

Friday 4th 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*

## Candlemass



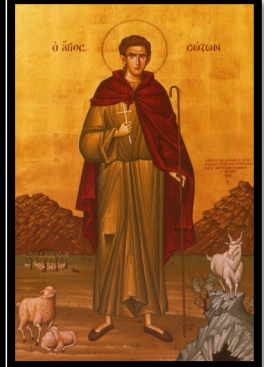
What hopes do you have the future? For our children?  
How does trust in God help?

Dear Families,

Thank you so much to all of you who were able to come in and meet your child's teacher this week. It was wonderful to welcome you back in to school.

We asked the children from year 3 to 6 and you some questions to inform our future planning after half term:

- We return to our original school time of 3:30 rather than the earlier time.
- You come to the playground and pick up your child from the class door. Drop off remains the same soft start with gates open from 8:45-8:55
- You monitor your child's symptoms and temperature from home, rather than us. You conduct the contact tracing with NHS test and trace when you log results.



This was a humbling week where we gratefully received a delivery by the Mohanji ACT Foundation, a multi faith temple in Wales. The ladies who delivered the boxes of food had driven from Wales to bring them to us. They contain food that worshipers bring when attending worship, people of different faiths. We will also be planting 6 fruit trees with year 6 after their SATs. By now you will know from your child's teacher when their national assessments will be taken place. We have requested on their behalf that testing is modified for this year considering their disruption or like GCSEs children get to know what to revise and can be given some supportive materials. Sadly, this is not the case. I will continue to campaign for modifications whilst still supporting teachers and children to get them ready for the full assessments. In the mean time, daily reading, times tables, maths applied to real everyday life from cooking to telling the time and homework is how you can support. Wishing you a wonderful weekend, Mrs Smith

### Executive Function—focus on response inhibition

What can they help us with in school?

- Working memory
- Planning and prioritising
- Task initiation
- Metacognition
- Cognitive flexibility
- Response inhibition
- Emotional control
- Organisation
- Time Management
- Goal directed persistence
- Sustained attention

### Emotional control is managing feelings so you can be successful and productive:

Learners can....

- Has difficulty accepting feedback
- Holds grudges
- Hesitates when it comes to risk
- Reacts before thinking
- Emotional roller coaster
- Reacts out of proportion to what has happened
- Get frustrated

**We can:** use zones of regulation, take breaks, practice calming strategies,  
**Students can:** learn to name emotions, accept what you're feeling, recognise how your body feels with different emotions, sleep enough, eat a healthy diet

### COVID reminders

*What to do if... My child has symptoms; Let your child rest & recover at home, take LFTs from day 5&6, or a negative PCR and come back. Or just return from day 10 if symptomless. Someone in my household is positive? Your child can come in if they have no symptoms. A child in the class is positive? The child's parents would know, they would not be in school. If they had symptoms whilst at school, we keep seating and group plans stable to ensure less indoor mixing and enable us to contact directly under advice from local public health. A member of staff has a positive test? Staff test twice a week if positive they do not come to school and as above in terms of contact tracing. Can my child get vaccinated—yes if vulnerable*

### 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



### Dates for your dairy—more coming soon!

18/1/22	Year 3 Ministry of Stories launch workshop then in every week– performance to be arranged
24/1/22	Keeping your child safe online for parents via zoom delivered via the local authority
8/2/22	E-safety for all children in school with national e-safety day
7/2/22	Poetry Slam Year 5—poet in, rehearsal,
11/2/22	Performance at Rich Mix
8/2/22	BEE project on financial literacy year 6
9/2/22	Clifford Chance volunteers in to meet children
11/2/22	Last day for children
14-18th Feb	Half Term—children return on Monday 21st Feb



Ben	04 Feb
Cairo	06 Feb
Odin	07 Feb
Riley	07 Feb
Xingchen	09 Feb
Liyana	10 Feb
Bhoomi	11 Feb
Florence	13 Feb
Veronica-May	14 Feb
Evie Lynn	16 Feb
Zoe	18 Feb
Sumayyah	18 Feb
Amara-Rose	20 Feb
Bobby	23 Feb
Bleu	24 Feb
Josephine	24 Feb
Daniella	25 Feb
Lily-rose	25 Feb
Ronee	26 Feb
Rosie	28 Feb
Isla	29 Feb

