



Old Palace Newsletter

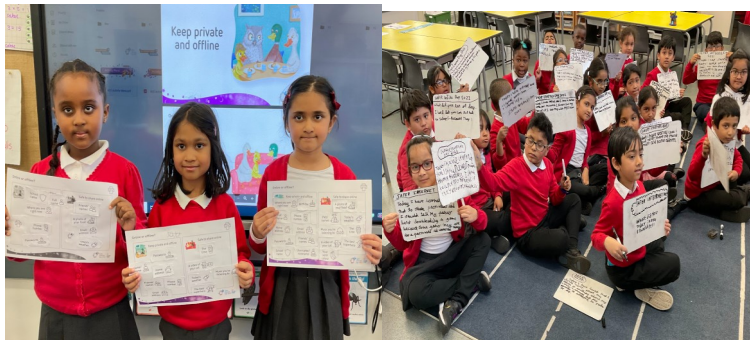
Jan/Feb 2024

SAFER INTERNET DAY 2024



This week we joined schools across the UK in celebrating Safer Internet Day, which promotes the safe and responsible use of technology. Using the internet safely and positively is a key message that we promote in school and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages which we deliver throughout the year. Classes carried out a range of activities, such as looking at how technology has changed over time, Artificial Intelligence and higher up the school, making a poster of future technology. We also held Parents Workshops where we spoke more about Safer Internet Day, what things to be aware of, in particular certain online apps, such as Roblox and YouTube and how parents can support the internet being used safely at home. Parents of children in Y1-4 also had the opportunity to visit classes and join in part of the lesson with their child.

Below are some useful websites to support at home, as shown in the workshop, along with a guide to set



parental controls on Roblox:

- ⇒ <https://www.internetmatters.org/>
- ⇒ <https://www.childnet.com/help-and-advice/parents-and-carers>
- ⇒ <https://www.internetmatters.org/wp-content/uploads/parent-controls-docs/parental-control-roblox-parental-controls.pdf>

Also, here are the links of ways to report any concerns with online safety: The Report Harmful Content website can help you with issues such as cyberbullying, impersonation and threats <https://reportharmfulcontent.com/?lang=en> You can report worrying behaviour towards children to <https://www.ceop.police.uk/Safety-Centre/> School related issues - take a screenshot (on your phone) and email it to the school admin@oldpalace.towerhamlets.sch.uk



IMPORTANT DATES



RETURN TO SCHOOL SPRING TERM
Return to school Monday 8th January 2024

SPRING HALF TERM HOLIDAYS
School finishes Friday 9th February 2024
Return to school Monday 19th February 2024

END OF SPRING TERM HOLIDAYS
School finishes Thursday 28th March 2024
Return to school Monday 15th April 2024

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

Follow us on Twitter 

RECEPTION VISIT THE TRANSPORT MUSEUM



Reception went on a trip on Friday 19th January to the London Transport Museum. When the children arrived at the Museum, they were amazed by the sight of the different busses and trains that have evolved over the many years. The class were split into smaller groups and escorted by a teacher in order to explore the environment efficiently. We found the museum to be stimulating and interactive with brightly coloured posters and a chance to go inside the old trains. The children had a closer look at the trams and the omnibus. We had the privilege to sit inside the omnibus and learnt only the rich had the luxury to use most forms of transport. The children then moved on to explore the trains that have developed over the years. We discovered how the underground was once used as a place of shelter to protect people during the time of war.



PARENTAL ENGAGEMENT

PARENT WORKSHOPS & COFFEE MORNINGS

Oracy Workshop



This month, an Oracy workshop has been delivered to parents, informing them about the new Oracy activities and giving them the chance to practise their speaking skills. After being reminded what Oracy is and why it is important for children, parents were presented some of the new activities introduced in school, such as: Talk Tuesday, Oracy lessons, using hand signals as well as having Oracy monitors. Parents engaged in activities such as odd-one-out, where they had to explain their thinking and give reasons for their choices. Finally, parents were suggested different ways to help with Oracy at home, including questions to ask, examples of conversations, websites for online reading and games to play. The workshop ended with some mindful questions meant to create a positive mind set and develop Oracy skills.

