

# NEWS CORNER

The latest news and information about Mulberry Wood Wharf Primary.



6<sup>th</sup> December 2024

## Sarah Jane's reflection on the week...

It was wonderful to see so many parents attend the *Tower Hamlets Wellbeing Service* workshop on emotional regulation in children. It was inspiring to hear parents actively engaging, sharing their experiences, and collaborating with one another. This session was the first of many planned workshops delivered by *Thews* and highlighted the vital connection between parent partnership and supporting our children's emotional wellbeing. We met Jake who is a trainee education wellbeing practitioner, and he will be based at Wood Wharf every Thursday.

As well as workshops, *Thews* offers 1:1 support for parents covering a range of issues such as sleep challenges, managing behaviour, and supporting children during periods of anxiety. These resources are invaluable as we continue to prioritise holistic approaches to emotional health and parent engagement. If you are interested in working with *Thews* then please come and chat with me or Lindsay and we will complete the referral with you.

At *Wood Wharf Primary*, we take a keen interest in understanding the emotional development of children and how the emotional parts of their brains develop over time. Our focus remains on equipping children with the reassurance and tools they need to navigate big feelings, fostering a foundation of emotional resilience and wellbeing.

Have an enjoyable weekend and see you Monday!

### Zones of Regulation

BLUE	GREEN	YELLOW	RED
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

# Blue Whale and Tiger Class have been learning...

This week has been a lovely week for blue whale class as we have been preparing for our nativity performance. The children really enjoyed the parents/carers coming to support them on the costume workshop and had lots of fun making their Christmas headbands. There was a lot of creativity in the air and the Christmas spirit was high as we listened to our Christmas playlist and got stuck in. We cannot wait to show parents/carers our performance on Friday 13<sup>th</sup> December at 9:30am.



Tiger class loved learning about The 3 Little Pigs! We had a wonderful time retelling the story, counting sticks and straws and making "safe and strong" houses like mummy pig said to the 3 little pigs. We role played the story and used resources and tools to portray the wolf and the pigs.



## STARS OF THE WEEK FOR DEMONSTRATING: **Community**

**Noah:** for his daily contributions to the whole class, supporting and helping peers and adults.

**Sudiksha:** for making sure all children are involved in different activities and that everyone enjoys what they doing.

**Vihaana:** For her sense of community by following school rules and encouraging others to do the same to create a positive environment.

**Samirah:** For her sense of community by including others in games and activities, especially those who might feel left out.

# Elephant Class have been learning...

This week in Elephant Class, we have been busy exploring and learning across a range of exciting topics!

At storytime, we've been inspired by *The Christmas Pine*, learning about the tradition of Norway sending a Christmas tree to England each year for Trafalgar Square. The children were fascinated by this 70-year-old custom and discussed its significance. We have been practicing the poem ahead of the Christmas performance. I will be sending a copy home this weekend for your child to practice.

In maths, the children tackled the tricky concept of adding and subtracting across a 10. To help us understand, we used practical resources like dienes blocks, number lines, and place value charts. This hands-on approach supported the children as they began to master this efficient strategy. As Mana explained, "When you cross the 10, it's like making a new group—it's clearer and saves time!" With practice, this will become a key tool for solving number problems quickly and accurately.

Our PSHE lessons focused on celebrating differences. Through role-playing and discussions, the children learned to recognise and define what bullying is and explored strategies for being kind and standing up for others. We discussed why someone might become a bully and came up with lots of emotions to describe how the person being bullied would feel. We agreed everyone in Elephant Class wanted to be an upstander and not ignore someone who is upset. Ria and Mikaeel will be our first playground helpers, ensuring children feel included and supported.



**STARS OF THE WEEK  
FOR DEMONSTRATING:**

**Community**

**ELEPHANT CLASS**

**Dawud**

For being a kind and caring member of our class community, always looking out for others and making everyone feel included.

**Avyaan**

For working together with your friends to create a positive and supportive learning environment.



# Lion Class have been learning...

On Wednesday, Lion class took part in a materials workshop at the Soanes Centre which complimented our science learning in school. First we looked at and touched objects, discussing which material they were made from. Then we explored the outside area, collecting sticks to create a fire. We knew the sticks were made of wood, we learnt that when they are left to burn inside of a tin, it turns into charcoal. Charcoal can be used for drawing, We remember using it in our Art sessions last half term! A big thank you to our amazing parent/ carer volunteers for keeping us safe and helping us!



In History we have been looking at shops in the 1950's. Hypatia noticed that "they were small." Lalani said "you can only buy sweets from the sweet shop." Helen said "they have long queues" and Stella "you pay with coins." Next week we will compare these shops in the past to present day supermarkets. I wonder if you can think of any similarities and differences?



**STARS OF THE WEEK  
FOR DEMONSTRATING:  
Community**

## PANDA CLASS

Florence for having a positive learning attitude when working as a team.

