



The Byword



8th May 2026

www.bygrove.org.uk

@bygrove_primary

Key Dates

- Monday 11 - Thursday 14 May 2026: KS2 SATs
- Tuesday 19th May 2026: YR hearing & vision test
- Wednesday 20th May 2026: Y5 Local Canal
- Friday 22 May 2026: Last day of term - 3:30pm finish**
- Monday 25 - Friday 29 May 2026: Half term holidays school closed**
- Friday 5th June 2026: Pacific Explorers trip to Clip 'n Climb
- Friday 12th June 2026: Inca Explorers trip to Clip 'n Climb
- Monday 15 June 2026 - Sports Day
- Friday 19th June 2026: Y3 trip to Gorsefield
- Friday 26th June 2026: Bygrove Summer Fair - **All children finish 2.30pm**
- Wednesday 15th July 2026: Y6 Ben Kinsella Knife crime workshop

Let's Talk About Sleep!

Dear Bygrove Parents & Carers,

As we settle into this term, the wellbeing 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. 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 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.

Warm regards,

Fiona




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 27th April 2026 - Friday 1st May 2026 (Rec-Y6):
97.3%

Year	Attendance
Nursery	95%
Reception	97%
Year 1	97.3%
Year 2	97.5%
Year 3	100%
Year 4	94.3%
Year 5	99.3%
Year 6	95.4%

Last week's attendance

Y3:100%

Well done
Year 3!

Paper copies of the Byword are available from the office.

After School Clubs

We are excited to launch our club provision for the summer term, which will begin on Tuesday 14th April 2026. Ad-Hoc Clubhouse sessions and Breakfast Club will also be starting from Tuesday 14th April 2026.

The clubs will be live on ParentPay by 3pm on Friday 27th March 2026!

To sign up, please log on to your [ParentPay](#) accounts.

The clubs available will be:

After School Clubs - Summer 2026

Each club costs **£19.50 for the term**. The price for the Cooking Club and Gardening Club are **£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	5 spaces remaining
Wednesdays			
Clubhouse	Nursery - Year 6	3:45 - 5:30	All welcome
Gardening Club (£22 per term)	Years 1 - Year 6	3:45 - 5:00	15 spaces remaining
Phase 2 3v3 Basketball	Years 3 - Year 6	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	2 spaces remaining
Fridays			
Clubhouse	Nursery - Year 6	3:45 - 5:30	All welcome

LANGUAGE ANGELS




This week's word is:

"De nada"– which means **"you're welcome"**

Try using it at home and in school!

Talking Points

Develop Oracy with your child by having a discussion using these talking points 

Three simple rules:

- Ask good questions (stay curious),
- Commit to listening &
- Enjoy the discussion!



Start by asking your child the question, and listen to the answer, remembering to reflect back what they are saying so they know you understand.

Express your opinions; children are often curious what parents think.

Just be sure that you listen first, and that you listen more than you talk.

What do you want to be when you grow up? Why?



What's your favorite movie? Why?



If we could go anywhere you wanted on vacation, where would you choose?

Why?



If you could have a conversation with anyone in history, who would it be? What would you want to ask them?





Stars Of The Week

Year 2

Arya

Year 3

Jumana

Year 4

Nuaim

Year 5

Salma

Year 6

Ajwad

HANDWRITING HEROES

YEAR 2: ZAYYD

YEAR 3: TOBIAS

YEAR 4: ADNAN

YEAR 5: ZAFIYA

YEAR 6: ABDURAHMAN



The Mathletics logo is a blue, stylized banner with the word "Mathletics" written in white, sans-serif font. It is positioned at the top center of the notebook page.

