

Issue 16 - Friday 10th January 2024

# Newsletter

 @OldFordPrimary  [www.olfordacademy.org](http://www.olfordacademy.org)

 <https://www.facebook.com/OldFordPrimaryAcademy>



## PRINCIPAL'S MESSAGE



**Happy New Year** everyone! We've had a great start to the new term and our pupils have come back refreshed and well rested and have got straight back into their learning.

It has been very **cold** and it looks like it will continue next week so make sure your children are bundled up warm with jackets, scarves and gloves. Also, please remember to **name** your child's clothing so it doesn't get lost.



**ACADEMY COUNCIL**

**9.15am TUESDAY 14th JANUARY**

**details inside...**

# ACADEMY COUNCIL

The minutes from all historic meetings are on our website [here](#)

Our next meeting is on  
**Tuesday 14th January at  
9.15am**

Come in person or join online  
[here](#)

*Future meeting dates: 14th January, 4th March, 29th April, 10th  
June*

PLEASE **DO NOT** PARK ON THE DOUBLE YELLOW OR ZIG-ZAG LINES WHEN YOU ARE COLLECTING OR DROPPING OFF YOUR CHILDREN.



TOWER  
HAMLETS  
PARKING  
ENFORCEMENT  
OFFICERS ARE  
CONDUCTING  
REGULAR  
PATROLS IN THE  
AREA

PLEASE DO  
NOT PARK  
NEAR OUR GATES



**CHILD SAFETY COMES FIRST**

# HMI -MOCK OFSTED INSPECTION

On Tuesday and Wednesday next week we will be having our annual 'Mock -Ofsted' inspection.

This is undertaken by retired HMI Inspectors who look at all aspects of our school and give us ideas for improvement.

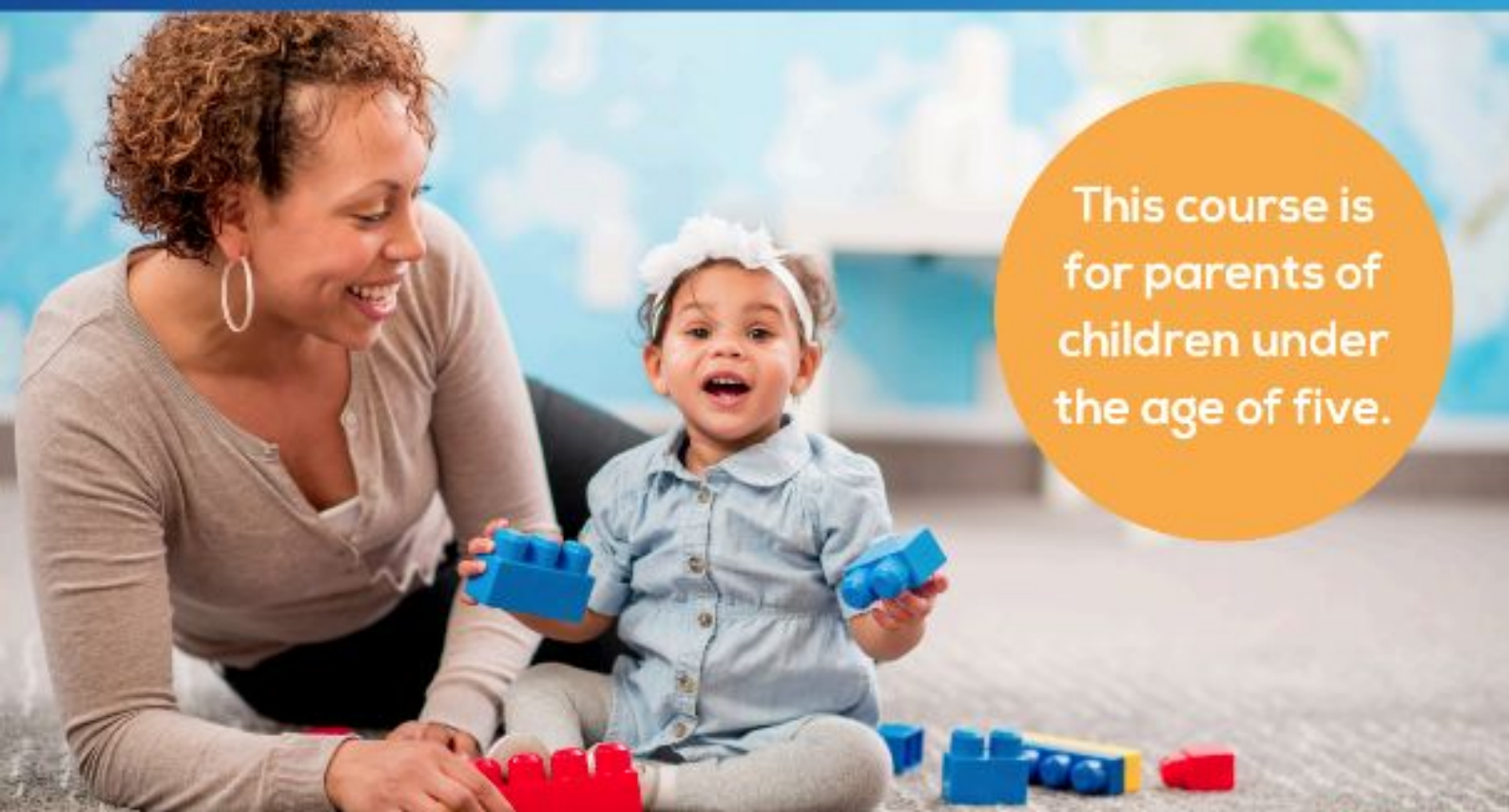
## Supporting you and your child: Understanding Emotions Together

