



Headteacher:
Fanoula Smith



www.stsavioursschool.org.uk



Friday 23rd September 2022 "Jesus said, "I have come so that you can live life in all its' fullness" John 10:10

Dear Families,

Our school is special because of the way in which children help lead it into being a place where all thrive. This week especially those elected as School Council, Worship Ambassadors, Eco Warriors and Anti—Bullying Ambassadors have met, considered and presented on their role and aims for the year.

Year six school council, have presented to all classes about the expectations and hopes for the future. Ultimately, a change of sport facilities—the pitch, and a block for the older pupils or bigger school. The Worship Ambassadors met with adults from All Saints to plan the first terms worship. The Anti—Bullying Ambassadors met with the health and wellbeing advisor and the Eco Warriors worked with Mr Hall focusing on how we can make the school more environmentally friendly.

Well done to all our children!

Mrs Smith



Wednesday 5th October at 1.45pm

Any donations welcome. If you have any items from the list below please bring them into school. Non-perishable goods, that are still well within use-by date, such as:

- Pasta / spaghetti / macaroni etc.
- Rice.
- Basic tinned vegetables e.g. potatoes, carrots, peas, sweetcorn, baked beans, spaghetti, tomatoes
- Soup (tinned & packet)
- Pot noodles / instant pasta or rice meals – always very popular!

Sandwich spreads e.g. paste, marmite, jam, marmalade.

Thank you

Worship focus:



Amos 8:4-7

God cares about justice for the poor.



| Autumn | Dates for Diary! |
|---------------|---|
| 26th—30th | Bike ability Years 5 & 6 |
| 4th Oct | Choir visiting St Pauls |
| 5th Oct | Harvest at All Saints |
| 6th Oct | Cinema Trip Y4, 5 & 6 |
| 10th Oct | Junior citizenship workshop Year 6 |
| 24th—28th Oct | Half Term— Children return on Monday 31st October |

HAPPY BIRTHDAY TO YOU!

| | | |
|-----------|------|-----------|
| Jessie | 1st | Yr6 |
| Ezekiel | 1st | Yr2 |
| Ezrah | 1st | Yr2 |
| Even | 3rd | Nursery |
| Bobbi | 5th | Yr6 |
| Freya | 8th | Yr4 |
| Lexie | 8th | Yr2 |
| Alexis | 9th | Yr2 |
| Alexandra | 16th | Yr3 |
| Lyra | 17th | Yr4 |
| Albert | 18th | Yr1 |
| Amelia | 19th | Yr2 |
| Misheel | 23rd | Yr2 |
| Jay | 24th | Reception |
| Osaze | 25th | Reception |
| O'Shea | 26th | Reception |
| Olivia | 27th | Nursery |

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



Prevent Newsletter



Prevent Education Officer: Ellie Knight

Eleanor.Knight@TowerHamlets.gov.uk

07842301565

Projects

We fund different project providers to deliver **free workshops** to students and teachers in Tower Hamlets. Please contact the project providers for more information and to discuss your needs.



*BRAVE sessions cover right wing/Islamist extremism, knife crime and gangs and is targeted at young people. BRAVE days consist of a minimum 3 x 60-90 minute sessions (what fits best with school). There is no limit on numbers, but the suggestion is that you can book for it to be delivered via a year group assembly. Sessions are being offered on a first come, first served basis. **These sessions must be delivered by March 2023.***

Contact Clio Carpenter from St Giles Trust: Clio.Carpenter@StGilesTrust.org.uk



Chain Reaction are currently running a project called 'Girls supporting girls' which aims to empower and inspire teenage girls. Sessions include workshops for **Secondary** pupils. Contact: admin@chainreactiontheatre.co.uk

A message from the new Violence Against Women and Girls Training Officer:

My name is Beth and I recently joined Tower Hamlets Council as the Violence Against Women and Girls (VAWG) Training and Awareness Officer. We run several training sessions aimed at supporting staff to feel knowledgeable and confident to support students impacted by VAWG, including Online Safety, Child Sexual Exploitation, and 'Honour' Based Abuse. If you'd like to arrange VAWG training, don't hesitate to drop me an email at bethan.riksdale@towerhamlets.gov.uk, or give me a call on 07956217838.

Debating Competition

In order to encourage students to develop their critical thinking skills I am hoping to set up a Tower Hamlets Debating Competition. If your school would be interested in partaking, would like more information, or to help with the organisation, please get in touch.

Prevent Training

It is recommended that schools receive Prevent training at least **once every two years**. Please get in touch at Eleanor.Knight@TowerHamlets.gov.uk to book.

I can deliver basic training for all staff, Governors and parents, or more in depth training for SLT, please contact me to discuss what would be most appropriate for your educational setting.

Autumn Term 2022

It has been a busy term so far with lots of schools booking training and workshops, it has been great to meet so many of you!

Please remember to send me your completed risk assessments!

Resources

Here are a list of brilliant resources, if you would like any additional information please get in touch.

- **Educate against hate** - advice and resources for schools on safeguarding students from radicalisation, building resilience to extremism, and promoting shared values
- **Counter-extremism - preventing radicalisation in schools** – practical implementation of the Prevent duty as part of a whole school approach
- **Going too far** – resources for teachers including lesson plans, videos and information on online safety.
- **Safeguarding resources** – online resource portal where you can filter by topic, key stage and audience
- **Safe policies** – updated templates for school policies and acceptable use policy for Sept 2020

If there is a specific topic you'd like resources on please get in touch so I can put something together or share the resources I have created.



