

Friday 25th February 2022 "Jesus said, "I have come so that you can live life in all its' fullness" John

Headteacher: Fanoula Smith
www.stsavioursschool.org.uk

Weekly Worship & reflection

The coming of Lent

Lent teaches us to be more like Jesus.

"then god said, "Let us make humankind in our image, according to our likeness..." Genesis 1.24-31

Dear Families,

Welcome back to a brave new world! It is wonderful getting our life back and living life in all its fullness at school with performances, visits, and residential with year 6 off to Gorsefield next week! We will also be having our Ash Wednesday service at All Saints on Wednesday at 1:45pm all welcome. The world is changing at pace, children have a right to be updated under the United Nations children's rights charter. For us it is important that we share news through our Christian distinctiveness so we are using Picture News which is a format that looks at news through the lens of Christianity and key concepts in faith such as forgiveness. We not only go through the news sensitively, we also pray for people affected whether local, national or global. We pray for peace for all human kind.

Mrs Smith



RE: New Covid-19 changes and the governments 'Living with Covid'

The ending of Covid restrictions commence today with the removal of the legal duty to self-isolate in the event of a positive Covid-19 test. From this point Covid will begin to be treated like other infectious diseases.

Whilst the legal duty to self-isolate ends, the government advice still remains that people who test positive should stay at home and avoid contact with other people for at least five days. We strongly encourage all of our staff and pupils to follow this advice and value your support as parents to ensure this is the case. The requirements for staff and pupils to test twice weekly for Covid no longer applies in mainstream settings. Staff and pupils in SEN settings, including SEN units in schools should continue to test as they have done up to now.

Furthermore, those who are close contacts of a person who tests positive for Covid are no longer required to test each day for seven days. The legal requirement for those who are not fully vaccinated to self-isolate in the event of being a close contact also ends today.

As throughout the pandemic, we appreciate your support to ensure that new arrangements are followed.

Executive Function—focus on Emotional Control

What can they help us with in school?

Emotional Control means to manage your feelings so that you can be successful and productive.

Learners can...

- Have difficulty accepting feedback.
- Have trouble getting over things and hold grudges.
- Be hesitant to take risks if it might not go well.
- Have big outbursts.
- Be on an emotional rollercoaster.
- Have reactions out of proportion to what has happened.
- Be frustrated if they don't understand instructions and shut down.

We can: use systems to teach about emotions, give breaks, use check-in signals, use calming strategies, praise students for using the strategies

Students can: learn to name their emotions, accept what they are feeling, recognise how the body feels with different emotions, get plenty of sleep and eat a balanced diet, use calming strategies.

Celebrating loving hearts and shining lights

MATTHEW 5:16,
"Let your light so shine before others, that they may see your good works and glorify your Father in heaven"

Learning with an open mind



Ephesians 4:32

Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.

Loving with a full heart



Pick-up playground do's and don'ts:

It is wonderful welcoming you all back on the playground, great to regain our lives back as a school community.

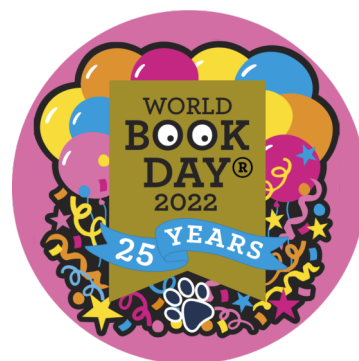
Please remember to continue to

- ◆ be on time, gates will close
- ◆ Keep your children close and with you at all times
- ◆ Be swift with pick up and leaving the premises
- ◆ Pick up your scooter or bike
- ◆ Stay off the play equipment—it is for during the day when children are supervised
- ◆ Only short messages with staff—make an appointment for longer conversations—they are there to ensure everyone is safely given to their adults
- ◆ Keep your pets off the premises—sorry no pets allowed

We will be celebrating World Book Day on Friday 4th March

Next week, is a very exciting week...as it is finally World Book Day! Woohoo! This years theme for World Book Day is 'You Are A Reader'.

