



REMINDER: Change to Stebon's INSET day



Please note Stebon's INSET day has changed from Friday 12th February to Monday 1st March. Children will continue with their online learning as usual on Friday 12th February. **School will be closed for pupils on Monday 1st March.**

Book swap reminder



Year 6 book swap day is on Tuesday 9th Feb (by the car park gate) from 1 - 2:30pm.

The children at Stebon are enjoying lots of reading during lockdown. Minhaj earned his first Monster Certificate for reading. We are very proud of him!

A new Tower Hamlets helpline to support those who are eligible for the vaccine

A new helpline has opened to support those who are eligible for the vaccine. Benefits of the helpline include speaking community languages; supporting those who are digitally excluded; tackling vaccine hesitancy and booking appointments directly with GPs.

Whilst not every young person is eligible for a vaccine right now, there will be conversations going on in households across the borough with parents/grandparents, and others, who are currently eligible, or will be soon. So you can now get support by calling **020 7364 3030**.



A reminder for parents of home learning students

Reporting pupil absences when learning at home or onsite

If your child is sick and cannot join in with their online learning, please call the school office as normal so we can record this on our registers.

Check in calls from school staff

We will be continuing to make our weekly phone calls to check in with you all so please do answer the phone to a withheld number as it is likely to be one of us!

Remote Learning During Lockdown - Home School Agreement

Remember to check your email with useful guidelines in order to keep the children and adults safe while they are online.

We want to stay connected! You can go to our Twitter for more updates here: [@stebon_primary](https://twitter.com/stebon_primary)



Children's Mental Health Week 1-7 Feb 2021: Express Yourself

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

The children have shared their thoughts and expressed the way they see what coming together looks and feels like through art, discussion and music.

We learned that even though we are all different we share lots of similarities that bring us together.

There are some fantastic pieces in this week's newsletter on the topic of 'coming together'!



Imran in Y3 EF class drew a group of his favourite characters coming together, holding hands in a circle in a field.



Ameerah



Yaqoob



Zeeshan

This week in assemblies and classes, the children have been learning about how to take care of their mental health.

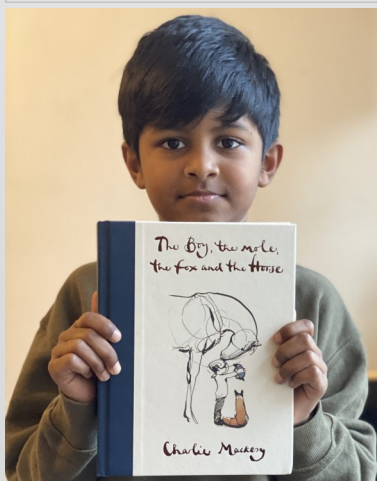
We will be sending an email with a link to a video for Parents to know how to support children. You can also see it here: <https://youtu.be/wwwFD08Pr6g>



A lovely drawing from **Sofia** Y1 MF and paper chains from **Mikaeel** in Y1 AA class



Younus in Y3 EF showing a quote from a book that his mother gave him:
"Asking for help isn't giving up," said the horse. "It's refusing to give up."
Younus finds the quote useful for his learning - and so do we!



Sifan in Y1 AA class drew her whole family. She can't wait for her Daddy to arrive in London soon so he can live with her and her Mum again.

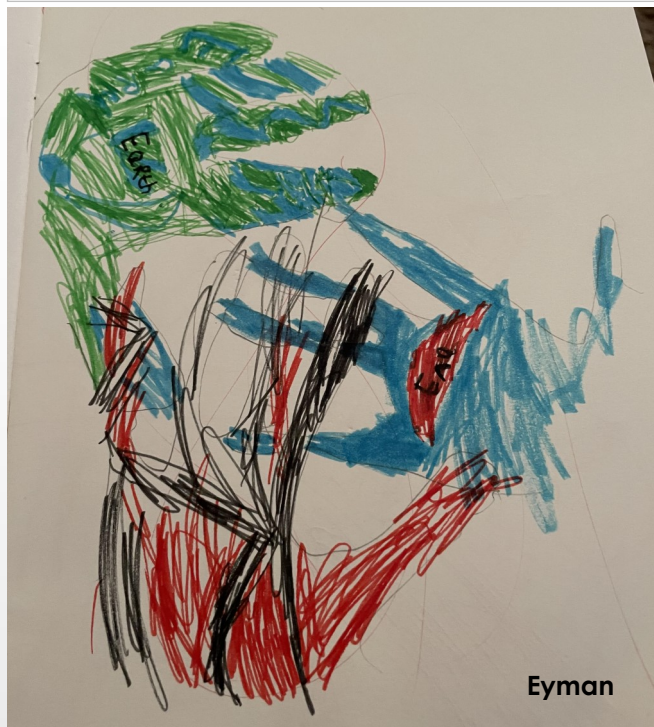


Rayaan F in Y1 AA says, 'we all come together'.





