



## St Matthias CE Primary School Newsletter

**Friday 27th  
September 2024**

### News from this week:



Please donate any non-perishable goods that you have that can be donated to a local Hackney Food bank. Classes will have a collection for canned foods and toiletries.

We will bring these harvest offerings to our Harvest church service on Wednesday 2nd October at 9-9:20am. Where we will also sing some special songs. Please join us!

### EYFS Visitor

EYFS had a visit from Mrs Zerrouki's brother who is a police officer. The class found out how the police work to keep us safe. They even got to sit in the police car and try on his hat!

### Important dates:

**Thursday 3rd October**  
BHM Event Organisation  
Coffee Morning (8:45-9:15)

**Thursday 10th October**  
Special Educational Needs  
and Disabilities (SEND)  
Coffee Morning (8:45-9:15)

**Wednesday 16th October**  
Year 5 Trip to Hackney  
Museum AM only

**Thursday 17th October**  
Early Reading Coffee  
Morning (8:45-9:15)

**Friday 18th October**  
Year 4 Trip to Hackney  
Museum AM only

**Friday 18th October**  
Year 6 Trip to Hackney  
Museum PM only

**Thursday 24th October**  
Family Support Coffee  
Morning (8:45-9:15)

**NEW STM COFFEE MORNING**

Join us every Thursday 8:45-9:15 in the community room

**Schedule**

Date	Event
26.09.24	Headteachers Welcome & Home Learning (Mrs Blewett & Ms Frohock)
03.10.24	Black History Month Event Organisation (Ms Calixte)
10.10.24	Special Educational Needs and Disabilities (SEND) (Mrs Cherid)
17.10.24	Early Reading (Ms Zerrouki)
24.10.24	Family Support (Dionne Collins)

Come to the office for info!



**PE next week - please ensure pupils are in the appropriate PE kit.**

Monday	Tuesday	Wednesday	Thursday	Friday
		Year 4	Year 5	Year 6
		Year 3	Year 1&2	EYFS

### **Hot chocolate Friday!**

Pupils enjoyed hot chocolate this week. They have consistently displayed exemplary behaviour and learning.



EYFS	Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
Marcus	Isla	Aishat	Delaney	Harry	Deniz	Jia

## News from our classes: What has been the most memorable learning this week?

<p><b>EYFS:</b></p> <p>We have had such a fantastic week and a special visitor coming to visit us. We had Miss Zerrouki’s brother a policeman come to see us! We sat in a police car, listened to the sirens, asked him questions and even wore a police hat! We have enjoyed getting busy, developing our fine motor skills and mark making skills. Our favourite story this week was ‘faces’ and we acted out each emotion and drew them too! In maths we have been developing our counting skills and counting up to 5 and with Ms Cherid reading the creation story in RE!</p>	<p><b>Year 1:</b></p> <p>Another busy week of learning in Year 1. We enjoyed meeting Officer Zerrouki at the start of the week which was a very interesting visit - we had lots of questions! In RE we continued to reflect on the story of Creation and learnt a new song. In Maths we have enjoyed counting and spotting numbers all the way to 100! We are becoming very confident counters. We have also began writing long ladder letters in handwriting and we are very proud of our efforts!</p>	<p><b>Year 2:</b></p> <p>We have had a fantastic week of learning in Year 2! We started planning our circular narratives, based on the book A River by Marc Martin. In maths we have been practising adding and subtracting groups of tens. We investigated the elasticity of different objects in science and had a class debate about what were the most and least important things we all need for living.</p>	
<p><b>Year 3:</b></p> <p>This week, year 3 have been working so hard! They learnt all about the different periods within the Stone Age, these were: the Paleolithic, Mesolithic and Neolithic era (ask your children about it). In maths, they continued to use their known facts to solve equations with a total that is greater than 100. Well done everyone!</p>	<p><b>Year 4:</b></p> <p>We have another great week. We had an amazing music lesson and began learning how to sing like a real choir. In maths we have been working really hard at column subtraction, learning when exchanging numbers is needed. In history we have looked at how the romans changed Britain and what London would be like today if they didn’t.</p>	<p><b>Year 5:</b></p> <p>We have had an amazing week, I am really proud of year 5! We have engaged in writing our narrative after weeks of planning and preparing, year 5 have used amazing vocabulary, expanded noun phrases and powerful verbs. In Maths we have focused on partitioning decimal numbers,they worked really hard and were very resilient even when they found some questions hard!</p>	
<p><b>Year 6:</b> This week, we worked collaboratively in computing, to work on shared Google Sheets, creating fact files for various countries. We learnt about the shared editing function, as well as the chat function. We have also been working really hard to remain focused in class; some of us are trying so hard and we are so proud of them!</p>			