In the age of digitalisation it's ever so important to encourage children to read books and help them see the value of literature. This is a great event to highlight the importance of reading. There are SO many benefits of reading, such as increasing and expanding your vocabulary, heightening your empathy, and improving your concentration. So, this week (and every week) please pick up a book and read!



We would like to encourage the children to dress up as either their favourite book character or they can come to school in their pyjamas and bring their favourite book to read at bed time. ([For some dressing up ideas click here.](#))

Miss Daly has organised an entire day of fun World Book Day activities for each of the classes on Friday 4th March! We will also be joined by David Lucas, who is the author of: Halibut Jackson, Skeleton Pirate, Cake Girl and many more fantastic books.

Poplar Schools Idea Store Reading Challenge



From Monday 28th February until Monday 14th March if you visit the Idea Store in Chrisp Street you can help your school win a trophy!



All you have to do is go into the children's book section and ask for a token. *While there, why not borrow some books? THEY'RE FREE*

Visit the Idea Store, Earn Tokens for your school, Read More!



To kick-start World Book day (slightly early), yesterday, KS2 were treated to a fantastic show based on the Stone Age by the Ministry of Stories Team.

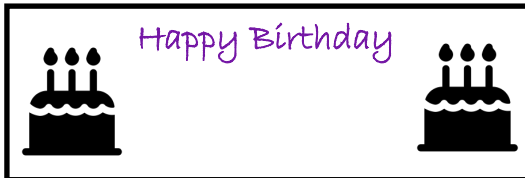
Justin has been working with Year 3 for the last 5 weeks to create a play script written by the amazing Year 3 students.

To celebrate the finale of the Tribal Tales project, actors performed their amazing play!



About World Book Day





Daniella	25 Feb 2011
Lily-rose	25 Feb 2015
Ronee	26 Feb 2016
Rosie	28 Feb 2015
Isla	29 Feb 2012
Theobald, Alfie	05 Mar 2013
Wood, Poppi	05 Mar 2015
Adeniran, Lois-Rachel	06 Mar 2013
Collins-Edwards, Georgie	08 Mar 2012
Hall, Ethan	11 Mar 2011
Phillips, Noah	13 Mar 2018
Fenech, Johnny	18 Mar 2017
Silva Lima, Jaciara	24 Mar 2014
Toomey, Oscar	27 Mar 2016



Scouts

Ready to try something new?

Your scout group in Poplar has reopened!

We're ready for girls and boys to join us on Monday evenings at All Saints Church on Bazely St (through the entrance at the back of the building.)

5.30-7.00pm Beavers (ages 6-8 Yrs)

7.00pm—8.30pm Cubs (ages 8-10½ yrs)

Volunteering is also easier than you think. With full support and training, you can volunteer on a flexible basis.

Learn new skills, contribute to an amazing life experience for you and your local community, and find out why volunteering is good for you.

Visit 4thpoplar.eastlondonscouts.org.uk (or bit.ly/E14sScouts) for more details

News and information to support families

International Women and Girls Week- Sport Activity Programme:

- International Women and Girls Week: 6-12 March 2022
- Tower Hamlets Council with partners is proud to host a week long programme of community activities to celebrate cultural wellbeing and togetherness
- Activities include tournaments walking netball, badminton, basketball, football, aerobics, body conditioning, swimming, circuits, bamboo massage, nails and virtual wellbeing sessions – Pilates, self-defence and much more

For more information and bookings please contact the Sports and Physical Activities Team at www.towerhamlets.gov.uk/sports or Pauline.Stewart@towerhamlets.gov.uk , also please see the programme and flyers attached



New for Spring 2022!

