

Friday 13th May 2022 "Jesus said, "I have come so that you can live life in all its' fullness" John 10:10

Headteacher: Fanoula Smith
www.stsaviourschool.org.uk

Weekly Worship

Loving & caring for others
as an expression of Gods
Love



In all faiths—the golden
rule is Love the most
important fruit of the spirit

Dear Families,

A love of learning- We are impressed and proud with the inspiring and resilient attitude of our year six children who rose to the challenge of SATs this week. Their preparation meant that they were ready, and although the week can be emotionally tiring, they are a credit to themselves and all who have supported them. We will be looking to them to support and guide other children as they embark on their assessments in the coming weeks.

A special thank you to Mr Ali, Ms Harris and Mr Hall for their service in getting them there. This would not be complete without celebrating the learners in year 6 who wish to continue tutoring so they feel even more confident in secondary school. Yeah!



Anti –Bullying Ambassadors



Loving others— A Big Congratulations to all our Anti-Bullying Ambassadors who received their badges!

The ambassadors have received and will continue to receive training on what bullying is, how to support others and be a courageous advocate in support of others!

SUMMER

Dates for Diary!

16th—25th May	Y2 SATs, & Y5 banding
26th May	Queens garden party
30th May	Half term week
7th June	Pentecost at All Saints
6th June	Phonics tests year 1
13th June	Multiplication tests year 4
17th June	N&R & Y1&2 sports days
22nd June	Windrush Day Discovery Day—New lunch menu for this day - see poster attached
24th June	Yr3&4 and Y5&6 sports days
18th July	Transition week
19th July	Junior disco & class parties
20th July	Y6 Leavers & last day

Self love- Mental Health focus: Children and adults feel stressed. Stress is a normal response to changes and challenges. Life is full of those. We tend to think of stress as a bad thing, caused by bad events. But good events (like weddings, holidays, or new activities) can cause stress. Children feel stress when there is something they need to prepare for, adapt to, or guard against, that matters. Change often prompts stress — even when it's a change for the better.

Stress has a purpose. It's a signal to get ready. Positive stress allows us to build inner strengths and skills—resilience.

There are lots of positive ways to support including protecting routines, taking a break, using breathing techniques, feeling loved & safe. There are lots of podcasts and other resources on <https://www.annafreud.org/parents-and-carers/child-in-mind/> to support you whether the children are young or older.

Wishing you a wonderful weekend, Mrs Smith

Happy Birthday to you!

Joseph	5th
Armel	8th
Jermaine	9th
Hunter	10th
Savanna	11th
Alfie	15th
Aliana	15th
Tommy	15th
Kaniraa	16th
Temitope	16th
Tiwatope	16th
Joey	16th
Mark	20th
Noah	21st
Peter	22nd
Dejaun	27th
Danyal	28th
Kai	28th
Kaira	29th
Lois	30th

Celebrating life in all its fullness

Learning with an open mind

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



Ephesians 4:32
Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.

Loving with a full heart



YOUR QUEEN NEEDS YOU!



Volunteers needed!

“Queen’s Jubilee Garden Party”

We are planning on having a whole school garden party, all the children seated together on our pitch for a special celebratory picnic lunch that includes coronation chicken, jelly & cake and all sorts of lovely things.

We are planning on having entertainment potentially from circus skills to BMX stunt teams (depending on availability)

A fun-filled extravaganza of a day with activities for the children.

If you are interested in volunteering in class or over lunch and the afternoon, please contact at the office.

Tower Hamlets is rich in the parental support offered please take up some of the training listed in Families Matter booklet.

Please see link below to book!

https://www.towerhamlets.gov.uk/lgn/education_and_learning/parental_support/parental_support.aspx



