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NEWSLETTER, SPRING 1 2024

MESSAGE FROM THE HEADTEACHER

I hope this newsletter finds you well. I am delighted to share the highlights from this half term - it has certainly been a great start to the new year!

Firstly, it was lovely to see so many of our wonderful parents and carers attending our series of year group curriculum workshops and maths workshops. It is a joy to see these sessions being so well attended; they provide a great opportunity to hear more about what children are learning in class and present the range of strategies and activities you can use at home to support and challenge your child. Parents and families are rightly considered as the first educators of children - the impact you can make at home from a few minutes each day with your child enriches what we offer in school and can have a huge influence on attainment. All slides and resources are published on the school website in each year group section - just look under 'Parents & Carers'.

Recognising the vital importance of extra-curricular learning, we are extremely proud of the rich range of after school clubs we offer. Detailed below is our current offer which illustrates the breadth of opportunities provided - all very popular and well attended by pupils:

	Mon	Tues	Weds	Thurs	Fri
EYFS	Playground games	Arts & Crafts	Ball Games & Multi Skills	Helicopter Stories	Board games and Lego
KS1	Football	Computing	STEM Experiments	Cooking Club	Playground games
				Badminton	Arts & Crafts
LK\$2	Tie Dye	Art Workshop (pupil & Parents)	Cooking Club	Karate	Football
	Girls Football	Dodgeball	STEM coding	STEM 3D Art	
UKS2	STEM coding	Debating	- Football	Architecture	Chess
				STEM	Cooking
		Cricket		Creative and Performing Arts	Graphic Design

As a school, we are very keen to receive feedback from pupils about the education they receive and it was excellent to hear the valuable comments from our autumn pupil voice review; telling us what they liked and what we could improve on. Pupils told us they wanted more opportunities for STEM - Science, Technology, Engineering and Maths - and were inspired by the architecture event we took part in during the autumn term with the Young City Makers project. Pupils requested more clubs that prepared and inspired them for the world of work and, as a result of this feedback, we have introduced a wide range for them...ask your child what we

have introduced and hear their thoughts. It is very enlightening!

We have a universal model for clubs where all pupils can access a broad and rich range of clubs that are linked to many aspects of the wider curriculum. This is very particular to CJ, and something we are proud to offer. Inclusion and equity of opportunity are very important to us. Central to this offer, therefore, is a bespoke model for our vulnerable pupils.

opportunity are very important to us. Central to this offer, therefore, is a bespoke model for our vulnerable pupils, including pupils with SEND. Here, pupils are given free access to our club offer (before, during or after school) to further enrich their experiences and access to our curriculum.

Thank you to all the parents and carers who attended my half termly coffee morning. We invited Tower Hamlets School Health and Wellbeing Team to attend to discuss support for families on topics including emotional health & wellbeing, nutrition and lifestyle, puberty and hygiene, enuresis (day and night wetting) and health conditions. Thank you for joining me.

This year we have a huge focus on attendance and punctuality. Our whole school target is 97% and we need the full support of our families to ensure all pupils are in school, on time, every day. Any pupil with attendance below 90% is deemed a 'persistent absentee'. If your child is persistently absent or persistently late, you will be expected to attend a weekly meeting with myself and the Attendance and Welfare Officer. The purpose of these meetings is to discuss the challenges and to provide a clear, supportive intention to immediately improve your child's attendance and/or punctuality. Clear targets will be set and reviewed weekly. I would like to emphasise the vital importance of good attendance and punctuality as this will significantly impact achievement and attainment, and reaffirms the importance of resilience. See the back page for more information.

A huge thank you to our amazing staff team for their continued dedication and hard work. We have very high expectations for staff and they rise to this every day - I am hugely grateful to you. Thanks also to our parents/carers for their continued support, co-operation and working with us to support your children. Together we can provide the very best education to help our children thrive in the future.

Wishing everyone a lovely half term break.





Inspiring Minds through opportunity

WHAT'S ON?

