



ELLEN WILKINSON PRIMARY SCHOOL NEWSLETTER 27 - 20th April 2022



Dear Parents & Carers,

Welcome back! I hope you have had a pleasant break.



HEALTHY DIET New Menus



The new 3 week menus began this week. These are attached to this newsletter and will also be put on the website by the end of the week. This can be found in the parents zone/food at EWPS/latest school menu (about halfway down the page, blue button). If you require allergen advice please contact the main office who will be happy to send this through to you.

Fasting

Details were sent out to parents and carers before the holidays and earlier this week about fasting for Ramadan. Please remember that only children in years 5 & 6 who have reached puberty will be supported to fast whilst at school. We would ask that younger children who wish to fast should avoid doing so during school days and be encouraged to fast only at weekends when they can spend time with their families.

If you wish for your child to fast please follow the steps below.

- ☐ All parents must inform the school in writing if they wish their child to fast (either by a written note to the class teacher or via email info@ellenwilkinson.newham.sch.uk)
- ☐ If a child says that they are fasting, but the school has not received written permission from their parent, this will be discussed with them in a respectful manner; however the child will not be allowed to miss lunch until written permission has been received.
- ☐ The school will inform parents immediately if their child becomes unwell.
- ☐ The school and parents agree to work in partnership to make reasonable adjustments if it becomes clear that a child is physically, academically, mentally or emotionally adversely affected by fasting.
- ☐ We ask parents of children who are fasting to ensure they are having well balanced meals (including water) when breaking and closing fast.

Key Dates

Monday 2nd May - school site closed - Bank Holiday

Thursday 5th May - school site closed to all pupils - polling station

Take care and stay safe.



Sue Ferguson

General Information



COVID Update

The final stage of the government's 'Living with Covid' plan was introduced on 1st April 2022 and at this point most school specific advice was withdrawn and general advice was changed. This is summarised below.

Symptoms of COVID-19, flu and common respiratory infections include:

- *continuous cough*
- *high temperature, fever or chills*
- *loss of, or change in, your normal sense of taste or smell*
- *shortness of breath*
- *unexplained tiredness, lack of energy*
- *muscle aches or pains that are not due to exercise*
- *not wanting to eat or not feeling hungry*
- *headache that is unusual or longer lasting than usual*
- *sore throat, stuffy or runny nose*
- *diarrhoea, feeling sick or being sick*

What to do if your child displays any symptoms

- Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.
- Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.
- All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.
- It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.
- If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower.

Further information

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Our Learning

Earth Day - Friday 22nd April

Friday 22nd of April is being marked around the world as Earth Day, and EWPS are celebrating the planet we share with lessons and activities. Each class will be taking part in an activity to help them understand that our world is beautiful, but is fragile and is changing faster than plants and animals can adapt. Classes will learn about local issues like the trees we have within our school grounds, as well as looking at the wider global effects of climate change. Look out for pictures in next week's newsletter.



The Eco Guardians will also be selling small pot plants after school over the next few weeks as part of our drive to gain 'Green Flag' certification for our school.

Mr O'Dowd



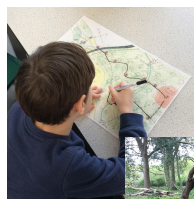
Year 1 Paradise Wildlife Park

In science, Year 1 has been exploring the question 'Which animals live on our planet?'. To help us answer our question we visited Paradise Wildlife Park where we were able to see penguins, lions, snakes, meerkats, zebras, emus, monkeys and many more. We had a fantastic time and it is memory that the children and adults will cherish for a lifetime



Year 2 Suntrap Forest Centre

Yesterday, Year 2 attended a really fun visit to Suntrap Forest Centre as part of their unit about Explorers. They had to build their own shelters out of fallen branches and navigate themselves around the forest using maps, completing tasks at each checkpoint. They behaved so well and we are all so proud of them - they definitely have what it takes to become explorers!



Learning Tips

Well-being - 5 Ways to Better Wellbeing Step 1 - Connect



Even when we all live under one roof, it can be easy to disconnect and forget to spend time together.

- Something as simple as asking 'are you ok?' can start an honest conversation
- Set aside a regular time to have a meal together
- Try and spend time to share your best and worst moments from the day

https://www.samh.org.uk/documents/5_Ways_for_families.pdf

Maths

Rapid recall of basic number bonds (like $5+2=7$ and $7-5=2$) and multiplication tables is essential in helping your child to progress. Although this is taught in school, practice is the key to help this become embedded.

Ideas to help

- Chant times tables and/or number bonds on your to and back from school.
- Use rhymes & games (youtube has some great ones)
- Use Maths in a Flash & Times tables Rockstars
- Play speed games to see if they can answer more quickly and beat their last time.

Reading - Talk about books

This is a great way to make connections, develop understanding and make reading even more enjoyable. Start by discussing the front cover and talking about what it reveals and suggests the book could be about. Then talk about what you've been reading and share ideas. You could discuss something that happened that surprised you, or something new that you found out. You could talk about how the book makes you feel and whether it reminds you of anything.



Community, Wellbeing and Support

Broadband Social Tariffs



Social tariffs are discounted broadband packages available for people who are in receipt of certain benefits such as Universal Credit, Pension Credit, Jobseeker's Allowance or Income Support. To check if you're eligible and to find out more information please use the link below.