Open Conversation Workshop



Thank you to those parents who attended the 'Open Conversation' workshop. This was facilitated by Family Support & Engagement Practitioner Rashida Begum on Wednesday 17th January. Parents looked at ways to have 'open conversations' with their child/ren. They learnt how to set boundaries and manage conflict so their child can maintain positive relationships as they become more independent. They also looked at how to be good listeners without making judgments, focusing on quality time together. Being able to avoid questions with "yes" or "no" answers. No doubt being a parent is the hardest job ever but we must always find ways to maintain our relationship with our children. Well done to all the parents who attended and keep the great job going.

Healthy Living Workshop



On Tuesday 23rd January, Chiara Castronovo, a student Dietician from the Healthy Lives Team, delivered a workshop to familiarise parents with the 'Eat well Guide'. They reviewed portion sizes and learnt to read labels, discussing reducing sugars. Parents were made aware of how to use the traffic light system on food packaging, identifying changeable factors and making easy swaps for their self and their families. It is all about making little changes to have a healthier lifestyle.

Energy Workshop



On Thursday 25th January Mina Chowdhury, Trainer and Advisor from Bromley by Bow Centre, facilitated an Energy Workshop. She went through energy usage and cost and how we can save energy by making little changes. She made families aware of which light bulbs are most effective for financial savings and offered support. BBBC is offering a 6 to 8 week course on being an Energy Champion. Learners will gain a Level 1 OCN accreditation in Fuel poverty and will be equipped with energy saving knowledge. Residents can contact the team for support, for more in-depth 1:1 advice on alleviating debts, negotiating payment plans and more. If you need any support or advice please email empower@bbbc.org.uk.

Reporting Accidents Workshop



On Thursday 1st February, Mrs Rahman our Health & safety lead delivered a coffee morning on 'Managing and Reporting Accidents'. Parents were able to find out the procedure that are followed in school and our reporting systems, including that staff are trained as First Aiders and parents will

receive text messages at the end of the day for minor injuries. Phone calls are made from school for accidents that are more substantial or if pupils are distressed. Managing allergies and medication in school was also discussed. If you were not able to attend and have questions, please speak to Shelly or Forida.

Dates for the diary

Thursday 22nd February

Coffee Morning: Board Games & Activities 9-10am

Thursday 29th February

Coffee Morning: Managing Worries by Holly the Drama therapist 9-10am

Thursday 7th March

Coffee Morning: Minor Ailments by GP from Bromley by Bow Surgery 9-10am

Thursday 14th March

Coffee Morning: Healthy Ramadan food choices 9-10am

Thursday 21st March

Coffee Morning: Cost of Living 9-10am

Coffee Morning—Board Games

On Thursday 11th January we held a coffee morning where we had mums join to play board games. This time the mums choose the game 'Headbandz'. It's was as easy as Pick, Place, Play. Mums had to pick their favourite headband and a take a picture card without looking at the drawing. Put the headband on and place the card in the headband so the illustration is facing all players. Then, play by asking questions with "yes" and "no" answers as you try to guess what's on your card. It was a race against the clock to be the first mum to get three correct guesses to win. It was a very fun coffee morning, mums had to speak in English which meant they practised and built confidence in speaking. Well done to those mums who came along. Hope to see you at the next one. We plan to hold games and activities coffee morning in the first week we return from our half term break.

Parents Walking Group



Our weekly Walking Group resumed in January 2024 and took place every Monday. The aim of the group is to improve fitness and well-being, and to bring the community back together. During the first session, we were also joined by Sufia Khan, Our Talking Therapist, who shared her expertise on ways to manage worries and stress. If you are interested in joining the walking group, please speak to Shelly.

