



Inspiring minds through opportunity

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NEWSLETTER, SUMMER 2 2023

MESSAGE FROM THE HEADTEACHER

We have had an incredible year at CJ and I am really proud of everything we have achieved together as a school community. It has been wonderful to see our pupils develop in all aspects of their learning - not just academically, but personally, socially, physically and emotionally - creating well-rounded individuals. They are a testament to our wonderful staff team who are so skilled at bringing the school's goals, values and learning competencies to life through our broad, balanced and innovative curriculum. Such teaching is enhanced by our enrichment programme which offers such a wide range of rich opportunities. Just some of the highlights include:

Trips, visits and experiences: Nursery watching chicks hatch and visiting Mudchute Farm; Reception's visits to the Natural History Museum and London Zoo; Elm Class's sensory circuits; Year 1's trips to the Horniman Museum and Tower of London; Year 2 enjoying Sadler's Wells dance workshops and theatre productions; Year 3's Stone Age experience in Hertfordshire and visits to the British Museum and Epping Forest; Year 4's maths trip to St. Paul's Cathedral; Year 5 visiting the Imperial War Museum, Duxford and undertaking First Aid training; Year 6's visits to the Centre of the Cell, the Tower of London, Greenwich and experiencing heart dissection; welcoming the world renowned Royal Institute to deliver workshops during our Science Week; **and, of course,** the amazing Year 6 residential to Magdalen Farm in Somerset.

Clubs: 3-D art & sculpting, athletics, basketball, boys and girls football, computing, cooking, cricket, crochet, dance, debating, gardening, homework, knitting, multi-skills, playground games, tie-dyeing and yoga & mediation.

Enrichment opportunities: Year 1 visiting the 5-star Corinthia Hotel; watching ballet performances; visiting Lullingstone Roman Villa and Oldbury Hill Fort in Kent; Year 6 experiencing the Sky TV studios; Year 4's trip to Wagamama and pupils visiting the moon at the HSBC Innovation Suite!

It is fair to say we bring our school vision - *Inspiring minds through opportunity* - to life!

I would also like to take this opportunity to reflect on some **other highlights** this year, including: CJ achieving Online Safety Certification; sweeping a top prize in the TH Book Awards; receiving a glowing report from Matthew Parris in

The Times newspaper; the opening of our new Art Modular; pupils meeting Mayor of London, Sadiq Khan, to discuss climate concerns; winning second prize at the Architecture in Schools Awards; pupils taking part in the TCS Mini London Marathon and our school community raising a CJ record breaking £5,256.65 at our summer fair! Simply sensational. Another source of tremendous pride for all staff here at CJ are the Reception and Year 6 Graduations. These special ceremonies celebrate the achievements and successes of our youngest and oldest school pupils and it was incredible hearing the speeches and watching the amazing performances of our very talented children.

I would like to say a special thank you to all our staff - teachers, classroom support staff, administrative team and premises, cleaning, and catering staff. Over the last year, they have all worked hard to support our pupils and wider school community. Cyril Jackson continues to be a hub for Limehouse, with our talented and committed staff team not only driving our core school business of teaching and learning, but also offering support to parents, carers and those in need during these challenging economic times. Thank you for everything you do - your hard work, dedication and drive to make a positive difference is what makes you all, and our school community, so very special.

This brings me to our wonderful parents and carers - thank you all for your support, encouragement and for working in partnership with us over the last year. We can not do what we do without your support.

I would like to say a special farewell to Sophia Dover who is leaving CJ to begin the next chapter in her life. She has given everything to the CJ community and has made such a positive difference to pupils, staff and parents. A huge thank you from all your friends here.

Finally, I would like to wish you all a lovely, restful summer break and look forward to seeing you ready for the new year in September. And don't forget to take a look at the last section of this newsletter which provides a wealth of free or low cost ideas for entertaining, inspiring and feeding your young minds over the summer holiday! Best wishes, Mrs Dirir



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NEWS

KEY DATES: AUTUMN 2023 & SPRING 2024

INSET day (SCHOOL CLOSED)	Monday 4 th September
INSET day (SCHOOL CLOSED)	Tuesday 5 th September
First day of Autumn 1	Wednesday 6 th September
Autumn half term break	Mon 23 rd - Fri 27 th October
First day of Autumn 2	Monday 30 th October
INSET day (SCHOOL CLOSED)	Friday 10 th November
Last day of Autumn term (for pupils)	Friday 15 th December
INSET day (SCHOOL CLOSED)	Monday 18 th December
INSET day (SCHOOL CLOSED)	Tuesday 19 th December
Christmas holiday	Wed 20 th December - Tues 2 nd January
First day of Spring 1	Wednesday 3 rd January
Spring half term break	Mon 12 th - Fri 16 th February
First day of Spring 2	Monday 19 th February
INSET day (SCHOOL CLOSED)	Friday 1 st March
Last day of Spring term	Thursday 28 th March
Bank Holiday (SCHOOL CLOSED)	Friday 29 th March
Bank Holiday (SCHOOL CLOSED)	Monday 1 st April
Easter holiday	Tues 2 nd - Fri 12 th April

SUPPORTING SCHOOL IMPROVEMENT ACROSS UST

We have had a busy year working with the wider UST team to raise standards across all UST schools. Teaching and Learning leads, GDPR leads and Safeguarding leads across the Trust have met half termly to share best practice to continue to improve our provision.

STAFF NEWS



Sophia Dover

is leaving CJ at the end of this term.
We wish her all the very best for the future.



Maryum Qureshi

will take up the post of Deputy Headteacher from 1 September.
Many congratulations!

We extend a very warm CJ welcome to all the new members of staff who will be joining us in September.



Joshua Chivers
Deputy Headteacher



Renata Carvalho
Class Teacher



Jessica Stoodley
Class Teacher



Lauren Charlesworth
Class Teacher

Join us in wishing all these staff members every success and happiness in their new roles.

NEWS

CJ PTA MOVIE NIGHT RELAUNCH



Exciting time for the Cyril Jackson PTA this term. We successfully re-launched our beloved Movie Night! The lucky children who attended had a brilliant time, and we raised over £300.00 for our school. Looking forward to our next Movie Night in the Autumn.

We also had a very lucky young lady in Reception, who won a cuddly Bear from the Royal Albert Hall thanks to one of our PTA members.

Please contact Mark Wiltshire if you are interested in becoming a PTA member.



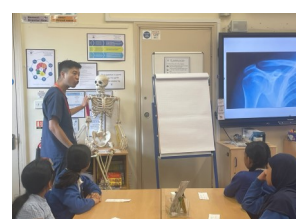
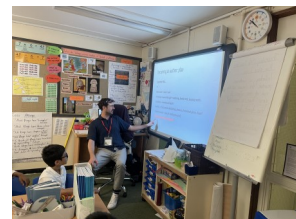
2023 CAREERS DAY

On 23rd June we held our annual Careers Day at our school. Students had the opportunity to interact with professionals from various fields, gaining valuable insights and inspiration for their future paths. The event featured engaging workshops, informative presentations, and fruitful networking sessions, leaving participants motivated and well-informed about career possibilities.