# News and information for Supporting families

**Raising Happy Babies**  
**FREE 6 WEEK PSYCHOLOGY COURSE**

**This course will help you to:**  
**Learn about your baby's emotional development/bonding**  
**Look after yourself as a new mother**  
**Adjust to the transition to life with your baby**

*"It was a great, safe atmosphere to open up and share my feelings"*

*"It was useful to hear others vocalise the same worries I had which normalised my feelings"*

**Please self refer on:**  
<https://towerhamletstalkingtherapies.nhs.uk/get-started/>

**To register for this group you must be a resident or have a GP in Tower Hamlets, be a first time mother and have a baby under 6 months**

## Healthy Babies Course: Tower Hamlets Talking Therapies and NHS East London

Parents can learn about their baby's emotional development/bonding

New mothers can learn how to look after themselves

New parents can learn how to adjust to the transition to life with their baby

Full details and joining information are on the flyer attached

Register here <https://towerhamletstalkingtherapies.nhs.uk/get-started/>

## Get Ready 2022 Applying To Nursery?

### Tower Hamlets Transition Support Service, Supporting Parents and Carers with the Nursery Application Process

- Tower Hamlets Transition Support Service provides information, advice and support around transitions

We recognise that this is a worrying and uncertain time for families and strive to continue to support in any way we can

Get Ready 2022: Applying To Nursery:

- Please note closing date for primary applications is Wednesday 16th February 2022

Contact: [transitions@towerhamlets.gov.uk](mailto:transitions@towerhamlets.gov.uk), 0207 364 1533. Follow us on Twitter: @TransitionsTH

### Somali Parents and Carers Network: 'Bullying – Information and Advice for Parents and Carers'

The Parental Engagement Team invites Somali parents and carers in Tower Hamlets to an online meeting on Bullying- Information and Advice for Parents and Carers

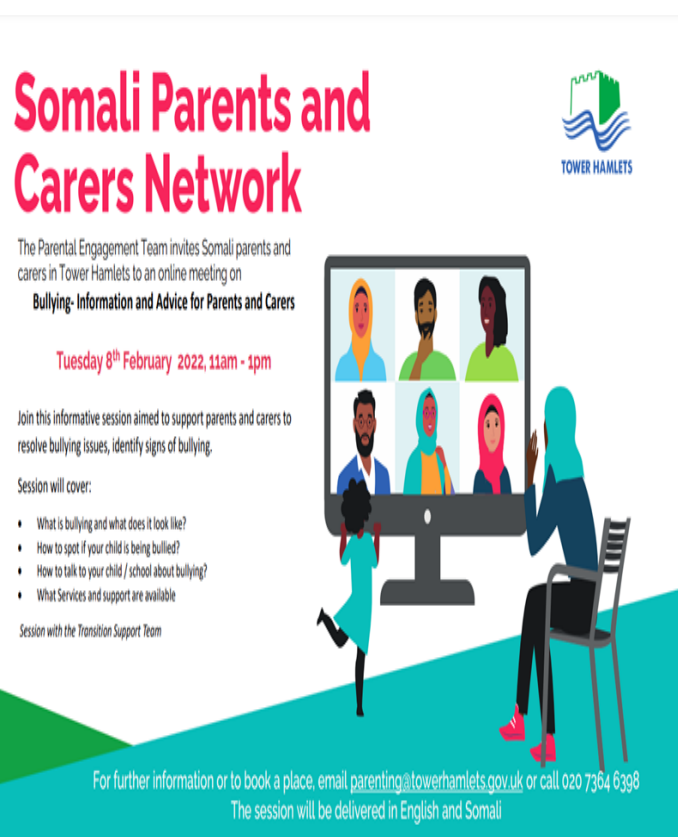
Tuesday 8th February 2022, 11am - 1pm

Join this informative session aimed to support parents and carers to resolve bullying issues and identify signs of bullying

Session is with the Transition Support Team

For further information or to book a place, email [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) or call 020 7364 6398

The session will be delivered in English and Somali



**Somali Parents and Carers Network**

The Parental Engagement Team invites Somali parents and carers in Tower Hamlets to an online meeting on **Bullying- Information and Advice for Parents and Carers**

**Tuesday 8<sup>th</sup> February 2022, 11am - 1pm**

Join this informative session aimed to support parents and carers to resolve bullying issues, identify signs of bullying.

