

Stebon Primary School



Newsletter

2019-20
Issue 13, 13th
December 2019

Gate opens 9:00
Classroom doors open 9:10
School starts 9:15
Gate opens 3:15
School finishes 3:30
Nursery gates open at 9:00 and
will remain open longer so that
parents can drop off/pick up
children in Reception-Y6

Attendance – Every day matters; every minute counts!

Stebon's magic number is 97. That's because we're aiming for 97% attendance this year. This week's attendance was 79.01%. Come on Stebon!

Let's aim to reach 97% next week!



STEBON PRIMARY SCHOOL

Term Dates 2019-2020

School Open: Monday 28th October – Thursday 19th December 2019

INSET (SCHOOL CLOSED) Friday 20th December 2019

Christmas Holiday: Monday 24th December – Friday 3rd January 2020

School Open: Monday 6th January – Thursday 14th February 2020

INSET (SCHOOL CLOSED) Friday 14th February 2020

Half term: Monday 17th February – Friday 21st February 2020

School Open: Monday 24th February – Thursday 2nd April 2020

INSET (SCHOOL CLOSED) Friday 3rd April 2020

Spring Holiday: Monday 6th April – Monday 17th April 2020

School Open: Wednesday 21st April 2020– Friday 22nd May 2020

Polling day: Thursday 7th May 2020

May Bank Holiday: Friday 8th May 2020

Half term: Monday 25th May – Friday 29th May 2020

School Open: Monday 1st June – Thursday 16th July 2020

INSET (SCHOOL CLOSED) Friday 17th July 2020

The school will be closed on Eid celebration days

Eid-ul-Fitr: TBC

Eid-ul-Adha: TBC

Notice for Parents

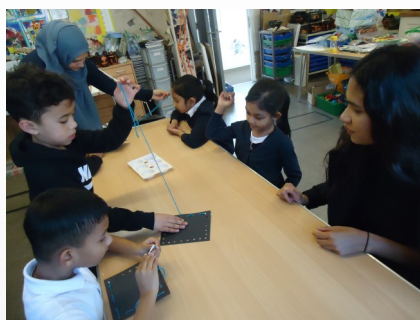
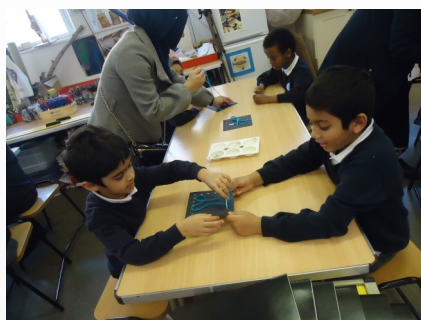
- * Reception & Year 1 Nativity is on Tuesday 17th December from 9:45am — 10:45am. Repeat performance on Wednesday 18th December from 2:30pm — 3:30pm
- Nursery Sing-a-long — Tuesday 17th December at 1.30pm.
- Class Christmas Parties — Tuesday 17th December at 2pm. Pupils can come to school in party wear and bring food to share. All parents are welcome to attend.
- Due to staff training Wednesday 18th December will be the last day for our Nursery pupils.
- All clubs will run as normal from Monday — Wednesday.
- You can collect your child from school on Thursday 19th December at 1.30pm. Pupils are welcome to stay in school until 3.30pm.





Year 2 are making puppets!

Year 2 are developing their sewing skills to make puppets. We were joined by some brilliant mums who helped to support the children. Thank you mums!



Saturday School

Saturday School at Stebon has had an AMAZING Autumn Term! We made loads of new lunch recipes (pizza last Saturday, noodles the week before- yum!) We have designed our own playground games based on our favourites, and went on not one...but FOUR TRIPS! We also storyboarded and filmed our very own mini movies! Popcorn and beanbags for our end of term celebration this Saturday- yippee!

We start back on Saturday 11th January, all pupils in Year 3, 4, 5 and 6 are invited to join us to check us out, we open at 10am. Next term we'll be baking snacks and cakes too...!



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flu fighter care

You could be spreading flu right now

Be a flu fighter, get your flu jab.
www.nhsemployers.org/fluatters

Flu Kills: all children in primary schools and those who have asthma and wheeze should get the nasal flu spray.
If you have Egg allergy you can get an injection at your GP surgery

Protect yourself and those around you.

STAY WELL THIS WINTER If your child is not protected from the flu contact your GP surgery and book an appointment today

 Public Health England



Community Asthma Nurse School Newsletter December 2019



Make sure you keep well by wearing your winter coat hats and gloves.

