



ELLEN WILKINSON PRIMARY SCHOOL NEWSLETTER 13 - 7th December 2022



Dear Parents & Carers,

December is always a very busy month in schools with rehearsals, events and projects. Last week we were finally able to hold our House Captains and Ambassador lunches. These are a small way of thanking the children who give up their own time to help other children at breaks and lunchtimes, and we were delighted to be joined by House staff too so we could discuss new ideas for next year!

This week, we have held the Reception & KS1 discos and are currently in the middle of our 6 separate nativity performances! I know you join me in thanking all staff involved for their hard work to enable these events to take place and we hope you have enjoyed the ones you have attended so far!

Behaviour policy



In light of updates issued to all schools from the DfE at the start of the academic year, we have reviewed our behaviour policy. This was discussed fully at our Governing Body meeting last week and approved. The three school rules we use and the processes we follow have not changed, but we have updated legislation references, changed terminology and made certain aspects more specific including examples of serious unacceptable behaviour, support for SEND and clearer links to the school's stance on search and confiscation (which is already clear in our safeguarding policy). A copy of the policy is attached to this letter and can also be found on our website in the parents tab /policies/safeguarding and behaviour.

Newham Winter Activities

There are a large number of events and activities happening in Newham during the winter months and advice and support about the Cost of Living impact. Details are attached to this newsletter and can also be found using the link www.newham.gov.uk/winteractivities

Scarlet Fever and Strep A

Due to rising cases nationally, Newham schools have been requested to send out further information about these conditions to parents. This was emailed yesterday and includes information;

- What is Scarlet Fever and Group A Streptococcus ?
- How do I prevent it ?
- How do I know if my child has the invasive version?

Please contact the main office if you would like a paper copy of this information.

Take care and stay safe.

Sue Ferguson

General Information

Updated Dates for your diary

Date	Event	Year Groups	Times
Thursday 8th	Y1 Nativity (photo event)	Year 1	Gates open -10.30 & Starts - 10.40 (Lionfish)

			parents) Gates open -1.45 & Starts - 1.55(Clownfish parents)
Monday 12th	KS2 Discos (not photo event)	Years 3, 4, 5 & 6	3.45 - 5.00 (Years 3 & 4) 5.15 - 6.30 (Years 5 & 6)
Wednesday 14th	Christmas dinner & winter jumper day (not photo event)	Reception to year 6	During the school day
Monday 19th	Winter Fair	All	3.30 - 4.30 pm
Tuesday 20th	Last day nursery	Nursery	Normal times
Wednesday 21st	Last day R to Y6	Reception to year 6	1 pm finish for children

Please use the Mitchell Walk Gate (back of the school) for access to all parent invited events.

Winter Fair Donations

We are looking for Donations for our Winter Fair Tombola and Bric-a-Brac sale.

If you have any good quality toys, unused toiletries or donations of chocolates or sweets please bring them to the school by Thursday 15th December.

Thank you for your support.



Message from the Governors



The Governing Body met on 1 December for our final meeting of 2022. In addition to the usual update on just how hard all the staff and children are working, we also discussed the updated Behaviour Policy, which you will receive with this newsletter, and the very difficult financial position that all schools nationally find themselves in. We are hopeful that the government announcement of 'extra' funding will see the situation improve, but there will be further difficult decisions to make. Rest assured that these decisions are always taken with our young people in mind - we will not compromise on the quality of education that Ellen Wilkinson Primary School offers.

On the point of quality of education, the governing body were delighted to see data showing the positive impact our staff are having on bridging the gap caused in learning as a result of the pandemic. Whilst the lockdowns may seem like a distant memory for some of us, the impact of lost learning time is something that will continue to impact on pupil attainment for some time to come. Our leadership team has high aspirations for our young people and this is evident in where they expect them to be academically at the end of the year. It is only fair that I use this opportunity to express once more our sincere thanks for all the work that our staff do - they really do go above and beyond the call of duty.

Thank you for reading this update, and may I wish you all a very peaceful and enjoyable festive period.

Best wishes, Tom Gregory (Chair of Finance Committee)

FLU immunisation programme



On Thursday 12th December the NHS will be administering the FLU Nasal Spray/Injection for children in Reception up to Year 6 who have completed their forms.

Please be aware if you have not returned your child's form they will not be able to receive an immunisation.

Learning Tips

Reading



Make reading active
Play games that involve making connections between pictures, objects and words, such as reading about an object and finding similar things in your home. You could organise treasure hunts

related to what you're reading. Try creating your very own book by using photos from your day and adding captions.