Noticeably, many responses from our young people seem to be urging each and every one of us to think about protecting our wondrous planet when we come together again.

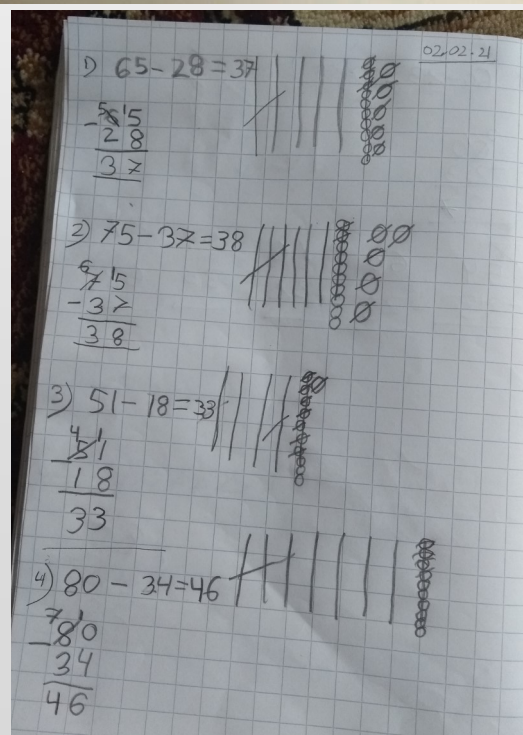
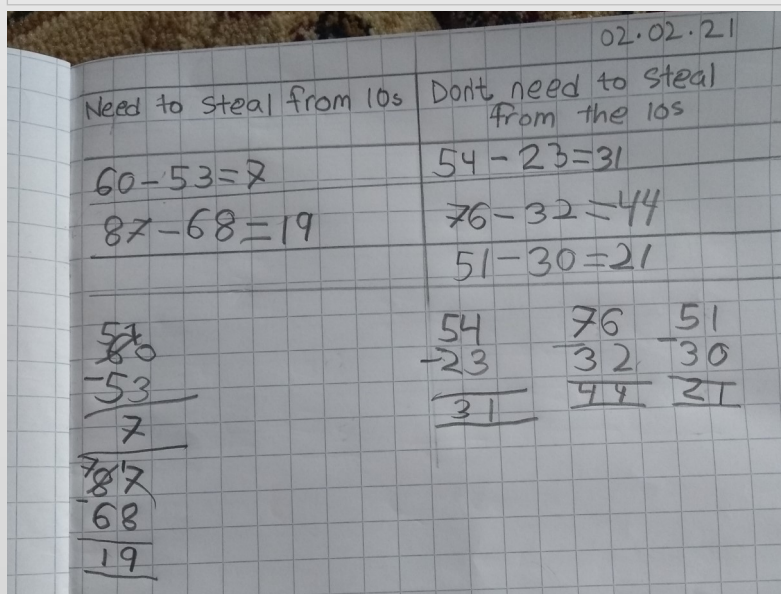


Eyman



Danyal

Tawhid in Y2 BC class has been doing brilliant maths investigating which calculations require crossing the tens. Well done Tawhid!





Last week's Friday Challenge in year 3 and 4 was to write a poem inspired by Michael Rosen's poem about broccoli. Have a look at what our young writers came up with this time and get inspired! From **Maryam C** (Y3 RS), **Zahra** (Y3 RS), **Iman** (Y3 EF) and **Sofia** (Y4 HK).

PEA

Zahra

Giant pea, mushy pea, tiny pea,
I love pea, any type of pea!
They are green, very very green,
When I eat them I turn green!
They come in tins, they come in packets,
But did you know they grow on vines!

