



# Stebon Primary School's Burdett Gazette

Website: [www.stebon.org.uk](http://www.stebon.org.uk)

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

21.07.2023

Issue 38

## Next academic year (2023):

**Tue 5 Sept – Fri 20 Oct 2023:**  
School open for Autumn Term 1

**Mon 23 Oct – Fri 27 Oct 2023:**  
Half Term

**Mon 30 Oct – Fri 15 Dec 2023:**  
School open for Autumn term 2

**Mon 18 Dec – Wed 3 Jan 2024:**  
Christmas Holiday

[Click for amended Apr 2023 -  
Oct 2023 lunch menu](#)

[Click for term dates for  
2022/23 & 2023/24](#)

**Congratulations to Y4 Rosa  
Parks class who had 97%  
attendance this week!**

## Attendance

**Every day matters – Every  
minute counts!**

Stebon's magic number is  
**97** This is because we are  
aiming for 97% attendance.

**This week's whole school  
attendance was 92%**

Come on Stebon!



Wow! Can you believe it? Another year has come to an end already - and what a year it's been! So much has happened ... never more so than in the last few days, of course ... but more of that later.

Look at your children. They've grown so much in the last 12 months, not just physically but academically and emotionally too. They're growing into such strong learners and such good, kind people. The way your children conduct themselves in school and the way they look after one another is something that should make you very proud as parents. We have loved teaching them; they are a credit to you.

Academically, the children at Stebon have broken new records again, far outperforming the national averages in all subjects by the end of Y6. This is a testament, of course, to their amazing teachers throughout their schooling here and also to a curriculum that remains resolutely broad and rich and interesting. Your children achieve so highly in maths and English not despite this wide curriculum but *precisely because of it*.

I want to thank you for all of the support that you have given to your children and to us over the past year and especially for the wonderful support you've shown during our Ofsted inspection this week. It would be impossible to do the job we do without it.

And so to the inspection. I know that you will be on the edge of your seats, desperate to find out how well it went ...

Well, while leaders in school know the outcome of the inspection, we are required to keep it confidential until the report is published ... in September!

What I can say is that we were really pleased with the process and with the outcome; we had a great team of inspectors who really came to understand our school, our vision, our work and our people & I personally cannot wait to share the report with you the very moment I receive it!

In the meantime, have a great summer. Look after yourselves & one another & come back smiling in the autumn term - there's so much to smile about!

Kind regards,

Jeremy Iver  
Headteacher





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Year 6 put on an amazing performance this week. Well done Year 6!



**Joy Adamson class**



**David Attenborough class**



**Alfred Russell Wallace class**

We have to say goodbye to our wonderful year 6 students as they go onto their next adventures. They have done so well this year and put in their best efforts to make tremendous progress. We wish you all the best for the future and hope to see you next year!

Some of our staff members are also leaving us this year, we wish them all good luck for the future!

Robyn, Ashley, Kelly, Fokrul, James, Madhuri, Khrrissie, Tanzina, Aneesah

We will miss you all and hope to see some of you again soon!



**Y6 Leavers celebration assembly**



**Last year's Y6 joined us for their Y7 reunion**





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It has been a busy last 2 weeks for our dedicated Eco-Protectors who have participated in our summer local litter pick, making Bartlett Park a nicer place to be. They have also managed another successful uniform giveaway. Thank you to everyone who donated their no longer needed uniforms. What a great way to save money and save waste too!

**Congratulations to our wonderful Eco-Protectors** for working so hard throughout the year on our different environmental actions.



Everyone made lovely bracelets during the last day of forest school club!

Thank you parents for joining in our celebrations on Monday! Your support for your children's education is invaluable to us.



Eric Carle class has been practising their fine motor skills this week during outdoor play.



# Burdett Girls

**Ages: 12-16**



Exploring young new talents!

## Location:

~ Stebon  
Football Pitch  
E14 7AD

## Days/Time:

~ Every Sunday!  
~ 9-10am

## Outdoor Games:

~ Football  
~ Basketball  
~ Netball  
~ Dodgeball



# #AskaboutAsthma 4 Asks

Helps us prepare for week 38 – which is the week where nationally there is a rise in asthma attacks following the return to school after the summer holidays. The #AskAboutAsthma campaign encourages children and young people, their families, and those involved in their care, to ensure four simple and effective measures to help them control their asthma.

This advice is to help you prepare and keep your child well in preparation.

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

**Take your preventor inhaler over the summer so you are protected from the triggers such as colds and virus which start once you are back at school**

- Think:** Are they 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 and not getting 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**



[How to use a Jext Pen](#) [How to use an 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 use a spacer](#) and when to [wash](#) your spacer
- 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 earlier 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 triggers that impact your lung health

Indoor and outdoor pollution effects asthma find [out more](#). You can help 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.