FamiliesMATTER

Parenting Taster sessions and Workshops

Attend a workshop listed below to gain an introduction to some of the popular courses delivered by the parent and family support service or perhaps you need some take away tips and strategies to manage some of the everyday parenting challenges

Topics	Date	Time	Location
<ul style="list-style-type: none"> Parenting for Single Parents During this session we will be exploring the unique challenges of single parenthood and sharing top tips for coping effectively with trials that may arise. 	Thursday 17 th March	10am-12pm	Zoom
<ul style="list-style-type: none"> Emotional First Aid Taster workshop For parents who would like to know more about the importance of their emotional well-being as parent and get details of our 6-week programme. 	Friday 1 st April	10am-12pm	Zoom
<ul style="list-style-type: none"> Triple P Family Transitions Taster Workshop - (Positive Parenting Programme) For parents separated from their partners who would benefit from support to work through this change whilst maintaining a positive environment for the children. 	Thursday 24 th March	10am-12pm	Zoom
<ul style="list-style-type: none"> Parent Support Network First of a new support network for all parents that have attended a parenting programme and would like to become part of a supportive community. 	Friday 25 th March	10am-12pm	Zoom
<ul style="list-style-type: none"> Triple P Discussion Groups - (Positive Parenting Programme) Attend either or both sessions to receive effective strategies to positively manage challenging behaviour. <ul style="list-style-type: none"> Encouraging Positive Behaviour 2yrs -11yrs Dealing with Teenager's Emotions 	Monday 21 st March Thursday 31 st March	10am-12.30pm 10am-12.30pm	Zoom

To book your place on a workshop please click on this [Eventbrite](#) link.

If you have any queries please get in touch by emailing parenting@towerhamlets.gov.uk or call 0207 364 6398

Sessions will be delivered by LBTH Parent & Family Support Service

LET'S TALK ABOUT MENTAL WELLBEING

SIGNPOSTING AND INFORMATION SERVICE

Would you like to speak to someone in confidence and access support to help with your issues?

Are your worries & stresses impacting on your daily life?

You can speak to us in confidence on the following days:

FACE TO FACE SUPPORT (BENGALI SPEAKING):
EVERY WEDNESDAY, 9.30 - 11.30AM
VENUE: HARFORD HEALTH CENTRE
115 HARFORD STREET, LONDON E1 4FG

You can turn up on the day at the venue, request an appointment by calling 07871 927 324 or email support@bangladeshimentalhealth.org.

TELEPHONE SUPPORT (BENGALI SPEAKING):
EVERY THURSDAY 10-12PM
TELEPHONE: 07871 927 324

Calls outside the advertised hours will not be answered, but you can leave a voice or text message and we will get back to you.

We would like to reassure you that our service is confidential and no information will be shared with your family or relatives.



Important information

This service is only for signposting and information, staff and volunteers cannot provide professional and ongoing mental health support. However, we will do our best to help you by speaking to you about your issues and referring you to the relevant support service.

- www.bangladeshimentalhealth.org
- info@bangladeshimentalhealth.org
- General Enquiries 0771 607 8840
- Charity Number: 1128579

SPRING TERM 2022

Your guide to information and services for families in Tower Hamlets
LOCAL OFFER
If you're a parent, you'll find it useful.



Early Years Information session for parents and carers

of children and young people with
Special Educational Needs and/or Disabilities (SEND)

Tuesday 1 March 2022

10.30am - 12.00pm

Mile End Children and Family Centre, 9 Bede Square, E3 4GY

- Find out about the Early Education and Childcare Service and the support and nurture available for children with additional needs
- Find out about the development of Speech and Language provision
- Hear from Senior Leaders about plans and actions following the SEND Local Area Inspection

If you are unable to attend and wish to hear the presentation you can join an online webinar over ZOOM:

Wednesday 2 March 2022

5.30 - 6.30pm

Click [here](#) for link.

Meeting ID: 763 7043 0434
Passcode: c5GP5N

We look forward to welcoming parents and carers of children on SEN Support or with an Education, Health and Care Plan.

Join the termly 'Let's Talk SEND' events to share your experiences and work with us on improving communication and services throughout the SEND system.

CONTACT US

For more information contact:
Family Information Service
Tel: 020 7364 6495
Email: [TowerHamlets&City.SENDIASS@towerhamlets.gov.uk](mailto: TowerHamlets&City.SENDIASS@towerhamlets.gov.uk)

