-Ed School Counselling & Therapy Service delivered a session on trauma to support any families effected by the violent incident that took place outside the school on Friday 7th October. Trauma is an emotional response to a terrible event like an accident or event. Immediately after the event, shock and denial are typical. Longer term reaction include unpredictable emotions, flashbacks, and even physical symptoms like headaches or nausea. If any parents would like any further support please email on hsamson2.211@lgfmail.org

Looking for voluntary work?

On Monday 7th November, Haseena Khan, a Family Health Coordinator from Home Start, delivered an information session on how to become volunteers for Home Start. Home Start delivers early help to families with young children who have multiple needs and are struggling to cope with the challenges they face. Parents who sign up for the programme will be provided with hands on training to gain the skills needed to support families. The training is once a week for 5 weeks. Volunteers will then be placed with families for at least 3 months. If you would like further information or interested please contact Haseena Khan on 0208 371 0674 or email haseena@homestartbarnet.org

Cost of Living



On Thursday 10th November, Mokshuda Ali, a Financial Inclusion and Energy Advisor from the Bromley by Bow Centre, delivered a session on the Cost of Living. The session was an opportunity for parents to find out more about what help is available. Parents were also invited to a follow up session held at the Bromley by Bow Centre on 17th November. The event was attended by many of our parents; they found it to be really informative and helpful. If parents missed the coffee morning and seek advice regarding the Cost of Living, they can call 0208 709 9700 or email energy@bbbc.org.uk

Time to Engage



This half term, parents of disadvantaged pupils in Reception Stage have been attending 'Time to Engage' family learning sessions. The sessions take place from 3.30-4.30pm alternate Thursdays. The sessions are fun, interactive and practical, allowing parents to work alongside their child. At each session parents are

given a learning pack with lots of fun activities to complete at home. They then return the completed activities at the next session, which takes place two weeks later. These sessions have proved very effective at boosting the children's confidence, developing their language and supporting their early reading skills. For more information, please speak to Mrs Rahman.

Emotional Wellbeing: Talking Therapy

On Thursday 17th November, Sufia Khan, from Tower Hamlets Talking Therapy, delivered a workshop on Emotional Wellbeing. Everyone feels stressed or unhappy at some point in their life. Generally, these difficult times pass, but sometimes there are problems that do not go away and become harder to cope with. Tower Hamlets Talking Therapies is a free and confidential NHS service for local people that can help. They teach ways to better manage your emotions and thinking patterns with the aim to improving your mood and develop more effective coping strategies. You can refer yourself by calling on 0208 475 8080 or on www.towerhamletstalkingtherapies.nhs.uk

PARENT COUNCIL 2022-23

The following parent's have been appointed as Parent Councillors. We have a number of vacancies—If you would like to represent your child's class. Please speak to Shelly, our Parent Support Worker.

Class	Name of Parent	Child
RB	Rupsana Begum Vacant	Safa NA
RP	Vacant Vacant	NA NA
1D	Mohammed Abdul Quayum	Amima
	Rajia Khatun	Ahil
1O	Abdi Musa	Hafsa
	Elisabeth Jelfs	Clariss
2B	Amina Beum	Suhana
	Mohammed Rahim	Mahdi
2H	Shifa Begum Vacant	Suraya NA
3G	Sweetie Sultana	Munim
	Shahjahan Choudhury	Faiha
3H	Kulsuma Akter	Anisa
	Nazrul Mirdha	Nazir
4D	Aminul Islam	Amina
	Rukeya Begum Tahid	Ariyana
4T	Mohammed Islam Vacant	Raif NA
5M	Jalal Miah Vacant	Manha NA
5K	Suma Begum	Rihan
	Emdadul Hussain	Munira
6W	Amina Begum Vacant	Summaiya NA
6Y	Fatima Begum Vacant	Maliha NA

Autumn term meetings are presently taking place and will be reported on in the next newsletter.

Positive Parenting

On Wednesday 23rd November, our School Social Worker, Shahnaz Choudhury together with Shelly delivered a Parenting course. Thank you to all the parents who attended the course and shared their experiences with other parents. The course covered topics such as routines, boundaries, discipline, clear instructions and promoting positive behaviour. If you would like to take part in our next positive parenting course please speak to Shelly.

Flu Immunisation Catch-up Programme

Vaccination UK will be visiting the school on the 5th December to offer a free flu vaccine to all eligible children from Reception to Year 6. If you haven't yet consented to the vaccination, please click on the link [HERE](#) to give consent, as this will be the last opportunity to get the vaccination in school this year. We have also arranged an information session for parents on **Friday 2nd December at 9-10am**. Please join us for the meeting if you have any questions or concerns.

