## To be the best you can be



## Weekly Newsletter Friday September 29th 2023

## **Message from the Headteacher**

This week our assembly theme was **Care for the Planet.** We talked about how we manage our waste and reminded children about the importance of the three Rs in how we manage rubbish: Reduce, Reuse, Recycle. Please help children to learn by being good role models: recycling rubbish and reducing waste.

#### **Attendance**

N- 99%

R- 98%

1- 99%

2- 97%

3-97%

4- 91%

5- 96%

6- 92%

Well done to **Yr 1 and Nursery** for achieving **99%** attendance last week. Well done as well to Reception too!

### **Book Amnesty**

Please return all school books to the class next week so that the book corners can be stored. There are lots of books missing.

## Is My Child Too III for School?

Please refer to these NHS guidelines when thinking about whether your child can go to school.

We need to reduce unnecessary absences from school.

Is my child too ill for school? - NHS

### **Parent Reader Needed**

We need a volunteer reader to work with a KS 2 child new to the country. Ideally this volunteer would read with the child daily 9:00-9:30. See Annika or Sjobhan.

### **Waste Management**



Teach children to recycle and reuse to reduce our waste.

#### **Parent Sessions**

Coffee Morning on Wednesdays 9-10 am in the Parents Rm run by Yasmin- all welcome Toy Library Thursdays Hoyam and Dilara Felix Food Project Friday 2:30-3:30 run by Yasmin, Hoyan, Muna.

We are very grateful for the time and energy that our parent volunteers offer the school.

Wed 4th October
Managing Conflict Parent Session
Please join us for this very useful
parent session this Wednesday
4th October 9:00-10:00 am.

#### **FROZEN**

On Thursday a group of 70 parents and children went to Drury Lane Theatre to see the musical Frozen.

## **Oracy Target**

This week children have been working on: I can politely build on the views of others: 'Building on that, I'd like to add...'

Please remind children to listen to each other and then build on others' ideas politely. It's a real skill! Adults in your family can model this for the children as well.

#### **WD Wrap Around Care**

Wrap Around Care (childcare) is available for all children. Contact Bhumi or Ridhwan on the admin email if you want to book sessions. All information is on the website:

William Davis' Wraparound Care

## **Birthday Celebrations**

Although we have stopped our custom of parents sharing birthday sweets in the playground at hometime, please be reassured that we still sing and give children a sticker and pencil when they celebrate their birthday.



#### Stars of the Week



**Aaliyah Yr 5** for being a great talk partner and for shared problem solving.

**Maryam Yr 3** for outstanding textiles work in DT; for demonstrating our WD value of commitment.

**Idris Rahman Nursery** for being kind and caring towards new children.

## Important dates

Autumn term 2023

**Wed 4th Oct** Managing Conflict mtg for parents

Tue 17th Oct 1:30- 6:30 pm Parent Conferences( school closed from 1:30)

**PSHE/ Online Safety meetings:** 

Oct 16th 9:00 Yr 1; 2:45 Yr 2

Oct 17th 9:00 Yr 4

Oct 18th 9:00 Yr 3; 2:45 Yr 5

Oct 19th 9:00 Yr 6

Mon 23rd Oct half term holiday

Mon Oct 30th school starts

Mon Oct 30th - Fri Nov 3rd-

Magdalen Farm Yr 5

Thur 14th Dec - Winter Fayre/ Festival of Triangles

Fri 22nd Dec last day of term close 1:30 pm

#### **CHARGES**

## Reminders:

In order to replace books lost at home we will charge £5 for lost books.

EYFS parents will be charged £3 / term for perishable items.
Repeated late pick ups from ASC will incur an increased fine- see the **Charging and Remissions Policy** on the website.

#### **Fathers and Male Carers**

**Fathers Football** at Thomas Buxton Thursday mornings - see Russell.

## To be the best you can be



#### **Asthma Reminders**

Please read the reminders about asthma below.