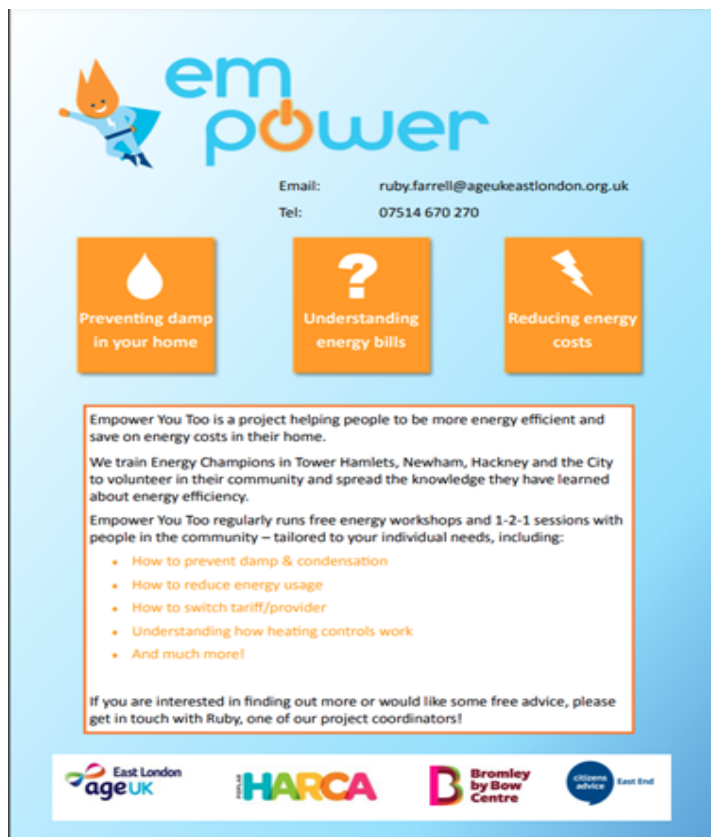
Session will cover:

- What is bullying and what does it look like?
- How to spot if your child is being bullied?
- How to talk to your child / school about bullying?
- What Services and support are available

Session with the Transition Support Team

For further information or to book a place, email [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) or call 020 7364 6398

The session will be delivered in English and Somali



**em power**

Email: [ruby.farrell@ageukeastlondon.org.uk](mailto:ruby.farrell@ageukeastlondon.org.uk)  
Tel: 07514 670 270

- Preventing damp in your home
- Understanding energy bills
- Reducing energy costs

Empower You Too is a project helping people to be more energy efficient and save on energy costs in their home.

We train Energy Champions in Tower Hamlets, Newham, Hackney and the City to volunteer in their community and spread the knowledge they have learned about energy efficiency.

Empower You Too regularly runs free energy workshops and 1-2-1 sessions with people in the community – tailored to your individual needs, including:

- How to prevent damp & condensation
- How to reduce energy usage
- How to switch tariff/provider
- Understanding how heating controls work
- And much more!

If you are interested in finding out more or would like some free advice, please get in touch with Ruby, one of our project coordinators!

East London ageuk | HARCA | Bromley by Bow Centre | Citizens Advice East End



Platform To Talk: 'How Gender Roles and Stereotypes affect Young People':

These discussion based virtual sessions provide a safe space for parents to come together, share their experiences and get reliable information.

Platform to Talk- How gender roles and stereotypes affect young people

Join our discussion and gain an insight into the pressures children face and how you can keep them safe by building resilience and confidence.

**FamiliesMatter**  
Tower Hamlets Parental Engagement Team



## Parent and Family Support Service



These discussion based virtual sessions provide a safe space for parents to come together, share their experiences and get reliable information.

### Platform to Talk- How gender roles and stereotypes affect young people

How do stereotypes on children affect their happiness? Through social media, news and film we are learning more about gender roles. Gender stereotypes matter because they can limit children's choices, behaviour, aspirations, and achievements.

Join our discussion and gain an insight into the pressures children face and how you can keep them safe by building resilience and confidence.

