

Friday 25th 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

God's hope in adversity



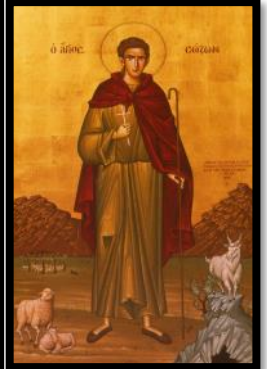
Perseverance—God supporting us to stay strong at times of hardship

Dear Families,

A lovely sunny week where we welcomed year 6 parents in for a SATs meeting, next week we are inviting year 2 parents in on Wednesday 30th at the end of the school day too.

Testing happens throughout the year, it is not unusual and it is used by us to identify and to plan for the children's needs. Ironically testing aids recall, so the very thing that can make some children anxious is the thing that helps them remember.

Learning is characterised by retention of knowledge and skills in our memory. Our memory is made by repeating things over and over again, our brain literally makes pathways of the things we need to remember, the more we practice the stronger our memory becomes.



Learning can be thought of as a combination of attention to and memorising facts, ideas and knowledge. Combining and using knowledge to do something can be considered a skill.

Memory is complex and varies for events, faces, feelings, association. It is stored in short or long term linked to parts of the brain and types of memory and retrieval. Our short term memory capacity is limited. On average people have a short term or working memory space for 7 digits, which is why telephone numbers are 7 digits long. If we practice enough and repeat, rehearse, review, and recall, we can transfer information to our limitless long term memory.

It is rumored that when they examined Einstein's brain he had a bigger section for memory, that was the only difference. Children can grow their memory with games, reading books, and ideas below. The more you can remember the more you can add to your knowledge.

Everyone can work on their memory and certain practices help it more than others. Strangely enough forgetting is part of remembering and things like testing, quizzes, either imposed by school or set at home can help us move learning from short to long term memory so it can last a long time. Best memory practice is below, try it and see. We will be giving out knowledge organisers with key facts to learn. There will be quizzes to help memory acquisition.

Do give it a go, it makes a difference. Enjoy the weekend, Mrs Smith

Executive Function—memory

What can they help us with in school?



The clocks go forward **one hour** on 27th March the final Sunday of March. Enjoy Mothering Sunday!



How to improve your memory trips!

- ◆ Test yourself—quizzes, timetables, spelling, cue cards
- ◆ Little and often—you cannot build muscle overnight—you cannot build memory overnight—10 mins 3x per week—at any time
- ◆ Rehearsal—go over it to a friend or family member
- ◆ Repeat it—space it out and give it a go over and over again
- ◆ Draw it out—picture can mean a 1000 words for visual learners
- ◆ Correct your errors—otherwise your brain keeps the mistake
- ◆

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

YOUR QUEEN NEEDS YOU!



Volunteers needed!

“Queen’s Jubilee Garden Party”

If you are interested in volunteering, please contact at the office. The event will be held in June to mark the Queen Elizabeth II great service. We are hoping to plan a garden party for the children with entertainment. If you can support us, let us know.

EASTER BONNET & HAT COMPETITION



**ALL BONNETS & HATS TO
BROUGHT INTO SCHOOL ON
FRIDAY 1ST APRIL**

**PRIZES TO BE WON!
WINNERS TO BE ANNOUNCED!**

GOOD LUCK!

News and information to support families



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

SUITABLE FOR REGULAR CYCLISTS LOOKING TO PROGRESS CYCLE SKILLS TO THE NEXT LEVEL NO COMPLETE BEGINNERS.



FREE* FAMILY CYCLE TRAINING

DR BIKE ON 11TH APRIL 09:00AM - 12PM!

BOOK YOUR PLACE ON

WWW.BIKeworks.ORG.UK/TOWER-HAMLETS-CYCLE-TRAINING

*REFUNDABLE £10 DEPOSIT PER FAMILY

DATES 2022

Mon 11 APR
Tue 12 APR
& Thu 14 APR

Times: 10:00- 12:00

IN EAST SIDE VICTORIA PARK
ENTERING FROM PARNELL ROAD
POSTCODE E3 2LA

VICTORIA PARK



Free Advice Sessions

Teachers from the Language, Literacy and Communication Team are running 2 sessions on Zoom

The sessions are **FREE**.

The link is the same for both sessions:

<https://us06web.zoom.us/j/84465868166?pwd=RzZtcEpxdkoJd1ZD5mNlcWU5V0hBUT09>

Meeting ID: 844 6586 8166

Passcode: n4XcNK

You can come to both of them, or just one. Just click on the link above.

	Date	Time	What is it about?
Session 1	Thursday 17 th March 2022	10 am to 11.30 am	Language Development: How to support your child
Session 2	Thursday 31 st March 2022	10 am to 11.30 am	How to help your child with reading