**[Treating your Hayfever treats your Asthma:](#)** Take your hay fever medication and nasal spray daily in the summer months when the pollen is high **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.

**[Advice on how mould affects Asthma](#)** contact your council to make repairs and **Report it**. If you are having difficulties in getting repairs, you can get [support](#), [complain](#) or [legal advice](#).

If you need help with [cost of living](#).

## Top Tips from your asthma nurse

Learn more about asthma and wheeze with this short [video](#). Its normal to get breathless with exercise make sure your child has good breathing technique through their nose and out through their mouth watch this [short video](#).

[Asthma and Lung](#) has a session on 26th September at 7pm



# SCHOOL'S OUT

## MILE END PARK LEISURE CENTRE AND STADIUM SUMMER HOLIDAY CLUB

Our Summer Holiday Club has plenty of activities to help your children make the most of their free time.

Your child may be entitled to a **free** space - read overleaf for eligibility.

Discover more at  
[better.org.uk/mile-end](https://better.org.uk/mile-end)

24TH JULY -  
31ST AUGUST  
£21.20 PER DAY



BETTER



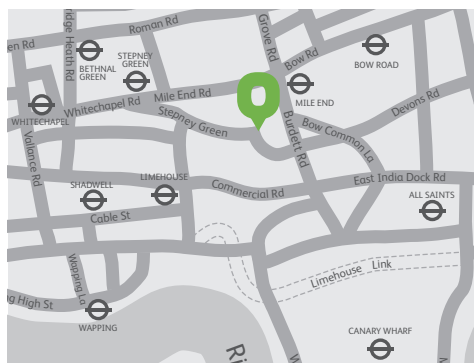


# NO PLANS FOR SUMMER? NO PROBLEM!

Our Holiday Club will run every Monday - Thursday throughout the summer holiday, including bank holidays. Each day will be packed with fun activities from sports to arts and crafts; helping your child to really make the most of their summer holidays. Activities will include:

- Trampolining
- Football
- Swimming
- Tennis
- Arts & crafts
- Gymnastics
- Bouncy castle sessions
- Athletics
- Basketball
- and much more

Better still, in partnership with The London Borough of Tower Hamlets, funded spaces are available for children who attend a Tower Hamlets school, are aged between 5 - 16 years and are in receipt of free school meals. Spaces are limited and will be allocated on a first come, first served basis for applications satisfying the eligibility criteria.



## Mile End Park Leisure Centre and Stadium

190 Burdett Road  
Mile End, Tower Hamlets  
London  
E3 4HL

To register your interest please email:  
[mileendparklc@gll.org](mailto:mileendparklc@gll.org)

# SCHOOL'S OUT

They've worked hard and now it's time to play hard! Our Summer Holiday Club at John Orwell Sports Centre is the perfect way for your 5 - 16\* year olds to make the summer holidays count.

FROM JUST  
£21.20 PER DAY



BETTER





# NO PLANS? NO PROBLEM!

Our holiday club is the perfect way for your children to make the most of their holiday time. With loads of fun activities, sports and games, they will have a great time learning new skills, making new friends and enjoying their down time.

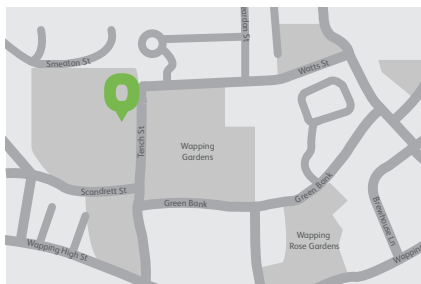
The club runs from 24th July - 1st September with prices starting from just £21.20 per day. Your children will participate in a number of different activities, ranging from sports to arts and crafts. Activities include:

- Gymnastics
- Martial Arts
- Tennis
- Football
- Hockey
- Arts and Crafts
- Visit by Fire Brigade & River Police
- Petting Zoo
- Basketball
- Bouncy Castle
- Games
- Outdoor Activities
- Volleyball
- Plus much more

The Holiday Club will run Monday - Thursday\*\* during the summer between the hours of 9am - 5pm although we also accommodate those that need to arrive early (8am) and stay a little later (6pm).

\* 5 year olds need to be in year 1 at the time of registration for the holiday club

\*\* Please note week beginning Monday (27th August) the club will run on Tuesday to Friday (29th August - 1st September)



## John Orwell Sports Centre

Tench Street, Wapping,  
Tower Hamlets, E1W 2QD

To register your interest please  
email: [johnorwell@gll.org](mailto:johnorwell@gll.org)  
or scan the **QR code** to find  
out more.