**Friday 11<sup>th</sup> Feb**  
**10am- 11am**  
**Delivered online through Zoom**

Join Zoom Meeting

<https://us06web.zoom.us/j/87236120037?pwd=TWJtZWZlZORReWZZSDYxOWIHU3BjZz09>

- Meeting ID: 872 3612 0037
- Passcode: r79UN6

## Tower Hamlets Holiday Childcare Scheme:

- The Tower Hamlets Holiday Childcare Scheme is open for bookings for the February 2022 Scheme
- We will be having a slightly reduced capacity for this scheme as we continue to follow government guidance
- Scheme dates: Monday 14th February – Friday 18th February 2022 (5 days, based on the Tower Hamlets school holidays)
- Venue: St Mary & St Michael Primary School, Sutton Street, E1 0BD
- Please support and share this information with families you feel may benefit from our



## Holiday Childcare February Scheme 2022

### Information for professionals

The Tower Hamlets Holiday Childcare Scheme is still open for bookings for the February 2022 Scheme for residents in the borough and vulnerable referrals. We will be reducing capacity for this scheme as we continue to follow government guidance. For more details please click on the link [government guidance](#).

### Scheme dates

Monday 14th – Friday 18<sup>th</sup> February 2022 (5 days)

Our scheme dates are based on the Tower Hamlets school holidays.

Booking closing date: 8 February 2022 by 2pm or earlier once bookings are full

### Venue

St Mary & St Michael Primary School, Sutton Street, E1 0BD

Please support and share this information with families you feel may benefit from our scheme. To refer a child please complete our [referral form](#) and support the family to book following the steps on our [booking system](#).

More information can be found on our website [www.towerhamlets.gov.uk/hcs](http://www.towerhamlets.gov.uk/hcs).

We will look forward to receiving your bookings.

Holiday Childcare Team  
Parent & Family Support Service  
Children and Culture Directorate  
London Borough of Tower Hamlets

## All Fun and Games? Your Guide To Gaming' by Parents

### Zone:

Free Safer Internet Day Special Event

Expert trainer, Sophie Linington, will explore some of the most frequent questions parents have about gaming

Tuesday 8 February, 4.30-5.00 pm, live on YouTube (search 'parent Zone')

Contact: [members@parentzone.org.uk](mailto:members@parentzone.org.uk)

# All fun and games?

Your guide to gaming

Tuesday 8 February 2022

Live: 4.30pm-5pm

Safer Internet Day Special Event



Member Resource

parentzone

## International Women & Girls Week: Free Cycling Sessions:

The Sports & Physical Activity Team will be kicking off this year's International Women & Girls Week with 2 FREE Cycling sessions for 11-18yrs old young women and girls

Sunday 6 March 2022 at Urban Adventure Base, 150 Burdett Road, London E3 4JT

For more information and to register please sign up [here](#)

Sign up to the LBTH Sport and Physical Activity newsletter [here](#)

## Bangladeshi Mental Health Forum – 'Supporting Young People's and Childrens' Mental Wellbeing' Workshop:

7th -13th February is Children's Mental Health Week

The BMHF have organised a online workshop on 'Supporting Young Peoples and Children Mental Wellbeing'

This will be in Bengali by Bangladeshi mental health professionals and held on Zoom

Thursday 10th February 2022, 12.00- 1.30pm

Zoom Meeting ID: 991 9616 4458, Passcode: 526725 or click [here](#)

**bmhf** **OCEAN** **TOWER HAMLETS** **Mind Matters**  
REGENERATION TRUST  
CREATING THE FUTURE

### BMHF Workshop – Children's Mental Health Week

**'Supporting Young People's & Children's Mental Wellbeing' (In Bangla language)**  
তরুণদের এবং শিশুদেরকে মানসিকভাবে সুস্থ রাখার সহায়তা করেন

> **Would like to understand how you can support your child's mental wellbeing?**  
আপনি কি বুঝতে চান, আপনার বাচ্চাদের মানসিক স্বাস্থ্য কিভাবে সাপোর্ট বা সমর্থন করতে পারেন ?

**Please attend our online workshops to find out more**

**Workshop Details (Online)**  
**Supporting Young People's & Children's Mental Wellbeing (Bengali)**  
**Date: Thursday 10<sup>th</sup> February 2022 Time: 12-1.30pm**  
**Zoom Meeting Details:**  
**Meeting ID: 991 9616 4458**  
**Passcode: 526725**

Kindly email to confirm your attendance (preferred option) or if you wish to remain anonymous\* you can also join on the day.

If you wish to remain anonymous, please use a pseudonym name (not your real name) and please ensure that your camera (video) is switched off.

For more information on the workshop and to register your attendance please contact Shamsur Choudhury on 0771 607 8840 or email: [shamsur@bangladeshimentalhealth.org](mailto:shamsur@bangladeshimentalhealth.org)  
[www.bangladeshimentalhealth.org](http://www.bangladeshimentalhealth.org) / Charity Number: 1128579