Join our course for parents to better understand and support your child's emotions and behaviour.

Learn practical tools to help your child manage their feelings when they're upset, overwhelmed, or overly excited.

Both you and your child will attend fun sessions that include play, discussions, and activities designed to build emotional regulation skills.

To learn more, speak to a member of staff at your local Family Hub or Children and Family Centre.



This course is  
for parents of  
children under  
the age of five.

# Supporting you and your child: Understanding Emotions Together



**5-week programme for parents of children under the age of five**

**Want to better understand and support your child's emotions and behaviour? This course will help you learn how to guide your child through feelings especially when they are upset, overwhelmed, or too excited.**

We will look at “emotional regulation,” which is how your child manages their feelings in different situations. By the end of the course, you will have new ideas and tools to better support your child in their everyday life.

- The course lasts for 5 sessions.
- Sessions will be run by Educational Psychologists who have lots of experience helping children and families in schools.

You and your child will both attend the sessions. Together, we will explore helpful approaches through play, discussions, and activities. It is important to attend all sessions to get the full benefit of the course.

If your child is in nursery, we can inform them about the sessions and arrange for your child to take time away.



## Course dates and times

-  Friday 17th January, 10 - 11:30am
-  Friday 24th January, 10 - 11:30am
-  Friday 31st January, 10 - 11:30am
-  Friday 7th February, 10 - 11:30am
-  Friday 14th February, 10 - 11:30am

It is important to attend all sessions to get the full benefit of the course.

## Venue

-  Overland Family Hub, 60 Parnell Rd, Bow, London E3 2RU

## More information

-  For more details contact 0207 364 1925 to speak to a member of staff.

# Little Talkers (online)

Build communication skills from home!

- Are you are concerned about your child's **talking** and **understanding**?
- Is your child between **3-5 years** old?
- Would you like to learn how **you** can **support** your child's communication at home through play?



If you have answered yes to the above, please sign up to register your interest in our Little Talkers **online sessions** through the link/QR code (**See back of page**).

**When:** January – February 2025

**How often:** 1.5 hour weekly sessions for 5 weeks

**Where:** Online (joining details will be confirmed)

You can best support your child's talking!

- You will be supported to reflect on your interaction with your child and will learn simple ways to build their communication skills throughout four group sessions and one one-to-one session.
- You will be invited to attend a one-to-one progress review after the group.
- These sessions are provided by the Barts Health Early Language Team in Speech and Language Therapy



# Little Talkers Online

Build communication skills from home!