School value in focus this week: **Collaboration**

Each week the class teacher nominates a pupil in their class who has shown the school value that was in focus.



The pupils who have shown excellent **Collaboration** are:

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Steve		Kasey and Remie	Angel and Berekia	Ellis & A'Maiyah	Lionel	Diamond

## **Hackney CAMHS Parent and Young people support padlet**

Hackney CAMHS have produced some fantastic padlets filled with resources for your children, and for yourself as parents of children with Special Educational Needs.

Please click through the links below to find drop in clinics, workshops and training, as well as many more resources to help support you.

For parents and carers:

<https://padlet.com/CityHackneyCAMHSSPA/support-for-parents-carers-in-hackney-wy5uhy2jp9izhgsm>

For children:

<https://padlet.com/CityHackneyCAMHSSPA/support-for-young-people-71a1q574lr3vn5rw>

Please contact Ms Cherid (SENDSCO) if you need any support signing up for any services posted in these links (see below!)

**Support for Parents & Carers in Hackney**

In a mental health crisis, phone our Crisisline on 0800 073 0006, or go to your nearest A&E. If you need to. This is a live and dynamic document (not an official website) that we change all the time as we become aware of new offers. Please tell us if there is something you think needs to be added, removed or altered.

**Mental Health Support for Parents**

**IRIS Hackney**  
North East London  
IRIS Domestic Violence Guidance & Resources for GPs - GP Website  
Referral pathway for GP practices; we support victims of domestic violence and abuse who are standard-medium risk.  
IRIS Domestic Violence Guidance & Resources for GPs - GP Website (cityandhackneycc.nhs.uk)

**IDVA 55+ Hackney**  
Independent Domestic Violence Adviser (IDVA)  
You can also call us on: 020 7033 8524 or drop into our weekly group. **Baby Buddies** for a chat and more information.  
frg.org.uk

**Parenting Support for Parents of Infants (0-5)**

**Bump Buddies**  
Bump Buddies is a free service for women in Hackney who are pregnant, or who have recently given birth. Many women feel anxious or worried about aspects of pregnancy. Bump Buddies offers support from expert staff and highly trained peer mentors who can give you reassurance, time to ask questions, and chance to meet women who understand how you are feeling.  
To request a Bump Buddy: Complete the [Bump Buddies self-referral form](#). Email it to us at [jane@lshoreditchtrust.org.uk](mailto:jane@lshoreditchtrust.org.uk). You can also call us on: 020 7033 8524 or drop into our weekly group. **Baby Buddies** for a chat and more information.

**Parenting Support for Parents of Children (5-11)**

**Understanding and Managing your Child's Behaviour**  
For parents of children aged 5-11 who want support with emotions and behaviour.  
Next Group: Understanding and Managing Behaviours parent's group at Linden Children's Centre on the following dates: Monday 1st July 10AM - 12PM Monday 8th July 10AM - 1PM (12-1PM optional Q&A)  
The group is a standalone intervention, with the option for review at the end of the second session.  
Where: Linden Children's Centre, 86 Rectory Road N16 7SH  
Ph: 0207 014 7135

