

# 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](http://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](http://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](http://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



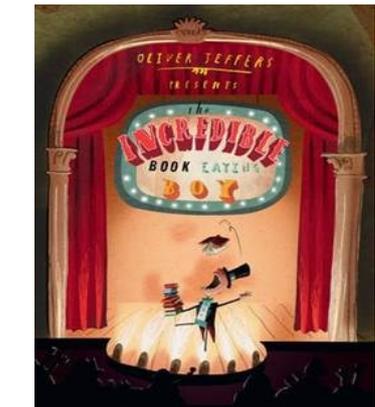
Stress Management Society  
FROM DISTRESS TO WELL-BEING

[www.stress.org.uk](http://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