Please note, we are currently only offering these sessions to families who can participate in English.

We plan to make sessions accessible to more families in the future. To stay updated, please sign up to our mailing list through the link below.



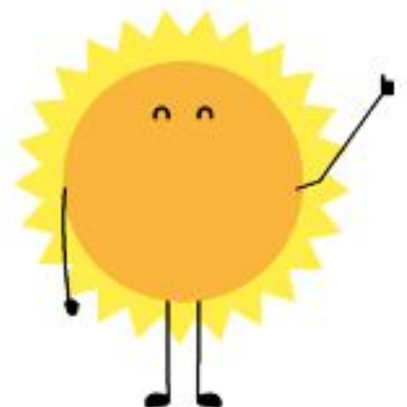
If you are accessing this document online, click the link below to sign up:  
[Little Talkers Online Registration Form](#)

- After you register, we will be in touch by December 10th to let you know if you would be appropriate for a screening session.
- Screening sessions take place face to face and help decide if this is the right group for you and your child.

## Our contact details:

[bartshealth.earlylanguage@nhs.net](mailto:bartshealth.earlylanguage@nhs.net)

020 7767 3322, Option 3 (ask for Clair Chen or Emma Burton to phone you back)





# Phoenix Outreach Dads Group



## Eating and Sleeping

A session for Dad's to come along and discuss areas of challenge in eating and sleeping provide strategies to support sleeping and eating difficulties



For session reminders please email  
[training@phoenix.towerhamlets.sch.uk](mailto:training@phoenix.towerhamlets.sch.uk)



Training Suite 2  
Phoenix Upper School,  
South Building, Paton  
Close,  
E3 2QD



9:30am - 10:30am  
Friday 17th January  
2025



MAYOR OF  
**TOWER HAMLETS**



# Cost of Living Help

A guide to the help and support available for Tower Hamlets residents during the cost of living crisis.

3rd Edition – updated  
for 2024/25



Click [here](#) to access the full booklet



# Anxious? Stressed? Feeling Low?

Talking Therapies is a **free** NHS service that offers a range of confidential support to help improve your mental health and wellbeing.

We offer a range of psychological support through:

- Psychoeducational workshops
- Group therapy
- 1:1 individual therapy

We can offer this via phone, video call or face-to-face.



<https://www.elft.nhs.uk/tower-hamlets-talking-therapies>

Tower Hamlets Talking Therapies  
71 Johnson Street, London, E1 0AQ

Take the first step  
and contact us today:  
0208 175 1770



We care  
We respect  
We are inclusive

# ARE YOU SIGNED UP TO OUR 'MY CHILD AT SCHOOL' APP?



All our important information goes out via the app so sign up today!

To sign up, go to

<https://www.mychildatschool.com/MCAS/MCSParentLogin>

and click on the 'Sign up' link, via the App or on a desktop/laptop.

**IF YOU NEED HELP SIGNING UP,  
WE WILL BE HOLDING DROP IN  
SESSIONS AT SCHOOL ON  
WEDNESDAY, THURSDAY AND  
FRIDAY AT 9.00AM**

# UNAUTHORISED ABSENCES IN TERM TIME

We follow government guidance on term time holidays (see [here](#)) and we **do not** authorise pupil holidays during term time. We encourage parents/carers to take their holidays during one of the scheduled holiday breaks.

You can be **fined** or face **legal action** for taking your child on holiday during term time.

# Supporting you, for a brighter future

Every family sometimes needs support to help their babies and children thrive. Family Hubs brings together local services and advice for children, young people and their families, including Start for Life services for 0-2-year-olds.

Click [here](#) for more information



# IMPORTANT!!!!

Please make sure you clearly label ALL of your children's clothes with their name and class.

We have dozens of lost jumpers and coats that get left in the playground and lost because we don't know who they belong to!



Just get a pen and write their name and class on the label inside!