We welcomed 16 professionals from different fields presented their jobs and pathways, inspiring the next generation. We were also delighted to welcome Dinah, a Tower Hamlets resident and former student of Mrs Dirir and now a successful Law Graduate. The event was filled with enthusiasm as our students asked insightful questions and discovered new possibilities.

Students watched presentations, took part in creative challenges, tested their knowledge and considered the skills needed for a diverse range of careers. They learned about the work of a surgeon, architect, BBC radio producer, fashion designer, data analyst, financial crime investigator, and more.

The event aimed to expose our children to different career options and broaden their horizons when looking to the future - inspiring minds through opportunity!



RECEPTION GRADUATION



We are incredibly proud of each and every child in Mulberry and Poplar classes - they have all blossomed in all aspects of their learning. Wishing you every success as you move up to Year 1!



YEAR 6 GRADUATION



"Each and every one of you is unique and extraordinary. As you start the next chapter of your lives, I wish you all the very best. I know you leave us well equipped with the knowledge, skills, and values to be successful. But the world is changing quickly, and it is down to you and your generation to design the future. You are wonderful young adults. Go forward and make the world a better place!"

Mrs Dirir



SUPPORTING PUPIL EMOTIONAL WELLBEING

TOWER HAMLETS EDUCATIONAL WELLBEING SERVICE

Cyril Jackson is committed to protecting and promoting the emotional health and wellbeing of our school community. This year, we have been fortunate to access support from the Tower Hamlets Educational Wellbeing Service (THEWS). As part of this offer, all children in Year 3 benefitted from a series of Brain Buddies sessions. These were delivered by a trained practitioner, and have taught the pupils to reflect on their feelings and better regulate their emotions.

Miss Tomlinson, one of our amazing Year 3 teachers, produced visual resources and a classroom display to ensure that all pupils were adequately supported.

Some strategies the children have learnt to use are as follows:



Cyril Jackson will continue to work with THEWS next year, providing a range of group and individual therapeutic interventions across the school. We will also provide opportunities for parents to engage with guidance from our wellbeing practitioners.

ANTI-RACIST CURRICULUM TOWER HAMLETS

In May, the entire CJ staff team enjoyed a training session from Global Learning London as part of their programme, Towards an Anti-Racist Curriculum Tower Hamlets (TARCTH). The aims of this programme are as follows:

- Facilitate authentic allyship between educators, students and school communities;
- Support educators to gain awareness of how racism manifests in our children's lives and the long-term impact it can have;
- Build a network of educators with the knowledge and understanding to embed anti-racist practices across their schools;
- Increased access to anti-racist and diverse literature and resources, for educators and students.

DRAWING AND TALKING THERAPY



Drawing and talking therapy has had a profoundly supportive impact on a number of our vulnerable pupils, providing them with a safe and calm space to express themselves and address any issues they might be facing. This therapeutic approach has proven to be invaluable in supporting their emotional well-being and facilitating their personal growth.

The safe and calm space created by drawing and talking therapy fosters trust and allows vulnerable pupils to develop a stronger sense of self-awareness and self-expression. They feel validated and listened to, which can significantly boost their self-esteem and confidence. As they gain a better understanding of their emotions and develop coping strategies, they become more resilient and equipped to navigate the challenges they face.

Additionally, this therapy has the potential to enhance communication skills and build healthy relationships. By engaging in dialogue with the therapist, vulnerable pupils learn effective ways to express themselves, actively listen, and articulate their thoughts and needs. These skills can positively impact their interactions with others, both within and outside of the therapeutic setting.



Drawing and Talking

SPORTS DAY



We are thrilled to share the incredible highlights of our recent Sports Day events, where our students showcased their athleticism, teamwork, and unwavering spirit. First up was KS1, who kicked off the week with a series of fun-filled races and challenges. From the classic egg and spoon race, relay, and sack races to the bouncy hopper and parent races, our young learners displayed remarkable agility and determination. Each activity contributed points to their respective team colours, creating a vibrant atmosphere filled with friendly rivalry.



Next, it was EYFS's turn to take the stage, and they did not disappoint. The morning was packed with cheering, jumping, hopping, running, and balancing acts as our little athletes demonstrated their enthusiasm and coordination. The highlight of their session was undoubtedly the thrilling team water race, where laughter and splashes filled the air!



Lastly, KS2 took centre stage and delivered a breathtaking display of athletic prowess at Mile End Stadium. Divided into teams, they competed fiercely in a carousel of traditional athletics events, including long jump, shot put, and the 100-meter sprint. But their determination did not stop there. They went on to showcase their endurance in the challenging 400-metre and 800-metre races, leaving us in awe of their resilience.

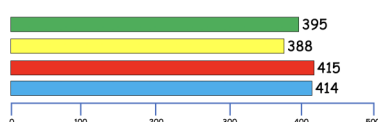


While the competition was fierce, our Sports Day emphasised the importance of values such as teamwork, encouragement, resilience, and giving one's best effort. Spirit points were awarded to teams based on these qualities, and they played a crucial role in determining the ultimate victors. Sports Day was not just about winning, but about embracing the joy of participation and celebrating the incredible talents of our students.



Congratulations to the RED TEAM, who won by just one-point! There were outstanding performances all around, but most

Sports Day - Team Points



importantly, we want to thank all the children and staff for embodying the true spirit of Sports Day.

SUMMER FAIR 2023



Our Summer Fair was a resounding success this year - an amazing community event which raised a whopping **£5,256.65!!** - breaking CJ's record for the most raised at such an event. A huge number of parents, carers and friends brought their children to the NB playground and games court for a wide array of attractions, stalls, games and amusements, including bouncy castle, trampolines, rodeo, activity run, tombola, lucky dip, bric-a-brac and delicious food stalls such as Indian food, BBQ, slushies and mocktails (we would like to give a huge shout out to the families who made the Somali food!). The raffle was hugely popular with children winning a 55 inch TV, two bikes, two scooters and much, much more.

However, the undoubted highlight - especially for pupils - was the chance to dunk our teachers with cold water...even Mrs. Dirir didn't escape!

It was lovely to see our Year 6 pupils return from their transition day to enjoy the event with us. We were also visited by alumni members of the CJ family, which was a delight, and our wonderful UST team, as always, came to support and enjoy the celebrations!

Thank you to our families for celebrating this great day with us. The weather was gorgeous and everyone came with bundles of energy, fun and happiness!

A huge thank you to the CJ staff and parent supporters for all of their hard work! By looking at the faces of the children who attended - it was worth all the effort!