Celebrate Windrush Day With a Special Lunch



WINDRUSH FOUNDATION

Menu

Jerk Chicken

Rice 'n' Peas

Veggie Patties

Mac and Cheese

Served with

Steamed Cabbage

Plantain

Jamaican 'slaw

Dessert

Ginger Cake

**Tropical Fruit
Salad**

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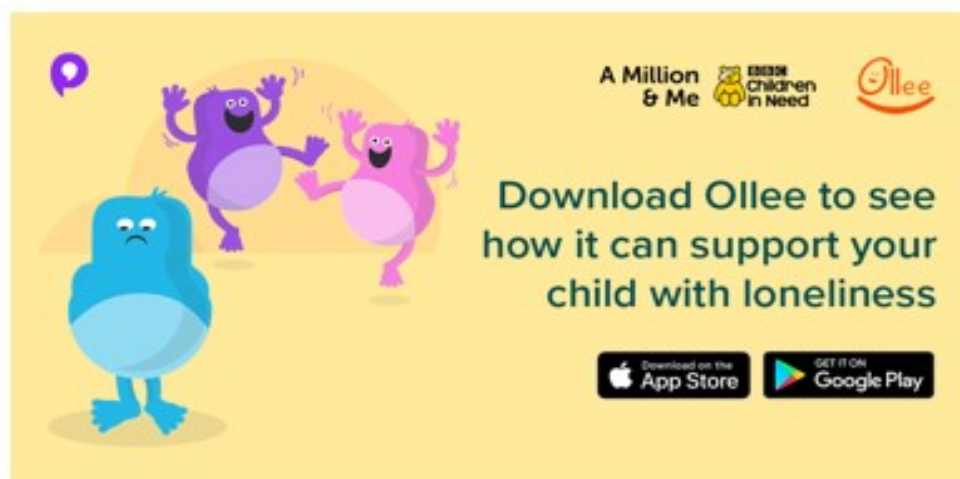
How to help children deal with loneliness - Mental Health Awareness Week 2022

"An emotion is like a fish in a pond that can take over at any time."

(Primary school child)

The Mental Health Foundation hosted the first Mental Health Awareness Week 21 years ago – a key moment for people and organisations across the UK to reflect on the importance of mental health and wellbeing.

This year, the theme is loneliness.



The global pandemic put massive mental health pressures on many families – as they had to find new ways to come together while staying physically apart. For some, they did this with limited access to their normal support networks (as highlighted in our 2020 [Left behind in lockdown](#) report).

Loneliness sometimes seems easy to dismiss as nothing more than a passing feeling. However, the significant strains of the last few years have impacted some people more than usual. It is therefore even more important now to avoid feeling lonely for long periods of time, as this can lead to more serious mental health problems.

Building positive relationships is essential for children to find support and understanding – whether they are feeling sad, melancholic, misunderstood, lonely – or when they are not sure what their emotions are.



Helping children when they are feeling lonely

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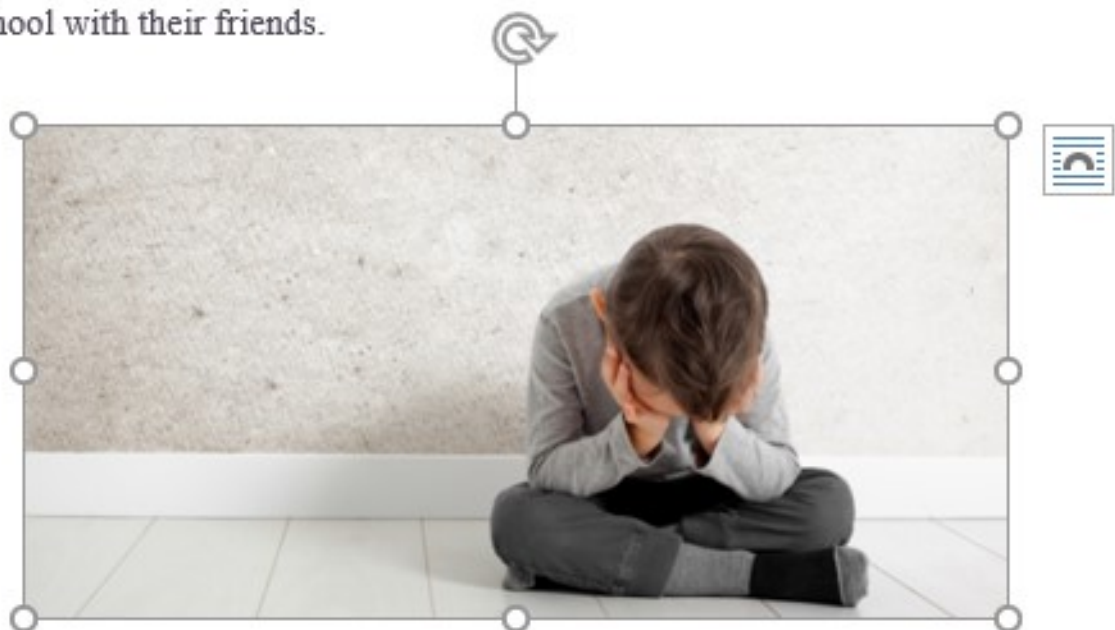
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Helping children when they are feeling lonely

It might be hard to understand how children can sometimes feel lonely, even when they are at school with their friends.



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