## FRUIT AT BREAK TIMES

If you would like to provide your child with a **piece of fruit** to eat at break/play time, please do so!

Please note: **Only fresh fruit\*** is allowed.

**No** fruit snacks, bars or anything else!

*\*please give these to your child **before** school and do not bring into the office! Our staff are very busy in the mornings!*

# PARENT/CARER SCHOOL DINNERS!

These will restart in  
**February.**

Watch this page for future  
dates for your year group.



# NOTICES

## CURRICULUM INFORMATION

Full information about how your child's year group is organised, staffing and what they will be learning this half term is available on our website [here](#)



## COFFEE MORNING

Every Thursday, 9.00am with Shabina



### PLEASE MAKE SURE YOU NAME YOUR CHILDREN'S CLOTHES

We have a very full lost property box already and nothing in there is named. Please take a couple of minutes with a pen and write your child's name on the label of their coat, school jumper and anything else that may get lost. As a parent, I know how annoying and expensive it is to have to replace lost items.



## PARENTS/CARERS

Please do not use the pupil toilets before and after school!  
These are for the children - not you!

## PLAYGROUND BEFORE AND AFTER SCHOOL

Please remember that there are no staff on duty in the playgrounds before and after school so parents/carers should supervise their own children.

Children should not be playing with balls or on the climbing frames

## MOBILE PHONES AND E-SAFETY

As you know, an important part of our curriculum is teaching pupils about **esafety**.

We know that a lot of our pupils spend a lot of their time online, either through **online gaming** or on **social media apps**.

This can sometimes lead to contact with inappropriate people and/or exposure to inappropriate language.

We **strongly recommend** that you monitor your children's usage of the internet and that you are aware of what they are doing online.

Please see social media apps **age ratings** below.



More information on age ratings [here](#)

# CAKE WITH KEVIN VALUES WINNERS!

Over the page...



# THIS WEEK'S VALUES WINNERS



## 2I - Aadam

Community- Well done Aadam for settling into your new class and school so quickly. You are kind and have made friends very easily. Keep up the fantastic positive attitude. :)



## 1I - Ayub

You have been trying really hard in all your lessons. You've been joining in on the carpet too. Well done, I'm very proud of you.



## 5C - Ameliah

You read out aloud to the class using intonation! You showed a good understanding of the author's purpose. Well done!



<b>Integrity</b> doing the right thing even when no one is watching	<b>Community</b> working together; learning from, and supporting, others	<b>Excellence</b> enabling everyone to achieve more through education
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# THIS WEEK'S VALUES WINNERS



## 5E - Eesa

EXCELLENCE: Eesa, you are really starting to come out of your shell. Your work ethic is infectious, and dare I say it, you have a bit of swag about you with your growing confidence.



## 5I - Sairah

A heartfelt 'thank you' to Sairah for always being incredibly kind and helpful to everyone in our classroom. We are very proud of you!

## 2E - Falliah

Falliah, you are always trying your best. That's with your work, your attitude towards your learning and your general behaviour. I am so proud of you and love having you in 2E, thank you!



# THIS WEEK'S VALUES WINNERS



## 2C - Sara

Excellence - Sara, your reading has been amazing! I am so impressed with how you have been going to the library after school everyday to read with a librarian. Keep up the excellent work!



## 4C - Tayyibah

Tayyibah has demonstrated exceptional writing skills and consistently goes above and beyond to support those around her.

## RC - Ubeda

Ubeda is getting an excellence award for fantastic work in music. You did fantastic actions. Well done!

## 3C - Umamah

Excellence- For producing an AMAZING description of Mr. Twit. You included ambitious adjective, prepositional started and excellent adverbials. Well done!



# THIS WEEK'S VALUES WINNERS

## 1C - Vivienne

I would like to nominate Vivienne for a Community Value award for her kindness and for always helping her classmates and teachers. Whether it's tidying up the classroom, sharing her kind smile, or helping a friend understand their work, Vivienne is always there to lend a helping hand. Keep shining Vivienne!