SUMMER FAIR 2023



Special thanks to all our wonderful sponsors who helped us make our Summer Fair such a huge success:

- Branding 365
- Horizon Photography
- Purgo Supply Services
- IMS Building Solutions
- Denver Electricals
- SND Cleaning
- Redbox Recruitment
- Sticks'n'Sushi
- The Alchemist
- Cakes By La'chi
- Thames Clippers
- Everyman Cinema
- The Body Shop



QUALITY OF EDUCATION

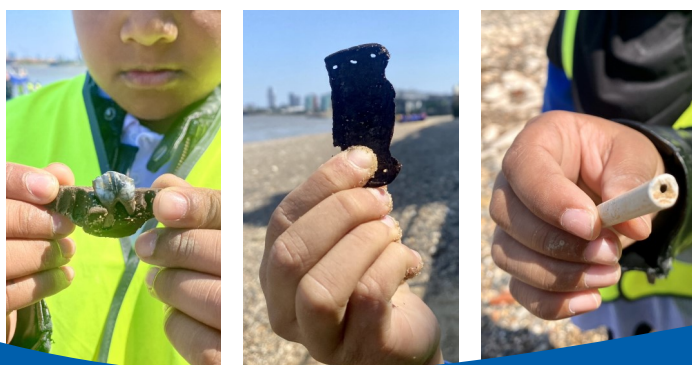
YEAR 3 INVESTIGATE THE RIVER THAMES



Year 3 went on a field trip to investigate the River Thames, study the history of the local area and employ historical enquiry skills used by archaeologists! They learnt about acids and alkaline levels and tested the PH levels of the river...and surprisingly, it's much cleaner than we predicted with a PH level of 6-7! Pupils then had the opportunity walk on the riverside and find river treasure! A tooth, a piece of Victorian shoe leather and a Victorian tobacco pipe were all discovered!



THAMES
EXPLORER
TRUST



BEAUTIFUL BUTTERFLIES IN NURSERY



Nursery pupils have been learning about life cycles this term. They looked after some tiny caterpillars and watched them grow and build their cocoons. They then waited patiently and watched as they emerged as butterflies. They all waved to our new butterfly friends as they were released.



QUALITY OF EDUCATION

YEAR 4 HISTORY EXHIBITION



Year 4 pupils held an impressive history exhibition for their parents and carers to showcase their work on the Vikings this term. The exhibition was centred around their big question: 'Were the Vikings vicious raiders or skilled craftsmen?'

A huge thank you to all those who helped and came to see it.



YEAR 6 VISIT KEW GARDENS



Year 6 visited the internationally renowned Royal Botanic Gardens in Kew as part of their science topic on plant adaptations this term. Pupils had a wonderful day and they were able to experience, first-hand, what it feels like to be in a tropical rain forest and how it looks from above!

Pupils also viewed some of Kew's un-surpassed collection of plants from around the world in the stunning surroundings of the Temperate House and the Princess of Wales Conservatory.

Kew is a UNESCO World Heritage site and houses the largest and most diverse botanical and mycological collections in the world with over 50,000 living plants.

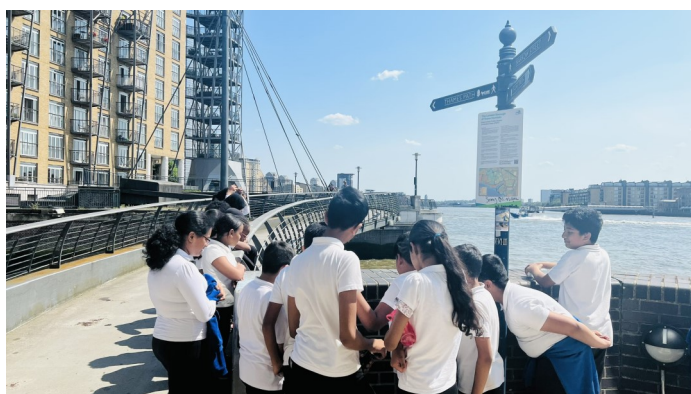


QUALITY OF EDUCATION

YEAR 6 GEOGRAPHY LOCAL AREA WALK



In Geography, Year 6 went on a walk around our local area comparing topography, architecture, housing and standards of living. It is certainly very different to Magdalen Farm in Somerset, where we visited on residential earlier this year!



RECEPTION VISIT LONDON ZOO



Reception travelled to ZSL London Zoo to visit the animals they have been learning so much about in class. They saw lions, tigers, giraffes, gorillas, monkeys, camels, crocodiles, snakes, turtles, flamingos, penguins, parrots, hunting dogs, lizards, zebras and their favourite was the butterfly exhibition! What an amazing trip.



EYFS DROP-IN SESSION

The EYFS team hosted a drop-in session for schools across London.

We were inundated with requests to visit the setting and we had a tremendous turn out. We shared good practice and ways to create a language rich environment.

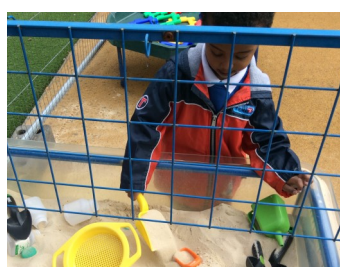


YEAR 1 WEATHER FORECASTS

Year 1 pupils become weather presenters this term. They looked at different UK maps, wrote their own weather reports and then presented them to the class!



QUALITY OF EDUCATION: ELM CLASS



The children in Elm class pupils have had a great term of learning this summer. Some of the highlights include:

- cooking sessions using the Art Modular;
- brilliant turn taking and space sharing with their peers;
- enjoying music therapy sessions and especially the 'Hat on the Head' song;
- an impromptu water play to cool down during the beautiful hot weather;
- And lots of child initiated outside play!

ART FOCUS

PARENT/ CARER ART WORKSHOP

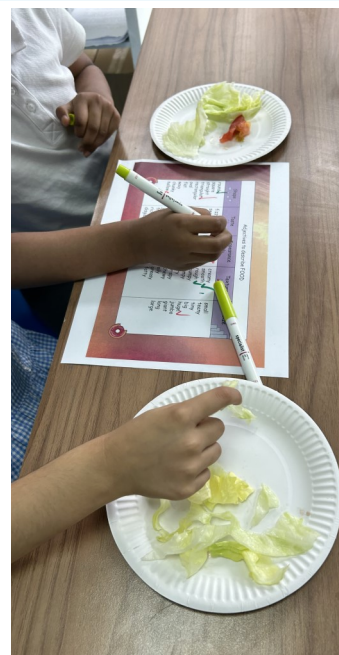
In our Parent/ Carer Art Workshops, we have been focussing on observational drawings of tropical plants and birds and using Drawing Ink and Coloured Pencil, with great effect! Stunning!

YEAR 1 FOOD TASTING

In DT, Year 1 became food critics for the afternoon, sampling food that they may like to put in their sandwiches when they are ready to make them.

After each taste test, they would mark which adjectives would best describe the textures, smells and tastes of each item.

Unsurprisingly, the Marmite and mustard didn't go down too well!



ART FOCUS

PARENT/CHILD ART CLUB

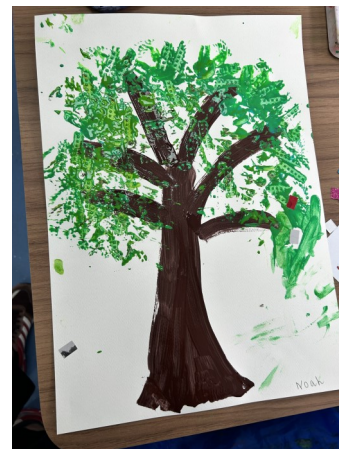
Some images from the Summer 2 Parent/Child Art Club. A great atmosphere and lovely to see parents and children getting creative together!