KEY DATES: 2024

Movie Night (South Building) Friday 23rd February

INSET Day

Friday 1st March

(SCHOOL CLOSED)

Year 6 SATS Parent Meeting

Wednesday 13th March

Bank Holiday

Friday 29th March

(SCHOOL CLOSED)

Bank Holiday

Monday 1st April

(SCHOOL CLOSED)

Easter Holiday

Tuesday 2nd April -

Eid Al-Fitr (TBC)

(Taken on 01/09/2023)

Bank Holiday

(SCHOOL CLOSED)

Wednesday 1st May

Polling Day

(SCHOOL CLOSED)

Thursday 2nd May

May Bank Holiday

(SCHOOL CLOSED)

Monday 6th May

Bank Holiday

(SCHOOL CLOSED)

Monday 27th May

Half Term

28th May - 31st May

INSET Day - School Closed

Friday 14th June

Eid Al Adha (TBC)

Last day of term

INSET Day

(SCHOOL CLOSED)

Monday 22nd July

INSET Day

Tuesday 23rd July

(SCHOOL CLOSED)

Summer Holiday



The Tower Hamlets Holiday Childcare February 2024 Scheme is now open for bookings for working parents' resident in the borough, and for vulnerable referrals. Non-working parents / carers are welcome to book places from 23rd January 2024.

Scheme Dates

Monday 12th to Friday 16th February 2024 (5 days).

Our scheme dates are based on the Tower Hamlets school holidays. Booking closing date: 6th February 2024 by 12pm or earlier once bookings are full.

Venue

St Mary and St Michael Catholic Primary School, Sutton Street,

Bookings opening dates and times

Cancellations and refunds

Parents/carers can cancel a booking made through the online booking system. You can to do this up to five working days before the start date of the holiday scheme.

Parents/carers will only receive a refund if they give notice five working days before the scheme starts.

Notice must be in writing by

emailing holiday.childcare@towerhamlets.gov.uk.

Cancellations made after this date (five working days before the scheme starts) are non-refundable and non-transferable.

Any cancelled bookings will result in a £15 cancellation fee. Please check before booking.

Click top image for more information on the TH website.



Inspiring Minds through opportunity

NEWS

SPRING TERM PARENT WORKSHOPS



This month at Cyril Jackson we held a series of workshops in Years 1 to 6 for parents and pupils. The workshops were exceptionally well attended and everyone had a wonderful time exploring, playing and designing games that support mathematical thinking. It was also a valuable opportunity for children to develop their mental maths skills and for parents to be aware of what pupils are learning across the curriculum. We also shared strategies and resources to consolidate and deepen learning at home. All slides are found on the website.

Ms Lindsay led a Tapestry workshop for our EYFS parents (pictured below) to support with how to access Tapestry and add observations to further develop and deepen learning experiences.

A huge thank you to everyone who joined us. We hope you found the sessions beneficial for the learning and development of your child/ren.



SCHOOL COUNCIL UPDATE



The School Council has been busy with pupil jobs this term.

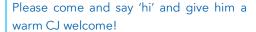
Councillors advertised the various roles on offer, and interviewed and selected successful candidates. We were very pleased to see high standards of professionalism were maintained throughout the process.

Congratulations to all the successful candidates - we look forward to seeing you supporting your peers around the school.

A WARM WELCOME TO CALVIN!

We are pleased to welcome Calvin Richards as our Gardener at Cyril Jackson School.

He will be working hard every Monday, making the grounds more beautiful and functional for our children.





IMPORTANT MEDICAL INFORMATION



You may have heard on the news that there is a higher rate of measles in London. Please do visit your GP to book an MMR vaccination, if this has not been done already.

Medication for your child

should not be left in their personal bag. If your child requires medication during school hours, please report this to the office where you will be asked to fill out a medication form. All medication must be prescribed by the pharmacy with a label displaying your child's name. We cannot take medication that is not in its original packaging. Please replace any medication that is due to expire with medication that is in date as soon as possible.

As always, please report any changes to your child's medical conditions to the school office so we can update this accordingly.



YEAR 6 TRIP TO THE CENTRE OF THE CELL



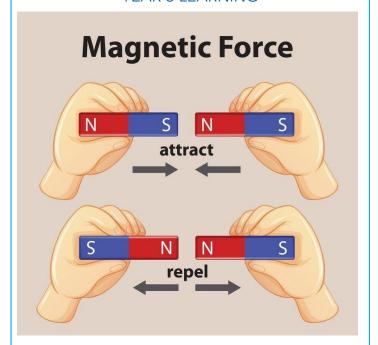


Year 6 had the amazing opportunity to visit the Centre of the Cell, at Queen Mary, University of London, where they learnt about the human body and the heart.