Where carrots come from

Sofia

In a land of unknown
There were a bunch of orange women
They had green leaves as hair
Long, triangular bodies
And their nails were as long as straw
When they were sleeping there were a bunch of men
They all had chainsaws
So they could cut their fingers off
And that's where carrots come from
Just wanted to inform you

The secret of the apple core...

Maryam C

Everyone thinks that apples are healthy.
But the secret lies deep inside the apple core.
Inside every seed minibeasts live.
When they aren't asleep and when they don't snore,
They sprinkle sugar into the apple.
Every nook and cranny, they don't miss a bit.
Then they crawl back into the apple seeds' door.
But when they drink water, it drips onto the floor.
It mixes with the sugar, what makes it juicy and sweet?
This is the secret of the apple core.

Pepper is a hot spicy thing,

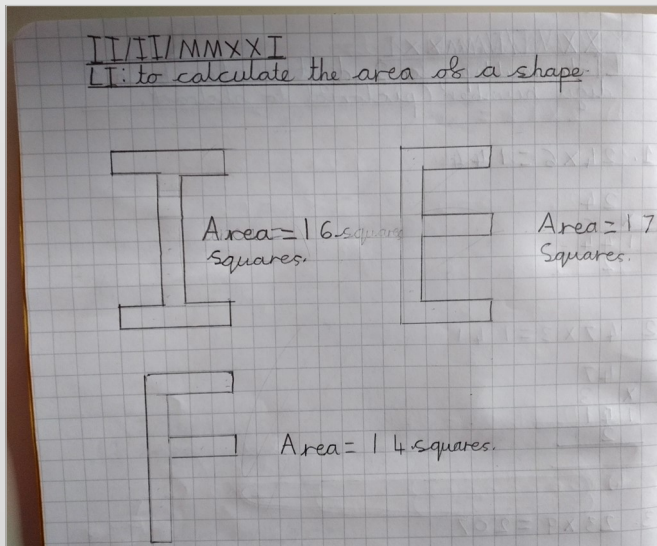
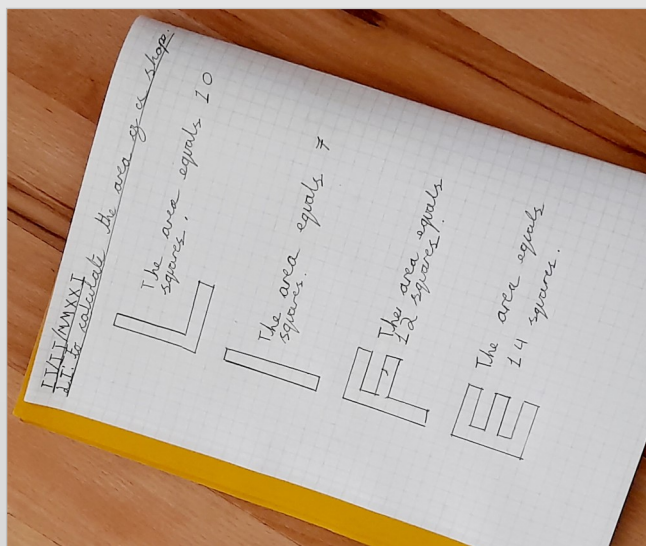
Iman

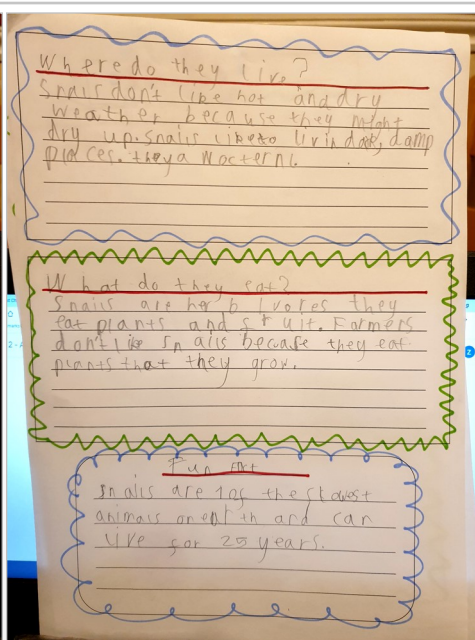
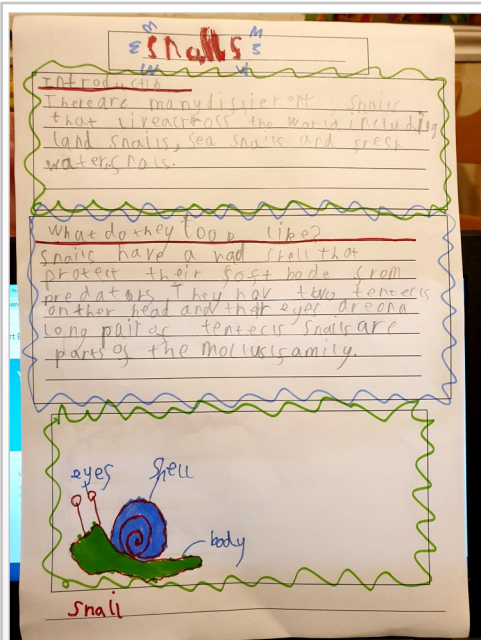
It roams around just like a king,
I grab it
I break it
I make it
I cook it,
Then I become that spicy thing,
That roams around the kitchen just like a king!

