



Issue 3

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Spotlight



Autumn term



Sept 18th - Dec 1st

Free after school programmes
in the arts, music, sports,
careers and more.
For 11-19s in Tower Hamlets



Spotlight

hello@wearespotlight.com - 020 30 111 333 - www.wearespotlight.com - @weare_spotlight

Information for parents

Volunteering in Your Child's School course

An accredited course delivered by the Parental Engagement Team



Volunteering in Your Child's School course

Are you a parent who is interested in volunteering in school?

Join the ten-week, Open College Network accredited course to prepare for your role as a volunteer and improve your career prospects.

Learn all about:

- the curriculum and how children learn
- the latest teaching methods
- how to support children's learning
- how to keep children safe

Information and assessment session

**Monday 2nd October
9.45-11.45am**

Course dates:

**Mondays
9th October-18th
Dec
10am-12.30pm**

Contact

For more information and an application form
nazia,ahmed@towerhamlets.gov.uk

Deadline for completed applications: Monday 25th September



Holiday Childcare Scheme

Summer fun at Tower Hamlets Holiday Childcare Scheme

Visit our website for information about our next scheme.

The Tower Hamlets Holiday Scheme provided a fun filled four weeks provision. The scheme supported working parents and children who would benefit during the school holidays.

Week one

The children participated in a range of activities from the theme 'Our environment'. The children went on mini beast hunts in the garden area, made wildlife animals through clay modelling, grew their own herbs, made time capsules and their own forest sculpture. There were lots of arts and crafts on offer and the children were very creative. One project the children thoroughly enjoyed was making a forest sculpture. It started from making their own trees and grew to a large-scale forest. I hope you all were able to see the artwork on display in the reception foyer.



Week two

The children enjoyed activities from the theme 'Championship week'. They made kites to use in a flying competition and raced against their friends. The children designed their own medals and used their sewing

skills to create sports cushions. They took part in various sports events including cycling, tag rugby, mini archery, golf and more, as well as a mini sports day. The sun came out in time for races to be held outside, everyone received a medal to take home.

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Figures from our Summer 2023 scheme bookings

2,584

sessions booked

298

children supported

239

total families supported

199

working families supported

66

LBTH schools represented in bookings

The Holiday Childcare Team is part of the Parent and Family Support Service.
For more information, to leave feedback or to book places visit www.towerhamlets.gov.uk/hcs



Summer holiday scheme

On Wednesday 2 August the children celebrated national play day, the theme this year was 'Playing on a shoestring, making every day an adventure'. We continued our partnership working with the Young V&A museum in Bethnal Green. Children were invited to a special session organised by the Young V&A which gave them access to the museum and activities. For more information about the museum visit their site; www.vam.ac.uk/young.

Week three

The children enjoyed the theme 'Superheroes'. They were busy making capes, masks superhero board games and their own comic books. The children continued with perfecting their sewing skills and made superhero cushions to take home. The sports activities encouraged the children to play together and learn new skills. There were athletic activities, cricket, tag rugby, lacrosse, mini tennis and more.



Week four

In the final week we welcomed the sun! The children participated in activities focussed on our theme 'the circus', and made their own clown masks, circus animals, finger puppets. The Women's World Cup was a highlight for some of the children and staff. They watched the semifinals where England were triumphant with a 3-1 victory to reach the finals.

The scheme ended with a celebratory party. It was lovely to see children attend dressed up in their fancy dress costumes. Thank you to everyone who contributed food for the party, it was enjoyed by all.



Summer holiday scheme



Cooking

Cooking was a firm favourite with most of the children. There were a range of foods cooked daily at the scheme. Children who wanted to participate worked in groups to learn cooking skills from cutting, peeling, chopping and weighing. They then shared the foods with the children at the scheme. There were home made vegetable pizzas, wholemeal cookies, fruity mini cakes, banana bread, cheesy muffins, vegetable pakoras and samosa, cheese pasties and much more.