Cold weather and colds will trigger your asthma symptoms

- Make sure you take your preventer (brown, purple or orange inhaler) every day as this calms inflammation and prevents attacks always use your spacer.
- Make sure you have a spacer and blue inhaler at school your school may have an emergency supply but you have to sign a form.
- Take your spacer home and wash it (you should get a new one every year)
- If you are over 5 you should have a spacer with mouth piece to ensure correct delivery of medication
- Make sure you get a yearly annual review with your GP or Practice nurse
- Make sure you have an wheeze/asthma management / allergy plan at school



STOP Smoking today and improve your child's Health

Exposing your child to tobacco smoke causes them to breathe in toxic chemicals from your skin, cloths and furniture. Increasing the likely hood of infections such as bronchiolitis and pneumonia. Increasing the risk of wheeze and asthma.

Children with asthma will have worse symptoms, more attacks which can lead to life-threatening attacks. They will need more medication for longer

Get help contact 02078820320

www.quitrightth.org



When your asthma/wheeze gets worse

1. Take your blue inhaler regular
2. If needing 10 puffs 4 hourly get a medical review as you may need extra steroids
4. As you get better wean blue inhaler off slowly over a few days

Day	Number of puffs	Length of time
1	10	4 hourly
2	10	6 hourly
3	10	8 hourly
4	10	Twice a day
5	10	When needed

What to do in an asthma attack

Think: Are they coughing or wheezing? Are they finding it hard to breathe? Do they have a tight chest?

Intervene: Reassure the child, sit them upright and slightly forward.

Medicine: Give 10 puffs (blue inhaler) using a spacer.

Emergency: If there is no improvement or if you are worried call **999**. If you're waiting for an ambulance give another 10 puffs of salbutamol.

If you have a ADRENALINE PEN and not getting better give it IF IN DOUBT – USE IT!!!!
as the signs of an anaphylaxis (severe allergic reaction) may not always be obvious.



Self Referral Criteria if your child meets any of these contact

Tori Hadaway Community Children Specialist Asthma Nurse to book you into a clinic in a GP surgery near you
07810630260

- Hospital admission or ≥ 2 exacerbations of wheeze/asthma in the past year
- Using salbutamol more than once a day at school outside exercise
- Exercise limitation with sports, PE, playtimes or longer walks such as school trips
- Missing lots of time off school due to asthma (below 90% attendance)
- Parent/professional concern around compliance and treatment





"PARTING IS SUCH SWEET SORROW"

Romeo and Juliet
by Stebon Primary School
at The Greenwich Theatre, 1/11/2019
appraised by Peta Maurice

I would like to extend my most sincere congratulations to Stebon Primary School for your tremendous production of Romeo and Juliet as part of the 2019 Shakespeare Schools Festival. It was an excellent night of theatre, and I'd like to highlight a few aspects that really stood out.

The choice of music in your show really helped to create a beautiful atmosphere to your scenes. I particular I loved the party scene where Romeo and Juliet first met. The choreography, music and use of the stage was great and the cast remained focused throughout. The whole show was slick with everybody picking up on their cues to enter and exit and I was so impressed that all those lines were remembered so well!

It can be tricky for young people to perform Shakespeare's love stories but your cast handled the emotions with maturity. Well done! The young people were a joy to work with throughout the day bringing professionalism to the rehearsals and joy to the stage.

This was an emotional and heartfelt production of Romeo and Juliet performed by a committed cast. Thank you!

Performing Shakespeare's words on a professional stage takes bravery, resilience, and creativity. You should be immensely proud of what you and your teachers have achieved in this Season of Infinite Variety.

I hope to see Stebon Primary School in the 2020 Festival!

Peta Maurice

**"THIS WAS AN EMOTIONAL AND HEARTFELT
PRODUCTION OF ROMEO AND JULIET
PERFORMED BY A COMMITTED CAST."**

STEBON PRIMARY SCHOOL



"SOMETHING WICKED THIS WAY COMES"

Macbeth

by Stebon Primary School

at The Greenwich Theatre, 1/11/2019

appraised by Peta Maurice

I would like to extend my most sincere congratulations to Stebon Primary School for your tremendous production of Macbeth as part of the 2019 Shakespeare Schools Festival. It was an excellent night of theatre, and I'd like to highlight a few aspects that really stood out.

Thank you for bringing us such a dramatic Macbeth. The introduction of the witches in the opening scene was so atmospheric with that amazing soundscape including pre-recorded voices. The movement piece from the ensemble that followed was very well choreographed and paved the way for a thoroughly enjoyable show.

The named characters in your production had such great vocal projection, filling the gigantic space with their lines and therefore ensuring the audience could follow the story.

The ensemble worked brilliantly alongside the characters to create great images throughout the production. The battle scene in particular was so dramatic, the physicality from the cast coupled with the music that you'd chosen made for a brilliant scene set in the clear world of Macbeth.

The enjoyment from the actors of being on stage was palpable and therefore made it a joy to watch!

