



The Byword



14th November 2025

www.bygrove.org.uk

@bygrove_primary

Key Dates

- Monday 17th November 2025: Y4 trip to Science Museum
- Wednesday 19th November 2025: Reception trip to All Saints Church
- Friday 19th December 2025: Last day of term - **1:30pm finish**
- **Monday 22nd December 2025 - Friday 2nd January 2026: Christmas holidays - School Closed**
- **Monday 5th January 2026: INSET Day - School Closed**
- Tuesday 6th January 2026: All children return back to school

Let's Talk About Sleep!

Dear Bygrove Parents & Carers,

As we settle into this term, the well-being of our children remains our top priority and we want to draw your attention to a foundational aspect of your child's health and success: **sleep**. Quality sleep is not merely rest; it is essential for children's **cognitive development**, **emotional regulation** and **physical health**. During the night, a child's brain consolidates the day's learning, processes emotions and releases **crucial growth hormones**. **Children aged 6-12** typically need **9-12 hours** of uninterrupted sleep every 24 hours. Without this vital period of rest, we often see impacts on concentration in class, increased irritability and a reduced ability to manage the complexities of the school day.

We are writing to share a growing concern that many of our pupils may not be getting the recommended amount of sleep. Over the past few weeks, our staff have observed an increasing number of children coming to school looking tired and struggling to focus in the morning. We understand the pressures of modern family life, but a consistent lack of adequate sleep creates a **significant barrier to learning** and **full participation in school life**. Sleep deprivation is cumulative, meaning a few late nights a week can drastically affect their **long-term educational attainment** and **overall happiness**.

We urge you to prioritise a consistent, early bedtime for your child. Simple steps can make a big difference:

- **Establish a Consistent Bedtime Routine:** Children thrive on predictability. Aim for the same wake-up time and bedtime every day, even on weekends.
- **The Power of the Wind-Down:** Start a calming, screen-free routine 30-60 minutes before bedtime. This might include a warm bath, reading a physical book together or quiet conversation. This signals to the brain that it's time to transition to sleep.
- **Create a Sleep-Conducive Environment:** The bedroom should be a sanctuary for sleep. Ensure it is **dark, cool, and quiet**. Blackout curtains can be highly effective, and a white noise machine can help mask disruptive household sounds.
- **Implement a Strict Tech Curfew:** All electronic devices should be turned off and removed from the bedroom at least **one hour** before bedtime. The blue light emitted by screens suppresses the production of melatonin, the hormone that makes us feel sleepy.
- **Watch Diet and Timing:** Avoid heavy meals, caffeinated drinks and sugary snacks close to bedtime. A light, healthy snack is fine, but stimulating foods should be avoided in the hours leading up to sleep.
- **Ensure Sufficient Daily Activity:** Physical exercise during the day helps promote deeper sleep at night. However, avoid very vigorous activity right before the wind-down period, as this can be too stimulating.

We plan to share more resources on promoting healthy sleep habits in the coming weeks. We believe that by working together, we can ensure every child arrives at school rested, alert and ready to embrace the exciting challenges of learning each day. Thank you for your support in this important matter.

Wishing you all a wonderful weekend,

Fiona



SCHOOL COUNCIL

DEVELOPING ORACY

SC

**Our school
councillors will now
be at the gates
greeting families!**

They will be working on their **oracy** & looking to improve their communication!

- Making eye contact
- Showing positive body language
- Projecting their voices &
- Speaking clearly

Please support them
and say hello back!



**What a great way to
start & end the day!**





Parent Workshop:

ORACY: SUPPORTING YOUR CHILD WITH COMMUNICATION AND LANGUAGE

Thursday 11th December 2025



Time: 9:00am - 9:30am

Location: Staffroom

Led by: Akosua



We will be looking at the key milestones in children's communication & language and how best to support your children in developing these skills.



Attendance

Our aim is to promote high attendance so that our pupils achieve well at school. Regular attendance and punctuality is also crucial for making friends and developing good relationships.

Exceptional!

100%

Very Good

97% - 99%

Potential to improve

91% - 96%

Needs to improve

90% & below

Our whole school attendance target for this year:

97.00%

Attendance for the week beginning Monday 3rd November 2025 - Friday 7th November 2025 (Rec-Y6):

95.29%

Year	Attendance
Nursery	94.88%
Reception	92.33%
Year 1	96.00%
Year 2	95.71%
Year 3	97.33%
Year 4	98.00%
Year 5	94.48%
Year 6	93.10%

Last week's attendance

Y4: 98%

Well done Y4!

Paper copies of the Byword are available from the office.