Polio Booster Programme

All children aged 1 to 9 years in London are now eligible to have free a dose of polio vaccine. The NHS will be contacting families to book an appointment for your child's polio vaccine. With a rise in cases in London, it is very important that parents take up this offer. For more information please click [HERE](#)

PARENT VOICE EVENTS:

Parent Voice: Behaviour Policy

On Thursday 3rd November, Ms Millward delivered a 'Parent Voice Event' on our Behaviour policy. She explained how the behaviour policy is implemented and discussed how we use the zones of regulations. Thank you to the parents who attended. We had really good suggestions from parents. Please click [HERE](#) to view the policy.

Our next **Parent Voice event** will take place on **Tuesday, 29th November from 9-10am**. This time the topic will be how the school shares information on the children's progress. Please come along to find out what is already in place and to offer your suggestions.

Religious Education

On Thursday 24th November, Ms Gorgi delivered a subject workshop on Religious Education. This provided an opportunity for parents to learn more about the Tower Hamlets Agreed Syllabus and how we implement this in school. There was also an opportunity to raise questions. As well as sharing knowledge about other faiths, RE also plays an important role in teaching the school's core values, such as respect. For more information about our school curriculum, please click [HERE](#). Thank you to all the parents who attended.

ONLINE SAFETY- SMART

At Old Palace, at the beginning of the Friday assembly the children go over the SMART rules to know how to stay safe online and have the opportunity to discuss an online scenario.



The below link discusses the SMART rules in more detail and shows six easy-to-follow videos on key online safety messages for parents and carers. We do advise that an adult watches these with the child, as there are lots of opportunities to discuss different scenarios.

<https://www.childnet.com/resources/video-lessons/>

CORE VALUE AWARD - OCTOBER 2022

The value of the month for October was **AMBITION**. Congratulations to:

- Reception:** RB Aasiya & RP Mirah
- Year 1:** 1D Aydan & 1O Taslim
- Year 2:** 2B Mahamud & 2H Arshita
- Year 3:** 3G Amani & 3H Ruqayyah
- Year 4:** 4D Rahil & 4T Maryam K
- Year 5:** 5C Rihan & 5M Tayyib
- Year 6:** 6K Faria & 6Y Yameen

Core value for November is **COURAGE**



STAR CITIZENS - AUTUMN B

We would like to congratulate the following pupils for achieving the star citizen award this term. Well Done and keep up the good work.

Reception	RB Hudayfah & RP Ruqaiya
Year One	1D Meeyad & 1O Abdullah
Year Two	2B Inaaya & 2H Aizah
Year Three	3H Kaitlyn & 3G Ayaan
Year Four	4D Mikail & 4T Hamzah
Year Five	5K Aamira & 5M Arissa
Year Six	6W Mabur & 6Y Ayana

DfE PLAYGROUND PROJECT FILMING

This term we had a special guest from the DfE visit our school to learn all about the systems, zones and roles of responsibility we use in our playgrounds.

Annie Grant from the DfE came to visit us to find out how our Sports Ambassadors, Prefects and Playground Friends do such a fantastic job supporting playtimes and lunchtimes. We were able to show her how we run the games room, playground zones such as the Team Games Zone, Soft Zone and Free-Flow zone and the recently re-opened Playground Shop. She learned how our Sports Ambassadors, Prefects and Playground Friends are available to help during playtimes and how this helps to make playtimes enjoyable for all.

Annie was so impressed with the great work that we do at Old Palace, that through her interviews with children, she will be creating a training resource which the DfE will share with other schools, so they can develop similar systems in their own playgrounds. A big thankyou to all the children and staff that took part in the photos and interviews and shared all the great tips on how to be good citizens and help each other, especially in the playground.



DATES FOR YOUR DIARY

Time2Engage for Reception Families

Tuesday 29th November
3.30-4.30pm, Community Room

Year 2 Changing the Story

Tuesday 6th December
9-9.30am, Community Room

Coffee Morning: Relaxation Technique

Thursday 8th December
9-10am, Community Room

Parents trip: Tower Bridge

Friday 9th December @ 9am
More information please speak to Shelly

Year 1 Christmas Performance Assembly

Wednesday 14th December @ 10am

Christmas Parties

Thursday 15th December—More information to follow

FREE YEAR 5 & 6 CRICKET SESSIONS

Team Tower Hamlets Cricket are offering 'looking for talent'—free cricket sessions for year 5 and 6 boys and girls, which will take place starting Monday 28th November.