It was great consolidating our learning on the human circulatory system through fun activities. We enjoyed learning more about single and multi-cell organisms and we even learned some interesting facts about the circulatory systems of other animals.

The Centre of the Cell is the first science education centre in the world to be located within working biomedical research laboratories.

YEAR 3 LEARNING



In science, Year 3 has been looking at forces and magnets and conducting fair test investigations.

In English, children have been reading a range of folk tales and innovating their own.

In our Math workshops, we have been focusing on mental strategies and fun, interactive math games.

RECEPTION FAMILY HOMEWORK HIGHLIGHT



Well done to Abubakr in Mulberry Class for completing his Family homework. Doesn't it look great!?

YEAR 1 VISIT TO TOWER OF LONDON



Year 1 visited the Tower of London to learn more about the Great Fire of London.





RECEPTION





Children in Reception have been designing creatures and making them with salt dough. They also made suitable habitats



YEAR 4 WATER CYCLE LEARNING



Year 4 pupils have been learning about the Water Cycle in Geography. We acted out different parts of the water cycle to the rest of the class. Can you guess what part of the water cycle we are representing?

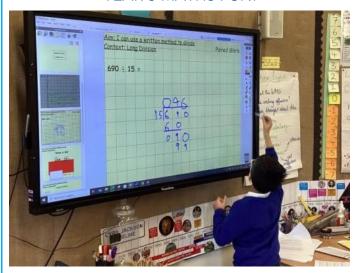








YEAR 5 MATHS FUN!





We have been working hard on our division skills this term in Year 5! Each group has been using a range of strategies to support our learning and help us with using mental and written methods.



We then had the opportunity to show off our Maths skills with our parents, in our Spring Maths Workshop.

We practiced some mental Maths before creating our own dominoes game.

NURSERY LIBRARY ADVENTURE

Our full time nursery children visited the school library for the first time this term. They had a great time exploring and reading books together.





YEAR 2 SCIENCE LEARNING



This term, Year 2 pupils have been exploring plants and seeds. We have started an experiment to observe different growing conditions. Which seeds will thrive?...









YEAR 1 COMPUTING

Year 1 pupils have been learning how to program a robot in Computing lessons. It was great fun!





GETTING MUDDY IN NURSERY!





The children have loved counting amounts to make mud pies in the mud kitchen. Mud, mud, glorious mud!

BAKING FUN IN ELM CLASS!

Elm Class has been learning about the Little Red Hen, and made some amazing iced buns. Delicious!





YEAR 4 PARENT WORKSHOP



As part of the school's parent workshops this term, Year 4 held a session focussing on games and mental maths. Pupils and parents had a fantastic morning creating their own multiplication games, as well as looking at different online games available.









QUALITY OF EDUCATION: ELM CLASS

ONLINE SAFETY FUN!



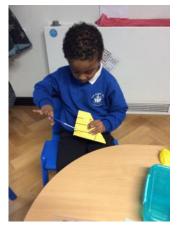
On Thursday 1st February, we welcomed a special visitor to talk about ways to keep safe online. Pupils thought about who trusted adults are in everyday life, what we like to do online and who should be trusted online. It was very interactive and taught us a great deal about keeping same online! Why not have a chat with your child about the importance of online safety and what they learnt from the session?

AN ICY EXPERIENCE IN NURSERY

The children loved finding ice in the playground this half term. We decided to carry out an ice experiment with salt and water! What do you think happened?



ELM CLASS UPDATE





Elm Class has had a busy half term covering a huge range of activities and topics. Pictured here are pupils practicing their scissor skills; reading the story *The Tiny Seed*; matching and labelling; practicing number and letter formation; and using prepositional language. Brilliant!











QUALITY OF EDUCATION: ELM CLASS

SEND PARA SPORTS EVENT



We were delighted to host a SEND Para Sports event on Friday 2^{nd} February. Fifteen children came together, including some from other schools, to play paddle ball and sitting volleyball.

A big thank you to the Canary Wharf Group and Leyton Orient Trust for helping make this event possible.





YEAR 4 BAPTIST CHURCH VISIT



Pupils had a great opportunity to learn about the Baptist Church, including taking part in an exciting workshop.