Bygrove Pupil Leadership

Introduction:

Welcome to the **Bygrove Pupil Leadership** page, where we'll be sharing updates on the exciting work our pupil leaders are doing to improve our school community.

Spotlight on:

This week, we're highlighting the work of the Dining Hall Helpers who are led by Donna.

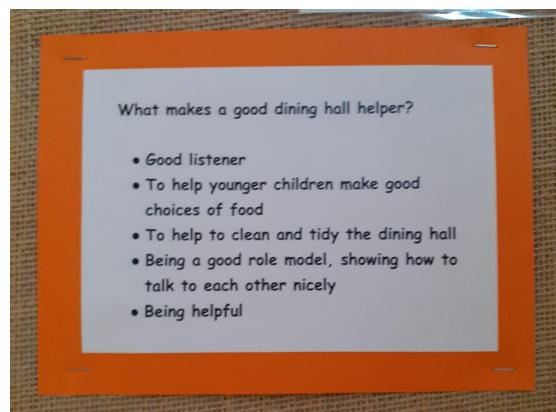
Our new group of dining hall helpers have been introduced to their new roles. They are responsible for helping keep the hall clean and tidy and to help assist younger children with making good food choices. The aim of dining hall helpers is to give children responsibility and to help them become more independent.

We interviewed Jumana, Akilah and Aleena who shared the following:

"I like helping other children. I have learnt that I am good at cleaning. I am talking to younger children. I like the responsibility. I enjoy helping other children."

"I wanted to help everybody and keep the dining hall clean. I learnt how to keep the hall tidy and help younger children with water. I enjoy keeping the hall tidy."

"I wanted to keep the hall safe and tidy so nobody slips and hurts themselves. I have learnt that it is good to keep the hall safe and to keep everyone happy. I enjoy talking to the younger children and asking if they are ok and about their day."





Stars Of The Week

Year 1

Idris

Year 2

Ayra

Year 3

Taqwa & Daris

Year 4

Léo

Year 5

Liyana

Year 6

Ahmed

HANDWRITING HEROES

YEAR 1: AKEMY

YEAR 2: AIDEN

YEAR 3: TOBIAS

YEAR 4: ARAFAT

YEAR 5: AZAM

YEAR 6: MAHAD





MATHLETICS WINNERS

- 1ST: Y1 - 36,444 POINTS
- 2ND: Y6 - 32,907 POINTS
- 3RD: Y3 - 27,532 POINTS

TOP STUDENT AT BYGROVE
THIS WEEK:

Y1 - ALIYA
4,742 POINTS

After School Clubs

Our Ad-Hoc Clubhouse sessions and Breakfast Club provision for the autumn term started from Wednesday 3rd September 2025.

All other clubs will start from Monday 8th September 2025. To sign up, please log on to your [ParentPay](#) accounts.

The clubs available will be:

After School Clubs - Autumn 2025

Each club costs **£19.50 for the term**. The price for the Cooking Club is **£22.00** due to the sessions being longer and the additional resources required. Breakfast Club will cost **£1.00 per day** and Ad-Hoc Clubhouse sessions will cost **£2.50 per day**.

Mondays			
Clubhouse	Nursery - Year 6	3:45 - 5:30	All welcome
Tuesdays			
Clubhouse	Nursery - Year 6	3:45 - 5:30	All welcome
Phase 2 Football Club	Years 4 - Year 6	3:45 - 4:45	8 spaces remaining
Wednesdays			
Clubhouse	Nursery - Year 6	3:45 - 5:30	All welcome
Phase 1 Football Club	Year 1 - Year 3	3:45 - 4:45	12 spaces remaining
Thursdays			
Clubhouse	Nursery - Year 6	3:45 - 5:30	All welcome
Cooking Club (£22 per term)	Years 1 - Year 6	3:45 - 5:00	No spaces remaining
Fridays			
Clubhouse	Nursery - Year 6	3:45 - 5:30	All welcome

LANGUAGE ANGELS



This week's word is:

"Grande" – which means **"Big"**

Try using it at home and in school!

Oracy - Parent Questionnaire

For the next two years we will be working to develop oracy in our school.

What is oracy?

Oracy is the ability to articulate ideas, develop understanding and engage with others through spoken language, listening and communication. (Oracy Education Commission, 2024)

Why are we focusing on oracy?

Oracy is a foundational building block alongside reading, writing and maths. It is crucial for academic success, supporting deeper subject knowledge and understanding across all subjects. Oracy is essential for our children as early language experiences are important for future education and employment success. It equips learners for life beyond school, providing skills highly valued by employers and supporting wellbeing, self-confidence and the ability to build and sustain relationships.