Liyana for sharing a love for reading and writing by creating her own book and reading it to Reception pupils.

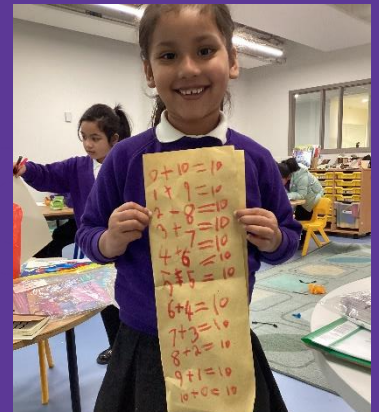
## LION CLASS

Allegra: completing own learning and supporting other children with theirs.

Rayan: settling well into Lion class.

## Panda Class have been learning...

Panda excelled in their scientific knowledge as they applied their learning in a science Materials workshop. They explored the woodlands in the Soanes centre, collected sticks and changed the properties of wood to create charcoal. They enjoyed watching Dim create an open fire. Pupils were fascinated and loved using the charcoal to draw pictures and write their names when they returned to school.



In Maths, pupils have worked extremely hard to learn related number facts. They challenged themselves to learn sums where the equals symbols was at the beginning of a sum. I am very proud of their hard work. Well done for showing resilience in Maths and Community spirit on our trip.

# EVERY DAY MATTERS

SCHOOL + YOU = SUCCESS



Wake up Wednesday –  
Online Safety click here  
[Keeping Children Safe Online –  
Mulberry Wood Wharf](#)

**Our GOLD Class Attendance** are our classes who have 97+ attendance for a whole week

**Our SILVER Class Attendance** are our classes who have 95-97% attendance for a whole week

**Our BRONZE Class Attendance** are our classes who have 90-95% attendance for a whole week.



**GOLD Attendance goes to:**  
Tiger (98%)

**SILVER Attendance goes to-**

**BRONZE Attendance goes to**  
Panda Class (94%)  
Elephant Class (94%)

Keep trying your best:  
Blue Whale Class  
Lion Class

Access the my day out resource here:  
[Mulberry Learn –  
Mulberry Wood Wharf](#)

## What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile, deliberately leaving them out of group chats, sharing embarrassing images or videos of someone, or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health. As in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

- 1. GET CONNECTED**  
Playing online games together with your child can help you understand what they're doing online. (Remember they're old enough to be on the internet and you should be on the internet too.)
- 2. KEEP TALKING**  
Regular chats with young people about their online lives are a good idea. You can also talk to your child about being an online bully. You can also be an online bully yourself to see what it's like from the other side. It's important to talk to your child about the impact of always being online (even when you're not using it).
- 3. STAY VIGILANT**  
Check on your child while they're using their phone. If you notice anything suspicious, talk to your child about it. Possible signs of a problem may include: your child being secretive about their phone, or your child being angry or upset about their phone.
- 4. MAKE YOURSELF AVAILABLE**  
If an online bullying incident does occur, it's important to be available to your child. You can help them by being a good listener and coming to them with any advice they need. You can also help them to report the bullying to the relevant authority.
- 5. BE PREPARED TO LISTEN**  
When your child talks about online bullying, it's important to listen to what they have to say. You can help them by being a good listener and coming to them with any advice they need. You can also help them to report the bullying to the relevant authority.
- 6. EMPOWER YOUR CHILD**  
Empowering your child can help them feel more confident and able to stand up for themselves. You can help them by being a good listener and coming to them with any advice they need. You can also help them to report the bullying to the relevant authority.
- 7. REPORT BULLIES ONLINE**  
Reporting online bullying is an important step. You can help your child by being a good listener and coming to them with any advice they need. You can also help them to report the bullying to the relevant authority.
- 8. ENCOURAGE EMPATHY**  
Encouraging empathy can help your child understand the impact of their actions. You can help them by being a good listener and coming to them with any advice they need. You can also help them to report the bullying to the relevant authority.
- 9. SEEK EXPERT ADVICE**  
Seeking expert advice can help you understand what to do if your child is being bullied online. You can help them by being a good listener and coming to them with any advice they need. You can also help them to report the bullying to the relevant authority.
- 10. INVOLVE THE AUTHORITIES**  
Involving the authorities can help you deal with online bullying. You can help them by being a good listener and coming to them with any advice they need. You can also help them to report the bullying to the relevant authority.