**Parenting Support for Parents of Teenagers (12-18)**

**Cygnets**  
Post diagnostic support for parents of young people aged 9-15 with a diagnosis of Autism (with or without Learning Disability).  
There are also Cygnets groups specifically for fathers from the Orthodox Jewish Community.  
Next Group: Group 1: LD Cygnets: Wednesday 10am-12pm 03-Jul, 10-Jul, 17-Jul, (no group 24th July - week off), 31-Jul, 07-Aug, 14-Aug.  
Group 2: ASD Group: Mondays 10am-12pm 01/07/2024: Week 1 - Understanding Autism and diagnosis, 08/07/2024: Week 2 - Communication 15/07/2024: Week 3 - Sensory issues 22/07/2024: Week 4 -

**People Participation Opportunities for Parents**

**First Steps Interview Training Parents**  
LOOKING FOR PARENTS/CARERS WHO HAVE USED COMMUNITY CAMHS TO HELP US INTERVIEW NEW STAFF!  
THE TRAINING WILL COVER TOPICS TO TRAIN PARENTS TO SIT ON FUTURE INTERVIEW PANELS FOR NEW EMPLOYEES TO OUR SERVICE  
WHY GET INVOLVED? AN OPPORTUNITY TO BE CREATIVE, PUT SOMETHING INTERESTING ON YOUR CV, GET A CERTIFICATE AND GET PAID!!  
When & Where: 16/07/2024 10-12PM @ Hackney Ark (free snacks and £10 voucher)  
CONTACT: [eleonor.english@nhs.net](mailto:eleonor.english@nhs.net) 0207 014 7135/0790116508

**Hackney Education & Other Education Services**

**Hackney Educational Psychology Service (EPS)**  
If a child or young person is having difficulty at school or college, staff will try to help them with interventions for pupils at **SEN Support level** including using the [Graduated Response](#) (PDF 844 KB). If, despite getting help, the pupil does not make progress and parents have given their permission, the setting can ask an Educational Psychologist (EP) to suggest ways of helping. The EP may then:  
• work with key members of staff in the school or setting  
• observe a child or young person  
• work with a child or young person individually  
They may also contact other professionals who know the child or young person well.  
The service also offers free



City and Hackney CAMHS SPA • 3d

## Support for Young People

In a mental health crisis, please call our Crisisline on 0800 073 0006, or go to your nearest A&E if you need to. This is a live and dynamic document (not an official website) that we change all the time as we become aware of new offers. Please tell us if there is something you think needs to be added, removed or altered.

### Mentoring, Youth Clubs & Activities

We depend on volunteer mentor availability. Please contact your local XLP Mentoring Manager to discuss the referral before completing the form so we can ensure we have space on the programme.

After accepting a referral, we'll arrange an assessment meeting with the parent/carer and young person. This helps ensure suitability and commitment. We'll then match them with a suitable mentor. There is no set timescale for this process and we ask that referrers are patient with us as we look to make the best possible mentoring match.

Please note that we are not set up to work with young people who, due to their high risk needs or the requirement of specialised help, would not be safe in a 1-2-1 environment with a volunteer mentor.

### Summer Holiday Play Schemes

#### Apex Summer Holiday Club

Free for Pupils on Free school meals.

Small group activities including arts and crafts, drama and theatre, dance tuition and learning, multi sports and well-being, martial arts, boxing and cycling.

10am-2pm Mondays to thursdays

Week 1 29/07- 1/08/24  
Week 2 5/8/24 - 8/8/24

DEADLINE FOR BOOKING 19/07/24

Daubeney Primary School

[info@alh.org.uk](mailto:info@alh.org.uk)  
020 8432 6699  
[www.alh.org.uk](http://www.alh.org.uk)

#### Bethnal Green Holiday Scheme

The summer holiday scheme will

### Therapeutic Support Children (Individual & Group)

#### Growing Minds

Growing Minds aims to improve children and young people's emotional health and wellbeing in City & Hackney during the important transition years from primary to secondary school and secondary school to adulthood.

The project, which supports children and young people aged 11 to 25 of African, Caribbean and mixed heritage (ACH), is funded by the Department of Health, Hackney Council and City & Hackney CCG.