Y4 RP class have been learning about area.

As a challenge, they had to draw as many letters of the alphabet and find the area of the shapes.

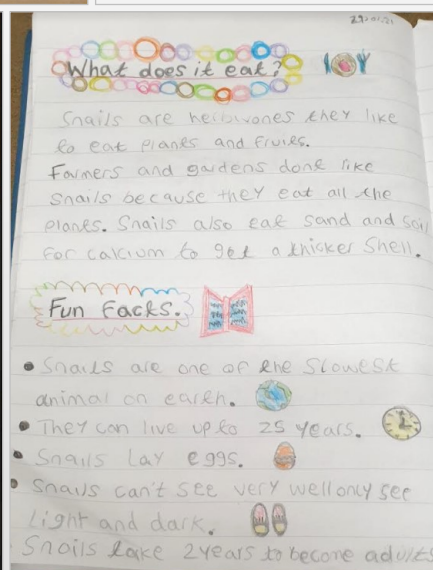
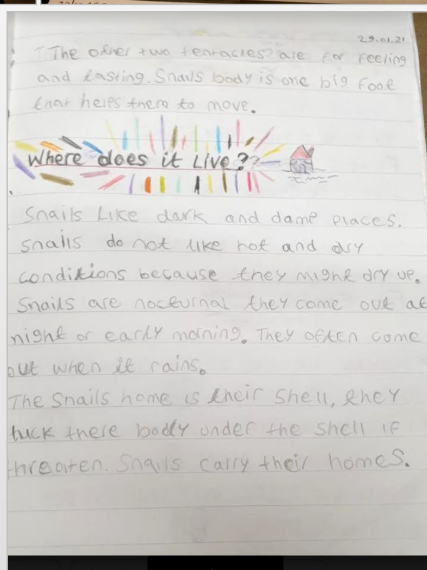
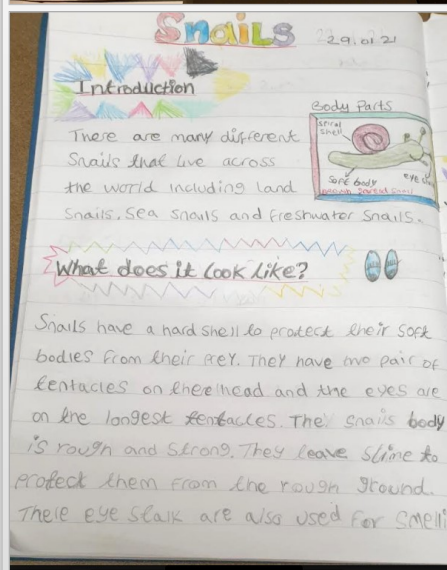
Here are pictures from **Areen** and **Zarifa**. Well done!





The children in year 2 worked on their first information page last week. They had a competition for the best information page: the children had to write facts about snails, edit their work and get it ready to be published.

Zakaria in AE class (left) and **Samarah** in MC class (below) won their classes. They added lots of facts which were well presented and used colourful and artistic final touches to their writing.



Moment of relaxation

A short, animated meditation to help you step away from digital distractions, and find a moment of calm in your day.

If you also feel overwhelmed sometimes you can try playing the [moment of crisis](#) meditation to help you through, or perhaps if you need to hit pause you can play a [moment of reflection](#). Find a little space to care for your mind, wherever you are, and whenever you like.

