

Link to Twitter:

[@stebon_primary](https://twitter.com/stebon_primary)



Newsletter

2021-22
Issue 38, 15th
July 2022

Well done to Y3
Beethoven class for
95.6% attendance this
week!



Children can wear shorts & T-shirts to school on Monday & Tuesday. These do not need to be school uniform but sensible shoes are still required for safety reasons (no sliders or flip flops, please).

We encourage children to bring a frozen or very cold bottle of water to school & a sun hat. Please apply sun cream to your children before school.

Outside time will be carefully timetabled so that children can make most use of the shade. There will be no vigorous exercise during this time & no classes going outside in the afternoon. The climbing frame will be taped off.

There may be a visit from the ice lolly fairy...

Monday 18th July

Parent Celebration Day & Pupil reports

Tue 19th, Wed 20th & Thu 21st July

Y6 performances

Friday 22nd July

Y6 Leavers Show

**HIGH
SCHOOL
MUSICAL**



Last day of the academic year. Children to be collected early

1:15pm—Nursery, Reception, Y1 & Y2

1:30pm—Y3, Y4, Y5 & Y6

2022-2023 term dates can be found on our website & the last page of the newsletter: <https://stebon.org.uk/term-dates/>

Due to the weather forecast next week, the lunch menu will be different:

Monday - Tuna pasta, samosas, diced potatoes, peas & sweetcorn

Tuesday - Tuna or cheese wraps, sweetcorn

Wednesday - Pasta salad, jackets - cheese or tuna, peas

Thursday - Wraps: egg mayo/cheese/tuna, broccoli

Friday - Fish & chips, pasta salad, beans & peas

The school phone line is still being worked on however we can accept one inbound call at a time. For urgent issues, email admin@stebon.org.uk

Please note that only breakfast club and tea time club are running next week.

Summer Holiday club will be running from Monday 1st August and until Friday 19th August.

In an effort to save the planet, we're sending pupil reports electronically this year.

We'll be sending them out on **Monday 18th July at 2pm** so look out for them in your inbox.

Class photos can be purchased all year to your home.



Visit www.pictureboxschools.com and enter the unique code to view and purchase the photos.

YEAR 6 PRESENTS...

HIGH SCHOOL MUSICAL

FREE STEBON SCHOOL HALL

JA: TUES 19TH JULY
DA: WED 20TH JULY
ARW: THURS 21ST JULY

2:30PM

**19
20
21
—
JULY**



Thank you to all the parents that came to our Reception Graduation yesterday! Reception were very excited to perform their songs for you and enjoy some time with you in their classes.



Uniform Swap 2022!

- Please keep bringing in your **clean** and **good condition** uniforms into school, in clearly labelled bags e.g. jumpers age 5-6. Please hand them into the school office.
- The **uniform swap** will take place in the **playground** at **3:30pm**, over 2 days, on **Wed 20th July** and **Thu 21st July**.

On the same dates we are asking for your **toy donations** for **nursery and reception**. If you have any of the following in **good condition**. You can bring them to uniform swap events to donate to the school and then they will be shared among the nursery and reception classes to enjoy.

- Lego & Duplo
- large and small wooden vehicles (trains, boats, cars, planes)
- story books
- plastic/ wooden toys for the home corner, including food, plates and cups, clocks, toy hooovers, irons, phones
- plastic dolls & doll clothes
- buckets and spades & other sand and water toys.



We are making a
★ UNIFORM SWAP ★
& ★
TOY DONATION
Open from July 20th and
July 21st ★
★ 3:30pm - in the playground!



- Please bring clean, bagged and labelled uniforms to the office next week 11th - 15th July.
eg. Girls skirts, age 5-6
- Toy donations bring on July 20th + 21st to the uniform swap. please check newsletter for toy list. Must all be in good working order.

Thank you!

Y2 Brian Cox class created this great poster!

Stebon Primary School

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We hope you had a enjoyable Eid with your families! Everyone had a lovely time on Tuesday in their Eid parties with lots of food and fun!



What a great
afternoon of
active fun!



This afternoon was the most wonderful way to end the Explorers sessions for this year: from constructing the three little pigs' houses, to the sensory foraging challenges; from the games making adventurers to the game changing pioneers (seen with parents on the left).