Felix Project and Community Food Enterprise continued to support the scheme and provided fresh produce such as apples, vegetables, fruits and smoothies. Parents/carers could select and take the food on offer home. We were pleased to see how grateful and complimentary everyone was for the opportunity to take the fresh produce. Following positive feedback, this will be a partnership we will continue for future schemes.

We had a visit from the Tower Hamlets food hygiene ratings team who inspected our food provision area. We received a 5 star food



hygiene rating. We couldn't be prouder of this achievement as it recognises the high standards of food storage and preparation we offer at the scheme.

We had an impromptu, unplanned fire drill at the scheme where the children and staff demonstrated their great knowledge of the fire procedure and were able to evacuate the building in a speedy and professional manner. The unplanned fire drill was due to cookies being left in the oven too long! Although the fire drill went really well the cookies were unsaveable and the children made a new batch for all to enjoy.

The Tower Hamlets Holiday Childcare Scheme continued to work in partnership with the Global Learning team. They facilitated thinking circles based on our themes at the scheme. The facilitator fed back during the superhero theme One girl told us that she lives with a real superhero! The children also shared they wanted to have the power "to make sure sad people are happy" and "share rainbows with everybody", look at the capes they created.



Trips

There have been many trips for the children to enjoy this scheme. Although the weather wasn't in our favour, in the first couple of weeks we made the most of being out and visited local museums, parks and farms. The children took different modes of transport including the DLR, trains, buses and walked. The local trips included places such as Stepping Stones Farm, Greenwich Park, Victoria Park, the Young V&A museum, King Edwards Park, Mudchute Farm. There was a total of 10 trips which the children had a choice to participate in.



Children's feedback

I really love the scheme because I am very popular and enjoy the activities especially the art room.

Kazi, age 8

I like the playscheme because I get to play in the playground and on the climbing frame with my friends. Best of all I like the art room because you get to make so many things to take home.

Hodan, age 8

I really enjoyed the Lego and k-nex as I love to build things

Montague, age 9

I like the scheme because there is so much to do and I have so many friends from my school.

Khadijah, age 8

I enjoyed playing with my friends.

Leonardo, age 5

I really enjoy being here because there's lots of football and I ride bikes with my friends and have so much fun with them.

Arafin, age 6

I like playing with my friends.

Ray, age 5



I like coming to Holiday Play Club to play with my friends.

Nicolas, age 5

I like it here because they have so many different toys and you get to go on trips.

Aya, age 6



I like playing on the hill and tunnel.

Monroe, age 4

I enjoyed playing on the climbing frame.

Rey, age 3



Parents/carers feedback

It was my sons first ever scheme and daycare so we were all very anxious about it all but the staff were extremely incredible! They were all supportive and very helpful in getting our son comfortable with the environment!

My child made few friends in a short time and thoroughly enjoyed it.

Really amazing value for money, especially compared to other options, which can be insanely expensive.

I am happy I feel all staff are caring and kind. As usual the girls loved the scheme, knew who they could speak to for support.

It's good that you know the staff they know you, know the girls. You feel welcomed.

The girls are happy and tired out, they loved their day out at the park and farm.

You said... we did

YOU SAID...

"I found it difficult to log on again once I'd created an account. It wasn't an intuitive process, I had to email to ask for help."

WE DID...

We are continuously looking into ways to improve the booking system, there have been improvements and we will feedback ways to make it easier for parents to book. We are pleased you e-mailed the team and received the support you needed.

YOU SAID...

"An update on what the child did each day."

WE DID...

The daily activity plan is displayed on the board in the schemes reception area. It would be impossible for the team to provide daily feedback for each child. However on collection you can speak to staff about their day or call the scheme mobile during the day.

YOU SAID...

"Allow parents to help settle on first day."

WE DID...

If your child requires extra support to settle we do arrange with parents to stay to settle them. Please contact us in advance to arrange the settling. We support as much as we can on the day.

YOU SAID...