Positive Parenting Course for Dads

On Monday 22nd January we ran a 3 weeks Positive Parenting course for Dads. This was facilitated by our parent support worker Forida Rahman. We started off by playing a game as an ice breaker, this gave dads the opportunity to know a little about each other and feel more comfortable. We then discussed causes of behaviour, routines, bedtime, special time, attention charts and using clear instruction, which we did through role play. It was great to see how dads felt comfortable and open enough to share and exchange ideas on parenting techniques they have been or stopped using without the fear of being judged. We will be having more Positive parenting workshops coming up if you are interested please speak to Shelly or Forida.

HALF TERM INTENSIVE SWIMMING

The GLL will be running intensive swimming lessons through the February half term at York Hall Leisure Centre. The lessons will take place every day from Monday 12th – Friday 16th February. The lessons times are:

**9:30-10:00am, 10:00-10:30am,
10:30-11:00am & 11:00-11:30am**

The price for the course is £5.75 per day for half hour lessons. Pupils will attend lessons all week at their chosen time. Please find attached poster for more information. [See here](#).

BOOK WEEK 2024

Old Palace Primary School will be celebrating World Book week from the 4th March 2024. The children will take part in a variety of tasks, including meeting and/or researching an author. Please see below some key events coming up for Book Week. Any additional information will be in the class newsletter, the first week back after half term.

Parent	Activity
Wednesday 28th February 2024	We will: <ul style="list-style-type: none"> • Go through the reading we do in the school • Tips to help your child with reading • Making costumes • Look at the authors the children would enjoy reading & the competition
Bedtime Stories for Reception and Year 1	We encourage the children to come dressed in their Pyjamas and they can bring along a soft toy to snuggle up to when being read a story. Monday 4th March 5-6pm- Reception Tuesday 5th March 5-6pm- Year 1
Reception Reading event Friday 8th March 2024	Morning reading with parents. Activity: Children to use story maps to retell the story they have been reading during book week to their parents.
Book fair Friday 1st March 2024	This will be held after school in the bottom hall, where children will have an opportunity to purchase books.

YEAR 4 VISIT THE SIR JOHN SOANES MUSEUM



This half term, year 4 have been learning all about the Ancient Greeks as part of their history topic. To further their learning, they visited the Sir John Soanes museum where they were able to see many different Ancient Greek artefacts. They learnt all about the different parts of a temple, as well as some of the Greek Gods and their symbols. After this, they were able to design their own temple. In the museum, they were able to become true historians by closely investigating artefacts from the time including many different statues, pots, paintings and more! They really enjoyed their time at the museum and seeing the wealth of artefacts it had to offer!

YEAR 4 ASSEMBLY AND TEMPLE VISIT



This half term year 4 also visited the Buddhist temple as part of their learning about the life of Buddha and in particular, about Siddharta Gautama and how he became enlightened. They also learnt about the three jewels and what they represent. In addition, they learnt a variety of meditation techniques and how meditation can help with mindfulness. Year 4 then prepared for their year group festival assembly on the festival of Nirvana. In their assembly the children retold the story of Siddharta Gautama and shared their learning from the temple with the rest of the school. The children did a fantastic job learning their lines and their songs. Everyone really enjoyed their assembly and we had a fantastic turn out of parents come and watch!

YEAR 2 FOOD TECHNOLOGY



This half term year 2 have been learning about Africa and in English were reading the story Mama Panya's pancakes. As part of their DT food tech learning they took the traditional Chili Kenyan pancake recipe from the story and adapted it to make it their own.

They looked at different spices and fruit they could add in. Children chose to use a combination of cinnamon, nutmeg and banana's to make a more sweet pancake. As part of their learning children looked at how to prepare the ingredients. They practised peeling and mashing the bananas. Carefully measuring the flour, spices, oil and water, and mixing the ingredients together. With help from the adults they practised flipping the pancakes to make sure they were nice and cooked on both sides. The children really enjoyed making the pancakes and taste testing them with the different spices!