Mathletics

MATHLETICS WINNERS

1ST: Y2 - 15,008 POINTS

2ND: Y3 - 7,970 POINTS

3RD: Y4 - 1,506 POINTS

**TOP STUDENT AT BYGROVE
THIS WEEK:**

**MANHA UDDIN - Y2
1400 POINTS**

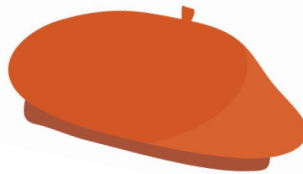
Nursery

This week in Nursery, we have welcomed our Classroom Caterpillars to learn about how to be kind to living things. First, we reminded ourselves of the life cycle of a caterpillar, starting from an egg to when it turns into a butterfly. Then, we observed how the caterpillars moved around and spoke about what they are doing and what they look like. We also spoke about ways we can be kind to living things, like using a soft voice and gentle hands. We even gave our 5 caterpillars names!



Throughout the next few weeks, we will continue to observe how the caterpillar changes and release them once they are beautiful butterflies.

Reception

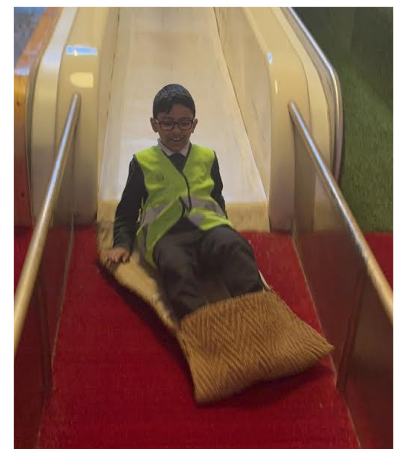
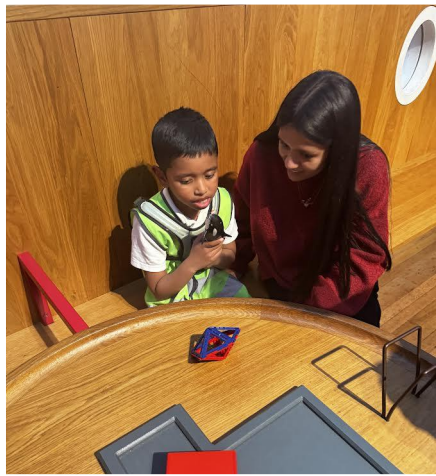


Children designed and made hats based on jobs in the community, encouraging creativity, imagination and understanding of different roles.



Year 3

Year 3 had an amazing day out at the Science Museum last week. Attending two workshops; Wonder Show & Flash Bang Wallop. This enabled them to explore different areas of science, varying from electricity to light. Some children were lucky enough to be a volunteer during the activities which saw huge explosions and fire. This all resulted in the children being fascinated by the science they were observing.



Year 3 also got to explore the Wonderlab carrying out a variety of experiments and interacting with all the resources. The children ended the day with huge smiles on their faces asking when they can visit the Science Museum again.



Year 4 have been exploring the fascinating world of earthquakes!



This week, the children learned about how earthquakes happen beneath the Earth's surface when tectonic plates move and collide. They investigated the different layers of the Earth, discovered why some countries experience more earthquakes than others and used maps to identify where earthquakes commonly occur around the world especially along tectonic plate boundaries such as the Pacific Ring of Fire.





family
action

Free English language classes at The Mission Practice

Come along and develop your speaking, listening, writing and reading skills.

Enjoy some free refreshments – and make new friends.

What is offered:

- Two free lessons each week with an experienced teacher.
- Free 121 support.
- Interactive resources.

Get in touch to book your place:

LanguageOfFood@family-action.org.uk

Tel: 07825 852635

Family Action. Registered as a Charity in England & Wales no: 264713.
Registered as a Charity in the Isle of Man no: 1206.
Registered Company limited by Guarantee in England and Wales no: 01068186.

Location:

The Mission Practice
208 Cambridge Heath
Rd,
Cambridge Heath,
London
E2 9LS

Open to adults aged
18+.

Every Tues and Wed
15:00–17:00



family-action.org.uk



Free English language classes at Bromley By Bow Community hub

Come along and develop your speaking, listening, writing and reading skills.

Enjoy some free refreshments – and make new friends.

What is offered:

- Two free lessons each week with an experienced teacher.
- Free 121 support.
- Interactive resources.