Please click the link to complete the questionnaire (It'll only take about 5 minutes) so that we can best support all learners:

<https://forms.gle/zHQDQmYwyeuLkks39>

Thank you for taking the time to fill this out.





Our Explorer Behaviours



Determination



Creativity



Confidence



Leadership



Kindness



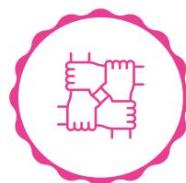
Curiosity



Citizenship



Fairness



Teamwork

Which Destination are you completing this half term?

Star Spotter - Focus Behaviours: Teamwork & Curiosity

Good Neighbour - Focus Behaviours: Kindness, Citizenship & Teamwork

Crafter - Focus Behaviours: Creativity & Determination

Night Navigator - Focus Behaviours: Curiosity, Creativity & Confidence

Local Hero - Focus Behaviours: Citizenship & Teamwork

Legacy Makers - Focus Behaviours: Citizenship & Creativity

Explorers

Explorers is back! The children have had a chance to get to know their new families and will start their Autumn term destinations.

Here is a reminder of the

Bygrove Families:

Pacific Explorers

Mount Everest Explorers

Milky Way Explorers

Volcanic Explorers

Inca Explorers &

Antarctica Explorers

Ask your child which Family they belong to!

Each **Family** will begin a new **Destination** which they will complete over the next four weeks.

Each Destination has a focus on chosen **Behaviours**.

Please ask your children which Destination they are completing and how they can get better at these Behaviours this half term.



We cannot wait to get started!



Explorers

EXPLORERS IS BACK!

The new families have been formed and we spent some time getting to know each other. This week we will begin our new destinations and we all cannot wait for all of the new exciting Destinations to come. It's also a fantastic time to work on all of our key behaviours!



Remembrance Day

Remembrance day marks the end of World War 1. Bygrove had a Remembrance Day assembly on Tuesday where all children and staff came together to read poems and learn about the importance of why we have Remembrance Day and the significance of remembering those who fought for our country. The children had fun selling poppies which symbolise the blood that was shed during the war. During the assembly, the whole school took part in a 1 minute silence to remember all the lives that were lost.



Nursery



This week in Nursery, we started Forest School. First, we listened to 2 rules: 'No pick, no lick' and 'Walking by the pond'. Then, we explored and investigated our science garden. We saw some newts, snails and colourful leaves. Some of us even did some digging in the soil area. Finally, we finished the session by having some hot chocolate and biscuits.



For Friendship Week, Nursery made friendship bracelets for their friends. We spoke about what makes a good friend and what we like to do with our friends.

Reception

Reception were working on making a fall tree last week during Forest School using leaves.



SLS



The children in the SLS became astronauts from our interactive story. "Boing! Boing! Boing!". They bounced around on the moon! As well as this, we have matched shapes to complete a space picture.



Year 2

As part of our learning for Friendship/Anti-bullying Week, Year 2 have been designing posters about bullying and kindness in PSHE. We have looked at the different types of bullying, who can help us in these scenarios and how we can be a good friend to others. We discussed the importance of showing respect and kindness to everyone, even if they are not our close friends.



Year 4

This week in PE, our young gymnasts took on the challenge of mastering bridge balances using a range of apparatus. They showed fantastic strength and confidence as they experimented with different heights and body positions. The real excitement came as they began exploring creative ways to move out of their bridges by rolling, sliding, twisting and stretching to form the beginnings of their very own gymnastics sequences!





Christmas Menu

*Roast Turkey
with Cocktail Chicken Sausage,
Sage & Onion Stuffing and Gravy
Or*

Rustic Mediterranean Roulade

*Served with
Roast Potatoes,
Roast Parsnips,
Honey Glazed Carrots
& Peas*

*Chocolate Ice Cream
Sponge Roll*

Served On. 17/12/2025



FLU community catch up clinics East London Mosque

If your child has missed their flu vaccination at school, you can book an appointment for their vaccine at one of our local community clinics

These are FREE WALK IN clinics offering the GELATINE FREE flu vaccine.

Book
directly, here:



12th November 2025: 3pm-6:30pm

10th December 2025: 3pm-6:30pm



East London Mosque
46 Whitechapel Road
London, E1 1JX



For our clinic
locations and
contact details for
the Vaccination
UK teams please
scan the QR code

Stay Well:
Avoid the misery
of flu
this winter.

Protect Others:
Especially children,
the elderly, and those
more vulnerable.

Stop the Spread:
Help prevent flu
outbreaks in your
community.