This was a mysterious and eerie production of Macbeth performed by a very enthusiastic cast. Well done!

Performing Shakespeare's words on a professional stage takes bravery, resilience, and creativity. You should be immensely proud of what you and your teachers have achieved in this Season of Infinite Variety.

I hope to see Stebon Primary School in the 2020 Festival!

Peta Maurice

**"THIS WAS A MYSTERIOUS AND EERIE PRODUCTION
OF MACBETH PERFORMED BY A VERY ENTHUSIASTIC
CAST."**

STEBON PRIMARY SCHOOL



"FRIENDS, ROMANS, COUNTRYMEN..."

Julius Caesar
by Stebon Primary School
at The Greenwich Theatre, 1/11/2019
appraised by Peta Maurice

I would like to extend my most sincere congratulations to Stebon Primary School for your tremendous production of Julius Caesar as part of the 2019 Shakespeare Schools Festival. It was an excellent night of theatre, and I'd like to highlight a few aspects that really stood out.

I absolutely loved the 'rock' theme you brought to your production! The White Stripes soundtrack kicking off the show with everyone chanting 'Oh Julius Caesar' was brilliant and really got the audience going. The energy from the stage was buzzing especially when you brought out the air guitars! It is great to see a different approach to a Shakespeare piece.

The cast had amazing vocal projection and filled the theatre with their voices. This helped so much with clear story telling. It can be a tricky story to understand if you can't hear the lines properly so thank you for working so hard on this.

I really enjoyed the imagery throughout the production, your ensemble worked really well alongside the named characters. In particular the very final image stayed with me and was beautifully executed.

This was a dramatic and bold production of Julius Caesar from a focused cast. Well done!

Performing Shakespeare's words on a professional stage takes bravery, resilience, and creativity. You should be immensely proud of what you and your teachers have achieved in this Season of Infinite Variety.

I hope to see Stebon Primary School in the 2020 Festival!

Peta Maurice

**"THIS WAS A DRAMATIC AND BOLD
PRODUCTION OF JULIUS CAESAR FROM
A FOCUSED CAST."**

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FREE SPORTS & GAMES SESSIONS FOR WOMEN & GIRLS IN TOWER HAMLETS

WANT TO GET FIT AND HEALTHY?

WANT TO PLAY A SPORT?

WANT TO MEET NEW PEOPLE?

Age: Must be 10+ years older

• Beginners welcome

• Modern indoor venue, with access to changing & shower facilities

• Play with family and friends

**• BASKETBALL • VOLLEYBALL • BADMINTON • CRICKET
• TENNIS • FOOTBALL • GAMES • COMPETITIONS**

**Every Saturday 10am-12pm (Starting from 2nd Feb 2019)
Bishop Challoner School, Lukin Street, London E1 0LB**

For more information contact:

Rumana Begum on 07930 328 430 or

email info@newark.org.uk (Charity No: 1112289)





Come along to Poplar Baths Sports Hall for fun netball and games sessions for Tower Hamlets mothers and their children aged 7-12. Run by Sports Development in partnership with Better GLL and England Netball, sessions will be coached by Yvonne Rhoden MBE.

There's no need to book, just turn up!

For more information contact Pauline Stewart, Sports Development Officer on 020 7364 2433 or email: Pauline.Stewart@towerhamlets.gov.uk

WHEN:

Thursday afternoons from
10 January 2019

TIME:

4.00pm - 5.00pm

PRICE:

£1 per session
(1 charge for Tower Hamlets)

VENUE:

Poplar Baths Sports Hall
170 East India Dock Road
Poplar E14 0ED

By bus: D6, 15, 108, 115

By train & tube:

All Saints DLR

NETBALL/GAMES FOR MOTHERS WITH CHILDREN

facebook.com/lbthsport

@LBTHSportsTeam

towerhamletsnow





BASKETBALL TRAINING SESSIONS Starting 14th September 2019

PRIMARY U9s Sat 9.30 -10.30am
(Term time only) cost £2.00

YOUTH 9-12yrs Sat 10.30 -12noon
time only) cost £2.50

TEENS 13+ Sat 12noon - 2pm
Term time only) cost £3.00

All above sessions are mixed @MEPLC

WOMEN 16+ £1.35 Mon 5.30 -7.00pm
(Beginners/Intermediate)

OPEN 16+ £5.00 Tue 7.30 -9.00pm

SCRIMMAGE
(Intermediate/advance)

WOMEN 14+ £1.35 Wed 5.30-7.30pm
(Intermediate/advance) @WSC

WSC- Whitechapel Sports Centre, 55 Durward Street, London E1 5BA
MEPLC- Mile End Park Leisure Centre, 190 Burdett Road, London E3 4HL



Website – www.trojansbasketballclub.co.uk

Email – play@trojansbasketballclub.co.uk

09/19