"The sports day seemed to go down a treat this year. Perhaps some music/singing/dancing would be one to consider for the future."



WE DID...

We have provided dance sessions and we can look into providing music and singing.

YOU SAID...

"It'd be good if the scheme could include a snack"

WE DID...

E-mails are sent to parents/carers prior and during the scheme. To remind them what to bring to the scheme and any regular updates. Please ensure you check your e-mails. If you do not receive a confirmation or any communication by e-mail after booking contact holiday.chilcare@towerhamlets.gov.uk and we can investigate.



On behalf of the Holiday Childcare Team we wish you well and look forward to seeing you at the next October scheme. For more information about our schemes please visit our website: www.towerhamlets.gov.uk/hcs

Information for schools and settings

Keeping Children Safe Online

Free sessions for parents and carers, delivered by
the Parental Engagement Team



Keeping Children Safe Online

The Internet is amazing. Children can play, learn, create and connect, opening up a world of exciting possibilities, but excessive screen-time has become a source of family conflict and is negatively impacting children's mental health. To support with parenting in the digital age, we have developed an online safety programme for parents that will give an insight into their child's online world.

What parents learn

- How the internet can support learning
- The role of the internet and social media in children's lives
- The dangers – online grooming, cyber bullying, sexual exploitation
- How to keep children safe online
- Dealing with excessive internet use and conflict


What schools get

- Face to face and online sessions for parents
- Sessions delivered in English, Bengali and Somali
- Day time, evening or weekend sessions
- Useful resources and tip sheets
- Online safety videos for school websites and plasma screens
- One to one support for vulnerable families

Book a free session for your school NOW by emailing
parentalengagement@towerhamlets.gov.uk

For more information about the programme visit
www.towerhamlets.gov.uk/parentfamilysupport





We are pleased to introduce our Women's Programme

offering 8 sessions with
different activities each week



3rd October - 21st November





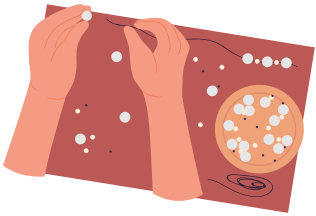



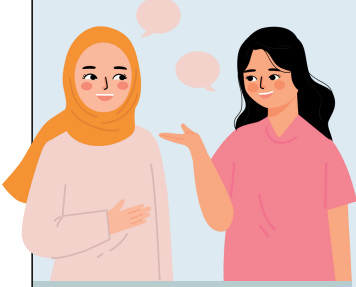
1 - 3pm
on Tuesdays
(see flyer details)



Door of Hope and Advance: Women's Programme

We are pleased to introduce our Women's Programme offering 8 sessions with different activities each week. All the activities will be available on the dates below.

These will take place in the social group space 1 - 3pm on Tuesdays.
A description of each activity is included. Please feel welcome to come along. There is no pressure to do or share anything, and we would love to see you.
No previous experience needed. Come as you are!
We will create together a safe space to be yourself.

<div>Self care</div>    	1	3RD OCTOBER	<u>Self-Care</u> What can we do to look after ourselves? Sharing techniques including 'grounding', and pampering ourselves.	2	10TH OCTOBER	<u>Creative Expression</u> Have a go at poetry, speaking, writing something, drawing or painting. Expressing something about you.	
	3	17TH OCTOBER	<u>Movement session</u> Try some relaxing chair yoga or bit of dance movement therapy? Basic level of movement needed.	4	24TH OCTOBER	<u>Tree of Life</u> Creating a drawing of where you have come from, where you are now, and what you would like in the future.	
	5	31ST OCTOBER	<u>Jewellery making</u> Let's see what we can make...	6	7TH NOVEMBER	<u>Power and control</u> Let's see what we think about this topic- come for a cuppa and a discussion.	 
	7	14TH NOVEMBER	<u>Celebrate</u> Reflections on our strengths as women and how we can recognise and use them in the future.	8	21ST NOVEMBER	<u>Your choice</u> What do you want to do?	

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