Get in touch to book your place:

LanguageOfFood@family-action.org.uk

Tel:07825 852635

Location:

Bromley By Bow Centre
St Leonard's St,
London
E3 3BT

Open to adults aged 18+.

Every Friday from 15th of May. 9:30–11:30



**Bromley
by Bow
Centre**

family-action.org.uk





family
action



Free English language classes at St Hilda's

Come along and develop your speaking, listening, writing and reading skills.

Enjoy some free refreshments – and make new friends.

What is offered:

- Two free lessons each week with an experienced teacher.
- Free 121 support.
- Interactive resources.

Get in touch to book your place:

LanguageOfFood@family-action.org.uk

Tel: 07825 852635

Location:

St Hilda's
18 Club Row,
Shoreditch,
London,
E2 7EY

Open to adults aged 18+.

Starting 11th May!

Monday: 11:00–13:00
Thurs: 13:30–15:00



Bygrove
School

JOIN THE BYGROVE GARDENING CLUB

£22 per
term-
Limited
Spaces!

Our gardening club teaches children valuable life skills, including responsibility through plant care, patience while waiting for growth, and nutrition awareness. It boosts physical development and promotes science and math skills, such as measuring, counting, and observing life cycles.

Every
Wednesday
3:45pm-5:00pm

For Years 1-6

Log into ParentPay to sign up!

Contact the school
office for any
questions

0207 538 4925





MEASLES CASES ARE RISING

Measles is a very serious illness and can spread very easily between children who are not vaccinated.

Measles starts with cold like symptoms, with a cough, fever and red eyes. Days later, a red or purple bumpy rash appears.

If you think you or your child has measles do not go out. Stay at home. Call your GP surgery or NHS 111. Rest, drink plenty of fluids and take paracetamol or ibuprofen.

The free MMR /MMRV vaccine gives the best, most effective protection against measles - it's quick, it's free, and it could save their life.

If you think you or your child have missed a vaccine dose, check their Red Book or ask your GP surgery.

More information
www.nhs.uk/measles





VACCINATION UK

Measles Workshop Coming to Your School!

MMR vaccine is available for those who have not received both doses of the MMR as an infant

Join us for an informal and informative session about the MMR vaccine.

**Learn the facts, ask questions, and take part in an open Q&A discussion in a relaxed setting.
All parents and carers are welcome.**

**Kobi Nazrul Primary School
Wednesday 6th May 2026, 9.00am - 10am**

We are able to vaccinate for MMR at our catch-ups and while visiting the schools or at a community clinic.

**For more information, visit our website
www.schoolvaccination.uk**

Part of the NHS School Aged Immunisation Service



Girls Football Sessions

Empowering the next generation of players



We are pleased to offer a fantastic opportunity for girls across the borough to take part in a **free 1-hour football session** at Mile End Leisure Centre on the 3G Astro pitches.

 **Day/Time: Friday, 5:00 PM – 6:00 PM**

 *Delivered by qualified coach Rayhan Noor, Tower Hamlets Girls Football Coach.*

Register Today!

Click the link below to secure your spot:

[Register Here](#)





PASG - Parent Autism Support Group

For all parents

Puberty - Boys	Thursday 23 rd April 2026	10am-11:30am	Training Suite 2
Puberty - Girls	Wednesday 13 th May 2026	10am-11:30am	Training Suite 1
Toileting	Wednesday 3 rd June 2026	10am-11:30am	Training Suite 2
Leisure and Play	Wednesday 1 st July 2026	10am-11:30am	Training Suite 1

Co-ordinator: Salina/Khadra/Junayel

To Book, Email: parents@phoenix.towerhamlets.sch.uk

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
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 3 admissions For children born between 1 September 2017 and 31 August 2018	2 spaces available! Apply via the Parent Portal
Current Year 5 admissions For children born between 1 September 2015 and 31 August 2016	2 spaces available! Apply via the Parent Portal
Current Year 6 admissions For children born between 1 September 2014 and 31 August 2015	2 spaces 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 2022 and 31 August 2023?

Apply now via the [Parent Portal](#)

They can start with us in **September 2026**



**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 2026](#)