



St Edward's Newsletter

July 2026

What a fantastic year!

The time seems to have flown by, and we have come to the end of another school year. Since September, we have achieved so much and there have been many wonderful events. Our final newsletter of the year highlights some of these events and some important safeguarding and events information as well as some reminders

There were several important days in the Catholic calendar during the months of June and July including Pentecost, The Feast of Corpus Christi, The Feast of the Sacred Heart, the Feast of the Immaculate Heart of Mary, the birth of John the Baptist and July is devoted to the blood of Christ and The Feast of St Mary Magdalene. Our children have attended weekly masses focusing on these special days and developing knowledge of their faith.

The St Edward's family is indeed very special, and we would not be able to do what we do without the support of everyone in the school community. So a huge thank you to our parents/carers, our governors and trustees, our PTA who have arranged so many fantastic events, our Parish and in particular Father Britto who in the short time he has been here has provided invaluable support and guidance, our amazing staff who work tirelessly all year to ensure that our children get the best possible outcomes and of course our children who continue to make us proud every day.

There have been many achievements this year including our brilliant KS2 SATs results, Phonics screening and end of EYFS results, numerous sporting accolades, the Commonwealth Choir performing at major events and maintaining our Inclusion Quality Mark Flagship status for a second year to name but a few.

Our amazing Year 6 children will be leaving to move onto the next phase of their education, and we wish them every success and happiness as they move forward in their educational journeys. They have been part of many wonderful events this term that they will remember for years to come.

Ms Ellul will be leaving us at the end of this term and the whole school community thank her for her years of dedicated service at St Edward's, and particularly in her role as a senior leader supporting the staff as well as the strategic development of the school. Also leaving us is Ms Ori who worked as a Teaching Assistant supporting our children with additional needs and providing instrumental support to her colleagues. We will also say goodbye to Ms Mansa in the office and Mr Solari our Site Supervisor who will be moving onto new adventures in their lives. We wish them all the very best for the future and send our love and prayers with them.

We wish our families and everyone in our school community a relaxing summer break. We look forward to welcoming our children in Year 1 to Year 6 back to school on Thursday the 3rd of September 2026. Children in preschool, Nursery and Reception will have different start dates and will be informed of this in advance. Towards the end of this newsletter there is a uniform reminder and details of where the items can be purchased.

Year 6 Blitz Detectives at West Ham Park

Year 6 went on an educational visit linked to their history topic to West Ham Park where they became Blitz Detectives. They had opportunities to unearth clues to the local events that took place in WW2. This included map reading, code breaking and clue solving to discover what happened at the park during the war.



'Following Christ we reach our goals'

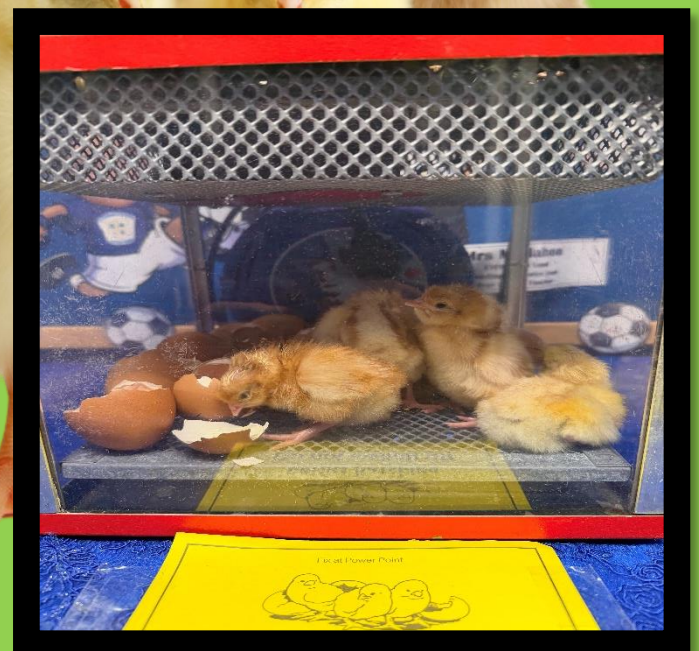


Brentwood Citizenship Award

Congratulations to Harlem in Year 6 who was the recipient of the Brentwood Citizenship award this year. This award is for someone who has displayed outstanding awareness of good citizenship. Harlem went to Brentwood with her family, Mr Underwood and Mrs Dourado and was presented her award by Bishop Alan.