## 6I - Yagmur

Thank you for always trying your best, being kind and thoughtful. Having a huge smile on your face and pushing yourself to achieve fantastic results. Well done!



<b>Integrity</b> doing the right thing even when no one is watching	<b>Community</b> working together; learning from, and supporting, others	<b>Excellence</b> enabling everyone to achieve more through education
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# UNIFORM

Pupils should **ONLY** be wearing the uniform pictured below. If pupils are not in the correct uniform, we will be calling parents/carers for them to bring this in. **NO 'HOODIES' OF ANY COLOUR**



## **P.E. UNIFORM**

Please make sure your child has black jogging bottoms or shorts and a black T-shirt.

Black T-shirts are available from the school office for £2.00



**Scarves should be dark blue or black**



## AFTERSCHOOL CLUB

The afterschool care club at OFPA no longer operates. We have made an arrangement with **Olga Primary School** who have agreed that we can use their club. Their club runs from 3.30pm - 6.00pm daily and children are given a hot meal.

Each day, a OFPA staff member will collect the children from Old Ford and walk them over to Olga (which is about 5 minutes walk away.) Parents/carers will then collect the children from there. More information about the Olga provision can be found here:

<https://www.olga.towerhamlets.sch.uk/info/breakfast-and-after-school-clubs/>

You can enrol your child through OFPA and we will pass your information on to Olga.



## PLEASE MAKE SURE YOU NAME YOUR CHILDREN'S CLOTHES

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## COLLECTING PUPILS AT THE END OF THE DAY

Please could you wait until all pupils are in their lines before speaking to the teacher and collecting your child.

We need to make sure that all of our pupils go home with the right adult!

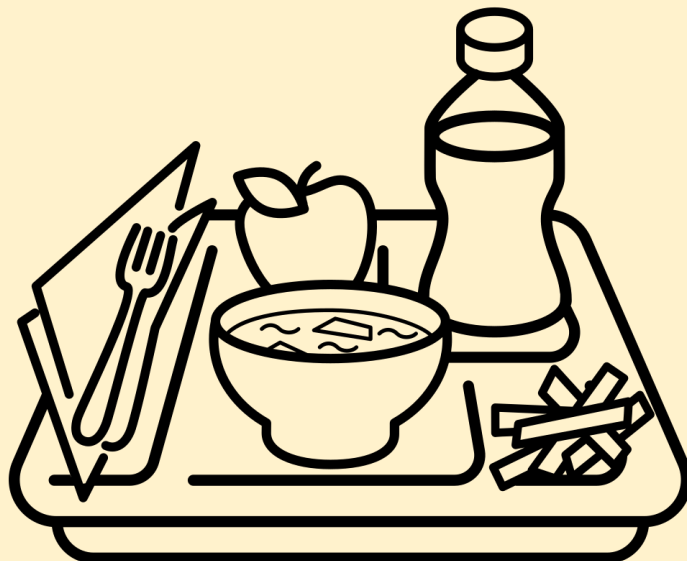
**REMEMBER - SCHOOL STARTS AT...**



**DON'T BE LATE!**

# How are lunches organised at OFPA?

- All pupils play in their playground.
- A midday meals supervisor will come out to the playground and ring a bell. All the children stop and look.
- The midday meals supervisor will hold up a sign with the name of a class on it (e.g. 3E) and all the children line up and are walked in to the dinner hall.
- This is repeated for all classes.
- At the end, a sign is held up saying 'Last Call' This is an opportunity for any children who have missed their lunch to go in.