<https://www.bbc.com/ownit/take-control/moment-of-relaxation?collection=mental-health-awareness-week>



WOMEN VOLUNTEER RIDE LEADERS WANTED!



Cycle Sisters, an award-winning Muslim women's cycling organisation, is looking for sisters from within the Muslim community in Tower Hamlets to train as volunteer Ride Leaders and play a part as role models and community champions.

The volunteer Ride Leaders will help run rides for our new Cycle Sisters Tower Hamlets group which will take place weekly (day TBC).

This is an exciting opportunity to develop your cycling and leadership skills, as well as share your passion for cycling with others. You don't need to be an expert cyclist, just confident at cycling on the roads and comfortable up to a distance of 15 miles.

You'll receive free training and ongoing support and development in the role.

Applicants would need to be able to commit to leading two to three rides per month for at least one year from start points in Tower Hamlets. You'll also need to be able to attend the training elements which involves some online modules and three days in February or March (depending on restrictions) for the Ride Leader course, basic bike maintenance course and first aid (if not already a first aid certificate holder).

For more information and application form, please contact Sabeha on sabeha@cyclesisters.org.uk



How to support your own wellbeing

BBC Newsround has collaborated with psychologist Laverne Antrobus to compile a range of tips to look after yourself in the current climate.

1. Connect with other people and talk about your feelings
2. Keep active
3. Try to be 'mindful' and don't worry about what you can't control
4. Do what you enjoy
5. Be kind

Support After Sudden Bereavement During the Covid-19 Pandemic



Links to some useful resources:

<https://www.bbc.co.uk/newsround/51896156>

https://thrivedn.co.uk/resources/support-after-sudden-bereavement/?utm_source=Newsletter&utm_medium=email&utm_content=Your+latest+update+from+Thrive+LDN&utm_campaign=Thrive+LDN+newsletter+-+20%2F11%2F2020



Term Dates 2020-2021

School open: Monday 2 November – Thursday 17 December 2020

INSET (school closed): Friday 4 December 2020

INSET (school closed): Friday 18 December 2020

Christmas Holiday: Monday 21 December – Friday 1 January 2021

School open: Monday 4 January – Friday 12 February 2021

Half term: Monday 15 February – Friday 19 February 2021

School open: Monday 22 February – Friday 26 March 2021

INSET (school closed): Monday 1 March 2021

Spring Holiday: Monday 29 March – Friday 9 April 2021

School open: Monday 12 April – Friday 28 May 2021

May Bank Holiday: Monday 3 May 2021

Polling Day (school closed): Thursday 6 May 2021

Half term: Monday 31 May – Friday 4 June 2021

School open: Monday 7 June – Friday 16 July 2021

The school will be closed on Eid celebration days:

Eid-ul-Fitr: TBC 12 May or 13 May 2021

Eid-ul-Adha: Monday 19 July and Tuesday 20 July 2021

Entrance & Exit Times

Please ensure your children are through the allocated gate in time

Nursery: nursery gate between 9:00—9:15 am & 3:00—3:15 pm

Reception: fire engine entrance between 9:00—9:15 am & 3:00—3:15 pm

Year 1: pupil entrance between 9:00—9:15 am & 3:00—3:15 pm

Year 2: main entrance between 9:00—9:15 am & 3:00—3:15 pm

Year 3: fire engine entrance between 9:00—9:15 am & 3:15—3:30 pm

Year 4: car park entrance between 9:00—9:15 am & 3:15—3:30 pm

Year 5: pupil entrance between 9:00—9:15 am & 3:15—3:30 pm

Year 6: main entrance between 9:00—9:30 am & 3:15—3:30 pm

(For the gates that have more than one year group, both will come in at the same time, one on each side of the entrance.)

Coffee Mornings - Every Thursdays

Please join our virtual (Zoom) Coffee morning on **Thursdays at 10am.**

It's a great opportunity to see each other and catch up with what is happening around our local community.



Join Zoom Meeting:

<https://letta-org-uk.zoom.us/j/83969489106?pwd=MDIzUGNsWIVxajFsOGhpS24veDNIUT09>

Meeting ID: 839 6948 9106 **Passcode:** 075628

If you need any support with joining the virtual Coffee morning please contact Kulsuma via the school office.