Eggs to Chicks

This term we were very lucky to have the Living Eggs programme in school where the children watched eggs hatch into chicks. This was a very good way for the children to understand a life cycle process. The eggs arrived and stayed in an incubator initially before being transferred to the open box. The children decided on names for the chicks and got to hold them once they had hatched.



International Dress Up Day

International Week took place this term with classes taking part in a range of different activities where they learned about different countries, their lifestyles, cultures and geographical features. To end the week there was a dress up day. The children and staff looked beautiful in their clothes that represented their countries of origin.



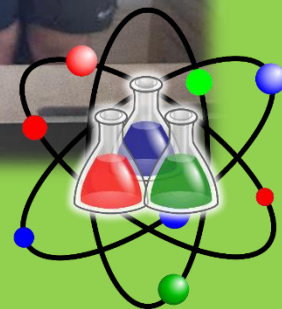


Teddy Bear Picnic

On Friday the 10th of July our Nursery children enjoyed a Teddy Bears Picnic at school. The sun was shining and parents/carers came along to be with their children for fun, games and delicious food. Thank you to the Nursery staff and our PTA for working together to set everything up and ensuring that the children had a wonderful time.

Science Mastery Stem Project

Some of our Year 5 children took part in a STEM project as part of the Science Mastery programme. This involved our schools across the Trust, and the children attended several sessions where they had the opportunity to take part in various scientific experiments and also learned about particle physics with the Head of Science department teachers. At the end of the programme the children had a graduation ceremony where they were presented with certificates from the Head Teachers at St Bonaventure's and St Angela's and our CSEL of the trust Ms Cashell. Well done to all the children who took part and showed a flair for scientific enquiry and research. They will no doubt become science masters for the future.





Some of our children celebrated their First Holy Communion at Our Lady of Compassion church.



'Following Christ we reach our goals'



**Our children performed as
the Commonwealth Choir
in the Chapel at Kings
College Cambridge. What
a delight it was to hear
their beautiful singing
and they behaved
impeccably too.**

Well done!





Gymnastics Champion

A huge congratulations to Charvi in Rose Class who secured a gold medal and won first prize in a gymnastics competition on Monday the 6th of July.



Year 6 Summer Soiree

On Friday the 10th of July, Year 6 celebrated in style for their end of year Summer Soiree. The children arrived looking beautiful in their various outfits. There was food, dancing, singing, awards., games and even a professional caricaturist. We thank our PTA and the parents who helped in organising this fantastic event and in particular Ms Sandy who took a lead role in making sure the Soiree was a huge success.

The Stubbers Challenge

Year 6 enjoyed a day out at Stubbers where they took part in some team building activities including raft building. Each team had to work together to construct a raft that would stay together and float on water. Whilst this was very challenging the teams managed to build their rafts and keep it afloat whilst moving around the small water area.



TEAM-BUILDING



'Following Christ we reach our goals'



Rock Steady

Our children are very talented and put on a magnificent show at the end of term in their Rock Steady concerts. We had singers, guitarists, drummers, pianists and they all looked very cool in their glamorous outfits and sunglasses. Well done to everyone who took part in the weekly lessons and performed at the concerts.



EYFS, KS1 & KS2 Sports Day winners



'Following Christ we reach our goals'

Year 6 special lunch – class of 2026

Olive Dining put on a special leaver's lunch for our Year 6 children with delicious food and some sweet treats. Thank you to Ms Gill and her team for preparing this delightful meal.





Year 6 Graduation Ceremony

On Wednesday the 8th of July, we celebrated with our Year 6 children at their graduation ceremony with their parents, families and friends who came along to be part of their special day. Mr Underwood read out the children's speeches about their time at St Edward's and Ms Naz presented the awards for children who excel in different curriculum areas as well as demonstrating their personal skills and strength of character. Well done to the class of 2026!



