



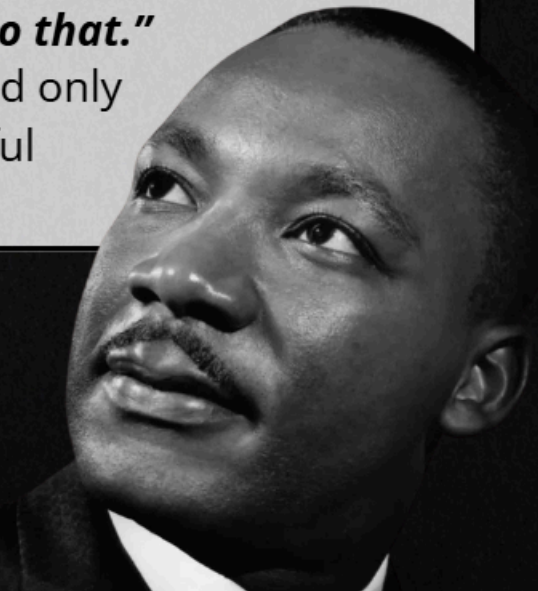
THE THEME THIS WEEK IS "LIGHT"

In John's Gospel, Jesus says, ***"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."*** This shows how light is used in many of the world's religions as a symbol of holiness, goodness, knowledge, wisdom and hope.

Martin Luther King Jr., the American Baptist minister and civil rights leader, said, ***"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."***

He meant that answering hatred with more hatred only creates more harm; love, compassion and peaceful action can help overcome it.

**BLACK
HISTORY
MONTH**



SCHOOL CALENDAR

CLICK HERE



ENRICHMENT TIMETABLE

CLICK HERE



DATES + EVENTS

- Black History Month - October
- Prize Giving - 15th October
- Autumn Half Term - 19th Oct - 31st Oct
- Year 11 Mocks - from 4th Nov
- Anti-bullying Week - from 9th Nov

Disclaimer:- For safeguarding and privacy reasons, student and staff faces may have been altered using AI-generated imagery in this publication.



STEPNEY ALL SAINTS

— LEARN • PRAY • ACHIEVE —

Key dates this term

Autumn 2026



School closes for the two-week half-term break on **Friday 16 October 2026**, with lessons resuming on **Monday 2 November 2026**.

November



Year 11 mock examinations

Start Wednesday 4 November 2026



Year 13 Parents' Evening

Wednesday 18 & Thursday 19 November 2026

December



Year 11 Parents' Evening

Wednesday 9 & Thursday 10 December 2026



Year 7 Carol Service

Tuesday 15 December 2026



End of the autumn term

Friday 18 December 2026

Two-week half-term break

Full term dates



The full term dates for the academic year are available on our key dates webpage.

stepneyallsaints.school/Term-Dates/



TEEN SLEEP PROJECT

The Teen Sleep Project is here to help you build healthier sleep habits and boost your wellbeing. Instead of focusing on talking to parents, this project works directly with you because as you get older, your routines and choices matter more than ever.

You'll get practical, easy-to-understand support designed just for young people, helping you:

- Improve your sleep
- Develop better sleep habits
- Develop a personalised Sleep Plan in the last session

Sessions will be delivered by Educational Psychologists and other Professionals who have done further training around sleep.

Criteria

- Age: 11- 16 years old
- Self-referral and ready to make changes to sleep habits
- Named link professional to support between sessions
- An Introduction to Sleep Workshop online before individual sessions start
- A commitment to 4-6 sessions for up to 1 hour
- Hybrid sessions- some will be in person and a few may be virtual if needed

If you are interested please contact us for referral details at sleepsupport.eps@towerhamlets.gov.uk





AI & CHILDREN

What families need to know

AI can be fun and helpful, but children may not fully understand its risks.
Open conversations and clear boundaries can help them use it safely.

Potential risks

- 1 Manipulation**
Convincing false content can influence beliefs and decisions.
- 2 Misinformation**
Answers and videos may look accurate but contain errors.
- 3 Identity confusion**
It can be hard to tell a real person from an AI system.
- 4 Harmful content**
Some tools may produce inappropriate or upsetting material.
- 5 Cyberbullying**
Fake voices, messages or images can cause harm and distress.
- 6 Privacy**
Children may not realise what personal data is stored or shared.
- 7 Abuse and sextortion**
AI can be misused to create abusive content or threaten people.
- 8 Sexualised deepfakes**
Fake nude or sexualised images can cause serious harm and may be illegal, including when they involve under-18s.

8 ways to support your child

- 1 Explore their apps and websites**
Notice where AI appears in games, social media and homework tools.
- 2 Talk about AI's limits**
Ask: 'Does this answer make sense?'
Explain that AI can be wrong.
- 3 Question online content**
Check reliable sources. AI content is becoming harder to spot.
- 4 Try tools together**
Explore how AI works and where its information comes from.
- 5 Agree clear boundaries**
AI should support learning. Using it to bully or create harmful fakes is unacceptable.
- 6 Protect personal information**
AI is not a trusted adult. Encourage your child to seek help from you or another trusted adult.
- 7 Model good habits**
Show how you check accuracy, sources and fairness.
- 8 Act on harmful content**
Report it to the platform and seek removal. Reassure your child and contact police if needed. Do not download or share sexual images of children.

Help and support

Childline: 0800 1111 • [childline.org.uk](https://www.childline.org.uk)

For support with nude images shared online:
NSPCC / Childline Report Remove
nspcc.org.uk • Search 'Report Remove'

Adapted from NSPCC guidance



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Have a wonderful half-term holiday



Lessons resume on
Monday 2nd November 2026