CORE VALUE AWARD - JANUARY 2024

- The value of the month for January was **RESILIENCE**
- Congratulations to:
- **Reception:** RD Rumaisa & RP Nuraiz
- **Year 1:** 10 Daniyal & 1W Anjola
- **Year 2:** 2B Rayyan & 2H Isam
- **Year 3:** 3K Eisa & 3H Deyana
- **Year 4:** 4D Sofia & 4T Aisha
- **Year 5:** 5D Khadijah & 5H Ariyana
- **Year 6:** 6W Mahirul & 6Y Manhaa
- Core value for February is **Collaboration**

Extended Leave/ Travelling during term time

As explained in our Attendance Policy, no travel will be authorised during term time, other than in very exceptional circumstances. If for any reason you plan to go away during term time, you must first request an extended leave form from the office and provide evidence to support the application, such as medical documents, death certificates and details of the flights and when they were booked. It is essential that parents/carers provide the school with the details of where the family can be contacted while they are away. If we do not receive this information, the child is categorised as 'missing in education' and then social services become

What do your attendance figures actually mean?

95%	=	47 LESSONS MISSED EACH YEAR 8 days in total or 1 week and 3 days
90%	=	95 LESSONS MISSED EACH YEAR 16 days in total or 3 weeks and 1 day
85%	=	142 LESSONS MISSED EACH YEAR 24 days in total or 4 weeks and 4 days
80%	=	190 LESSONS MISSED EACH YEAR 32 days in total or 6 weeks and 2 days

involved as this is seen as a safeguarding issue. Once an extended leave form has been submitted, a meeting will be arranged with the Attendance Welfare Adviser. In all but exceptional cases, requests for leave during term time will not be authorised and a Penalty Notice given. The cost of the Penalty Notice is **£60** per child per parent/carer but increases to **£120** if payment is not made within **21 day**. This money is paid to the local authority, not the school. Missing days from school can add up, disrupting their routine and impacting massively on a child's progress. Thank you to all the families who have been working hard to ensure their children's attendance and punctuality are high. If you are having difficulties in getting your child to school, please reach out to Shelly (Parent Support Worker) as we can arrange support from Shahnaz (school social worker) who is from the Early Help

YEAR 2 VISIT THE HORNIMAN MUSEUM



This half-term, Year 2 visited the Horniman Museum. The children were able to take part in a workshop about Africa. During the workshop, the children learnt about the bones of different wild animals, and played with popular African toys. They also tried on traditional African clothing, and had a go at playing a Talking Drum (an African drum). The workshop was very enjoyable, and supported the children's knowledge of life in Africa. Following the workshop, the children saw some amazing artefacts and animals in the Natural World & History galleries. The visit ended with the children seeing alpacas, goats, rabbits and sheep on the animal trail in the museum's gardens. The children really enjoyed their visit to the Horniman museum.

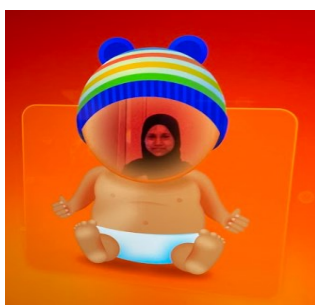
YEAR 3 VISIT THE SCIENCE MUSEUM



This half term year 3 have been learning all about forces and magnets. As part of their learning they visited the incredible Wonder Lab at the science museum. In the Wonder Lab, the children were able to take part in many hands on activities that linked to what they had learnt in their science lessons. They looked at friction,

using the friction slides, they tested out how different slide surfaces and materials would affect the speed in which they slid down. They looked at pulleys and used the chair pulley to lift themselves up in the air, seeing how the pulley helped to make the job easier. They were able to see the real life consequences of forces by seeing what happened when they pushed and pulled different mechanisms. They also looked at how different materials can make something more buoyant and tested out different boats to see how they could float. They children particularly enjoyed the shows put on by scientists where they created lightning, and showed in more detail how friction is created. The children had a fantastic time at the Wonder Lab!