# MENU FOR 2024/25

(From October 2024)



LUNCHTIME CO<sup>®</sup>

## WEEK 1 MENU

WEEKS: 04/11, 25/11, 16/12, 20/01, 10/02, 10/03, 31/03

Old Ford Primary



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### MAIN MEAL

Roasted Vegetable, Tomato & Chickpea Pasta Bake & Mixed Vegetable

Thai Chicken Curry Served with Fragrant Rice & Medley of Green Vegetables

Roast Chicken served with Roast Potatoes, Carrots, Broccoli, and Gravy

Beef Bolognese served with Spaghetti, Homemade Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans

### MEAT FREE

Cheese & Tomato Pinwheels Served With Wholegrain Rice & Mixed Vegetable

Roasted Butternut Squash & Spinach Thai Curry Served with Fragrant Rice & Medley of Green Vegetables

Quorn Fillet served with Roast Potatoes, Carrots, Cabbage and Gravy

Vegetable & Lentil Bolognese served with Penne Pasta, Homemade Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Vegetable Nuggets served with Chips, Garden Peas or Baked Beans

### PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and Chunky Bread

Jacket Potato with Choice of Toppings served with Fresh Salad

### DESSERTS

Ice cream Mondays Or Fresh fruit pot

Natural yogurt with healthy toppings Or Fresh fruit pot

Natural yogurt with healthy toppings Or Fresh fruit pot

Natural yogurt with healthy toppings Or Fresh fruit pot

Treat day Friday with cake Or Fresh fruit pot

Making lunchtime the **highlight** of your day

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN MEAL**

Margarita Pizza  
Served with Baked  
Potato Wedges, Peas &  
Sweetcorn

Marinated  
Jerk Chicken Served  
With Rice & Peas, Mixed  
Vegetable

Roast Turkey served  
with Roast Potatoes,  
Carrots, Broccoli and  
Gravy

Italian Meatball in a  
Rich Tomato Sauce  
Served with Pasta &  
Mixed Vegetables

Breaded Fish Fillet  
served with Chips,  
Garden Peas or Baked  
Beans

**MEAT FREE**

Rainbow Pizza Served  
with Baked Potato  
Wedges, Peas &  
Sweetcorn

Sweet Potato & Black  
Bean Jerk Curry  
Served With Rice &  
Peas, Mixed Vegetable

Cauliflower, Broccoli  
Lentil Cheese Bake  
Served with Roast  
Potatoes, Carrots,  
Broccoli and Gravy

Italian Vegan Meatball  
in a Rich Tomato  
Sauce Served with  
Pasta & Mixed  
Vegetables

Vegan Sausage Roll  
served with Chips,  
Garden Peas or Baked  
Beans

**PASTA & JACKETS**

Jacket Potato with  
Choice of Toppings  
served with  
Fresh Salad

Pasta Twists with  
Homemade Tomato and  
Vegetable Sauce served  
with Fresh Salad and  
Chunky Bread

Jacket Potato with  
Choice of Toppings  
served with  
Fresh Salad

Pasta Twists with  
Cheddar Cheese Sauce  
with Fresh Salad and  
Chunky Bread

Jacket Potato with  
Choice of Toppings  
served with  
Fresh Salad

**DESSERTS**

Ice cream Mondays  
Or  
Fresh fruit pot

Natural yogurt with  
healthy toppings  
Or  
Fresh fruit pot

Natural yogurt with  
healthy toppings  
Or  
Fresh fruit pot

Natural yogurt with  
healthy toppings  
Or  
Fresh fruit pot

Treat day Friday with  
cake  
Or  
Fresh fruit pot

Making lunchtime the **highlight** of your day

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN MEAL**

Traditional Macaroni  
Cheese Served with  
Homemade Garlic &  
Herb Bread, Seasonal  
Vegetables

Turkey Tikka  
Served with Rice,  
Naan Bread Finger  
and Mixed vegetable

Chicken Sausage served  
with Potatoes, Yorkshire  
Pudding, Carrots,  
Broccoli & Gravy

Beef Lasagna Served  
with Homemade Garlic  
Bread & Mixed  
Vegetables Or Fresh  
Salad

Fish Fingers Served  
with Chips, Garden  
Peas or Baked Beans

**MEAT FREE**

Moroccan Vegetable &  
Chickpea Tagine Served  
with Crusty Whole meal  
Bread

Vegetable Tikka  
Served with Rice, Naan  
Bread Finger and Mixed  
vegetable

Quorn Sausage  
served with Potatoes,  
Yorkshire Pudding,  
Carrots, Broccoli &  
Gravy

