

Friday 24th June 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

Dear Families,

It has been so wonderful this week to have parents watching the children and cheering them on during their sports day. We finally finished today and were very lucky with the weather. I would like to take this opportunity to thank all of you that were able to attend and help us to keep our children safe by following the rules. Hopefully the photos that we have shared via the newsletter gives a glimpse of how well it all went.

Tower Hamlets is a fantastic borough with wonderful parks to explore. Having watched the children exercise all week it reminds us of the importance of keeping our bodies and mind fit and healthy. Tower Hamlets continues to have one of the highest rates of obesity in children.

In 2018/2019 The Borough of Tower Hamlets was ranked 5th in London for having the highest rates of overweight children by Year 6. 9th nationally. Currently, In the Borough more than 1 in 5 children (21.4%) vs (21.8% nationally) in reception are overweight or obese. By year 6 this doubles to 2 in 5 children (42. %) vs (37.9% nationally). Health and Wellbeing Board March 2020

Here at St Saviours we are committed to supporting you and your family to not to be part of this statistic by: Being a WATER ONLY school Providing Nutritious Gold standard meals with sugar swap foods Promoting Healthy packed lunches, removing crisps, chocolate & sweets Parent workshops for awareness & support

\*Excessive sugar is linked to weight gain and provides major and unnecessary calories. If you fancy something sweet: Try adding cinnamon & honey to foods. Cut up fruit & veg such as pineapple, orange & cucumber to make your own flavoured water.

Have a wonderful weekend

Fanoula Smith

Weekly Worship

*What does God want you to do?  
To act justly  
and to love mercy  
and to walk humbly with your God.  
Micah 6.8*



**SUMMER**

**Dates for Diary!**

30th June	Deanery school leavers service (Year six children only)
1st July	Year six Transition day—Tower hamlets schools
18th July	Transition week—we all move up in to our new year groups
19th July	Class parties
19th July	Junior disco @ 5:30-7:00pm
20th July	Y6 Leavers — year 6 parents only in school
	Last day - 1:30pm finish for all children

**Happy Birthday to you!**

Eloise	2nd	Yr4
Elaynah	4th	Yr1
Henry	5th	Yr4
Mikael	5th	Yr5
Veron	5th	Yr2
Alfie	8th	Yr5
Mia	9th	Reception Class
Olivia	17th	Yr4
Alexis-Marie	19th	Yr4
Teddy	19th	Yr1
Taseen	21st	Yr2
Jack	23rd	Yr3
Emily	23rd	Yr3
Alfie	25th	Yr6
Archie-Rae	25th	Yr5
Sophia	28th	Yr1

**Celebrating life in all its fullness**

**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*





**What we are now**



**What we want to be**



**All  
next week.  
starting Mon  
27th June**

## **SCHOOL TRAVEL PLAN**

Help us get to Gold by riding your scooter/ bike or walking to school.

Rachel will be at the gates taking photos



<https://stars.tfl.gov.uk/>







































**Thank you for  
your support!**

# Health & well being matters



Join us for a series of free workshops for parent and Guardians in the Cabin

**9.15-10.15am** on the following dates:

**Tuesday 14th June -**

What does Good Mental Health look like?

**Tuesday 21st June -**

PMT/Peri/Menopause Pt1

**Tuesday 28th June -**

PMT/Peri/Menopause Pt2

**Tuesday 5th July -**

PMT/Peri/Menopause Pt3

To register email Elizabeth:  
[estout.211@lgflmail.org](mailto:estout.211@lgflmail.org) or call the  
school office.

# PMT/Peri/Menopause



Experiencing any of these?

Mood swings, hot flushes, night sweats, weight gain, brain fog?

Join us for the 3 part series of free workshops for Parents/Guardians

**9.15am-10.15am**

**Tuesday 21st June -**

PMT/Peri/Menopause Pt1

**Tuesday 28th June -**

PMT/Peri/Menopause Pt2

**Tuesday 5th July -**

PMT/Peri/Menopause Pt3

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