YEAR 6 VISIT CENTRE OF THE CELLS



Year 6 visited QMUL Centre of the Cell this half term, where they participated in an interactive workshop on the human body to enhance their science learning. The children went into the STEM pods where they watched informative videos about different cells, their functions and how important they are to the development of the human

body. To consolidate their learning, they played educational games that helped them understand how different organs work and how to carry out a scientific investigation, like true scientists! Furthermore, they learnt the different roles needed to keep a lab running and how important science research is to combatting different diseases. It was a fantastic way to engage children in science and encourage them to pursue careers in the science field.

YEAR 1 VISIT CUTTY SARK



This half term, Year 1 visited the Cutty Sark in Greenwich to consolidate their Topic learning about Explorers. The children were true explorers for the day and loved walking around the upper deck and below deck of the ship, looking at all the different parts of the ship they learned about at school. They even climbed into the bunk beds! They also really enjoyed the Adventure at Sea workshop, where they imagined what it took to be a sailor 150 years ago compared to now; they acted out some of the jobs including climbing the rigging and washing clothes in a bucket, thinking about how the sailors felt at the time and learning how the ship got its name.

YEAR 5 EQUALTEACH WORKSHOP



Year 5 had a workshop called 'Think! with Equaliteach' this half term designed to develop critical thinking skills, challenge stereotypes and misinformation. They learnt the difference between an immigrant and a refugee and did a variety of activities. These activities included a combination of group work,

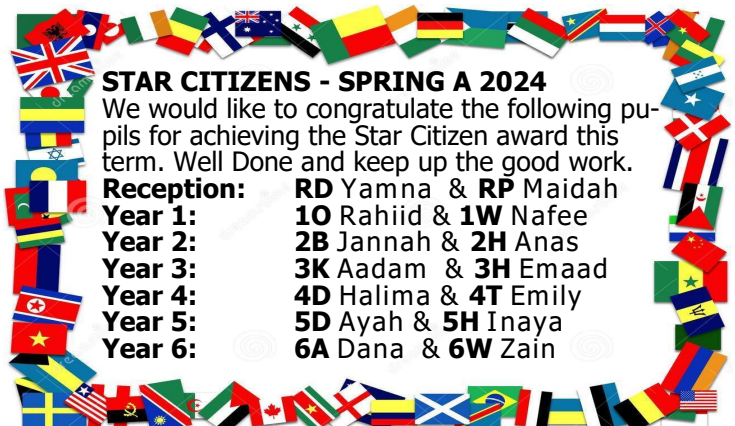
paired tasks and individual reflections which were designed to challenge the children's preconceptions of people based on one characteristic. This helped teach us that we can often be wrong when we make assumptions about people.

RECEPTION LEARNING ABOUT CHRISTIANITY



On Wednesday 25th January the Reception classes welcomed Andy and Ollie, one of the local Pastors, for a workshop on Christianity. The children were taught why church is a special place for Christians and how Christians worship. The workshop was

very much children centered, using visuals and props to demonstrate, which the children found very exciting. For example, they used a crown to represent God as the ruler, and a firefighter hat to represent God as a rescuer. The children also had the opportunity to look at some objects that can be found in a Church, including; the Bible, bread and a towel. The children asked questions and learnt so much from the visitors, we thank them for their visit.



STAR CITIZENS - SPRING A 2024

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: RD Yamna & RP Maidah
Year 1: 10 Rahaad & 1W Nafee
Year 2: 2B Jannah & 2H Anas
Year 3: 3K Aadam & 3H Emaad
Year 4: 4D Halima & 4T Emily
Year 5: 5D Ayah & 5H Inaya
Year 6: 6A Dana & 6W Zain