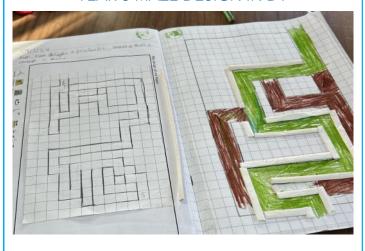








YEAR 3 MAZE DESIGN IN DT



In Year 3, pupils are delving into maze design in DT, using their problem-solving skills and creativity through hands-on experience. Once their straw concepts are completed, they will be learning practical woodworking skills when measuring, cutting and assembling their final designs.

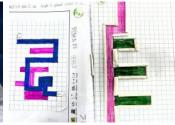














In art, Year 4 pupils have learned about the features of a landscape, notably the foreground, middle ground, and background creating these superb line drawings of a volcanic landscape.















YEAR 4 CHALK PASTEL SHAPES

Year 4 will be creating a volcanic landscape drawing using Chalk Pastels, before creating their final design. They learned how to use chalk pastels by creating shapes and colouring them using, blocking, blending, and layering techniques, whilst referring to The Colour Wheel.





YEAR 4 CHALK PASTEL VOLCANO LANDSCAPES

Using the knowledge gained from the 'What Makes Good' drawing and 'What Makes Good' Chalk Pastels, Year Four have now begun creating their final chalk pastel volcanic landscapes, which they will have time to complete next week. They look pretty good already, just need to add the fine detail.





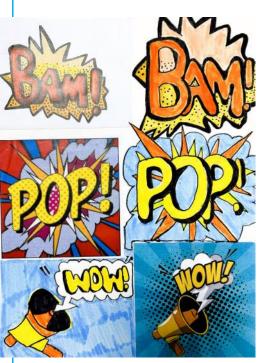




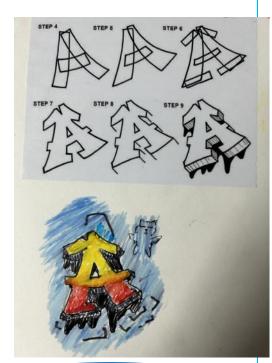
YEAR 5 POP ART EXPLOSIONS

In Art, Year 5 have been learning about Pop Art and onomatopoeia, before creating these superb sketches within their sketchbooks, using street art techniques.













YEAR 5 STREET ART SKETCHES



Year 5 used their knowledge of Graffiti techniques, to create their own street art sketches. Once completed, they will work on their final designs, using Collage and Posca Pen.











YEAR 6 SYMMETRICAL PATTERNS & MOTIFS



In Art, Year 6 pupils have been creating these intricate symmetrical motifs and patterns using charcoal, within their sketchbooks. They will incorporate these designs within a painted self-portrait, using collage techniques.











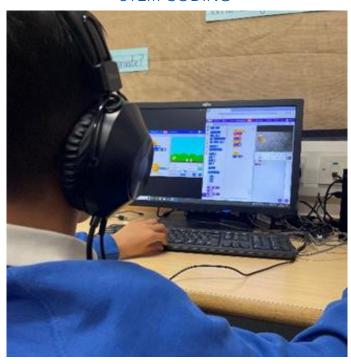


Inspiring minds through opportunity

CLUBS

After-school clubs are back for the spring term - with more choice than ever before! Here are just some of the exciting clubs pupils are enjoying.

STEM CODING



LKS2 pupils are getting technical with STEM coding as they learn and develop their coding skills. The children challenged themselves to build their own games, and thoroughly enjoyed the process!

FOOTBALL

Come summer or winter, football is always high in demand!

UKS2 tackle, defend and shoot goals in football club as well as learning valuable skills such as soft skills such as teamwork, resilience and perseverance.

ARTS AND CRAFTS



KS1 got creative with rock painting this term! Pupils explored different painting techniques to make their designs as fun as possible!



SEND SUPPORT CROUP

- Come and meet other parents
- Share information
- Younger children welcome
- Monthly guest speakers
- No diagnosis needed

This terms sessions are:
Thursday January 11th and 25th
Thursday February 8th and 22nd
Thursday March 14th and 28th
10am -12pm

For more information contact:
Tower Hamlets & City SEND IASS
30 Greatorex Street, Whitechapel, London E1 5NP
020 7364 6489







Having the chat:

conversation starters for talking to your children about online safety



Primary age

- 'How does this game/app work? Can I play?'
- Which apps or games are you into at the moment?'
- · 'Do you have any online friends?'
- · 'Do you know where to go for help?'
- 'Have you ever seen any bad behaviour online? What did you see? What did you do about it?'
- 'Do you know where to go for help if something upsets you online?' (remind them of you, or CEOP, or Childline, or a teacher)
- 'What kinds of things should we do to keep our personal information safe when we're online?'
- What happens to what we say or send when we post it online?'