ELM CLASS TREE PAINTINGS

Elm Class continued their plant theme by creating these tree paintings, using a variety of mark making tools, mixing their own greens using blues and yellows.

We think you will agree that the results are brilliant!



YEAR 6 TALKING FLOWERS



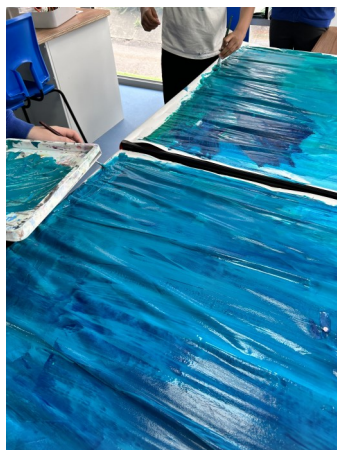
Year 6 created these enchanting "talking" flowers, using acrylic paints and Posca markers, to place on the backdrop once completed.

ART FOCUS

YEAR 6 END OF YEAR SHOW BACKDROP

Year 6 artists have been helping Mr Desai with this years 'End of Year' show, creating this eerie woodland backdrop!

It was great fun working on such a large scale - and the results were really impressive.



YEAR 2 MAKING GREAT WAVES!

This half term, Year 2 pupils have been learning about pirates, so we gave our art lessons an oceanic theme - looking at the work of Japanese artist Hokusai.

We explored line, shape and pattern within our sketchbooks and also 'what makes a good' landscape within our sketchbooks. We then looked at the Analogous Colours of the Colour Wheel and learnt how to blend them to create a variety of tones. We used Warm Colours for the sky and Cool Colours for the ocean and wave formations.



ART FOCUS

EDIBLE GARDEN BOROUGH MARKET TRIP



CJ pupils have been running two Gardening Clubs as part of our Enrichment offer. Throughout the year, Years 4, 5 and 6 children have sown, cultivated and harvested herbs, flower, fruits and vegetables to sell at Borough Markets annual "Young Marketeers Sale Day".

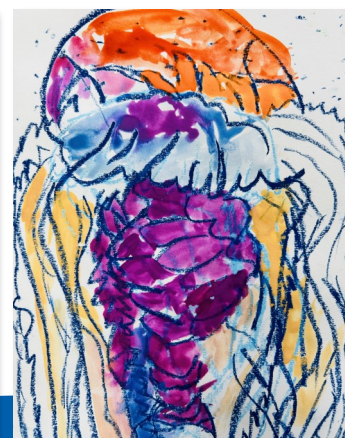
This year, saw some of our CJ pupils make a roaring trade in lavender, sage, mint along with cucumber, tomatoes and onions! We also grew some delicious blackcurrants, which will be harvested next week! Well done team!



YEAR 2 JELLYFISH STUDY



Year 2 carried on their aquatic theme, looking at the weird and wonderful formations of jellyfish within our sketchbooks, before have a go at drawing them using oil pastel and watercolour. The pen drawings are beautifully intricate showing great observational skills, I'm sure you'll agree!



ENRICHMENT

ATHLETICS



In Athletics, LKS2 pupils have enjoyed an array of different sports activities. They have learnt the importance of teamwork with relay races, they pushed themselves with long jump and appreciated the competitive spirit of tug-of-war!



FOOTBALL CLUB

Inspired by the World Cup, LKS2 pupils have been developing their football skills at training and have loved playing a friendly game between themselves to finish the session off. Despite the competitive spirit, pupils have shown great sportsmanship and enjoyed the growth in their game.

TIE-DYE CLUB



UKS2 pupils worked hard preparing, designing and dyeing a selection of items to sell for the Summer Fair. They have shown dedication, discipline, great artistic talent and have successfully sold out all their items! Go Tie-Dye Team!



VISIT FROM SPITALFIELDS MUSIC



We had a string quartet come in from Spitalfields Music to play for all the KS1 and KS2. It was an amazing opportunity to hear inspiring music played live by accomplished musicians.

Founded in 1976 for a single fundraising concert, for over 40 years Spitalfields Music has been putting music at the heart of East London. The organisation aims to bring artists, audiences and communities together so that everyone can find, explore and share extraordinary music in one of the most vibrant areas of London.

What a treat!





PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

25 fun literacy tasks for ages 5–7



These 25 exciting challenges will kick-start your creativity ready for the BBC 500 Words competition!

1 Reading den.

Build a den using things from around the house and cosy-up in there to read a book.



2 Story hunt.

Collect items that give clues to a book then share them with someone. Can they guess the story?



3 Reading places.

Where is the strangest place in your home or garden you can find to read? Remember to let an adult know!



4 Let's pretend.

Pretend to be your favourite book character. Can your friends or family guess which book it is?



5 Read aloud.

Grab your favourite book and read to someone else: your family, a pet or even your toys!



6 Word fun.

Think of a word and find other words that rhyme with it. Make up a short story that includes all those words.



7 Character creations.

Draw a new character and label your picture with information about them. Who are they, what do they do, where do they live?

8 Summer Reading Challenge.

Join in either at your local library or online!

SUMMER READING CHALLENGE

www.summerreadingchallenge.org.uk

9 Alternative ending.

Choose your favourite book. Can you rewrite the ending so that something different happens?

10 Fantasy land.

Draw a picture of a new land then tell a story about what happens there



11 Silly sentences.

Write a sentence with these words:



Now think of your own silly words and write some more!

12 Model maker.

Use anything you can find around the house to make a model of your favourite book character.



13 CBBC inspiration.

Write a story about your favourite CBBC character. What will happen to them?



14 Ping-pong storytelling.

Write the first sentence of a story, ask someone to write the next one. Then it's your turn again! Keep going until you have a full story.

15 Reading picnic.

Pack a picnic lunch and go to your garden, a park or another outdoor location to read.



16 Let's learn.

Read a book to gain a new skill. It could be a recipe book to get better at cooking, a magic trick or something else!



17 Who am I?

Think of your favourite book character and write a short description of them. Read it out to someone to see if they can guess who it is.

18 View from a window.

Imagine you look out of your window to see something surprising. Write down what it is and what happens next.



19 Get creative.

Make your own bookmark to use when you read. How will you decorate it?

20 Story stones.

Hunt out some flat stones and decorate them with characters and objects from your favourite story.



21 Guess the character.

Think of a CBBC character and write it down so no one can see. Have others ask you questions to try and guess who it is.

22 Story bag.

Find a bag and collect items to go in it that relate to a well-known story. If you can't find an item you could draw a picture to include.

23 Super senses.

Use your senses to write about a special place. What can you see, hear, smell, taste and feel?



