Mowlem Newsletter

23rd February 2024

www.mowlem.towerhamlets.sch.uk

2024 Careers Day support needed from Mowlem families.

As you may know, we hold a Careers Day event every year to demonstrate to the children the different careers that may interest and appeal to them. In the past, this has been very successful and has involved many parents and outside agencies giving up their time to set up information stalls showcasing the jobs that they do.

This year, we are hoping to hold 'Careers Day' on Tuesday 04th June 2024 and we are writing to you, to find out if you would like to get involved.

To register your interest, please speak to Shahara Begum.

Or Email: shahara.begum@mowlem.towerhamlets.sch.uk

Emotional First Aid course for parents and carers.

Do you sometimes feel anxious about everyday life?

Do children and family life sometimes cause you stress?

Don't worry - it's normal, but talking can help you manage those feelings.

The Emotional First Aid course helps parents explore their own feelings and gain an understanding of their own emotional well-being.

Course dates:

Friday 23rd February and 1st, 8th, 15th, 22nd March 2024

10.00am – 12.30pm

Where: **St John's CE Primary School.**

Course activities are practical and discussion based. You will also:

- Meet other parents and build up a network of support
- Learn to recognise and understand your own emotional needs
- Find new ways to manage your worries
- Discuss how to identify early signs of anxiety in children and young people
- Gain information about services to support families in Tower Hamlets

If you would like to attend this course please contact: Murude.mehmet@towerhamlets.gov.uk

Get Writing parent workshop:

- A three-part workshop for Parents and Carers
- Explore ways to generate ideas for writing
- Gain an insight into the writing process

When: Monday 26th of February, 4th and 11th of March

What time: 9am- 10.30am

For more details: Speak to Shahara

'School is fun, every minute matters and every day counts'

This week's attendance:

Nur: 96.2%	Rec: 95.9%
Year 1: 94.2%	Year 2: 84.6%
Year 3: 88.3%	Year 4: 88.3%
Year 5: 95.2%	Year 6: 84.8%

Afterschool club snacks

Please could we ask parents not to give children unhealthy snacks.

Key Dates

Spring Half Term

Friday 9th February 2024

Children Return to School

Monday 19th February 2024

Yusuf – Year 6

For researching his own Christian charity and making connections between this and the Muslim charity researched last week.

Amelia - Year 5

For using excellent methods to solve division sums.

Taiba - Year 4

For working really hard on her retrieval skills.

Tasnia – Year 3

For always participating in class discussions and for sharing her ideas with her friends.

Fatima – Year 2

For drawing a beautiful detailed caterpillar and independently labelling her drawing with the word ‘Caterpillar’. She later created an impressive scene from the book ‘The Very Hungry Caterpillar’ on the Scratch,Jr app on the iPad.

Eliza – Year 1

For completing an excellent written description of object using prepositions in the past tense.

Mariam - Reception

For trying really hard in her phonics.

Yahya.K - Nursery

For completing his self-care routine.

Attendance Notice

We would like to remind parents to provide evidence for absences more than 2 days due to illness.

Please kindly bring in proof of any medication bought over the counter or prescribed medication from your doctor otherwise your child will be referred to school attendance welfare officer.

0 days off school	100%	Perfect
Equates to 2 days off school year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	VERY CONCERNED