



English Martyrs Primary School
St Mark Street
London
E1 8DJ
020 7709 0182
www.englishmartyrs.towerhamlets.sch.uk

Dear Parents/Carers,

4th November 2022

Welcome to the second half of the Autumn Term. We hope you were able to enjoy the break. Please find further information for this term below.

Homework

Homework - spellings to learn, making sentences and definitions ready for Monday lesson with Miss Freeman. Comprehension ready for discussion in class every Wednesday. Athletics set and checked every Friday. There will also be some extra homework set on Google Classroom this term especially linked to Advent. Reading every day please and complete the Reading Record. If you are having any problems please let me know.

Trips/Visits

We have just completed an Art session for the Lord Mayor's show. There are many exciting events this term still to come!

Dates

Thursday 10th November - Carbon Monoxide workshop in school

Friday 11th November at 9.15am we will perform our Remembrance Assembly

Monday 14th November we will be visiting the Tower Hill Memorial for History linked to World War 1.

Monday 21st November - Road Safety Workshop in school

Thursday 8th December - Year 5 Catholic Retreat at SPEC in Pinner all day.

We also have various sporting competitions for different teams of children this term including Netball, Cricket, Athletics and Boccia. Details to be confirmed.

RHSE

Our Relationship, Health and Sex Education will be delivered using the 'Life to the Full' programme.

Our learning this half-term will be **Created and Loved by God - This will include learning about: respecting our bodies, understanding differences, puberty, emotional changes and how to cope with them, body image, the effect of the internet and social media on emotional wellbeing.**

You can access the lessons via 'The Parental Portal'.

<https://www.tentenresources.co.uk/parent-portal/>

username: english-martyrs-e1 password: tower-bridge-28

To help us continue to support your children's emotional health and well-being, we are consolidating our work on 'Zones of Regulation' throughout the school. I hope your children will be able to tell you more about this.

Online safety

As part of safeguarding our pupils, online safety is a priority. All families recently received the Acceptable Use Policy which reminds us all of the correct digital behaviour we should model to the children. All gadgets including mobile phones, tablets and iPads must have the relevant parental controls on them in order to prevent access to inappropriate material. If your child is exposed to any harmful material, it will impact on their welfare. Please ensure that your child is only using age-appropriate forms of social media. The age restrictions are in place to protect them and maintain their wellbeing.

As of May 2018, WhatsApp's minimum age of use is 16 years old. WhatsApp group chats in particular have caused upset and hurt. Parents, please also be mindful of what you write on WhatsApp. Refrain from negatively mentioning anyone's name. We all have a duty of care to the school community.

Take note of your child's screen time. It is up to us to help children balance their onscreen time and adopt a healthy digital diet. Too much time can have a negative impact on their wellbeing. You can visit www.internetmatters.org for more detailed age-relevant guidelines.

For further information on this, visit www.saferinternet.org.uk

PE

PE Kits should be worn into school on the day of their lesson and the children can wear them all day. PE kit consists of white t shirt, navy shorts, socks and plain trainers. In the colder months, navy tracksuits can be worn for outside activities (but please still remember to pack shorts just in case the lesson is indoors.)

This half term, PE will be on Tuesday.

Healthy Eating

There is a new menu which is on the school website under 'Useful Information'.

Yours sincerely,

Mrs Moore and the Year 5 team.