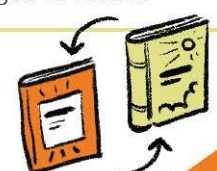
24 Letter hunt.

Ask a friend or family member to shout out a letter then run and find something beginning with that letter as quickly as you can!



25 Book Swap.

Borrow a book from a friend or family member and lend them one of yours. Share what you liked about it with them after you've read it.



Go to bbc.co.uk/500words
Then visit Pobble.com for a free inspiring writing idea, every day!

25 fun book-based tasks for ages 7–11

These 25 exciting challenges will kick-start your creativity ready for the BBC 500 Words competition!



1 Book club.

Start your own club with your friends or family. Everyone reads the same book and then get together to discuss it.



2 Reading wish list.

Make a list of all the books you'd like to read in the future.



3 Crafty character.

Decorate an item to look like a book character. You could choose a stone, a wooden spoon or something else!



4 Comic creations.

Turn your favourite book into a comic strip. Stories don't always have to be about words!



5 Puzzle time.

Read a new book, then create a word search or crossword puzzle using words based on the story.



6 Summer Reading Challenge.

Join in either at your local library or online!

SUMMER READING CHALLENGE

www.summerreadingchallenge.org.uk

7 A word of advice.

What advice would you give to your favourite book character? How could you help them?

8 Go global.

Read a book about a different country and share with others what you learned about that country.



9 Lovely letters.

Write a letter to thank the author of your favourite book. What will you tell them?



10 Book journal.

Write down your thoughts about each book you read. What did you like or dislike?

11 Cover story.

Design a new cover for your favourite book. What will you change?



12 Wanted!

Make a wanted poster for the villain in your favourite book. Will you offer as a reward?



13 Illustrate it.

Find a paragraph you love from your favourite book and draw a picture to illustrate what's happening.

14 Author studies.

Choose an author to research and learn about, then give some of their books a read!

15 Model maker.

Can you make a model of a famous book setting? You could use a box and decorate it.

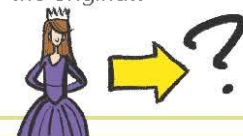


16 Amazing animals.

Read a book with an animal as the main character. If you wrote a story about an animal, which kind would you choose?

17 Fashion fun.

Design a new outfit for your favourite character. How will it differ from the original?



18 Read-a-thon.

Organise a read-a-thon where you read for a set amount of time and raise money for a charity.

19 Book quiz.

Create a quiz based on a well known book, then challenge your friends or family to answer all the questions.

20 Puppet power.

Make a puppet of a book character. You could use a sock, a paper bag or even your finger!



21 Word collecting.

As you read, write down any words you really like on a piece of paper and place them in jar or box. Use these when you do your own writing.

22 Book interviews.

Interview someone about their favourite book. Write down the questions you will ask them.



23 Story mash-up!

Write a new story that mixes together your favourite characters and settings from different books.

24 Get crafty.

Make a mask of your favourite book character. You could use a paper plate, some cardboard or something else.

25 CBBC inspiration.

Create a booklet about your favourite CBBC character. What can you find out about them?



Go to bbc.co.uk/500words

Then visit Pobble.com for a free inspiring writing idea, every day!

SUMMER OF FUN 2023

There is a huge array of FREE events and activities across Tower Hamlets over the summer holiday. Here is just a sample of what is on during the first week - 24-28 July.

See the Tower Hamlets Summer Events webpage for the complete listings:
www.towerhamlets.gov.uk/News_events/Events/Summer_events

Monday 24th July

Active Kids

Date: 24 (09:00) - 29/07/2023 (18:00)
 Location:
 Fightzone London 16-22 Pritchard's Rd London E2 9AP
 Fightzone London will train young people within the 24 children's sessions for free each week in Brazilian Jujitsu, Muay Thai, Boxing, Wrestling, Capoeira & Judo.

Donkey rides at Mudchute Farm

Date: 4/07/2023 (09:30-12:30)
 Location:
 E14 3HP, Mudchute Park Farm, Pier St
 Come on down to the farm and enjoy a donkey ride in the summer holidays.



Try Athletics

Date: 24 (10:00) - 28/07/2023 (14:00)
 Location:
 Mile End Stadium 190 Burdett Rd London E3 4HL
 Try athletics introduces young people to all the disciplines of athletics

Active Stay and Play - Meath Gardens

Date: 24/07/2023 (10:00-11:30)
 Location:
 1 Smart Street, E2 0SN, Meath Gardens Children & Family Centre
 This session aims to promote children's physical development through play, support parents' understanding of how to promote their child's physical development at home, early identification of any developmental concerns and appropriate intervention, help parents understand how to provide a healthy lifestyle for their family.

Active Stay and Play

Date: 24/07/2023 (10:00-11:30)
 Location:
 Ocean Children and Family Centre Whitehorse Road E1 0ND
 The sessions aim to promote children's physical development through play.

Active Stay and Play for Under 2s

Date: 24/07/2023 (10:00-11:30)
 Location:
 Isle of Dogs Children and Family Centre Millwall Park Stebondale Street E14 3BX
 This session aims to promote children's physical development through play.

SEND Stay and Play

Date: 24/07/2023 (10:00-11:30)
 Location:
 Collingwood Children and Family Centre Buckhurst St London E1 5QT
 This is a stay and play for children with special educational needs and/or disabilities.

Active Stay and Play

Date: 24/07/2023 (10:00-11:30)
 Location:
 Chrisp Street Children and Family Centre 45 Kerbey Street E14 6AW
 This session aims to promote children's physical development through play

Summer children future planet

Date: 24 (10:00) - 26/07/2023 (12:00)
 Location:
 St Paul's Way Community Centre 83 St Pauls Way E3 4AJ
 Children Future Planet is a Fun three day physical activity/ educational summer programme.

Virtual baby massage - Mowlem

Date: 24/07/2023 (10:00-11:00)
 Location:
 Mowlem Children and Family Centre Wadeson Street London E2 9DL
 These sessions aim to provide opportunity for parent and baby to have one to one quality time and more.

Active Stay and Play - St. Hilda's

Date: 24/07/2023 (10:00-11:30)
 Location:
 St Hilda's Community Centre 18 Club Row E2 7EY
 This session aims to promote children's physical development through play and more.

Childrens Future Planet

Date: 24 (10:00) - 26/07/2023 (12:00)
 Location:
 St Paul's Community Centre
 Teaching children how to nurture both the Environment Nature/ Planet and themselves through fun games and exercise

Active Stay and Play

Date: 24/07/2023 (10:00-11:30)
 Location:
 Ocean Children and Family Centre Whitehorse Road E1 0ND
 The sessions aim to promote children's physical development through play.

Pond Dipping at Victoria Park

Date: 24/07/2023 (10:30-12:00)
 Location:
 Victoria Park Model Boat Lake
 Discover which mini beasts live in our Model Boat Lake.

