



St John's Newsletter

Friday 6th May 2022

An update from Mr. Rubin...

I hope you had a lovely long weekend break and, to all our friends who celebrated, a fabulous Eid. Last Friday, our staff were in school for training, focusing on a number of areas including writing moderation with our colleagues at St. Paul's, updating our knowledge on asthma and epilepsy as well as hearing the latest updates from PREVENT.

We are approaching test season in Year 1 (phonics), Year 2 (KS1 SATS), Year 4 (Multiplication tests) and Year 6 (KS2 SATS). Year 6 have their SATS tests next week and we wish them all the very best of luck. Our Value of the Term Endurance is most appropriate!

Have a lovely weekend and please be kind to one another.



School Council Update

This week, our school councillors went to meet children who do exactly the same roll at St. Paul's! They were tasked with the job of interviewing our Chair of Governors Dr. Robin Precey. It was a really useful meeting



EID Parties and end of KS2 SATS Celebration- Friday 13th May

To celebrate Eid and to mark the end of the tests for Year 6, we thought it would be a good idea to have a non-uniform day and Eid parties. Children can bring in food to share for next Friday – more info to follow.

The Queen's Jubilee Friday May 27th

Please note that the **school will be closed** on Friday 27th May for the Queen's Jubilee. This is an additional days holiday granted to all those who work in the UK



Year Three Update Ms Jheeta

Class Three has the pleasure of visiting our friends at Mulberry Academy Shoreditch. They are embarking on an art project over the next few weeks and have already produced some incredible artwork.

Thank you to everyone at Mulberry Academy Shoreditch who kindly loaned us their space and staff.



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 100kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
4%	7%	38%	15%	

Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Healthy Eating

St John's is proud to be part of the Healthy Schools initiative. This means that we encourage children to make healthy choices – eating plenty of fruit and vegetables, drinking lots of water and understanding that sweets, crisps and cakes are for treats, not for every day. I have noticed that sometimes our children are not making healthy choices and want to improve this next term.

Please support us by:

- Encouraging your child to try a wide variety of foods, ask them to try a school dinner – it is free!
- Ensuring that packed lunches are free from crisps, biscuits, chocolate etc.
- Providing only plain water in bottles (while flavoured water is often sugar-free, it can be high in citric acid due to the flavourings used).



Learning, Collaboration & Exploration in the Early Years



Sport at St. John's

A small group of our children visited St. Elizabeth's school for an athletic event. As usual, they were excellent. Thank you Ms Dixon for organising this!



384 followers and counting keep up to date with the school @5tJohnsTower. It is the best way to get the latest information on what is happening in our school!

Exclusive to Place2Be schools

Parenting Smart – Online Course

Parents and Carers of 4-11 year olds can now access our free online course providing you with **extra tools to deal with everyday parenting challenges.**

The course aims to help you **strengthen your relationship with your child** and **respond helpfully to challenging behaviour.** You can also join discussions with other parents in your group from across the UK.

Designed to fit around busy family lives, the 7-week course can be **broken down into short 15-minute sections** and you can access it from your mobile phone, tablet or any other device.

All of the content is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation Trust.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Hear from other parents around the UK
- ✓ Place2Be professional on hand to support learning



Learn more at
place2be.org.uk/family
or talk to the Place2Be staff member in your school.



St John's & Paul's Whitechapel CE Primary Schools

Term Dates and Holidays - 2021/ 2022

Autumn Term 2021 (71 days)

Staff Training	Wednesday 1 st September Thursday 2 nd September Friday 3 rd September
First Day of Term	Monday 6 th September
Half Term	Monday 25 th – Friday 29 th October
Second half of term	Monday 1 st November
Last Day of Term	Friday 17 th December
<i>Christmas Day</i>	<i>Saturday 25th December</i>
<i>Boxing Day</i>	<i>Sunday 26th December</i>

Spring Term 2022 (58 days)

<i>New Year's Day</i>	<i>Saturday 1st January</i>
<i>New Year's Day</i>	<i>Monday 3rd January (substitute day)</i>
Staff Training	Tuesday 4 th January
First Day of Term	Wednesday 5 th January
Half Term	Mon. 14 th to Fri. 18 th February
Second half of term	Monday 21 st February
Last Day of Term	Friday 1 st April
<i>Good Friday</i>	<i>Friday 15th April</i>
<i>Easter Monday</i>	<i>Monday 18th April</i>

Summer Term 2022 (63 days)

First Day of Term	Tuesday 19 th April
Staff Training	Friday 29 th April
May Day Bank Holiday	Monday 2 nd May
Half Term	Monday 30 th May to Friday 3 rd June
Second half of term	Monday 6 th June
Last Day of Term	Friday 22 nd July

<i>Ramadan begins</i>	<i>Saturday 2nd April* 2022</i>
<i>Eid Al-Fitr</i>	<i>Monday 2nd May* 2022</i>
<i>Eid Al-Adha</i>	<i>Saturday 9th July 2020</i>

190 School Days, 5 Staff Training Days (2 to be arranged)

* to be confirmed