

New City Primary School



HealthySchools
Self-validated 2020 - 2023

Newsletter



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Head Teacher Update

Dear parents and carers

I hope you had a restful Spring break. It is lovely coming back to school with the sun shining and seeing so many happy faces.

Thank you to everyone who has continued to follow our safety guidance when dropping off and picking up children from school. It has made our lives here so much easier—remember keep a distance and wear a mask!

We have noticed that the standard of school uniform is not as good as it has been in the past, Please ensure that your child is in the correct uniform by visiting our website at www.newcity.boleyntrust.org School uniform can be purchased online at: <https://myclothing.com/ueslink/25834.school?t=1586877717856>

Please remember to use the Marvellous Me App to check our any updates from the school and read our newsletter!

Thank you for your ongoing support

Mrs Stone
Head Teacher



Important dates-Spring Term 2021

May 3rd—School closed for Bank Holiday

May 6th—School closed as a polling station

May 28th—End of Summer Term 1

June 7th—Start of the new half term

July 7th—Parent consultation meetings start

July 22nd—Last day of the term

Please note all information regarding dates, policies and the curriculum can be found on our website at www.newcity.boleyntrust.org

Earth Day

Thursday 22nd April was Earth Day! The theme this year is: 'Restore our Earth'. In line with our school vision of 'global citizenship', we are celebrating Earth Day with a poster competition. You will have received details of the competition via the MarvellousMe app. To make New City more 'eco-friendly', we are asking the children to produce posters reminding us to turn off lights and reduce, re-use and recycle paper. The winning posters will be displayed around the school. Our Eco-warriors also addressed their respective classes about the importance of global citizenship and have been busy in the roof garden planting seeds. Finally, you can help us at home in promoting global citizenship by encouraging your children to turn off lights, turn off the tap whilst brushing teeth and reducing, re-using and recycling everyday items.



After School Club

We are pleased to be able to open an after school club provision in the Family Centre from next week. This is being organised and run by an external organisation called KidsClub. To book a place you need to visit <https://www.kidsclub.org.uk/new-city/> -

Free School Meals

You can check and apply for free school meals by clicking www.newham.gov.uk/Pages/Services/Free-school-meals.aspx

What is Ramadan?

Ramadan is the 9th month of the Islamic calendar. Ramadan is when the Holy Qur'an was first revealed to Prophet Muhammad (peace and blessings be upon him). Muslims do not eat or drink from dawn until sunset during Ramadan. This is called fasting. Fasting in Ramadan is one of the Five Pillars of Islam. At the end of Ramadan there is a big celebration called Eid Al-Fitr which means 'the feast of breaking the fast'. We hope our families observing Ramadan have a blessed month!



Wellbeing at New City

April is **Stress Awareness Month**. Stress is the body's natural response to pressure, and it can produce different physical and emotional responses. We would like to share some tips with you for how to support your child if they are feeling stress (lots of these tips also work with adults!)

- Notice out loud. Tell your child when you notice that something's bothering him or her.

- Listen to your child. Ask your child to tell you what's wrong. Listen attentively and calmly — with interest, patience, openness, and caring. Avoid any urge to judge, blame, lecture, or say what you think your child should have done instead. The idea is to let your child's concerns (and feelings) be heard.

- Put a label on it. Many younger children do not yet have words for their feelings. If your child seems angry or frustrated, use those words to help him or her learn to identify the emotions by name.

- Be patient. As a parent, it hurts to see your child unhappy or stressed. But try to resist the urge to fix every problem. Instead, focus on helping your child, slowly but surely, grow into a good problem-solver — a kid who knows how to roll with life's ups and downs, put feelings into words, calm down when needed, and bounce back to try again.

Remember we are working in partnership with you so if you have any concerns contact us on email or by phone



Stress Management Society
FROM DISTRESS TO WELL-BEING

www.stress.org.uk
Click here for resources

St George's Day

April 23rd

In assembly today Mr Dutch spoke about St George's Day. St George is England's patron saint. The anniversary of his death, which is on April 23, is seen as England's national day. Children across the school took part in celebrations and Reception made a red rose as a symbol of St George.



Star of the Week



RG— Fatima RK—Leilani
RM—Alisia 1F— Humyra

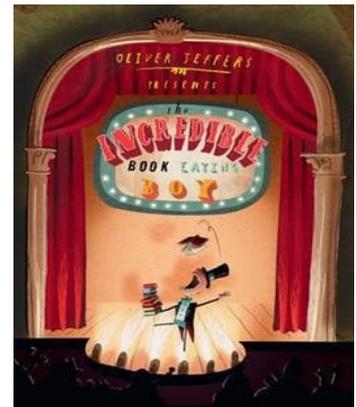


1D-Khadija 1T- Macie 2P-Cira 2B- Mohammad
2H- Mikail 3K-Joy 3D-Nikolas 3P- Franly-Lee
4M- Zahra 4T- Sakeesh 4P- Amulya
5B-Rahat 5S- Marius 5R—Haris 6J—Laarni
6C—Raif 6W-Israel



Mr Freeland's Book Review

Henry loves books. However, his pleasure isn't derived from reading them but from eating them instead. He gulps down all kinds of books, from storybooks to dictionaries and discovers that the more he eats, the smarter he gets. One day Henry decides to actually try reading one of his half-eaten books and a whole new world opens up before him. He realises that reading books can still make him the smartest person on earth, but just not quite as speedily as his previous method! Sumptuously produced, with quirky, collage style illustrations, this homage to books will find fans in children and adults alike.



| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--------------------------------------|---------------------------------------|--|--|-----------------------------|
| Main Choice | Chicken Sausage with Homemade Wedges | Mexican Chicken Chilli with Rice | Roast Turkey with Roast Potatoes | Cheese and Tomato French Bread Pizza with Wedges | Fish In Batter with Chips |
| Vegetarian Choice | Tomato and Vegetable Pasta | Vegetable Hotpot | Quorn Roast Fillet with Roast Potatoes and Gravy | Chickpea Curry with Rice | Cheese Frittata with Chips |
| Sides | Sweetcorn Broccoli | Peas Carrots | Fresh Mixed Vegetables | Sweetcorn Tomatoes | Baked Beans Peas |
| Dessert | Oaty Apple Crumble and Custard | Chocolate Cake with Chocolate Drizzle | Fresh Fruit and Yoghurt | Pear and Ginger Slice | Orange and Lemon Shortbread |

Jacket Potatoes, Salad Selection, Fresh Fruit and Yoghurt are available every day. Baguettes/Sandwiches are also available