



St. Saviour's School *Poplar*

NEWSLETTER

Friday 30th September 2022



Dear Families,

The children may have come home discussing the possibility of expanding the school to two forms of entry. School expansion was first requested when I became head teacher but the school required improvement so governors and I felt we needed to focus on the learning for the children before considering this.

Now after a decade and outstanding provision, the pace of nearby housing, our oversubscription means the Local Authority and the London Diocesan Board of Schools with Governors are consulting on the expansion. It is very exciting to finally see that St Saviour's can grow and offer families, both of faith and of none a chance to attend. Have a look on our website for more information and do come along to the parental consultation on the 2nd November at 5pm at the school. I know that children are excited although they did not get the slide instead of stairs they wanted. Have a wonderful weekend.

Mrs Smith



SCHOOL UNIFORM CHECK

We have all settled in school and we want our children to look the best they can. School photos will be taken place on Monday 17th October. To ensure we continue to look presentable, we will be completing a uniform check, this will be happening every half term. This will take place next week, please ensure your child has the correct uniform.

Thank you for your support.



DIARY DATES

- | | |
|---|---|
| 4 th Oct | Choir visiting St Pauls |
| 5 th Oct | Harvest Festival at All Saints – starts at 1.45pm
– All Parents & Guardians all welcome to join us |
| 6 th Oct | Cinema Trip Y4, 5 & 6 |
| 10 th Oct | Junior Citizenship workshop Year 6 |
| 17 th - 23 rd Oct | Parent conferencing & Workshops-
TBC |
| 24 th – 29 th | Half Term week |
| 31 st Oct | Children return first day of new
term |



Jesus said "I have come so that you can live life in all its' fullness" John 10:10

STARS OF THE WEEK



Our stars



Kindness leaves



WORSHIP FOCUS

1 Timothy 6:6-19



Riches are not bad in themselves, but the desire for them can bring temptation and distraction from what really matters.



HARVEST FESTIVAL 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, 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 for your support.





SCHOOL NOTICE BOARD

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:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stay & Play		All Week Nursery to Year 6			
£3 per session					
Sport Club			Hockey 3 & 4	Dodgeball 5 & 6	
Learning Booster	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.



Amaan	1st	Yr6
Areebah	5th	Yr5
Bertie	6th	Nursery
Joseph	8th	Yr4
Elliot	9th	Reception
Pixie	9th	Yr2
Talia	9th	Reception
Lexi	10th	Yr1
Freddie	11th	Yr2
Stanley	13th	Yr6
Tanjim	14th	Yr4
Mackenzie	14th	Yr6
Elijah	15th	Yr1
Phox	15th	Yr4
Brenden	17th	Reception
Archie	18th	Yr4
Fahida	20th	Yr1
Harley	22nd	Yr6
Aryan	24th	Reception
Bonnie	26th	Yr4
Max	27th	Nursery
James	27th	Yr3
Kevin	28th	Yr5
Daniel	29th	Yr3

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:

Wellbeing Workshop

Friday 7th October at 9.15

Come to the school office



Elizabeth



SCHOOL NOTICE BOARD

We are recruiting!

Would you like to join our team of lunchtime supervisors?

This a term time only post, covering the lunchtime 1.5 hours a day 5 days per week.

If so please contact Mrs. Clark

sbm@st-saviours.towerhamlets.sch.uk

HEALTHY SCHOOLS

Polite reminder

We are a WATER only school

Following the information we sent out to all families in September regarding snacks and packed lunches, we will be continue to send out information to assist you in making healthier choices. From next week we will be monitoring packed lunches and snacks, so please ensure your child has healthy snacks such as a piece of fruit, veg or plain/no flavoured rice cakes & crackers. No chocolate bars, crisps, croissant etc..

At lunchtimes and breaktimes if you child comes to school with incorrect snacks, a member of staff will hand a slip to your child and swap this with a choice from our salad or fruit bar.

SCHOOL NOTICE BOARD

Secondary School Transition Support

Thank you for those parents and guardians who attended the secondary transfer workshop on Monday. We were lucky to have Aleha from Tower Hamlets come to deliver the session. If you require any further support with your child's application form, please contact Rachel in the office who will happy to help.



Please remember your application forms need to be submitted by **Monday 31st October**.