Exploring Nature and Gardening

Date: 24/07/2023 (10:30-15:30)
 Location:
 E14 7EJ, Locksley Street, Mile End Park, The Play Pavilion
 Explore nature and gardening with the Mile End Park Team



Weavers Adventure Play Sessions

Date: 24 (11:00) - 28/07/2023 (18:00)
 Location:
 Bethnal Green, E2 0BH, London, Viaduct Street, Weavers Adventure Playground
 Come and join the Weavers team for an adventure play session at Weavers Adventure Playground.

Inclusive Play at Bartlett Park

Date: 24/07/2023 (11:00-15:00)

Location:

Bartlett Park, Cotall Street, E14

Enjoy outdoor play including games, sports, arts and crafts.



Roman Road Adventure Playground Sessions

Date: 24/07/2023 (12:00-17:00)

Location:

43 Hewlett Road, E3 5NA, Roman Road Adventure Playground

Free to play, outdoor and indoor play opportunities, active and imaginative. Children must register to attend.

Swimming

Date: 24/07/2023 (13:00-15:00)

Location:

Mile End Leisure Centre 190 Burdett Rd London E3 4HL

At this session, young people will go swimming.

Animal handling at Mudchute Farm

Date: 24/07/2023 (13:30-16:30)

Location:

E14 3HP, Mudchute Park Farm, Pier St

Join the farm team at pets' corner and experience handling a variety of farm animals.

Parent Forum Gardening

Date: 24/07/2023 (13:30-15:00)

Location:

Ocean Children and Family Centre Whitehorse Road E1 0ND

At these sessions, while doing activities like gardening, parents/carers to gain confidence in governance and decision making.

Active Stay and Play

Date: 24/07/2023 (13:30-15:00)

Location:

Ocean Children and Family Centre Whitehorse Road E1 0ND

This is a drop-in session with no need to book. The sessions aim to promote children's physical development through play.

Tackling Inactivity 24 - 28 July

Date: 24 (13:30) - 28/07/2023 (15:30)

Location:

Stepney Green Park Stepney Way (or Redmans Road) London E1 3HZ

Sessions specifically target inactive young people that are not engaging in sporting activities.

Active Stay and Play Collingwood

Date: 24/07/2023 (13:30-15:00)

Location:

Collingwood Children and Family Centre Buckhurst St London E1 5QT

This session aims to promote children's physical development through play.

Summer Art East - Performing London: The 1 Week Challenge

Date: 24 (14:00) - 29/07/2023 (17:00)

Location:

Brady Arts and Community Centre Side Hall 192-196 Hanbury Street London E1 5HU

All the world's a stage. Get immersed in London's theatre scene. Performing London - The 1 Week Challenge is a six-day programme from Arts Without Borders.

Summer Fun: South West Junior Youth and Family Club

Date: 24/07/2023 (16:00-18:00)

Location:

E1, Whitehorse Adventure Playground, Whitehorse Road

Come and join the Parks and Junior Youth Service team for an adventure play session at Whitehorse Adventure Playground.

Tuesday 25th July

Summer Fun: Farm Tours at Mudchute Farm

Date: 25/07/2023 (09:30-12:30)

Location:

Mudchute Park Farm Pier St E14 3HP

Take a tour with the Mudchute park and learn about the different animals.

Stay and Play 25-28 July

Date: 25 (09:30) - 28/07/2023 (11:30)

Location:

St Hildas East Community Centre 18 Club Row London E2 7EY

Free Stay and Play - drop in and join us! No need to book.

Creative Cook Club

Date: 25/07/2023 (10:00-11:30)

Location:

The Toyhouse Centre 92 St. Paul's Way E3 4AL

Prepare simple snacks and enjoy fun and games in the local park. Booking required as spaces are limited.

Summer Youth Hockey Camp

Date: 25 (10:00) - 26/07/2023 (12:00)

Location:

John Orwell Sports Centre Tench St London E1W 2QD

Hockey sessions with some of the top coaches who serve the borough's hockey community. Learn the game, meet new friends, stay healthy!

Active Stay and Play 0-11

Date: 25/07/2023 (10:00-11:30)

Location:

Isle of Dogs Children and Family Centre Millwall Park Stebondale Street E14 3BX

This session aims to promote children's physical development through play.



Summer Fun: Whitehorse Adventure Play Session

Date: 25 (10:30) - 27/07/2023 (15:30)

Location:

E1, Whitehorse Adventure Playground, Whitehorse Road
Come and join the Parks team for an adventure play session at Whitehorse Adventure Playground.

Walk and Talk

Date: 25/07/2023 (10:30-11:30)

Location:

Wapping and Bigland Children and Family Centre 15 Richard Street E1 2JP

At this session parents and children can walk and talk.

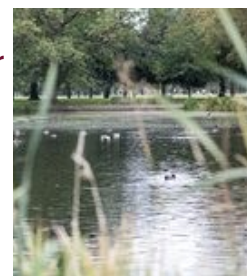
Summer Fun: Fishing Taster Session at Victoria Park

Date: 25/07/2023 (11:00-15:00)

Location:

Victoria Park The Hub Building

Come and enjoy the art of fishing on the lake.



Summer Fun: Glamis Adventure Play Sessions - Week 1

Date: 25 (11:30) - 28/07/2023 (17:00)

Location:

Glamis Adventure Playground Glamis Rd London E1W 3EG

Come and join the Glamis Team for an adventure play session at Glamis Adventure Playground.

School Readiness Stay and Play

Date: 25/07/2023 (13:30-15:00)

Location:

Around Poplar Children and Family Centre 115 Three Colts Street E14 8AP

These sessions aim to support parents to enable their child to be ready to start school or a nursery setting.

Social Group for Ukrainian Refugees

Date: 25/07/2023 (14:00-15:00)

Location:

Ocean Children and Family Centre (Shadwell Site) 418 Cable Street E1 0AF

This is an opportunity for refugees and asylum seekers, parents and children to meet and make friends/social networks.



Vallance Taekwondo 25 July

Date: 25/07/2023 (17:00-20:00)

Location:

117 Vallance Rd E1 5BW, Hason Raja Centre

FREE: Taekwondo sessions delivered by qualified friendly coach



Wednesday 26th July

SEND Multi-Sport Camp 26-28 July

Date: 26 (10:00) - 28/07/2023 (02:00)

Location:

Poplar Baths 170 E India Dock Rd London E14 0ED

Multi sports for SEND young people to enjoy sports and physical activity in a fun filled safe environment.

Active Stay and Play 0-11

Date: 26/07/2023 (10:00-11:30)

Location:

Overland Children and Family Centre 60 Parnell Road E3 2RU

This session aims to promote children's physical development through play.



Active Stay and Play

Date: 26/07/2023 (10:00-11:30)

Location:

Isle of Dogs Children and Family Centre Millwall Park Stebondale Street E14 3BX

This session aims to promote children's physical development through play.

Summer Fun: Family Day at Meath Gardens

Date: 26/07/2023 (10:30-14:30)

Location:

Meath Gardens Smart Street London E2

An all ages family day at Meath Gardens.

Summer Fun: Grow your own salad at Victoria Park

Date: 26/07/2023 (10:30-15:30)

Location:

Victoria Park Outdoor Classroom (St. Agnes gate - Gore Rd)

Using microgreens, sprouting seeds so families can take it away to grow in small places.