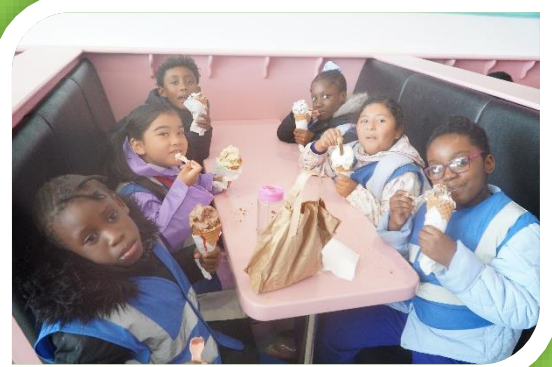
'Following Christ we reach our goals'



Year 1 at London Zoo

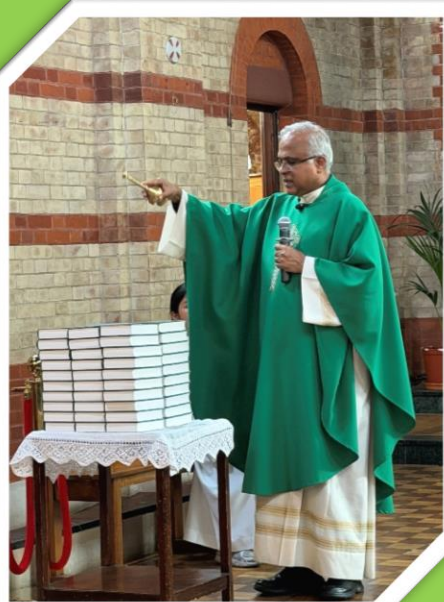


Year 3 at Southend Pier



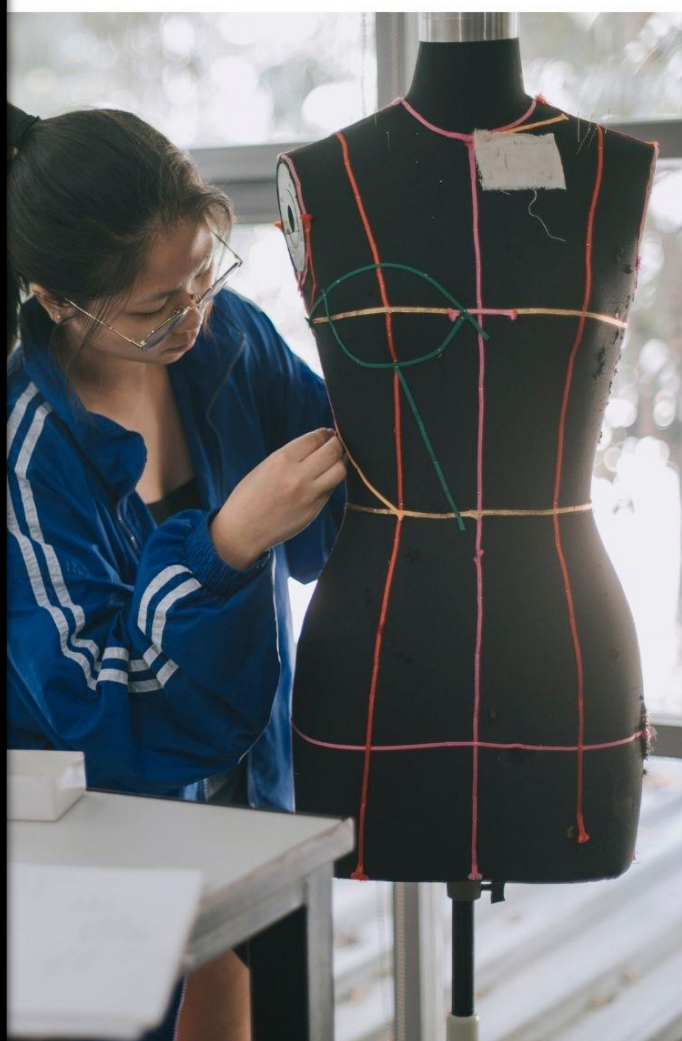
Year 6 Leaver's Mass

On Wednesday the 15th of July, Father Britto led a beautiful mass for the whole school but especially for our Year 6 children who will be moving onto new beginnings at secondary school. The children gave wonderful responses linked to the teachings of Jesus to Father's questions about their feelings of leaving St Edward's and starting a new chapter in their lives. At the end of the Mass, Father blessed the bibles which were then presented to the children with a message of reading God's book throughout their lives as Catholics and continue learning from the readings.



Free Creative Youth Sessions

Looking for something creative after school?



Fashion charity Caramel Rock is delivering 700+ hours of FREE creative sessions for young people aged 10–18 (up to 25 with SEND).