<https://www.nationalworld.com/recommended/broadband-social-tariffs-prices-deals-virgin-media-bt-3570608>

Advice & Support for Parents



All of the information below can also be found on our website parents tab/health, wellbeing & safety advice.

Parent Connect Attached to this week's newsletter is the latest edition of Parent Connect. It has lots of information about how and where to access support including helpful advice with parenting and activities for children to access.

Youth Safety Newham Council is committed to ensuring that everyone in the borough feels safe to walk our streets and enjoy all that Newham has to offer. You can access information, support and help through the range of links and contact details shared here.

<https://www.newham.gov.uk/children-families/youth-safety>

Pathfinder project is a Youth Justice Board Funded Project that provides access to support to children, young people and families experiencing trauma related to the Covid-19 pandemic.

www.newham.gov.uk/pathfinder

Congratulations

House Winners

Every child is in one of our 5 houses. They can earn points for their house by showing our 5 school values and by supporting other children in the school. Each week the House with the most points becomes House of the Week. They have a star added to their chart in the hall. The House with the most stars at the end of the year gets an afternoon at the park with ice lollies too!



Last week's House winners who earned the most house points were



Marcus Rashford



Assembly Special Mentions

Congratulations to the following people who had a special mention in assembly this week

Year 1 - For brilliant listening and behaviour on the school trip to Paradise Wildlife Park. Well Done to you all!

Miss Julia Year 1 - Thank you to Miss Julia who has been working in Lionfish and Clownfish this

week. She has been so helpful to both classes! It's not often you have one of your own children come back and help you.

Your hard work and application will put you in great stead for the future. Thank you so much!

Work of the Week

Congratulations to the following children who have been nominated by their teachers for the quality of their work this week.



Year	Name	Context of Work
Reception	Matrix	Independent writing about Easter
1	Tessa	For her imaginative English work about her hopes and dreams.
2	Jonathan	For his work with reading the time.
3	Orion	For showing an improvement in his handwriting.
4	Keianna	For creating an inspiration poster on mental wellbeing.
5		Double next week due to Fairplay House
6	Ieva	Creating a poster about the do's and don'ts of posting photos online.

Certificate Mentions 01/04/2022

Congratulations to the following people who achieved a certificate this week

Certificate	Name & Class	Level
Lexia (New levels completed)	Ruby (T3) Dziugas (L3) Maverick (T3) Elias (S2) Kelly & Christian (W6) Rosie (W6)	7 8 10 11 13
Maths in a flash (New levels completed)	Ester (S2) Lily-Rose (S5) Nikita (S2) Daniel M (J2) Grace (W6) Hasan (S2) David (J2) Lakin (S2) Gabriele (W6) Emily-Grace (S6)	1 2 3 4
Times Table Rockstars (New speed record!)	David, Mariana (J2) Kai'rone, Hasan, Aroush (S2) Orion, Diana, Hussain (L3) Jahdel, Minahil, Hamzah (T3) Isra, Aishah, Steven, Oliver, Maddison, Kydon, Daniel G, Nuelf, Maya, Naglis, Nicholas, Arile, Nasharie, Keianna, Mattias (O4) Deor, Daria, Kesar, Kajus, Liam, Jake, Afia, Fisayo (S4) Bella (D5) Ermal, Peter, Precious (S5)	
Mathletics Bronze	Robert x2, Nicole, Elena, Ridwan (C1) Jenis-Genesis (L1) Eric x2, Sumaiya, David, Matas, Kenny (J2) Elias, Rachel x2 and Milana (S2) Michael Ch, Issa, Akachukwu (L3) Nojus, Olivia x2, David, Jessica (T3) Christopher, Aiden, Precious (O4) Quinel, Petra, Daria, Kotryna, Fisayo (S4)	

Mathletics Silver	Robert, Ridwan (C1) Eric (J2) Olivia, David (T3) Petra (S4)	
Pen Licences	Hawa, Aimee, Sara, Sam A, Zannat & Any (S6) Isabel, Zarah, Ieva & Sofia (W6)	



Our stars are awarded in our Friday virtual assembly to children who have shown particular commitment to our school values during the week. To say thank you they also get 3 House Points and a star of the week pencil to use in school or take home.



01/04/2022

House Name	Creola Katherine Johnson	Malalah Yousafzai	Michael Rosen	Ade Adepitan	Marcus Rashford
Value	Inspire	Respect	Successful	Resilient	Heard & Cared For
Guppy 1	Zahra	Amber	Rebecca	Ismaeel	Jake
Guppy 2	Ryan	Aariz	Matrix	Samuel	Niamh
Lionfish	Alisha	Rida	Areeb	Mia	Ayden
Clownfish	Adomas	Eliora	Merlia	Emily	Harry
Jellyfish	Amelia C	Amira	Emilijus	Blessing	David
Starfish	Inaayah	Joel	Albie	Farwa	Kai'rone
Turtle	Joshua	Amina	Olivia	Ruby	Micheal
Lobster	Kate	Jay	Diana	Eidana	Maira
Octopus	Aishah	Nicholas	Precious	Steven	Maya
Seahorse	Deniz	Kotryna	Alatz	Armani	Daria
*Stingray					
*Dolphin					
Shark	Jonas	Joseph	Micah	Dipthi	Sara
Whale	Isabel	Daniel	Sofia	Marli	Theo

* Double next week due to Fairplay House