Tex Mex Vegan Mince  
& Cheese Burrito Served  
With Mixed Vegetables  
Or Fresh Salad

Fishless Fish Fingers  
served with Chips,  
Garden Peas or Baked  
Beans

**PASTA & JACKETS**

Jacket Potato with  
Choice of Toppings  
served with  
Fresh Salad

Pasta Twists with  
Homemade Tomato and  
Vegetable Sauce served  
with Fresh Salad and  
Chunky Bread

Jacket Potato with  
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Fresh Salad

Pasta Twists with  
Cheddar Cheese Sauce  
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**DESSERTS**

Ice cream Mondays  
Or  
Fresh fruit pot

Natural yogurt with  
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Treat day Friday with  
cake  
Or  
Fresh fruit pot

Making lunchtime the **highlight** of your day

<p><b>SEPTEMBER</b></p>  <p>National Hispanic Heritage Month Tuesday 16th</p> <p>International Day of Peace Thursday 19th</p>	<p><b>OCTOBER</b></p>  <p>World Teachers Day Friday 4th</p> <p>Black History Month Thursday 17th</p>	<p><b>NOVEMBER</b></p>  <p>Guy Fawkes / Bonfire Lunch Tuesday 5th</p> <p>Diwali Thursday 7th</p>	<p><b>DECEMBER</b></p>  <p>National Odd Sock Day Thursday 4th</p> <p>Christmas Dinner Day Date to be agreed with school</p>	<p><b>JANUARY</b></p>  <p>Veganuary Thursday 16th</p> <p>Chinese New Year Wednesday 29th</p>	<p><b>FEBRUARY</b></p>  <p>National Pizza Day Monday 10th</p> <p>International Stand Up to Bullying Day Friday 28th</p>
<p><b>MARCH</b></p>  <p>Pancake Day Tuesday 4th</p> <p>World Book Day Thursday 6th</p>	<p><b>APRIL</b></p>  <p>Eid al-Fitr Tuesday 1st</p> <p>Easter Lunch Last Roast Dinner date before Easter</p>	<p><b>MAY</b></p>  <p>International Harry Potter Day Thursday 1st</p> <p>Spring Picnic Thursday 22nd</p>	<p><b>JUNE</b></p>  <p>World Environment Day Thursday 5th</p> <p>Healthy Eating Week Tuesday 10th</p>	<p><b>JULY</b></p>  <p>Ice Cream Station Tuesday 1st</p> <p>Leavers BBQ Lunch Agreed with each school</p>	

# REPORTING ABSENCES

If your child is absent it is your responsibility to notify the school **ADMINISTRATION OFFICE** on the **MORNING** of the day of absence.

There are a couple of ways in which you can notify the administration team of your child's absence.

**Please note:** you do not need to speak to a member of the administration team to report your child's absence.

1) **Leave a voicemail** by calling the school on **020 8980 1503** and select **option 1 and wait for the beep after the message**. You will then be asked to leave a voicemail.

Please **clearly** state:

- Child's full name
- Child's class
- Reason for absence

OR

2) **Email** the school on **Info@oldfordacademy.org** and please put **ABSENCE REPORT in the subject line** and then state:

- Child's full name
- Child's class
- Reason for absence

If you do not report your child's absence they will have an **unauthorised absence** mark.

**Please be reminded that three days of unauthorised absences will result in a penalty notice referral to the local authority and may lead to a £60 fine per child, per parent.**

TALK

P

A

N

T

S

AND STAY SAFE,  
LIKE PANTOSAURUS



**P** RIVATES  
ARE PRIVATE

**A** LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

**N** O MEANS NO

**T** ALK ABOUT SECRETS  
THAT UPSET YOU

**S** PEAK UP, SOMEONE  
CAN HELP



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

# LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE



## **P** RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



## **A** LWAYS REMEMBER YOUR BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.



## **N** O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



## **T** ALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.



## **S** PEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on **0800 1111** and someone will always be there to listen.



Remember all of these rules and they'll help you stay safe, just like Pantosaurus