Join our FREE youth sessions in Newham and explore:

-  Fashion & sewing
-  Photography
-  Digital fashion
-  Upcycling

-  Build confidence
-  Learn real skills
-  Meet new people

 East Ham Library
 17 4:30-6:30pm every Tues, Wed, Thu during term time
 17 11:00-2:30pm every Saturday during term time

 No booking needed

newham.gov.uk

WE ARE NEWHAM.

Free Creative Youth Sessions

Are you a SEND young person aged 10-25 and looking for something creative after school?



Our free SEND-friendly creative sessions in Newham are:

- ✓ Calm and welcoming
- ✓ Flexible and adaptable
- ✓ Led by experienced youth workers
- ✓ Focused on wellbeing as well as creativity

Young people can join in at their own pace – no pressure.

 East Ham Library
 17 4:30-6:30pm every Tues, Wed, Thu during term time
 17 11:00-2:30pm every Saturday during term time
✓ No booking needed

Scan the QR code to learn more



newham.gov.uk

WE ARE NEWHAM.



Screen use by children aged under 5

Digital screens are part of modern life, but finding the right balance between screen time and other activities for young children can be challenging. This evidence-informed guidance supports parents and carers in shaping healthy screen habits for children under 5.



How Much Screen Time Should My Child Have?



Recommended guidance:

- **Under 2 years:** Avoid screen time other than shared activities with family that encourage bonding, interaction and conversation.
- **2–5 years:** Try to keep screen time to **no more than 1 hour per day**. Less is better where possible.

Shared screen activities may include:

- Video calling friends and family
- Looking through digital photo albums together

What Content Is Better Content?

Choose:

- Slow-paced, predictable content
- Content with simple stories
- Programmes with fewer scene changes
- Characters who speak slowly and clearly
- Content where emotions are easy to see and understand



Avoid:

- Fast-paced, overstimulating videos
- Social media content
- Inappropriate or harmful content (use parental controls)
- AI toys, tools or chatbots until more evidence is available on their effects (including interactive robots, smart speakers or AI chat apps)

How Does My Own Screen Use Affect My Child?



Key points:

- Spending long periods on your phone can reduce awareness of your child's needs and emotions
- Young children need attention, interaction and shared moments to feel secure and supported

When and Where Is It OK for My Child to Use Screens?

Guidance:

- Avoid young children using screens alone
- Watch and discuss content together where possible
- **Keep bedrooms and mealtimes screen-free**
- Avoid screens being on in the background during family time, meals or playtime

Screen-free swaps:

- **Mealtimes:** Conversation, background music, table games, colouring, "I Spy"
- **Bedtime:** Reading stories together; **avoid screens for 1 hour before bed**

How Does Screen Time Affect My Child's Development?

90% of brain growth happens before age 5, and young children learn best through interaction with parents and carers. Too much screen time can affect development, sleep, eyesight and healthy weight. Screens should not replace sleep, active play or time with parents. Reading, play, games and conversation help build the foundations for learning, behaviour and relationships.

My Child Has SEND – Is the Advice the Same?

Some children with SEND may need a more tailored approach, and screen-based assistive technology can support communication and daily activities. However, like all young children, they still need plenty of play, sleep, interaction with parents and carers, and protected screen-free time where possible.

Read the full expert-led summary of evidence report on GOV.UK -

<https://www.gov.uk/government/publications/screen-use-by-children-aged-under-5>

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kidsonlineworld.co.uk

KIDSONLINEWORLD

PARTNERS OF ECP SAFEGUARDING

KidsOnlineWorld – further information and guidance
If you discover criminal content when online, then report it directly to the police or the Internet Watch Foundation
If you're worried about online exploitation, then report directly to the police or contact CEOP

10 Top Tips for Parents and Educators

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS

Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



See full reference list on our website

#WakeUpWednesday®

The National College

St Edward's Catholic Primary School

Boys

Blue blazer with school logo

Plain White shirt with collar and cuffs

Blue/grey school tie

Grey jumper

Grey trousers

Grey or black socks

Black formal shoes – NOT trainers and no light up shoes

(In summer boys may wear grey shorts)



Girls

Blue blazer with school logo

Plain White shirt with collar and cuffs

Blue/grey school tie

Grey jumper or cardigan

Grey skirt, pinafore dress or trousers

Grey or black socks/tights

Black formal shoes – NOT trainers and no light up shoes

(In summer girls may wear a blue summer checked gingham dress with white socks)