Children, young people, young adults and parents/carers can self-refer or be referred by Children's and Adult Social Care, CAMHS, a GP, education providers, or the Voluntary and Community Sector. Access the referral form [here](#).

Contact: For further information about Growing Minds, please

### Therapeutic Support for Teenagers (Individual & Group)

#### Kooth

Online mental health support for young people including activities to boost well-being, journal, forum, podcast and 1-1 messaging or live chat.

Sign up at: <https://www.kooth.com/>

#### Child Well-Being Practitioner (CWP)

Young people who have never needed to access mental health services in the past, who are presenting with mild mental health symptoms can access 6-8 sessions of manualised Cognitive Behaviour Therapy with a CWP.

The courses for young people aged 11-18 are:

- Adolescent Anxiety
- Low mood

### Transition to Adulthood

#### Bootstrap Charity

[bootstrapcharity.com](http://bootstrapcharity.com)

Contact Bootstrap Charity

YOUNG PEOPLE SUPPORT

We help young people in Hackney to make informed career choices through running Industry Insight Days, promoting Work Experience and offering Career Mentorship.

Contact: <https://bootstrapcharity.com/contact/>

#### Hackney Quest - New Futures

The aim of our New Futures HQ employability programme is to provide young people aged 14-

### People Participation Opportunities

#### Young People's Forum

Ellie (from Community CAMHS) is aiming to design a fun, relaxed group for young people who have accessed CAMHS to share their honest views and work on projects and think about community engagement with mental health.

Currently she is seeking a small group of young people to design it with her.

When: Thursday 16/05/24 5-6pm ONLINE

Book: by emailing [elleanor.english@nhs.net](mailto:elleanor.english@nhs.net)

#### Youth Council

We are looking for young people aged 14-19 at school in Hackney to join a Youth Council working with professionals in Health and Education.

### Hackney & Other E Services

#### Hackney Ec Psychology

If a child or young person is having difficulty at school, college, staff or with intervention at SEN Support using the [Grid \(PDF 846 KB\)](#). If, despite getting support, they do not make progress, then parents have permission, then Educational Psychologists suggest ways. The EP may try:

- work with staff in the school
- observe a person
- work with person in the community
- They may also refer to professionals or young people

Tip for keeping pupils safe online (taken from [saferinternet.org.uk](https://saferinternet.org.uk))

How do apps get us to come back?

<b>Infinite scrolling</b> ...you'll never get to the end	<b>Pull to refresh</b> ...just pull down for more content if you're bored	<b>App notifications</b> ...your friend has posted so you better check the app	<b>Auto-play</b> ...your device will press play for you	<b>Suggested content</b> ...the app's got your next friend or video lined up	<b>Ellipsis</b> ...your friend is typing so you better stay on the app	<b>Rewards</b> ...you better go on the app to get your daily reward	<b>Notifications colour</b> ...as it's in red you better open it

## Keeping Children Safe

The safeguarding of the children at St Matthias is our number one priority. We adhere to stringent safeguarding procedures to protect the welfare of all the children who come to our school. We will endeavour to work with parents and carers as it is our duty as a school to protect our children and to keep them safe.

If you have any concerns or queries, please do not hesitate to contact our designated safeguarding lead (Ms Blewett) or the deputy safeguarding leads (Ms Blewett, Miss Frohock, MS Thomas).

Please be aware that there is **new government guidance for unauthorised absence and irregular absence** came into effect from 19th August 2024. If your child has more than 5 days off across a 10 week period you run the risk of being fined and going to court. Hackney will be closely monitoring attendance at St Matthias. Please ensure no term time holidays. Only appointments with evidence will be authorised. Repeated sickness will be referred to the school nurse and without doctors notes will be unauthorised. Please ensure all pupils are in school every day as lateness and absence effects learning outcomes for our pupils! New government guidance: [Working together to improve school attendance \(applies from 19 August 2024\)](#) every child needs to have >95% attendance.

# Flu immunisation for pupils in school years Reception - Year 11

DEAR PARENT/CARER,

The flu vaccine is being offered at your child's school again this autumn/winter.

