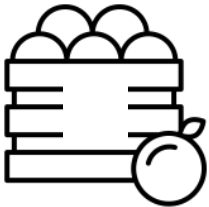


Friday 8th October 2021 "I have come so that you can live life, in all its' fullness." John 10:10

Headteacher: Fanoula Smith
www.stsavioursschool.org.uk

Weekly worship & reflection
How do I care for Gods
Creation?



Dear Families,

As I reflect on this week, it feels like we had a little more of our life re-
turning starting with our service at All Saints. We have so missed being
able to worship there as a whole school. We had continued with worship
here and leavers at All Saints but this was the first time since the start
of the pandemic that we returned and it was glorious. Your generosity at
a time of need is heart warming and harvest whether from you or the
school gardens was bountiful. A special thank you to the team and Jane
for Stone Soup, our collective giving certainly makes a hearty welcome.



There is a lot to be grateful
for this
harvest.



As if this was not enough, parent consultations happened for the first
time in person and on site too, which was an utter joy. For some par-
ents, this was the first opportunity you have had to enter the school,
see the classroom and meet in person. Thank you for coming and for
being true partners in your child's education with us.

Please remember that if you get stuck at all with supporting your
child, you can ask for an appointment with a member of the class
team. There is always a wealth of information on our website too.

<http://www.st-saviours.towerhamlets.sch.uk/classes>

Mrs Smith

Date	Dates for your diary
Monday 11th October	National Mental Health Day
15-19th November 2021	Anti-bullying Week
1st- 31st October 2021	Black history month
8th-12th November	Maths week
1st December 2021	School birthday
13th- 17th December 16th December 20th December	Christmas celebrations Christmas Panto in school
26th-30th October	Half Term Week
21st December- 1st January 2021/22	Christmas Break

Mental Health at St Saviours

At school we have two trained mental health leads, Mr Dunford –Crozier, and Ms Rachel Sablon, they are here are mental health first aiders to support and signpost at tricky times that we can all experience. If you feel you need someone to talk with, please call Ms Sablon to arrange an appointment.

Mental Health at St Saviours

Sunday is annual mental health day. We
have been learning about mental health and
how we all have to take care of it for a few
years now through our work with M- Set.
Please have a look at the thoughtful videos
the children made about the pandemic.

Here is the [link](#) for one on building resili-
ence, there are many more.

This year M-Set are once again working
with year 5, they are helping us understand
how our brain works and how to regulate it.
The moto is "we all have mental health—
look after it" Whether this is by being in na-
ture, eating healthily, exercising, connecting
with one another.

Routine reminders, to make sure you get through to the right person
please direct your call to the following:

<input type="checkbox"/> Reporting your child's absence	The office from 7:00am
<input type="checkbox"/> Lunches & afterschool	The office from 9:30—11:00
<input type="checkbox"/> Class, learning or a behaviour call back or teacher meeting	The office to request a class call back or teacher meeting
<input type="checkbox"/> Home support	Mrs Sablon before 3pm
<input type="checkbox"/> Safeguarding concerns	Head teacher or Deputy to re- quest call back or meeting
<input type="checkbox"/> Special Educational Needs & disabilities	The office for a call back from SENDco—Rachel Prowting Lissane Go—S&L therapist

Well done to our Stars of the
Week!



Family Fun!

Ideas to support learning, play and well-being

Number Bonds

Children love this hands-on approach to exploring number bonds. Just write the digits 0-8 on a paper plate and draw corresponding circles on a separate plate and then cut up into pizza slices. Ask your child to pick two pizza slices and match to the paper plate. Count dots to complete sums. This activity can be extending by writing numbers 10 to 80, each circle on the pizza slice represents 10.



Create a Comic Strip

Draw a comic strip format on to a piece of paper. Ask your child to think of a story and draw the pictures first. Next, ask them to add speech, annotations and thought bubbles. Children are drawn to the comic book format as it is engaging, moves quickly, and there is an opportunity to add lots of pictures.



Nature Walks- Green Therapy

Taking a walk in a park or forest setting not only improves physical health but can also improve emotional well-being. Encourage your child to look at their environment and notice what they see, hear or feel. This can improve concentration and bring a feeling of instant calm and improve mood.



Apple Peanut Butter Teeth

Cut the apple in to slices. Take two slices and spread one side with peanut butter. Place some marshmallows on one apple slice and place the other apple slice on top. A fun and healthy snack ready in no time at all!

Parent and Family Support Service



Virtual session for Parent/carers

The Parental Engagement Team 'Platform to Talk' sessions allow parents to come together, share experiences and receive information. Led by experienced practitioners from the Schools and Families Team. The virtual sessions cover a range of topical issues from health and well-being to family life, parenting, school and more.

Our next PTT session will be about the importance of belonging to a culture and having a strong identity. This has a big impact on a child's sense of self-worth and supports their development in a positive way. We would love to hear your stories and thoughts on this fascinating topic.

Key points discussed

- How do we define identity?
- How do we define culture?
- How having a strong sense of identity can help create the right environment for a child to thrive
- Ideas on how to develop a child's interest in different cultures and traditions

Platform to Talk: Building Strong Identities

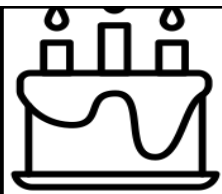
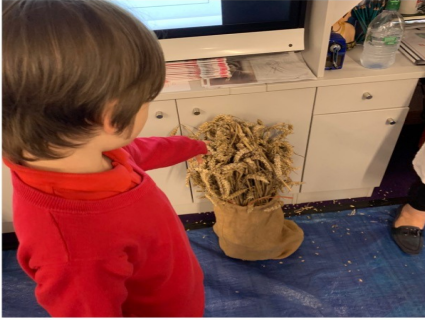
Friday 8th October at 10am

Parental Engagement Team is inviting you to a scheduled Zoom meeting.

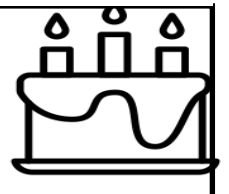
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Meeting ID: 870 2468 2524

Passcode: sHm92Q



Happy Birthday!



Aleksandra Swierczynska
 Amaan Ali
 Archie Cooper
 Areebah Rauf
 Bonnie Friedlander
 Brenden Folia
 Daniel Obi
 Elijah Samuel
 Elliot Day
 Mackenzie Jaques
 Phox Tarsa
 Stanley Naughton
 Tanjim Ali

24th October 2021
 1st October 2021
 18th October 2021
 24th October 2021
 26th October 2021
 17th October 2021
 29th October 2021
 15th October 2021
 9th October 2017
 14th October 2011
 15th October 2014
 13th October 2011
 14th October 2013

Fahida Hussain
 Finley Taylor
 Freddie Brooke
 Geetanshi Kumar
 Harley Lashley
 James Harris
 Joseph Knowles
 Kevin Nguyen
 Lexi Suksiri
 Olivia Welch
 Pixie Siddle
 Talia Siddle
 Sumlina Sarker

20th October 2016
 26th October 2010
 11th October 2015
 2nd October 2017
 22nd October 2011
 27th October 2014
 8th October 2013
 28th October 2012
 10th October 2016
 17th October 2010
 9th October 2015
 9th October 2017
 31st October 2010