Indoor PE Kit

Plain White polo shirt/St Edward's royal blue t shirt with logo

Navy blue shorts

Simple Trainers or plimsolls



Outdoor PE Kit

Plain navy blue tracksuit top/St Edward's royal blue top with logo

Plain Navy Blue tracksuit bottoms/St Edward's royal blue bottoms

Plain white polo shirt/St Edward's royal blue t shirt with logo

Trainers or plimsolls



Preschool & Nursery

Royal blue St Edward's top with school logo

Royal blue tracksuit bottoms

Royal blue t shirt with school logo

Plimsolls or simple Trainers



School blazers are available for purchase from www.ianhowardschoolwear.com, 409 Barking Rd, East Ham, London E6 2JT. Tel. no. 020 8472 1729.

School bags, PE bags and ties are available for purchase from St Edward's Catholic Primary School Office. All payments via Parent Pay only. Once payment has cleared, items will be given to your child in class.

Children are required to wear the correct uniform each day. Please ensure all items of clothing are clearly labelled with your child's full name and class name.

Hair decorations should be a simple style and in the **colours of blue, grey or white ONLY** and not in **several different colours**. Hair should not be dyed, or have any patterns shaved into it.

Children should not wear make-up or nail varnish at school.

Jewellery is not allowed apart from watches in Year 2, 3, 4, 5 and 6 only. Smart watches are not allowed at all.

At St Edward's we wish for all children to be proud of their school uniform and our community. If you are experiencing any difficulty, please let us know as we may be able to help. We want all pupils to feel happy at school and not feel uncomfortable through no fault of their own.

Gospel Reading

Matthew 12: 1 – 8

At that time Jesus went through the cornfields on the Sabbath. His disciples were hungry, and they began to pluck ears of corn and to eat. But when the Pharisees saw it, they said to him, "Look, your disciples are doing what is not lawful to do on the Sabbath." He said to them, "Have you not read what David did when he was hungry, and those who were with him: how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? I tell you, something greater than the temple is here. And if you had known what this means, 'I desire mercy, and not sacrifice,' you would not have condemned the guiltless. For the Son of Man is lord of the Sabbath."

Gospel Reflection

Matthew 12: 1 – 8

The disciples are hungry. As they walk through a grain field on the Sabbath, they pick heads of grain and eat. A small, human thing. But the Pharisees pounce. "Your disciples are doing what is not lawful on the Sabbath." The rule has been broken. They see a law bent and miss the hungry men in front of them. Their eyes are on the rule, not the people. This is the danger of a certain kind of religion. It can watch a person suffer and only ask whether procedure was followed. Jesus answers them on their own ground. He reminds them that David, when he and his men were hungry, ate the holy bread reserved for priests. Scripture shows human need outweighing ritual rule. The Pharisees know the story but never teach them. Then He quotes the line that cuts to the heart. "If you had known what this means, I desire mercy, and not sacrifice, you would not have condemned the guiltless." God said it centuries before. Worship that crushes people is not the worship He wants. Sit with those words. "I desire mercy, not sacrifice." God is not against the Sabbath or the offerings. But when rule and mercy collide, mercy wins. A religion that forgets this has missed the very heart of the God it claims to serve.

Then Jesus makes a staggering claim. "The Son of Man is lord of the Sabbath." The Sabbath belongs to God. So by calling Himself its Lord, Jesus is quietly saying who He is. He reveals what the Sabbath is for. The day was made to give life, not to crush it. It is easy to be strict about our religious habits and cold toward actual people. To care more that a rule was kept than that a heart was helped. Jesus warns us off that road. This is the thread to Isaiah. King Hezekiah is dying, and he cries out to God. And God, moved by his tears, gives him fifteen more years of life. Here is "mercy, not sacrifice" in action.

God bends toward a weeping man and grants him life.

DATES TO REMEMBER

Thursday 3rd September – Children in Year 1 to Year 6 return to school

**Preschool, Nursery and Reception start dates to be confirmed and
parents will be notified of these dates**

Friday 4th September – Beginning of term whole School Mass

Tuesday 13th October – St Edward's Day whole School Mass

Thursday 22nd October – Individual & Sibling photos

Monday 26th to Friday 30th October – HALF TERM BREAK

Monday 2nd November – All Saints & All Souls whole School Mass

Tuesday 15th December – End of term whole School Mass

**PLEASE NOTE – these dates may be subject to change - Any new dates
will be sent to parents/carers**