To give consent for your child to have the flu vaccine, please click here: <https://london.schoolvaccination.uk/flu/2024/cityandhackney>

Even if you do not wish for your child to have the vaccine, please complete the online form so that we can record your wishes.

## THE NASAL FLU VACCINE

- ✓ Protects your child from the flu
- ✓ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions)
- ✓ Is painless, quick and effective
- ✓ Is free
- ✓ The nasal flu vaccine is very effective at reducing the spread of flu



## THE IM FLU VACCINE

We also offer the flu vaccine as an injection, which is **gelatine-free**. Please go to our website where you can find out more about the manufacturing of the flu injection, and then decide if the injection is more suited to your child.

You only need to complete one consent form for each child. If you later change your mind, please call your local team. If your child has this immunisation elsewhere after you have submitted the consent form, you **MUST** inform Vaccination UK rather than the school.

We understand that you may have questions about the vaccine. For more information, please go to our website, where you can find a list of FAQs, as well as details of our community catch-up clinics. We also have some FAQs enclosed below.

You can also find informational videos on our YouTube channel, including subtitled versions for other languages.

Yours Faithfully,

Your Local Immunisation Team  
Vaccination UK

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## HACKNEY & CITY

### Immunisation Team Contact Details

[Hackney@vuk.co.uk](mailto:Hackney@vuk.co.uk)

0207 6139149

WORKING ON BEHALF OF



## USEFUL INFO

✓ We try to come to your child's school twice. If they are absent or unable to be vaccinated at school, you will need to attend one of our community clinics for the vaccine. Details of these can be found on our website or you can contact the team above.

✗ PLEASE NOTE the flu vaccine will NOT be available to otherwise healthy children after December 13th at all, and so we urge you to return the consent form as soon as possible in case we are not able to visit your child's schools for a second visit this year.

✓ Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

## USEFUL LINKS

[www.schoolvaccination.uk/nasal-flu](https://www.schoolvaccination.uk/nasal-flu)  
[www.youtube.com/@vaccinationuk](https://www.youtube.com/@vaccinationuk)

## PRIVACY POLICY

Our 2024/25 policy can be viewed here: [www.schoolvaccination.uk/privacy-policy](https://www.schoolvaccination.uk/privacy-policy)  
For data protection queries, please contact: [dp@vaccinationuk.co.uk](mailto:dp@vaccinationuk.co.uk)



## ADDITIONAL INFORMATION

\*The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

## FREQUENTLY ASKED QUESTIONS

### Are there any side effects of the vaccine?

Possible side effects are: decreased appetite, headache, a runny or blocked nose, and sometimes a raised temperature. These are common, but they pass quickly and can be treated with paracetamol or ibuprofen if you feel your child needs it.

### Are there any children who shouldn't have the nasal vaccine?

You should let us know if your child has any of the following:

- A very severe allergy to eggs, egg proteins, gentamicin or gelatine – it is important for us to know if your child has been admitted to hospital with a condition called anaphylaxis, triggered by these things.
- Are currently wheezy or have been wheezy in the past 72 hours with asthma. There is an alternative flu vaccine that we can talk to you about to ensure that your child is protected as soon as possible.
- Have a condition that severely weakens their immune system.

Also, children who have been vaccinated should avoid close contact with people with very severely weakened immune systems for around two weeks following vaccination (By severely weakened, we generally mean people who are isolating, such as those who have received some types of chemotherapy or people who have had a bone marrow transplant, for example). This is because there's an extremely remote chance that the vaccine virus may be passed to them.

Contact with other healthy children or adults does not need to be limited after having the vaccine.

### We do not eat pork products.

### Can my child have a different flu vaccine?

Yes. There is a flu vaccine available, in the form of an injection.

The nasal flu vaccine is the best vaccine for children and young people under 18 years of age as it is more effective at stopping the spread of flu and it is painless, but it does have a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

If your faith or beliefs mean you would prefer a vaccine that has no pork (porcine gelatine) in it, please complete the consent for the flu injection only. You do not need to complete a form for both.

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