

January

NEWSLETTER



Spring Term 1. Issue 1.

Tuesday 31st January 2023

9th Rajab 1444 AH

AS-SALĀMU 'ALAIKUM WA RAHMATU-ALLAH,

FOOD & BRIC-A-BRAC SALE

We managed to raise over £500 for the Food & Bric-a-brac sale Alhamdulillah!

Jazāk Allāhu Khairan to all the parents who contributed and helped out. Your work does not go unnoticed.

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Email: contact@apexprimary.co.uk

DATES

FOR YOUR DIARY

Last day of term

Friday 10th February

Children's Mental Health week

6th - 12th February

First day back

Monday 20th February

World book day

Thursday 2nd March

Qur' ān competition

Wednesday 15th March

Parents day (School closed)

Friday 5th May

PARENTS DAY CHANGE

Our initial Parents Day was on Friday 31st March 2023. However due to Ramadan, this has been changed. Parents Day will now take place on **Friday 5th May** leaving Friday 31st March as a normal school day.

STAFF OF THE MONTH

Congratulations to Ms Hazra for being awarded the Staff of the month.

For going above & beyond and ensuring children are always safe and happy.



COMMUNICATION

If you have any queries or concerns please call the school landline number or email us. Our school office hours are Monday-Friday from 8:15 am until 4:00 pm.

Please note that we do not respond to any text messages or calls via the school mobile. This is used for outgoing communication.



SMART TRAVEL SCHEME

We are pleased to announce that we will be taking part in Tf's Smart Travel Scheme once again this year.

The objective of this scheme is to encourage children to cycle, scoot or walk to school. We aim to start this in March 2023.

Please look out for our next Newsletter where we will provide more information.

SCHOOL LUNCHES

School Lunches will run from Monday 20th February until Tuesday 21st March 2023.

Due to Ramadan, we will not continue hot school meals from Wednesday 22nd March until Thursday 6th April 2023.

Parents will be required to provide packed lunch during Ramadan.

HOLIDAY REQUEST FORM

Holidays will not be authorised during term time unless there are exceptional circumstances which have to be authorised by the school at least **4 weeks in advance**. Please familiarise yourself with the School Academic Dates which has been attached to this email.

More information is on our website under Policies. Alternatively, please click on the following link:

[://www.apexprimary.co.uk/assets/Documents/Attachments/Attendance-and-Punctuality-Policy-Feb-2025.pdf](http://www.apexprimary.co.uk/assets/Documents/Attachments/Attendance-and-Punctuality-Policy-Feb-2025.pdf)

MENTAL HEALTH & WELLBEING

Since the COVID pandemic, there has been an increase in mental health issues in both adults and children. There is a greater need for schools to support children and staff to enable better mental health and wellbeing.

This year as a school our goal is to focus on mental health and wellbeing of the children and staff, because **how we think and feel is vital to how we behave** i.e if you have positive thoughts or feelings you will approach everything with positivity and vice versa. But not all young people (and some adults) understand that they are connected.

The project will help:

- To understand feelings and its relation to our bodies
- To expand the vocabulary needed to describe and talk about emotions
- To give tools and strategies that can be used to regulate thoughts and emotions e.g. journaling and muḥāsabah
- To instil healthy habits e.g. healthy eating, sleeping, breathing, mindfulness
- To become emotionally literate so that we not only understand own feelings but also others

We are very grateful to the APC (Apex Parents Committee) who organised the food and bric a brac sale on Thursday 19th January and successfully raised £540 with £500 going towards the cost of a wellbeing programme and journals for the children and £40 towards our future APC projects. Jazāk Allāhu Khairan.

The project already started last term with the children participating in a 5-day challenge and this term they are continuing on to a longer term programme.

In shā' Allāh, we will share progress of the project on Classdojo and additional resources to help parents and we also hope to run parent workshops in the future.

In the meantime please find attached links (in another email following shortly) to parenting courses which are FREE to Redbridge residents.

Children's Mental Health week 6-12 February

Please find attached some tips for parents.





Multi Cultural Day was fantastic! Children loved learning about different cultures and backgrounds.

Jazāk Allāhu Khairan to all the Parents that attended on this day. We hope you enjoyed it as much as the children did.