**Meet Our Expert**  
NOS National Online Safety

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) [@nationalonlinesafety](https://twitter.com/nationalonlinesafety) [/nationalonlinesafety](https://www.facebook.com/nationalonlinesafety) [@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

**My Day Out in Tower Hamlets Play Pack**

A visual guide to help you on your day out

# Free ESOL classes for beginners @Toynbee Hall Community Centre



- Improve your reading, writing, speaking and listening skills.
- Develop your communication skills, confidence and meet new friends
- Delivered by a qualified Teacher
- Non-Accredited
- Only for Tower Hamlets residents

## **Come along to our Assessment Days (in-person):**

Venue: Toynbee Hall Community Centre, 28 Commercial Street, E1 6LS

Dates: 12 and 19 December 2024

Time: 2-4pm

For more information or to register contact Nasrat on 07943 277512 or email [linkageplus@toynbeehall.org.uk](mailto:linkageplus@toynbeehall.org.uk)

**Please note - classes are scheduled to start Thursday 9th January 2025**



**Community Centre**  
at Toynbee Hall



- ### Dates for your diary:
- 11 Dec: Carol singing at John Lewis
  - 12 Dec: Meet the expert (nutrition)
  - 13 Dec: Reception Class Nativity
  - 17 Dec: KS1 Christmas Show
  - 18 Dec: Xmas party day
  - 19 Dec: Xmas pantomime
  - 20 Dec: End of term (school closes at 1pm – NO CLUBS/NO WRAPAROUND)


Issue 64 Autumn/Winter 2024



# FamiliesMatter

A magazine full of news and information to support families  
Featuring the Let's Talk SEND Information Supplement

## Finding creative ways to support parents' wellbeing

### Tower Hamlets Parent and Family Support Service Parenting programmes

Parenting programmes are a source of support for all parents and offer an opportunity to share experiences, develop an understanding of child development, build positive relationships and learn to deal with challenging behaviour.

PROGRAMME	AGE RANGE	INFORMATION
Strengthening Families Strengthening Communities (SFSC)	2-8 years	Aims to increase parental self-esteem and confidence and reduce child behavioural difficulties. Five sessions, shortened version adapted for online. Also available in Bengali and Somali. Evening programme in English. Thirteen weekly sessions.
Triple P Teen	12-18 years	For parents to build positive relationships with their teenager or for those who have concerns about problem behaviour, non-cooperation and aggression or wish to prevent behavioural problems from developing. Nine weekly sessions.
Triple P Group	2-11 years	For parents who wish to build positive relationships with their child, increase self-confidence and develop their skills and techniques for dealing with difficult behaviour. Eight weekly sessions.
Triple P Family Transitions	All parents	For parents who are experiencing personal distress after separation or divorce, which is impacting on their parenting. Six weekly sessions.
Triple P Online	2-11 years & 12-18 years	An individual online programme for parents to access and complete at their own pace. Practitioner support and guidance to complete the programme is available on request.
Emotional First Aid	All parents	Offers an overview of mental health and wellbeing in relation to parenting. Learn strategies to manage anxieties, identify stress factors, gain a better understanding of ourselves and promote a healthier sense of wellbeing. Six weekly sessions.
Speakeasy	5-18 years	For parents to develop the skills and confidence to talk to their children about growing up, relationships and keeping safe. Explores how Relationship and Sex Education (RSE) is taught in schools and the influence on children from media and peers. Four weekly sessions.
The Parent Factor in ADHD	5-16 years	A programme for parents with children diagnosed with attention deficit hyperactivity disorder (ADHD). The course will cover information to help understand the diagnosis and treatment, strategies to support your child and manage difficult behaviour and how to advocate on your child's behalf within the education system. Nine weekly sessions.

**Triple P discussion groups**

For parents of children aged 2-11 years

- Encouraging positive behaviour
- Managing fighting and aggression
- Developing good bedtime routines
- Hassle-free mealtimes with children

For parents of children aged 12-18 years


- Coping with teenagers emotions
- Reducing family conflict
- Getting teenagers to co-operate
- Building teenagers' survival skills

**Get in touch**  
For all inquiries email: [Email: parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) Tel: 020 7364 6398  
To book a place or to make a referral download a referral form, scan the QR code or click or visit [www.towerhamlets.gov.uk/parentingprogrammes](http://www.towerhamlets.gov.uk/parentingprogrammes)

[www.towerhamlets.gov.uk/parentfamilysupport](http://www.towerhamlets.gov.uk/parentfamilysupport)

Lets talk about SEND newsletter link: [SEND – Mulberry Wood Wharf](mailto:SEND - Mulberry Wood Wharf)


Parenting programmes: [https://www.towerhamlets.gov.uk/Documents/Parenting\\_support/TH-Parenting-programme.pdf](https://www.towerhamlets.gov.uk/Documents/Parenting_support/TH-Parenting-programme.pdf)



## FamiliesMatter Autumn/Winter 2024

### Let's Talk SEND updates and information

Information on previous and upcoming Let's Talk SEND events and updates on the borough's SEND improvement journey can be found at [www.localoffertowerhamlets.co.uk/pages/local-offer/send/let-s-talk-send](http://www.localoffertowerhamlets.co.uk/pages/local-offer/send/let-s-talk-send)



Families matters link here: [School Newsletter – Mulberry Wood Wharf](mailto:School Newsletter – Mulberry Wood Wharf)