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Click on the image to open the
document & access the links



THEWS PARENT WORKSHOPS SUMMER 2022

This summer, Tower Hamlets Education Wellbeing Service (THEWS) are offering a series of free, online parent workshops, covering a range of topics.

To take part, select the workshop(s) from the list below that interest you and complete registration on the Eventbrite website by clicking or copying the link next to the workshop you would like to attend into your web browser via phone or computer.

If you have any difficulties signing up, please contact us via the Eventbrite page.

We look forward to seeing you there!

THE WORKSHOPS



MENTAL HEALTH AWARENESS AND
SUPPORTING YOUR CHILD'S
EMOTIONAL WELLBEING

Monday 1st August
11am

<https://www.eventbrite.com/e/mental-health-awareness-and-supporting-your-childs-emotional-wellbeing-tickets-379789589887>



MANAGING BEHAVIOURAL
DIFFICULTIES
(FOR CHILDREN UP TO 8 YEARS
OLD)

Wednesday 3rd August
2pm

<https://www.eventbrite.co.uk/e/managing-child-behavioural-difficulties-tickets-379805738187>



RECOGNISING AND SUPPORTING
YOUNG PEOPLE WHO SELF-HARM

Tuesday 9th August
11am

<https://www.eventbrite.com/e/reco-gnising-and-supporting-young-people-who-self-harm-tickets-379808717097>



YEAR 6 - MANAGING
TRANSITION TO
SECONDARY SCHOOL

Thursday 11th August
2pm

<https://www.eventbrite.com/e/supporting-transition-to-secondary-school-tickets-379812578647>



BUILDING CONFIDENCE AND
MANAGING ANXIETY IN YOUR
CHILD

Tuesday 23rd August
2pm

<https://www.eventbrite.com/e/building-confidence-and-managing-anxiety-in-your-child-tickets-379822548467>



PARENT WELLBEING

Friday 26th August
11am

<https://www.eventbrite.com/e/managing-wellbeing-as-a-parent-tickets-379825216447>

Eco-protector tip!

Keep cool and make your own ice-pops! Don't throw away empty yogurt pots. Blitz up some fresh fruit or fruit juice, pour it into your clean yogurt pot, stick a wooden spoon in it, pop it into the freezer and you have your very own ice-lolly!



Please note, as part of Tower Hamlets cutting down on single use plastics, the kitchen team will no longer be supplying bottles of water with school packed lunches. For all future trips, pupils will need to bring their own water bottle.



SSF DATE 2023

Wednesday
22nd February
2023

A date for your diaries Year 3 parents & carers!
Next year's Year 4 Shakespeare Schools Festival performance date is Wednesday 22nd Feb 2023 at The Greenwich Theatre. More info in September!

Tower Hamlets Sports & Physical Activity Team are delighted to offer young residents the opportunity to engage in a great variety of **FREE** fun physical activity projects to help support both physical and mental wellbeing with a meal included. Youngsters can take part in over 200 sessions, ranging from 1 hour martial arts classes to 4 hour sessions on the track and field at Mile End Stadium. [Sign up, come along, make friends and learn new skills!](#)



TOWER HAMLETS
TOGETHER

#AskaboutAsthma 4 Asks

NHS

1 Make sure you have an Asthma and Allergy Plan at home and school

Think: Is the child coughing or wheezing? Breathing difficulty? Tight chest?

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

Medicine: Give 10 puffs of the 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.

ADRENALINE PEN if not getting any better? IF IN DOUBT – USE IT!!!!

There may be no signs as the signs of an anaphylaxis (severe allergic reaction) may not always be obvious.

NEED YOUR BLUE INHALER MORE THAN 10 PUFFS EVERY 4 HOURS?