Please see link below for registration

Boys Venue Mulberry Stepney Green: [Boys Registration](#)
Girls Central Foundation [Girl's Registration](#)

BANJI ALEXANDER VISITS OLD PALACE



On the 9th November, the pupils at Old Palace were very fortunate to meet the celebrated author, Banji Alexander. He read extracts from his books to children across the school and shared the inspiration behind some of the characters he had created in his novel, 'Lockdown Looms'. The children had fun and came up with some great questions to support their own story writing. Parents who purchased a copy of the novel have received a signed copy. The school also purchased a copy which can be borrowed from the school libraries.

YEAR 4 FOOD TECHNOLOGY



This half term, Year 4 have been learning how to cook a pasta dish in DT. They got to design their own pasta recipe, choosing the type of pasta (such as fusilli, penne and spaghetti) and were allowed to choose which vegetables and which source of protein to add. As well as revising what makes a balanced diet, they also

learnt various skills, for instance how to use the bridge method when cutting. They were able to work collaboratively, sharing out their responsibilities, resulting in some mouth watering dishes being prepared. Well done Year 4!

YEAR 2 FIRE SAFETY



The children in Year 2 have been learning about the Great Fire of London. This week, they were visited by a Fire Safety officer who shared information about how to stay safe and learned that it is important to call 999 in case of a fire or emergency. They also learned how to recognize fire fighters from their uniform and how to identify

different 999 services, such as ambulances, police cars and, fire engines. Year 5 also received a visit; here the focus was on how fires start, ways to stop them spreading and the importance of making sure that fire sensors are fitted and are working.

ASHIANA NETWORK FOR WOMEN & GIRLS



Ashiana Webchat Service provides immediate and confidential advice, information and support for women and girls who have been affected by gender-

based violence, including domestic, sexual violence and harmful practices such as forced marriage and so-called honour-based violence.

Web Chat Opening Hours: Monday & Fridays 10-3pm, Tuesday 11-2pm, Wednesday-Thursday 10-2pm

How to access this service: Please click [HERE](#) and go to 'CHAT' icon at the bottom left.

For more information, please contact us on 02085390427 or via info@ashiana.org.uk

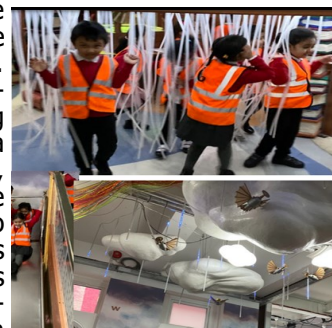
YEAR 2 CELEBRATE DIWALI

Year 2 visited the SKS Swaminarayan Temple in Forest Gate this half term to learn about Hindu worship at the temple. The children got the opportunity to explore what was inside the temple, the different shrines and how Hindus worship there. It was a chance for the children to make links to their learning and to also ask big questions they had of their own. This was followed by Year 2's Diwali Festival Assembly, which was a fantastic opportunity for the children to share their learning on Hinduism and Diwali; the festival of light. The children shared the story of Rama and Sita, along with details about their visit to the SKS temple and how Diwali is celebrated around the world. Year 2 really enjoyed performing the assembly and we were wowed by their great singing and acting. Well done Year 2!



RECEPTION VISIT DISCOVERY CENTRE

This term, the children from Reception visited the Discovery Centre. They started the journey by taking the D8 bus. When they arrived, the children were taken to the discovery story room. Here they were introduced to Hootah, and the story of the squiggly-diggily. The children then got to explore the environment using their senses; this included: a miniature mine, a jelly forest, the midnight sky and a pirate ship slide. Some children also had a chance to dress up as different characters, such as bears and tigers. This experience provided the children with lots of inspiration, which they then used to create their very own story about a birthday party. The trip was fun and a great way to stimulate the children's imagination!



YEAR 3 VISIT HORNIMAN MUSEUM

This half term, Year 3 visited the Horniman Museum, as part of their topic on Stone Age Britain. The children took part in a workshop called Prehistoric Britain where they learnt about the Old Stone Age (known as the palaeolithic era), the New Stone Age (known as the Neolithic era) and the Bronze Age. The children really enjoyed learning about the different type of tools used in the different eras, seeing real life examples of the tools and learning how prehistoric people used them. They also really enjoyed seeing the model of a skeleton from the Palaeolithic era. We had a fantastic day!



YEAR 1 VISIT NATIONAL GALLERY

This half term, Year 1 visited the National Gallery, to consolidate their Art learning on the topic of Vincent Van Gogh. At the gallery, the children loved seeing lots of Van Gogh's landscape paintings that they had learnt about at school, such as 'Sunflowers' and 'Farms.' They discussed in small groups the different colours and brush strokes they could see and decided which one was their favourite. They even had a go at drawing their own versions of the paintings at the gallery and labelled the different features.

