



Dear Families, You will have heard the government announcement that schools may return on 8th March. We will await the guidance as and when it comes in order to plan for a full opening. The government vouchers have come through now and please keep an eye on your emails for distribution of these. This is once again a code rather than a card.

This week, we will be taking part in Children's Mental Health Week. Our mental wellbeing is so important as 'We all have it, all of the time'. Our mental health can be determined by many factors in our lives, from physical fitness and relationships to self-esteem. This year's theme is **Express Yourself**. For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. These ideas along with exercise, hope, prayer and being grateful are ways to steady the storm.

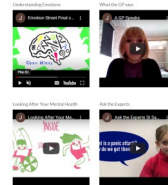
We are all in the pandemic storm but in different boats, no one can really know what it is like for someone else. If you need support, please call Ms Sablon, we have all had to grow and count on our strength and resilience whilst recognising that we are vulnerable. We will be kick-starting the week with an assembly by Miss Williams on Monday, which will be scheduled onto Google Classroom along with a daily activity focused around well-being. We would love to share all of the amazing ways that you express yourself at home with the rest of the school, so if you are happy to have your photograph shared please email fiona@st-saviours.towerhamlets.sch.uk.

E-safety is an integral part of children's education in today's digital world and is embedded in our learning at school. We want to help our families and children improve their own understanding of e-safety issues so they can learn to use the internet and all digital media in a safe and secure way. Please [click here](#) to watch this video on E-Safety. We will also be hosting parental workshops and sharing 'Zoom Etiquette' with classes. SLT will also be dropping into Zoom lessons to focus on this. Stay safe, stay positive, stay home,
Mrs Smith

We have been focusing on the emotional and mental health of our children, and school community. Along with our PHSE curriculum we have devoted additional time, energy and resources to understanding and taking care of our mental health and wellbeing.

The videos M-SET have made with us are part of our learning, embedded in our value of care. We hope you enjoy watching and find their content useful in the current contact.

If you would like to speak with a member of staff or our school therapist please contact the school. Click on the link to view them:



- ◆ [Understanding Emotions](#)
- ◆ [What the GP says](#)
- ◆ [Looking after your mental health](#)
- ◆ [Ask the experts](#)

Happy Birthday

Ava-Grace	31 Jan 2017	Nursery
Kaiser	29 Jan 2016	Reception
Ben	04 Feb 2013	3
Cairo	06 Feb 2014	2
Molly	06 Feb 2010	6
Odin	07 Feb 2011	5
Riley	07 Feb 2013	3
Mikaela	10 Feb 2017	Nursery
Liyana	10 Feb 2015	1
Maya	11 Feb 2014	2
Florence	13 Feb 2016	Reception
Veronica-May	14 Feb 2012	4
Avrajit	15 Feb 2015	1
Denas	17 Feb 2010	6
Zoe	18 Feb 2016	Reception
Sumayyah	18 Feb 2013	3
Amara-Rose	20 Feb 2016	Reception
Bobby	23 Feb 2016	Reception
Baker, Bleu	24 Feb 2012	4
Daniella	25 Feb 2011	5
Lily-rose	25 Feb 2015	1
Ronee	26 Feb 2016	Reception
Rosie	28 Feb 2015	Reception
Isla	29 Feb 2012	4

Well done to our Stars of the Week!

Nursery: Leah & Frankie

Reception: Richie & Zoe

Year 1: Francis & Ellie

Year 2: Lyra & Carter

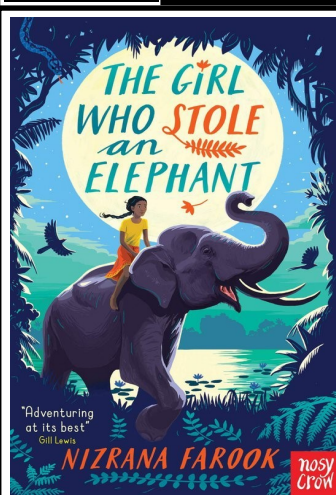
Year 3: Stanley

Year 4: Jessica & Stanley

Year 5: Alfie & Elowen

Year 6: Harry and Ruby

Virtual Library



Our author of the week is Nizrana Farook!

You can read or listen to The Girl Who Stole an Elephant by [clicking here](#).

You can also watch an exclusive video about Nizrana's new book, The Boy Who Met a Whale, discover her top three children's books and read an interview all about reading.

poetry quote

QUOTE FROM "STANDING TALL"
forums.familyfriendpoems.com/poem/33854

I'm always amazed
how you stand so very tall,
how you never give in.
You bend, but do not fall.

- PAUL HOLMES

When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.

-Fred Rogers

Remote Learning Etiquette and Expectations

Thank you for your ongoing support with remote learning. Class Teams have been working exceptionally hard to ensure that children have work set daily, which matches our school timetable including the Art and Music specialist teacher provision. Just as we would in school, the Senior Leadership Team, will be visiting classrooms virtually and continuing to monitor the children's outcomes through Google Classroom. Accessing the work is compulsory and a statutory requirement which is expected from all children. If you are facing barriers to the online learning, please contact us for support.

Teachers continue to set work inline with the National and our whole school curriculum. Lessons are planned and delivered daily and resources uploaded to Google Classroom. Guidance from the Department of Education States that every child during lockdown has the following entitlements;

Early Years– 2 hours per day

Key Stage 1 – 3 hours per day

Key Stage 2- 4 hours per day

If your child is in Years 3 to 6 the work will be set daily and we expect it to be completed daily, so they do not allow it to pile up, and fall further behind. If your child is in Nursery to year 2 we expect the learning to be completed by the end of the week set. However, if you are a parent that is working and trying to support the children with their remote learning we can accept work handed in by the end of the week.

We all learn from our mistakes and misconceptions so feedback is critical to learning. In order for the learning to be accessible to teachers, it has to be handed in using the handed in function and method. Sadly, teachers can spend hours looking for learning for one child as opposed to seeing learning from all children. The way to do it will be reiterated next week and there are instructional videos on this that have been shared.

Finally, we ask that you remember that school is open, to now over 60 children that need it and staff are managing the remote and in school offer. Due to the increase we will be moving from two bubbles to three from next week for each Key stage.

- * Each class has a daily Zoom session, where the teachers sets the daily expectation for learning and register the children. These lessons should be treated the same as lessons as if we were in school.
- * Every child is expected to attend the Zoom sessions and access the learning via Google Classroom and other platforms. Google Classroom is monitored daily and if your child is not attending their Zoom lessons and accessing the learning a member of staff will contact you.
- * During Zoom sessions, all children are required to have their cameras on and be on mute. This helps us to check the children are engaged in their learning. If a child's camera is turned off the Class Teacher will ask the child to turn it back on.
- * All children are required to set their display name on Zoom to their first name and not access the chat function, as this will now be disabled. Although, we are not asking children to wear school uniform please ensure that they are dressed and ready for their day of learning ahead.
- * Teachers will match their behaviour expectations to how they would in class in line with the school policy and will be using a range of techniques to support the children in their learning, such as the use of lollipop sticks to ensure everyone has a fair chance of discussion during the live lessons.

New Event!



Photography Workshop
Time: 4pm
Day: Wednesdays

New Event!



Kid's Virtual Drama Club
Time: 4pm
Day: Tuesdays

Please see above posters for virtual clubs. Please contact Poplar Union for more information

Snowy Sunday!