Secondary age

- 'What apps/games is everyone using at your school? What's the social media app of the moment?'
- 'Have you ever seen anyone scamming or tricking people online? What did you see/hear about?'
- 'How do you know that what you're reading about is truthful or fake?
 What steps do you take to make sure you're not reposting fake stories?'
- 'Do you know your limits?' (You can talk about screen addiction, getting enough sleep, the endless scroll of social media)
- 'I heard about a girl getting tricked into sending nude selfies and then someone shared them without permission. I thought it was really sad. Have you ever heard about that sort of thing?'
- 'How do you know the person you're chatting to online is who they say they are?'
- 'Do you think you could tell if someone was scamming/catfishing you?
 How?'
- 'Should we treat people differently online than in the real world? How?'





About the Breck Foundation



Breck Foundation is a charity set up, in memory of Breck who lost his life to an online groomer through a gaming relationship.

Children across the school have taken part in assemblies and discussions (in an age-appropriate and engaging way) using Breck's real-life story, teaching an ethos of Play Virtual / Live Real and emphasising that online friendships are not the same as real-life relationships.

We use Breck's story to educate young people, teachers, support staff and parents about the risks of online grooming to empower young people to make better choices when interacting online, leading to safer outcomes.

We remind children and young people to never meet-up with someone they have met online.

Discuss this scenario at home:

Patty is playing a game online when someone called 'gamergirl12' sends her a message saying 'Hi, do you want to team up?'



What advice would you give to her?



Better Health, Healthier Families

Here at CJ we are always looking for ways to support our children and families to lead healthier lives, and the *Better Health, Healthier Families* website - www.nhs.uk/ healthier-families - is a brilliant resource to motivate and enable us all to get active and eat healthier meals. Why not take a look...?



Healthier food swaps

See simple food swap ideas to help cut down on sugar, salt and fat in your family's diet – plus easy ways to make a swap when you next shop!



Snacks

It can be really difficult to know what the best choice might be, so learn how to snack smart with these quick and easy ideas.



5 A Day

All you need to know about 5 A Day for the whole family, including what counts, portion sizes and easy recipes.



Sugar

We're all eating too much sugar – get the facts, recommended amounts and tips to help you cut back.



Salt

Most of us are eating more salt than we realise. Find out how much is too much, simple ways to cut down and foods to watch out for.



<u>Fat</u>

Learn the difference between healthy and unhealthy fats, and see some handy tips for making the right choices at breakfast, lunch and teatime.

Healthy Eating Challenge

There is a wide range of tasty recipes that our balanced and healthy. Why not choose one at home, maybe a delicious Turkey burger? Build your burger with your favourite toppings.

https://www.nhs.uk/healthier-families/recipes/turkey-burgers/



Dinner recipes

Find loads of tasty, healthier dinner recipes for mid-week meals and more the whole family will enjoy.



Lunchbox ideas

Hints and tips for healthier packed lunches, as well as lots of easy-to-prepare recipes your kids will love.



Lunch recipes

These quick, easy and varied recipes are the perfect way to make every lunch something to look forward to.



Breakfast recipes

Whether a quick bite before school or something fancier at the weekend, a healthier breakfast is a great start to any day.



Pudding and snack recipes

The whole family will love these delicious puds and snacks – and these tasty treats can even help towards your 5 A Day!



Barbecue and picnic recipes

Fire up that barbecue and start cooking these sizzlingly simple recipes in the sunshine – or switch on the grill for a taste of summer whatever the weather.





CALLING ALL YOUNG PEOPLE INTOWER HAMLETS!

There are lots of FREE activities across Tower Hamlets for young people aged 11 to 19 or up to 25 with SEND to enjoy!

Check out our opening times and activities on the other side.