Arts and Crafts: Pottery

Date: 26/07/2023 (13:00-15:00)

Location:

45 - 55 Whitehorse Road London E1 0ND

At this session, young people will do pottery.

Boys Group

Date: 26/07/2023 (17:00-19:00)

Location:

St Hildas East Community Centre 18 Club Row London E2 7EY

FREE activities designed for Boys between 10-19 years old



Girls Group

Date: 26/07/2023 (17:00-19:00)

Location:

St Hildas East Community Centre 18 Club Row London E2 7EY

FREE activities designed for girls aged between 10-19 years old

Thursday 27th July

Active Stay and Play

Date: 27/07/2023 (09:30-11:00)

Location:

wa, Wapping One O' Clock Club Wapping Gardens Tench Street Wapping E1W 2QD

This session aims to promote children's physical development through play.

Getting Ready for School: Toilet Training

Date: 27/07/2023 (10:00-11:30)

Location:

John Smith Children and Family Centre 90 Stepney Way E1 2EN

This helps parents to teach their children how to use the toilet independently to be ready for primary school.

Active Stay and Play for Under 2's

Date: 27/07/2023 (10:00-11:30)

Location:

Chrisp Street Children and Family Centre 45 Kerbey Street E14 6AW

This session aims to promote children's physical development through play.

Sensory Play for Babies including Starting Solids Around Poplar 27 July

Date: 27/07/2023 (10:00-11:30)

Location:

Around Poplar Children and Family Centre 115 Three Colts Street E14 8AP

These sessions provide a sensory rich environment to support children's sensory development.

Active Stay and Play - Mowlem

Date: 27/07/2023 (10:00-11:30)

Location:

Mowlem Children and Family Centre Wadeson Street London E2 9DL

This session aims to promote children's physical development through play and more.

Summer Fun: Arts and Crafts at Victoria Park

Date: 27/07/2023 (10:30-13:30)

Location:

Victoria Park The Hub Building

Come and be creative with Victoria Park rangers.

Summer Fun: Arts in the Park with SPLASH - Week 1

Date: 27/07/2023 (11:30-15:30)

Location:

Glamis Road E1, King Edward Memorial Park

Join SPLASH and take part in arts and crafts in King Edward Memorial Park.



Baby Massage Including Starting Solids Collingwood

Date: 27/07/2023 (13:20)

Location:

Collingwood Children and Family Centre Buckhurst St London E1 5QT

These sessions aim to provide opportunity for parent and baby to have one to one quality time (through massage/ touch relaxation)

Play Together Stay and Play

Date: 27/07/2023 (13:30-15:00)

Location:

Collingwood Children and Family Centre Buckhurst St London E1 5QT

These sessions aim to promote parental awareness of the Early Learning for 2 year old offer

Sensory Play for Babies Including Starting Solids Chrisp Street

Date: 27/07/2023 (13:30-15:00)

Location:

Chrisp Street Children and Family Centre 45 Kerbey Street E14 6AW

These sessions provide a sensory rich environment to support children's sensory development.

Active Stay and Play (0-11)

Date: 27/07/2023 (13:30-15:00)

Location:

Isle of Dogs Children and Family Centre Millwall Park Stebondale Street E14 3BX

This session aims to promote children's physical development through play.



Active Stay and Play - Meath

Date: 27/07/2023 (13:30-15:00)

Location:

Meath Gardens Children & Family Centre 1 Smart Street E2 0SN

This session is a sensory rich environment to support children's sensory development and more.

Play Together

Date: 27/07/2023 (13:30-15:00)

Location:

Around Poplar Children and Family Centre 115 Three Colts Street E14 8AP

These sessions are to prepare children to be ready for nursery school

Active Stay and Play - Mowlem

Date: 27/07/2023 (13:30-15:00)

Location:

Mowlem Children and Family Centre Wadeson Street London E2 9DL

This session aims to promote children's physical development through play and more.

Friday 28th July

Resident Support for Benefits Advice

Date: 28/07/2023 (09:00-17:00)

Location:

Isle of Dogs Children and Family Centre Millwall Park Stebondale Street E14 3BX

Families can get support and advice with benefits.

SEND Coffee Morning

Date:

28/07/2023 (09:30-11:30)

Location:

John Smith Children and Family Centre 90 Stepney Way E1 2EN

These Parent Led coffee mornings aim to support parents with SEND and provide up-to-date information on services available, provide peer support, allow professionals to meet the families.



Summer Fun: Build, Make, Grow at Spitalfields City Farm

Date: 28/07/2023 (10:00-13:00)

Location:

Spitalfields City Farm Buxton Street E1 5AR

Join Spitalfields City Farm for a chance to build, make and grow at the Farm.

Communication Stay and Play

Date: 28/07/2023 (10:00-11:30)

Location:

Wapping and Bigland Children and Family Centre 15 Richard Street E1 2JP

This session aims for parents to understand how to support their children's speech and language development.

Sensory Sessions

Date: 28/07/2023 (10:00-11:30)

Location:

St Hildas East Community Centre 18 Club Row London E2 7EY

FREE Sensory Sessions

Sensory Play for Babies Including Starting Solids Collingwood

Date: 28/07/2023 (10:00-11:30)

Location:

Collingwood Children and Family Centre Buckhurst St London E1 5QT

This session provides a sensory rich environment to support children's sensory development.

Communication Stay and Play (Meath)

Date: 28/07/2023 (10:00-11:30)

Location:

Meath Gardens Children & Family Centre 1 Smart Street E2 0SN

These sessions help parents understand how to support their children's speech and language development and more.

Summer Fun: Themed Walk - Tour of The Old English Flower Garden at Victoria Park

Date: 28/07/2023 (10:30-12:30)

Location:

Victoria Park The Hub Building

Themed walks around Victoria Park.

Sensory Play for Babies including starting solids

Date: 28/07/2023 (10:30-11:30)

This session is a sensory rich environment to support children's sensory development and more

Summer Fun: Have fun with food at Mile End Park

Date: 28/07/2023 (10:30-15:30)

Location:

The Play Pavilion Mile End Park Locksley Street E14 7EJ

Join the Mile End park team for fun with food. Cooking, baking, pickling and more!

Active Stay and Play (0-11)

Date: 28/07/2023 (13:30-15:00)

Location:

Ocean Children and Family Centre Whitehorse Road E1 0ND

This is a drop-in session with no need to book. The sessions aim to promote children's physical development through play.

Sensory Play for Babies Including Starting Solids Chrip Street

Date: 28/07/2023 (13:30-15:00)

Location:

Chrip Street Children and Family Centre 45 Kerbey Street E14 6AW

These sessions provide a sensory rich environment to support children's sensory development.