- ★ Triggers
- ★ Exercise
- ★ Clean Air

### **Online Safety**

Keeping children safe online is our joint responsibility. Make sure that you have parental controls in place; and that you know the sites and Apps that your children use. Check the school's online safety policy on the website. Safeguarding and Child Protection - WILLIAM DAVIS PRIMARY SCHOOL

We will be discussing Online safety at our Parent Mtgs in October. See dates

Oct 16th 9:00 Yr 1; 2:45 Yr 2

Oct 17th 9:00 Yr 4

Oct 18th 9:00 Yr 3; 2:45 Yr 5

Oct 19th 9:00 Yr 6





## Violence Against Women and Girls (VAWG) Team

The VAWG team are asking parents to complete this survey to inform their strategy: Here is the link to the online survey:

https://forms.office.com/e/TUg7NsuNMZ Please complete by October 10th.

#### **Uniform Stall**

Look out for the monthly uniform stall on a Friday afternoon run by parents, Hoyam and Dilara



## **Cat by Ted Hughes**

You need your Cat. When you slump down All tired and flat With too much town

With too many lifts Too many floors Too many neon-lit Corridors

Too many people
Telling you what
You just must do
And what you must not

With too much headache Video glow Too many answers You will never know

Then stroke the Cat That warms your knee You'll find her purr Is a battery

For into your hands Will flow the powers Of the beasts who ignore These ways of ours

And you'll be refreshed Through the Cat on your lap With a Leopard's yawn And a Tiger's nap.

## **Sweets and Snacks**

Please can I ask parents to help us promote healthy eating habits. If you want your children to have a snack at home time - bring some fruit or a bagel. Please avoid sweets, crisp etc that are high in sugar and fat. Please encourage water or milk.







## **Reading for Pleasure**

Are you a member at the Whitechapel Ideas Store? Why not join this weekend and be a regular visitor to borrow books for you and your children. Check out the website:

Idea Store Whitechapel



## PSHE/ Online Safety meetings

Please put these dates below in your diary. We will share the PSHE curriculum coverage and have a brief discussion about Online Safety at home.

Oct 16th 9:00 Yr 1; 2:45 Yr 2

Oct 17th 9:00 Yr 4

Oct 18th 9:00 Yr 3; 2:45 Yr 5







To be the best you can be



# INTERNET SAFETY TIPS FOR PARENTS

- Don't block all access to technology. Help your child learn to use tech safely and positively.
- Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 5 Teach your child what personal information they should not reveal online (YAPPY acronym).
- Navigate digital

  dilemmas with your child.

  Avoid using devices as rewards or punishments.
- Don't support your child to sign up for sites with age restrictions (e.g. 13+) if they're underage.

- Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- Create a family media

  agreement with tech
  free zones such as cars,
  bedrooms, and meals.
  - Help your child learn to **filter** information online and navigate fact from fiction.
- 8 Balance green time and screen time at home.
  Focus on basic developmental needs.
- 10 Learn more: Explore reliable resources for parents so you can educate yourself.

## To be the best you can be



## Triggers that make your asthma symptoms worse:



Asthma/Wheeze Newsletter
World Asthma Day 2<sup>rd</sup> May 2023 Barts Health
Triggers Make your asthma symptoms worse
NHS Trust

**<u>Breathing in Mould spores</u>** will cause your child to have more wheeze episodes

Read what you can do

- 1] Make sure you clean away with a mould spray as soon as you see it and paint with a mould paint
- 2) Dry windows and window seals every morning
- 3) Open the windows every day
- 4) Keep your vents open
- 5) keep you heating at 18C Support is available to help with the cost of living.
- 6) dry clothes outside or use tumble dryer
- 7) Allow space to circulate around furniture

If it continues Report it

If your landlord is not acting and you feel it is immediate risk and causing health issues, contact Environmental Health and Housing Team on 020 7364 5008

Make a complaint
No win no fee

## **Exercise and Asthma - Asthma and Lung UK**

The article from Asthma and Lung UK highlights the benefits of exercise for children with asthma, by saying that exercise:

- can maintain a healthy weight and build stamina in the lungs, so they get out of breath less.
- boosts the immune system, meaning that children are less likely to get coughs and colds, which would make their asthma worse.
- offers a boost to mood and self-esteem, influencing how they manage their asthma
- helps children feel more confident about their asthma and what is achievable

#### Read the article here >

## Clean air day

June 15th was clean air day, but in reality every day should be clean air day. We can all play our part in improving air quality. To find out more about what you can do as an individual to improve air quality for your children please click on the link below where you can find practical tips. The site includes a clean air planner, text alert service to be notified about air pollution levels and information videos.

Access the LBTH Air Pollution and You website here >