The best of London in one borough

Tower Hamlets Council
Town Hall
Mulberry Place
5 Clove Crescent
E14 2BG

After school provision

As many of you are aware we run a variety of clubs from a stay and play, to sport clubs, to booster clubs for learning. This enables both after school provision for working parents, children following their special sport interests and keeping healthier along with additional boosts to learning so they can achieve their academic best. Hence the choices are made by parents, pupils and teachers.

The clubs this half term are as follows:

| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|-------------------------|---------------------------------|----------------|------------------|-----------------|---------------|
| <i>Stay & Play</i> | All week from nursery to year 6 | | | | |
| <i>£3 per session</i> | | | | | |
| <i>Sport club</i> | | | Hockey | Dodgeball | |
| <i>£3 per session</i> | | | 3&4 | 5&6 | |
| <i>Learning Booster</i> | Year 3 & 4 | Year 2, 5&6 | | | |

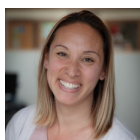
All payments for clubs need to be made at the start of the term or half term in advance via parent pay. If you are not sure how to please ask Ms Paris or Ms Sablon for support.



Friday 23rd Sept

**Thank you so much for your support we
raised amazing **£174.13****

Wellbeing Workshops



My name is Elizabeth. My role is Health and Wellbeing. I currently work with the school on Tuesdays and Fridays. I work with pupils, staff and families to assist in making healthier choices This could be through a series of talks and/or workshops. Please feel free to join me on this first set of workshops:

Executive Function skills in Adults for Parents & Guardians

Fri 7th October 9.15am (come to school office).



TOWER HAMLETS
COMMUNITY CHURCH

CAP LIFE SKILLS

| |
|--|
| Sessions Topics |
| Taster Session |
| Lifting the Pressure of spending |
| Taking Control of your spending |
| Making your money go further |
| Stay in control of home energy |
| Cooking on a budget |
| Healthy you & Well being |
| Healthy Relationships - Communication |
| Healthy Relationships - Forgiveness |
| Healthy Relationships - Loving others |
| Celebration |

FREE COURSE

STARTS: 28th September 2022
Every Wednesday: 10:45am - 12:15pm
11 weeks

WHERE: Lansbury Lodge
117 Ricardo Street, Poplar, E14 6EQ

BOOK YOUR PLACE

lizmaitland@caplifekills.org OR
PHONE: 020 7515 7471

CAP – Energy Saving Tips

How can I save energy and cut costs?

General

- a) Put foil behind radiators to reflect heat back into the room
- b) Don't dry wet clothes on radiators, the boiler has to work harder, costing more.
- c) Fit a draught excluder on the letter box and bottom of doors
- d) Use draught excluder tape to draft proof doors
- e) Buy LED energy saving bulbs (they cost more to buy, but are cheaper to run and last longer)
Some gas / electric companies give away FREE energy saving light bulbs
- f) Turn the thermostat down to save money (18-20 degrees is fine in winter)
- g) Put a jumper on when you feel cold rather than turn the heating up
- h) Turn the heating off/down when you go out
- i) Turn the heating off/down at night
- j) Only heat the rooms you are using
- k) Turn off lights when you leave a room

Bedroom

- a) Use higher tog duvets in winter (13.5 or 15)
- b) Use blankets to stay warm. Put the blanket UNDER the duvet to stay warmer.
- c) Use a hot water bottle.
- d) Wear bed socks at night
- e) Wear slippers to keep feet warm
- f) Wear a hat to keep head warm
- g) Keep internal doors shut to keep the heat in.
- h) In summer, use lower tog duvets

Bathroom

- a) Have a shower rather than a bath
- b) Keep showers to 5 minutes or less
- c) Don't leave taps running when cleaning teeth
- d) Always fix dripping taps
- e) Dry wet towels outside if possible
- f) Get a water saver block for the toilet
- g) Get a water saver shower head

Lounge

- a) Don't put furniture in front of your radiator
- b) Use thermal or THICK curtains to keep the heat in or use curtain liners.
- c) Close curtains / blinds when dark to keep the heat in.
- d) Open curtains when sunny to allow heat in
- e) Turn off and unplug all electrical appliances when not in use. Some appliances STILL use energy when plugged in.
- f) Don't leave appliances on standby
- g) Get a draught excluder for the door.
- h) Switch off phones / laptops / ipads when charging them. They charge MUCH faster which costs less
- i) Unplug phones / laptops / ipads once charged
- j) Check the Kilowatts of your appliances online. The higher the KW, the more it costs.

Kitchen

- a) Use just enough water when cooking veg
- b) Use microwave rather than oven – faster
- c) Don't leave oven door open when cooking
- d) Only fill kettle with water you need
- e) Keep fridge temperature 3 – 5 degrees
- f) Defrost freezer to avoid ice build up
- g) Keep fridge/freezer away from cooker and out of sunlight
- h) Use 30 or 45 min wash on washing machine
- i) Always wait for a FULL load in washing
- j) Buy supermarket own brand of washing liquid
- k) Avoid using a tumble dryer. Dry clothes outside if possible
- l) Clean filters in the tumble dryer.
- m) Use fast or economy wash on dishwasher
- n) Wait for a full load on dishwasher
- o) Buy dishwasher cleaner / tablets / salt from Poundland / Savers
- p) wash up all items in one go (in sink)