Follow us on Instagram and X: @YTH_London

Columbia Rd Youth Centre:

27 Columbia Road, E2 7QB
Open Monday, Tuesday, Thursday
and Friday from 3pm to 9pm
Activities include: Art, gaming, VR,
table tennis, podcasting
Contact Young Tower Hamlets:
YTHLondon@towerhamlets.gov.uk

Limehouse Youth Centre:

Limehouse Causeway, E14 8BN
Open Monday and Wednesday from
3pm to 9pm
Rock-climbing, football, basketball,
beauty parlour, mental health
champion project
Contact Young Tower Hamlets:
YTHLondon@towerhamlets.gov.uk

St Andrews Wharf Youth Centre:

Mast House Terrace, E14 3RW

Open Monday and Wednesday from 3pm to 9pm Activities include: Podcasting, filmmaking, social media, VR fitness Contact Young Tower Hamlets: YTHLondon@towerhamlets.gov.uk

Wapping Youth Centre:

20 Tench St, E1W 2QD2,
Open Monday & Tues 6.30pm to 9pm,
Thurs 3.30pm to 5pm
Activities include: Games, PS5,
arts, music, Information, advice
and guidance
Contact Young Tower Hamlets:
YTHLondon@towerhamlets.gov.uk

Haileybury Youth Centre:

Ben Jonson Rd, E1 3FQ
Open Monday to Wed
6.30pm to 9pm
Activities include: Games, sports,
PS4 FIFA, healthy eating cooking
sessions, youth forum
Contact Young Tower Hamlets:
YTHLondon@towerhamlets.gov.uk

Urban Adventure Base:

150 Burdett Road,
Mile End Park, E3 4JT
Open Monday to Friday 4pm to 7pm
Activities include: Rock Climbing
(NICAS), BMX, skateboarding,
cycling, games, arts and crafts
Contact Urban Adventure, urban.
adventurebase@
towerhamlets.gov.uk

Goulston Street Youth Centre:

35 Old Castle Street, E1 6BE
Open Monday, Tuesday,
Thursday and Friday 6:30pm to 9pm
Activities include: Games, arts,
support
Contact Young Tower Hamlets:
YTHLondon@towerhamlets.gov.uk

Discover what's going on:



Get moving...fun, free indoor activities for kids!

Also on the *Better Health, Healthier Families* website are some great ideas to keep active at home...even when you can't go outside...take a look...

https://www.nhs.uk/healthier-families/activities/indoor-activities-for-kids/ https://www.nhs.uk/healthier-families/activities/

Lots of good reasons to get moving!

Kids need to be active for at least 60 minutes a day, with 30 minutes of this outside of school. This should include 3 sessions a week of activity that strengthens muscles and bones, so mix it up!

Research shows that physical activity can help school-aged kids in lots of ways.



Improves behaviour, selfconfidence and social skills



Improves attention levels and performance at school



Develops co-ordination



Strengthens muscles and bones



Improves health and fitness



Maintains healthy weight



Helps them sleep better



Improves mood and makes them feel good



Maui's Shapeshifting Statues

With his magical hook, Maui the demigod has the power to shapeshift into different animals. How many different animals can you become?

Players: 3 or more



Olaf's Summer

Just imagine how much cooler you'll be in summer! Da da da dooo a bubba buubba ba boo.

Players: 1 or more



Hank's 7-Tentacle Challenge

Hank is a special kind of octopus as he only has 7 tentacles. Each one has a mind of its own – can you remember what they're all doing?

Players: 2 or more



Kingdom Dance

Can you follow the moves from the Kingdom Dance? Get all your friends to join in too, just like in Tangled.

Players: 3 or more



<u>LeFou's Line-up</u>

LeFou is running around the village to gather as many people to hunt down the Beast. Will you join him?

Players: 3 or more

ATTENDANCE MATTERS

Attend Today, Achieve Tomorrow

Attendance is key here at Cyril Jackson School. We expect our children to maintain a **minimum** 97% attendance.

Why is attendance at school and punctuality important?

Because every second counts.

90% attendance may sound good. However, this is the equivalent of missing a half day of schooling EACH WEEK. If this continues over every five years a child spends at school, a child with 90% attendance will miss HALF A YEAR of schooling.

A child with 80% attendance will lose A FULL YEAR of schooling over the same period.

- Arriving 5 minutes late every day adds up to over 3 days lost each year.
- Arriving 15 minutes late every day is the same as being absent for 2 weeks a year.
- Arriving 30 minutes late every day is the same as being absent for 19 days a year.

