

## Athletics



On Tuesday 9th January, Year 5 & Year 6 participated in an athletics competition which was held at the Copper Box Arena.

The pupils took part in various events like the obstacle race, relay race, standing long jump, standing triple jump, vertical jump and chest push. They had fun and they worked together as a team.

A free 9 week course for parents of children aged 9 to 16 years

### Being a Parent Courses

Empowering Parents, Empowering Communities (EPEC)

This free 9 week course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Help them find their way through the teenage years
- Support your children with the changes they experience as they move from primary to secondary school

A free Crèche will be available for children under the age of 4

#### when & where

Course runs from Tuesdays 23<sup>rd</sup> Jan – 27<sup>th</sup> March

When: 9:30 – 11:30 am  
Crèche Provided

Where: ASTA Community Centre  
Camel Road, E16 2DE

#### get in touch

To book your place and book a Crèche space contact

Yvette Walker  
E: [Yvette.walker@community-links.org](mailto:Yvette.walker@community-links.org)  
T: 020 7476 5023



## Looking after your teeth



- Brushing your teeth twice a day with a fluoride toothpaste not only helps prevent tooth decay and gum disease, it can also prevent bad breath.
- Your dentist or hygienist can show you how best to brush your teeth and give you advice and support on having a good oral hygiene routine.
- If you are a parent, it's really important to start teaching your child oral hygiene habits as soon as their first baby teeth come through (usually around 6 months old).
- Children need to be supervised when they brush until the age of seven, to make sure they are brushing correctly, and for long enough
- Teeth are often forgotten about, but they are important not just for your oral health but also for your general health and well-being.
- If you have a healthy diet, brush your teeth and visit your dentist regularly, you will minimise your risk of having oral health problems.

## Reminder

You are invited to attend a parent session on Tuesday 23rd January at 5:45pm-7:00pm, with one of the country's leading experts, Gary Wilson. He has an in-depth knowledge and understanding of 'Raising Boys Achievement', both in and out of school.





**Griffin**  
398

**Kraken**  
412

**Phoenix**  
419

**Basilisk**  
429

### Free School Meals

All children currently receive a free meal, however if your child is entitled to a free meal, the school will be able to access additional funding. To find out if you are entitled, apply online today via [www.newham.gov.uk](http://www.newham.gov.uk).

Thank you for your cooperation.

Achievement	Star of the Week	Determination
Germaine	Samira	Mustafa
Goda	Arham	Kyron
Edgar	Freddie	Martin
Jannat	Vincent	Sajidah
Greta	Frederico	Mohammed
Kajus	Tasfia	Elijah
Ronnie	Lee	Romario
Anastasija	Emilija	Tommy
Agnius	Luka	Joshwa
Adrianna	Theresa	Niya-mai
Domas	Ingrid	Samaiya
Jayden	Tiann	Sunnie
Jessica	Alex	Matas
Kate-Amzsel	Arnas	Simonas
Krzysztof	Alex	Erika
Riley	Sarah	Ajanta
Ricards	Eduard	Bruno
Ema	Taliah	Arina
Kamile	Evelina	Harley
David	Nazmia	Trevor
Matei	Taurus	Juliette



### Attendance Winners:

**1SW 98.9% &  
6LB 96.4%**

### Attendance

Please note that if your child is absent from school you are required to inform the school office with a reason for absence. If your child is sick please say what is wrong with the child so that the appropriate attendance code can be given. Many thanks.

