

Friday 4th March 2022 "Jesus said, "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

Ash Wednesday



Remember man
that you are
dust and into
dust you shall
return.

Dear Families,

A wonderful week, because we were able to share our Ash Wednesday service at All Saints together with parents attending and taking part as well as helping us along our way.

We are so impressed with our year 5 children who stepped up to reading in church and leading prayers a year early, they did a fantastic job. The singing was excellent and although the message of starting Lent is one of solemnity, it is also of hope that through our actions we can have the space to see what is important.

Our year 6 pupils were away on residential, living life in the countryside. The centre were very impressed with the children's excellent behaviour, cooperation and care.

Young on old our children, your children are shining stars!

Wishing you a wonderful start to Lent. Mrs Smith



This year Living Lent will focus on Embracing Justice, a 40 day challenge of doing good for others, we shall be considering it in school. We start with considering how we are made in God's Image. "Then God said, " Let us make humankind in our image, according to our likeness" Genesis 1.24-31 We pray to share our given gifts with the world and its people.

Our challenge this week is to try to see the good in everyone we meet because everyone is made in God's image. We exist in our co-humanity.

To try to imagine a fair and equal world, even with current events, and how we can all live in harmony with none another. This is linked to what Jesus said about not judging others. In Matthew 7.34 Jesus tells his listeners to take the log out of their own eye before trying to take a speck out of their neighbour's eye!

Executive Function—focus on Emotional Control

What can they help us with in school?

Cognitive Flexibility means to adapt to changes, obstacles and/or mistakes by revising your plan. Seeing things from different sides.

Learners can...

- Have trouble with changes to the schedule.
- Struggle with group work.
- Not see multiple solutions to a problem.
- Have trouble trying a new strategy when things don't work.
- Face challenges moving from one task to the next.
- Struggle with transitions.

We can: Give lots of notice and reminders about changes to the schedule. Give prompts in new situations - don't assume the student will generalise from one situation to another.

Students can: Practice scripts for new situations. Make self advocacy cards to let teachers know more about you. 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



Happy Birthday to you!

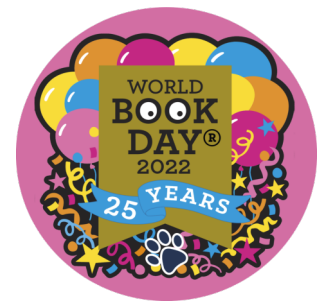
5th	Alfie T
5th	Poppi W
6th	Lois Rachel
8th	Georgie
11th	Ethan H
13th	Noah
18th	Johnny
24th	Jaciara
27th	Oscar

Tower Hamlets have started the work on creating school street outside our school beginning with Chrisp Street. The disruption will continue for about three to four weeks for this phase of the project. There will be some changes to parking, bollards and planting.



This was the consultation. A plan is outside out gates. Sorry for the disruption.

Our World Book Day Celebrations: Well done everyone!



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!](#)



We're supporting the people of Ukraine

Tower Hamlets stands with Ukraine, and we will offer what support we can to your country and its people during these dark weeks and months.

Please could you kindly donate the following items for Families.

- **Food** - e.g. Tins, pasta, rice, breakfast cereals, (please ensure these are in date)
- **Toiletries** e.g. Nappies, (all ages) Tooth paste, toothpaste, Shower gel, Deodorant, shampoo, wet wipes,
- **Bedding**—Thermal blankets, Sleeping bags, blankets,

Donations should be sent to the main school office no later than Wednesday 9th March

Thank you for your support

Year 6 - Gorsefield Residential

Year 6 have been away on their residential trip to Gorsefield this week. The children had a fantastic time enjoying lots of different activities such as Cycling, Archery, Orienteering and Team building. It was wonderful to see the children's enthusiasm and determination in tackling all the obstacles the countryside and weather (It was extremely cold, wet and muddy) could throw at them. We were amazed at how the children coped with the challenges of staying away from home. We would like to say a big thank you to the team at Gorsefield who looked after us so well as well as to say that our children were described by the staff there as being 'beautifully well-mannered and behaved,' as well as having 'extremely good appetites.' I would also like to thank Miss Harris and Miss Nunn for all their hard work and supporting the children throughout their time at the centre.



Mr Ali



News and information to support families

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

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

Parenting support:

There are many books but no ultimate handbook on what to do when parenting, we each have our individual ways, influenced by our histories... Children are always surprising and this makes our jobs in school interesting but at home can test the best of us.

The parenting courses below are amazing taster sessions of courses that have for years proved beneficial to supporting children especially at an age of such immense pressure. Please do book to find out more using the links below, they are run for free by the local authority. If you would like to know more do contact Mrs Sablon on our school number of 02079874889

Holiday Childcare Scheme Bookings Open for Easter 2022

Scheme dates: Monday 4th April– Thursday 14th April 2022 (9 days). Our scheme dates are based on the Tower Hamlets school holidays.

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

Bookings: [Register and Book](#) More Information: [Website](#)

For Referrals: Download the form using the link on the flyer attached.

The Tower Hamlets Parent Conference will be taking place on Thursday 10th March 2022 from 9.30am online through Zoom

45 minute bitesize webinars will be available throughout the day, starting on the hour from 10am to 2pm and an evening webinar at 6pm for attendees to drop into at their convenience. Bookings to receive the Zoom link can be made via Eventbrite [here](#)

Volunteering In Your Child's School Course:

An accredited course delivered by the Parental Engagement Team. Are you a parent who is interested in volunteering in school? Join the ten-week, Open College Network accredited course to prepare for your role as a volunteer and improve your career prospects. You can learn all about:

- the curriculum and how children learn
- the latest teaching methods
- how to support children's learning
- how to keep children safe

For more information and an application form email: parentalengagement@towerhamlets.gov.uk Please complete applications by the deadline of Monday 14 March. Have a chat to us about opportunities to volunteer with us!



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