Maths

Build and test primary maths skills with different weekly challenges on Guardians. Defenders of mathematica. Learn and practise:

- Times tables
- Addition and subtraction
- Multiplication and division
- Fractions and decimals
- Ratio and proportion
- Shapes and measurement
- Algebra and statistics
- Place value

<https://www.bbc.co.uk/bitesize/topics/zd2f7nb/articles/zn2y7nb>

Well-being

How can I help my child share their worries with me?

If your child is not talking to you about their worries, you may feel concerned. Children or teenagers may struggle to share what's going on in their life because they:

- Fear getting told off.
- Feel shame or embarrassment.
- Think that the person they tell won't care or want to listen to them.
- Worry that you'll dismiss their concerns as not important.



<https://parents.actionforchildren.org.uk/mental-health-wellbeing/anxious-feelings/help-child-share-worries/>

E- Safety

A free online safety guide on social media & mental health.

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down a rabbit hole that isn't beneficial to our wellbeing. As platforms grapple with managing 'legal but harmful' content, lives are being impacted – sometimes to

tragic effect. We might be daunted by the scale of the tech giants and their content which enthralls young people, but we can still help children to be mindful of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

In the guide, you'll find tips such as how to hide content, setting daily limits and discussing what children have seen online.



<https://nationalonlinesafety.com/guides/social-media-mental-health>

Community, Wellbeing and Support

Winter Activities Programme



Winter and the Festive Season is finally upon us and we are delighted to present the most anticipated winter activities programme. We understand the challenges young people and their families face in light of the cost of living crisis. To support

you and your family we have tried to ensure you have access to as many free activities as possible to help lighten the burden.

For families who are in receipt of benefits related free school meals, the Council is making a nutritious meal offer available during the school break.

You will receive a copy of the full brochure along with this newsletter. It is also on our school website.

<https://www.ellenwilkinson.newham.sch.uk/news/?pid=8&nid=2&storyid=131>

WINTER WELLNESS

Get your vaccines

- **COVID-19 Vaccines:** everyone over 5 years old is eligible. Most people are eligible for 2 vaccines, a booster, and some seasonal boosters. www.newham.gov.uk/covidvaccine
- **Flu:** anyone 50 and over, anyone who is pregnant, people with specific health conditions www.newham.gov.uk/flu
- **Polio, MMR and other childhood immunisations:** children can catch up on their vaccines at any time see www.newham.gov.uk/childhoodimmunisations for more information



Keep yourself safe from COVID-19, Flu and winter viruses

- Let fresh air in if meeting indoors, or meet outside
- If you have symptoms of COVID-19 or flu, try to avoid contact with others, especially vulnerable people, until you feel better
- Wash your hands regularly for at least 20 seconds with warm water and soap



Staying healthy

- Eat fresh fruit and vegetables as much as you can and aim for one hot meal a day
- Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity) www.newham.gov.uk/community-parks-leisure/physical-activity
- Stay connected and try to talk to at least one other person every day. Get in touch with connect Newham for a friendly conversation www.aguk.org.uk/eastlondon/our-services/connect-newham-befriending or your local Community Neighbourhood Link Workers www.newham.gov.uk/telw or email ctelw@newham.gov.uk



- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.
- Collect your free vitamins. If you're 65 or older, find out more at www.newham.gov.uk/vitamin or call 020 8888 7024. If you're pregnant or have a child under 4, find out more at www.newham.gov.uk/healthystart



What to do if you feel unwell

- Contact your pharmacist who can give advice and over-the-counter medicines for coughs, colds, sore throats and general aches and pains. They can also tell you if you need to see a GP, nurse or other healthcare professional.
- Contact your GP or NHS 11 or visit www.nhs.uk if things are more serious.
- If you have a medical emergency, call 999 or go to your nearest A&E department.
- If you want to talk to someone about your mental health call Newham Talking Therapies on 0208 975 0770 or the Crisis line 0800 075 9996

Getting help with the cost of living

- Contact Our Newham Money if you're not able to afford heating, food or other essentials. www.ournewhammoney.co.uk or call 020 8400 2040
- The Newham Food Alliance can help with food. Contact 07790 970066 or email food@newhamfoodalliance.org
- Find out more about winter grants for fuel www.newham.gov.uk/health-adult-social-care/staying-well-winter
- Find out more about free grants to improve insulation in your home from GLA Warner Homes 0300 555 0995 or contact shine@elington.gov.uk
- It is important to warm your home safely and reduce any risks. For more information visit www.london-fire.gov.uk/safety/the-home



Find out more at www.newham.gov.uk/winterwell



Ambition Aspire Achieve
Newham September 2022 - 2023

SEND YOUTH CLUBS

FREE for 9 to 25 years olds
Staff ratio - 1 staff member to 3 young people -
Offering A Safe, Fun, Social, Interactive Environment