See your GP or hospital asthma team - you may need **extra medication** or even **hospitalisation**

<https://hcp.iext.co.uk/about-iext/video-demonstrations/> (JEXT)

<https://www.epipen.co.uk/en-gb/patients/your-epipen> (Epipen)



2 Understand how to use inhaler correctly

- Take your spacer home and wash it (you should get a new one every year) – school aged children don't need a masked spacer a mouthpiece will ensure medication gets into the lungs .
- Check you know how and when to wash and use your spacer
- <https://www.asthma.org.uk/advice/inhaler-videos/tidal-breathing/>
- Take your preventer (brown, purple or orange inhaler) with a spacer EVERY DAY even when well – this calms lung inflammation, prevents attacks, and reduces symptoms.



3 Schedule an asthma review every year or after an attack

You should have an asthma review with your GP/ Practice nurse or Pharmacist at least once a year for a **new spacer and individual asthma/allergy plan** that must be taken to school.

Book one early if:

- you NEED your salbutamol inhaler **more than 3 times a week**
- you have frequent daytime asthma symptoms, or your asthma is **waking you up at night**.
- you have attended the emergency department or needed steroid tablets or liquid for your symptoms.

Booking an asthma review during the summer holidays may prevent a term time asthma attack

4 Consider air quality and other triggers which affect lung health

Indoor and outdoor pollution affects asthma. You can help by walking and scooting to school avoid main roads walking along quieter roads. You can help yourself by walking or scoot to school avoiding main roads walking along quieter roads. If you must drive turn off your engines when stationary. For more information on air quality check out the website below.

<https://www.asthma.org.uk/advice/triggers/pollution/> & <https://www.cleanairhub.org.uk/tower-hamlets>

Help campaign for better air quality [net mums](#)

Treating your hayfever treats your asthma take your hay fever medication and nasal spray daily in the summer months when the pollen is high <https://www.asthma.org.uk/advice/triggers/pollen/>

Contact your GP or Nurse if your hay fever is not controlled

Breathing in mould spores makes your asthma worse causing more coughing, wheeze and allergic rhinitis make sure you use mould spores to reduce the level.

<https://www.asthma.org.uk/advice/triggers/moulds-and-fungi/#:~:text=Living%20in%20a%20damp%2C%20mouldy,wh,eezing%2C%20sneezing%20or%20watery%20eyes>

Advice: https://www.towerhamlets.gov.uk/ign/housing/Private_housing/Renters_charter/Damp_and_mould.aspx

Support: https://england.shelter.org.uk/housing_advice/repairs/damp_and_mould_in_rented_homes

Complain: <https://www.housing-ombudsman.org.uk> **Legal advice:** www.tenantsadvice.co.uk

Ask The Expert webinar (Monday 12 September: 12.30 – 13.30)

This webinar is an interactive session for children, young people and their families, as well as everyone working in the field of CYP asthma. You will hear from experts responding to the most common questions children, young people and their families have on asthma with a focus on health inequalities. For further information and registration details [#AskAboutAsthma Ask the Expert Webinar](#)

<https://www.events.england.nhs.uk/events/askaboutasthma-ask-the-expert-webinar>

Parental support around asthma <https://www.asthma.org.uk/advice/child/life/parents/> &

<https://www.blf.org.uk/parent-and-carer-support-network>



Term dates for academic year 2022 - 2023

INSET (school closed) Thursday 1 September 2022 & Friday 2 September 2022

School open: Monday 5 September – Friday 21 October 2022

Half term: Monday 24 October – Friday 28 October 2022

School open: Monday 31 October – Friday 16 December 2022

Christmas Holiday: Monday 19 December – Monday 2 January 2023

School open: Tuesday 3 January – Friday 10 February 2023

Half term: Monday 13 February – Friday 17 February 2023

School open: Monday 20 February – Friday 31 March 2023

Spring Holiday: Monday 3 April – Friday 14 April 2023

School open: Monday 17 April – Friday 26 May 2023

May Bank Holiday: Monday 1 May 2023

Half term: Monday 29 May – Friday 2 June 2023

School open: Monday 5 June – Friday 21 July 2023

INSET (School closed) TBC

Good Friday 7 April 2023

*Easter Monday 10 April 2023

TBC Eid closures

Eid-ul-Fitr TBC Friday 21 April 2023

Eid-ul-Adha TBC Wednesday 28 June / Thursday 29 June 2023

KS2 SATs Week:

Monday 8 May 2023 – Thursday 12 May 2023