Vaccination UK
Immunisation Provider for
NHS



FOR MORE INFORMATION

Tel: 0207 364 4461

Mark.penn@towerhamlets.gov.uk

Let's Talk SEND

Join us for an opportunity to help develop a Tower Hamlets SEND Co-Production Charter — a shared commitment to working together to shape future services. Be part of the change and help make Co-production real in Tower Hamlets.

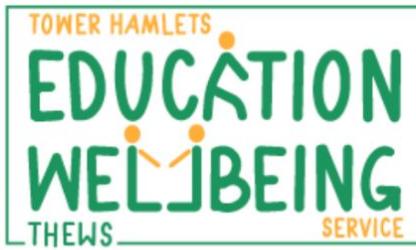
Tuesday 2nd December
Grocers Wing Tower Hamlets Town Hall
10am-2pm

- Introduction from Director of Children's services
- Presentations about Co-Production
- Information stalls
- Tea/Coffee and lunch provided.

[Sign up here](#)



For details of previous Let's Talk
SEND events please look on the
Tower Hamlets Local Offer Website



JOIN US FOR UPCOMING PARENT WORKSHOPS

**The Tower Hamlets Education
Wellbeing Service (THEWS) are
hosting workshops at Bygrove
Primary School:**

**Friday 21st November 2025 : 9:00am – 10:30am
THEWS Parent Wellbeing Workshop**

**Friday 12th December 2025 : 9:00am – 10:30am
THEWS Parent Workshop (Emotional Regulation)**

Bygrove Pupil Vacancies



Did you know we have pupil vacancies at Bygrove? If you have a child or know someone who might be interested, please apply, share and join our waiting list!

Nursery admissions 2026 For children born between 1 September 2022 and 31 August 2023	52 spaces available for 2026/27 apply online via the eadmissions portal
Reception admissions 2026 For children born between 1 September 2021 and 31 August 2022	30 spaces available for 2026/27 apply online via the eadmissions portal
Nursery admissions 2025 For children born between 1 September 2021 and 31 August 2022	9 spaces available for 2025/26 apply online via the Parent Portal
Current Year 2 admissions For children born between 1 September 2018 and 31 August 2019	2 spaces available! Apply via the Parent Portal
Current Year 5 admissions For children born between 1 September 2015 and 31 August 2016	1 space available! Apply via the Parent Portal
Current Year 6 admissions For children born between 1 September 2014 and 31 August 2015	1 space available! Apply via the Parent Portal

If we are currently full in other year groups, please still apply to join our waiting list via the [Parent Portal](#). For more information about in-year admissions visit [LBTH in-year admissions](#).

For more information about all admissions in Tower Hamlets visit [LBTH school admissions](#).

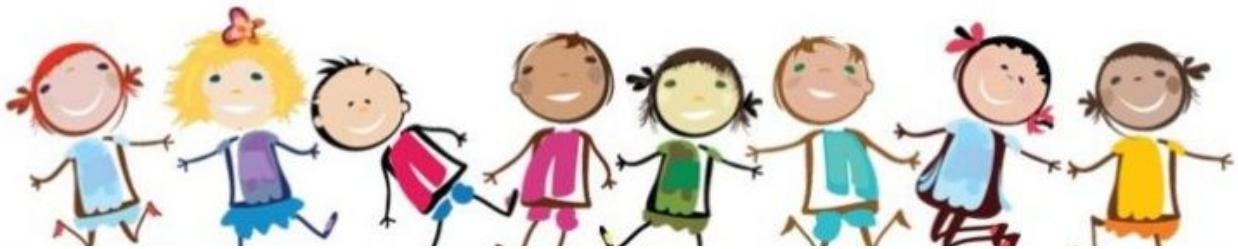
Contact the admissions service directly for more information

Email: school.admissions@towerhamlets.gov.uk

Telephone: 020 7364 5006

Late applications will be accepted so please apply now and share with family and friends!

We also offer places to rising 3-year-olds to start nursery a term after turning 3 years old. Please spread the word and tell them to apply ASAP! They can apply via: the [Parent Portal](#)



NURSERY

Places Available!

Do you have or know someone with a child born between 1 September 2021 and 31 August 2022?

Apply now via the [Parent Portal](#)

They can start with us in September 2025



**DID YOU
KNOW?**

We also offer places to rising 3-year-olds to start nursery a term after turning 3 years old! They can start in January 2026 or April 2026.

Please contact the school office on 020 7538 4925 or email admin@bygrove.org.uk

Click the link below for more information

[Nursery admissions 2025](#)