Weekly Timetable:
(own time and school holidays)
Mondays 4:30pm to 7:30pm:
Terence Brown Arc, Hermit Road Park, Bethnal Ave E16 4JT
Mondays 4pm to 6pm:
Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford E15 2RN
Wednesdays 4:30pm to 6:30pm:
St Luke's Community Centre, 85 Taring Road, Canning Town E16 1HN
Thursdays 4:30pm to 7:30pm:
Terence Brown Arc, Hermit Road Park, Bethnal Avenue E16 4JT

Activities include: A Variety Of Sports, Arts And Crafts, Movies, Music, Keep Fit Sessions, Table Tennis, Games And MUCH MUCH MORE!

Supported By London Borough of Newham

Booking Is Essential. Contact:
Leo on 07904 862 104 / leo@theaazone.com
Web: www.theaazone.com | Twitter: @theaazone | Facebook @AmbitionAspireAchieve/

STRUGGLING FINANCIALLY?

If you're struggling to meet your energy and food costs or facing an emergency you can apply to Our Newham Money Emergency Support, our local welfare scheme.



You need to be:

- living in Newham
- receiving a means tested benefit such as Universal Credit, Income Related Employment and Support Allowance, Pension Credit or Housing Benefit.



In addition, one of the following must apply to you:

- you're affected by the current cost of living
- there's been a significant change in circumstances or a life changing event causing hardship
- have taken all reasonable steps to maximise your income.

Even if you don't meet the criteria, we might still be able to help you. Please apply and we will consider your application.

For further information and to apply:
www.ournewhammoney.co.uk/emergency-support



Congratulations

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		
Year 1	Ayana	For creating and following her DT plan accurately
Year 2	Frankie, Tessa and Karolis	For memorising all the lines for year 2 Nativity.
Year 3	Milana	For consistently improving her handwriting in all her books.
Year 4	Olivia	For a wonderful description of Cassie Lightfoot from our book 'Tar Beach'.
Year 5		
Year 6	Mary	For writing a wonderfully empathetic diary entry in our History lesson.

Assembly Special Mentions

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

Liam, Miley, Khadija, Alatz (S5) - Excellent teamwork in PE, when working on your netball skills.

Lobster Class - For behaving sensibly when we went to Lidl's and identifying a variety of foods and their food groups.



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



Certificate Mentions 02/12/2022

Congratulations to the following people who achieved a certificate this week

Certificate	Name & Class	Level
Lexia	Tahmid (S4) Alena (S4)	9 12
Times Table Rockstars <i>(New speed record!!)</i>	Blessing, Kenshiro, Raphael, Emilijus, Kemi, Zain, Ryan, Jayden, Eric, Markas (L3) Jessica, Lakin, Joel, Milana, Ester, Nikita, Ester, Nikita (T3) Phone, Tyler, Vesta, Jay, Eidanas, Saad, Issa, Emma, Sneeha, Evie (O4) Alena, Nabeel, David M (S4) Riad, Precious (D5)	

**Mathletics
Bronze**Abeera, Sumaiya, Amira (L3) Max, Jessica, Milana (T3)
Sajda, Tahmid, Hamzah x2, Amina, David I (S4)

Our stars are awarded in our Friday 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.

**02/12/2022**

House Name	Creola Katherine Johnson	Malalah Yousafzai	Michael Rosen	Ade Adepitan	Marcus Rashford
Value	Inspire	Respect	Successful	Resilient	Heard & Cared For
Guppy 1	D'or	Aliza	Ahnaf	Sofia	Adam
Guppy 2	Tilly	Uche (Anna)	Bartholomew	Bailey	Layla
Lionfish	Charisa	Dennis	Layla	Yusuf	Zakariyya
Clownfish	Ibraheem	Jake	Patryk	Gabriel	Samara
Jellyfish	Brittany	Ridwan	Dawud	Iqra	Shannon
Starfish	Karolis	Helen	Tessa	Mihail	Alisha
Turtle	Joel	Lakin	Jonathon	Ayesha	Denitsa
Lobster	Raphael	Muhammad	Matas	Liepa	Amira
Octopus	Tyler	Glory	Elena	Jay	Hussain
Seahorse	Lakshana	Jessica	Saarah	Eliana	Dragos
Stingray	Daria	Kajus	Miley	Quinel	Liam
Dolphin	Ardin	Maya	Dijana	Nicholas	Oliver
Shark	Cristina	Melissa	Larissa	Tornadas	Ruglie
Whale	Nuraz C	Radoslav	Kiya	Jasmine	Nuraz A