SCHOOL NOTICE BOARD



FREE

Adult Group Cycle Training

DATE	LOCATION	TIME
Sat 10/09	VICTORIA PARK - EAST SIDE Between Parnell Road Bridge and St Marks Gate - E3 2LA	10:00 - 12:00
Sat 24/09	VICTORIA PARK - EAST SIDE Between Parnell Road Bridge and St Marks Gate - E3 2LA	10:00 - 12:00
Sat 08/10	VICTORIA PARK - EAST SIDE Between Parnell Road Bridge and St Marks Gate - E3 2LA	10:00 - 12:00
Sat 22/10	VICTORIA PARK - EAST SIDE Between Parnell Road Bridge and St Marks Gate - E3 2LA	10:00 - 12:00
Sat 05/11	VICTORIA PARK - EAST SIDE Between Parnell Road Bridge and St Marks Gate - E3 2LA	10:00 - 12:00
Sat 19/11	VICTORIA PARK - EAST SIDE Between Parnell Road Bridge and St Marks Gate - E3 2LA	10:00 - 12:00

www.bikeworks.org.uk | enquiries@bikeworks.org.uk | 0208 980 7998

SCHOOL NOTICE BOARD



LUNCH BOX BUILDER



Create a Main



Snack



Fruit & Veg

Using a portion from each of the groups below

Choose 1 or 2 snacks

Finally add 2 from your 5 portions per day

 Bread	 Pitta
 Pasta Choose wholemeal where possible	 Tortilla wraps
 Grilled Chicken	 Tuna
 Hummus	 Eggs
 Lettuce	 Sweetcorn
 Tomatoes	 Peppers

 Breadsticks	 Sugar free yogurt/fromage frais
 Crackers	
<p>Choose whole-wheat, fat free & Sugar free options where possible</p> <p>..... +</p>  <p>Water only</p>	

 Berries eg, strawberries, blueberries, raspberries, blackberries	 Apples
 Banana	 Satsuma or clementine
 Pear	 Sugar snap peas
 Cucumber	 Carrots
 Celery	 Plum tomatoes
 Broccoli	

For more ideas on healthy packed lunches you can visit:
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>
<https://www.foodafactoflife.org.uk/whole-school/whole-school-approach/healthy-lunchboxes/>

Visit our website for our latest Food, snack & drinks policy.
<http://www.st-saviours.towerhamlets.sch.uk/policy/>



SCHOOL NOTICE BOARD

 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@caplifeskills.org OR
PHONE: 020 7515 7471



SCHOOL NOTICE BOARD

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)



SCHOOL NOTICE BOARD

Looking for well paid, part time work that fits round your children's school day?

We are currently recruiting for school catering and cleaning staff with several vacancies in schools and public buildings across Newham and neighbouring boroughs.



We are a local catering & cleaning company providing professional services across schools & public buildings in East London.

If you are a friendly team worker, physically fit, with an ability to speak & read English, looking for a regular role then we could have the job for you.

Catering Opportunities

Our shifts are usually 2 hours per day 11am – 1pm, term time only & we are recruiting to posts with a fixed base site as well as to a pool of float staff (minimum contract of 10 hours per week guaranteed).

You will be responsible for the efficient preparation & serving of school meals & will need to work as directed by the Chef Manager to deliver an outstanding catering service.

We offer a great range of benefits including hourly rates of £11.05 per hour (in line with LLW) with a great pension scheme and term time only working to suit candidates who have childcare responsibilities.

Cleaning Opportunities

Our shifts are usually 3 hours per day in the afternoon from 3pm & we are recruiting to posts with a fixed base site as well as to a pool of float staff (minimum contract of 15 hours per week guaranteed).

You will be responsible for the efficient cleaning of schools or public buildings & will need to work on your own initiative ensuring the highest standards of cleaning are maintained at all times.

We offer a great range of benefits including hourly rates of £11.05 per hour (in line with LLW) with a great pension scheme & generous annual leave.

Please note both roles require an enhanced DBS check and it is our policy not to employ our staff in the same schools as their children.
If you live in Newham, you can send an email to samantha.coyne@newham.gov.uk and request an application form to be sent to you via email or post.
If you live outside Newham, and are interested to find out more, please call Jess on 0203 373 3918 or email jess.white@juniperventures.co.uk

Need childcare over the October half term holiday?

The Tower Hamlets Holiday Childcare Scheme is Ofsted registered childcare for children aged to 13 years old.

The next scheme will take place during the October half term (Monday 24 October - Friday 28 October) at:

**St Anne's and Guardian Angels
Catholic Primary School
Underwood Road
Whitechapel, E1 5AW**

Advanced booking to secure places is required.

Online safety session for parents

The internet is a fantastic resource that opens up a world of possibilities, but do you feel out of touch with your child's online world or worry about online dangers? this 'Keeping Children Safe Online' session and pick up some useful tips to help keep children safe.

**Keeping Children Safe Online
Thursday 6 October, 10am - 12pm**

Delivered online through Zoom

SCHOOL NOTICE BOARD

Bikeability Training Years 5 & 6



Message from the Trainers Mel and Jay

A Children from year 5 & 6 braved the elements and had great fun this week completing Bikeability level 1 & 2 with Jay and Mel from CyclingInstructor.com. Monday involved training in the playground practicing skills such as signalling, looking around and emergency stops. Tuesday, Wednesday and Thursday were then spent out riding on the road where lessons focus on the key principles of observation, communication, positioning and priority. After mastering the last technique, the complex manoeuvre of a right turn from major to minor road, children (and instructors) were rewarded with a lovely ride and some time in the park. Beginner cyclists were also given the opportunity to learn new skills in the playground and all made fantastic progress. Well done everyone!