Communication Stay and Play

Date: 28/07/2023 (13:30-15:00)

Location:

Collingwood Children and Family Centre Buckhurst St London E1 5QT

These sessions aim to help parents understand how to support their children's speech and language development

Play Together Stay and Play (Meath)

Date: 28/07/2023 (13:30-15:00)

Location:

Meath Gardens Children & Family Centre 1 Smart Street E2 0SN

These sessions aim to promote parental awareness of the Early Learning for 2 year old offer

Communication Stay and Play

Date: 28/07/2023 (13:30-15:00)

Location:

Around Poplar Children and Family Centre 115 Three Colts Street E14 8AP

These sessions aim to help parents understand how to support their children's speech and language development through play.



Active Stay and Play

Date: 28/07/2023 (13:30-15:00)

Location:

Ropemakers Field London E14 8BX

This session aims to promote children's physical development through play

Baby Massage including Starting Solids

Date: 28/07/2023 (14:00-15:00)

Location:

Isle of Dogs Children and Family Centre Millwall Park Stebondale Street E14 3BX

These sessions aim to provide opportunity for parent and baby to have one to one quality time (through massage/ touch relaxation)



Vallance Boxercise

Date: 28/07/2023 (16:19)

Location:

117 Vallance Rd E1 5BW, Hason Raja Centre

FREE: Girls only Boxercise sessions delivered by qualified friendly coach



There is a huge array of FREE events and activities across Tower Hamlets over the summer holiday. This is just a sample of what is on during the first week - 24-28 July.

See the Tower Hamlets Summer Events webpage for the complete listings:
www.towerhamlets.gov.uk/News_events/Events/Summer_events

Family Fun!

Outdoor learning
special edition.
Fun ideas for the
summer!



Use nature for inspiration

Use your senses (what you see, hear, taste, smell and feel) to describe the world around you. Find interesting natural materials and think of as many describing words (adjectives) as you can to describe it. Use a found object and build a whole story around it. Who does it belong to? Does it have any magic powers? What will happen in the story? Use the places you visit- the forest, the seaside, the museum; as inspiration for settings in your own stories.

Make shadow art

Arrange objects in an interesting way so that their shadows appear on some paper. Draw around the shadows to create shadow art! Are the shadows different at different times of the day?



Design a frisbee

Decorate the underside of two paper plates. Now cut out a circle of the same size on both plates. Staple the two plates together, so that the decoration can be seen on both sides. Explore the design process- what happens if you cut bigger or smaller sized circles? Which is the most effective frisbee? Have fun throwing your frisbee. Use the measuring tape to measure distances and record the results in your scrapbook!

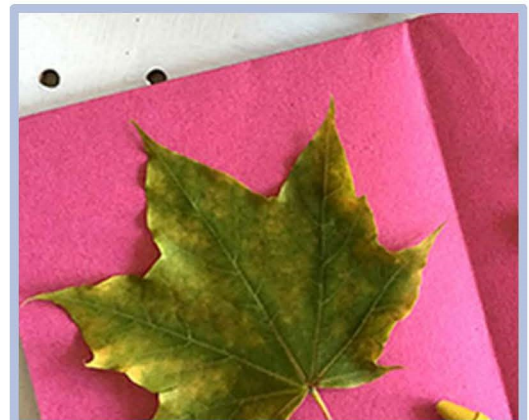


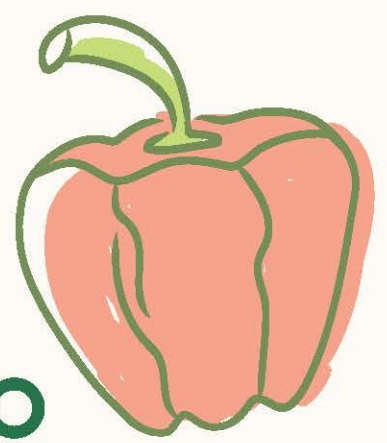
Measure

Estimate, measure and record items around you- a tree trunk, the distance you run, throw a ball or frisbee. How accurate was your estimate?

Fill a scrapbook

- Stick stuff in- found materials, tickets, photographs
- Make rubbings of interesting textures you find
- Draw something that interests you
- Draw your memories of the places you visit
- Draw a map of how you got there
- Create a plan of the park and label it
- Write and draw about the place you've been to





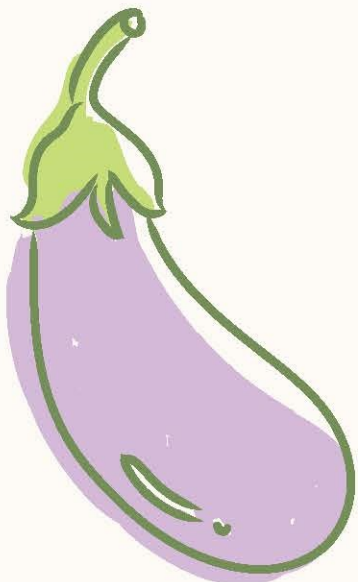
COME ALONG TO
LIMEHOUSE TOWN HALL'S

COMMUNITY FOOD COOP

FRESH FRUIT &
VEGETABLES
AT GOOD PRICES

EVERY WEDNESDAY
10.00 - 14.00

646 COMMERCIAL ROAD
E14 7HA





Holiday Childcare Scheme

Ages
3-13
years old

The Tower Hamlets Childcare Scheme offers Ofsted registered childcare.

020 7364 0523

www.towerhamlets.gov.uk/hcs

Summer Scheme
24 July to
18 August
2023

**Bookings
now open**



Information for professionals

The Tower Hamlets Holiday Childcare Summer 2023 scheme will open for bookings for working parents' resident in the borough and for vulnerable referrals on Tuesday 27th June. Non-working parents / carers are welcome to book places from 11th July 2023.

Scheme dates

Monday 24th July – Friday 18th August 2023 (20 days).

Our scheme dates are based on the Tower Hamlets school holidays.

Booking closing date: 18th July 2023 by 12pm or earlier once bookings are full.

Venue

St Mary and St Michael Catholic Primary School, Sutton Street, E1 0BD

Please support and share this information with families you feel may benefit from our scheme. To refer a child please complete our [referral form](#) and support the family to book following the steps on our [booking system](#).

More information can be found on our website www.towerhamlets.gov.uk/hcs.

We will look forward to receiving your bookings.

Holiday Childcare Team
Parent & Family Support Service
Children and Culture Directorate
London Borough of Tower Hamlets

Parent and Family Support Service

Parenting Programmes in Schools

The Parent and Family Support Service offers a comprehensive choice of parenting programmes that are available to all parents and carers who live or work in the borough of Tower Hamlets.

Parenting programmes empower parents and carers to build on existing parenting skills and learn new and effective parenting strategies to support in raising their children.

The Parent and Family Support Service are looking for school venues to deliver a range of parenting programmes from September.

There is no cost to schools!

Courses to choose from include:

Triple P (Positive parenting programme)

Strengthening Families and Strengthening Communities

Emotional First Aid for parents (EFA)

Triple P – Family Transitions

Plus, a range of one-off workshops covering a variety of essential parenting topics.



For more information please email:
parentalengagement@towerhamlets.gov.uk

STAY SAFE ONLINE THIS SUMMER

