

NEWSLETTER Friday 18th Nov 2022

Dear Families,

What a busy week we have had! On Monday we celebrated Odd Socks Day to remember what makes us all unique and to also introduce Anti-bullying week. Our Anti-bullying ambassadors visited the classrooms to discuss their roles and how they can support. We also had a Road Safety assembly for our KS2 children learning the importance of safety when crossing roads and waiting at lights.

Year six continued their learning, with Mset... 'During this session, through drama, we learnt that our prefrontal cortex helps us think of good ideas and decisions!' Daalya, Mackenzie & Faye.

On Thursday the choir sang at Chrisp Street Market as part of the turning on of the Christmas lights. The children sang 'In The Bleak Midwinter' and our school favourite 'Sha La La'. A big thank you to all of the children that were able to take part and represent the school, which they did so well. Also, a thank you to the parents and staff that supported the children and a special thank you to Mrs Prichard for her support!

Finally, we have finished the week with children wearing their PJ's for Children in Need. Well done to everyone for their kind contributions.

Mrs Smith



Potential expansion!

The planning for our potential expansion is on our website at:

<http://www.st-saviours.towerhamlets.sch.uk/wp-content/uploads/2022/09/St-Saviours-Consultation-Landing-Page-2.pdf>

Learn more by clicking on the link and responding!

It would be wonderful to offer our excellent education, in exactly the same way to a greater number of pupils.

Thank you for your support.



DIARY DATES

29th Nov – Flu vaccination (Rec – Y6 2nd visit)

1st Dec – School birthday (dress up day for all pupils and staff!) – please see poster for more information

7th Dec – Pantomime (Aladdin)

9th Dec – School Fair – Parent volunteers required please contact the school

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

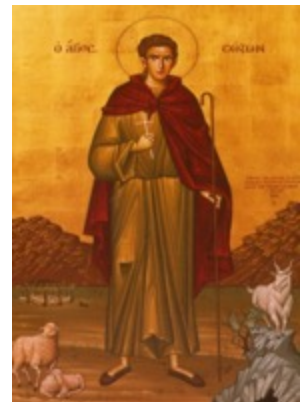
Courage - Following Jesus in tough times.

Keeping going and not giving up.



Luke 21:5-19

Jesus warned his disciples that difficult times were ahead but they were to keep going and not fear.



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			Dodge ball Years 3 & 4	Hockey Years 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.

Happy Birthday to you...

Charlie	14th	Yr5
Natalie	14th	Yr6
Aron	18th	Yr2
Parker	19th	Yr3
Logan	21st	Yr5
Kieran	22nd	Yr5
Alexander	24th	Yr2
Brooke	24th	Yr2
Bertie	25th	Yr5
Muhammad	30th	Reception

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:

22nd November at 9.15am

**Please book a space on one of the dates – I hope to see you there! 😊
please contact the office**



Elizabeth

SCHOOL NOTICE BOARD

Happy 157th Birthday St Saviour's



*We will be celebrating our
School's Birthday on
Thursday 1st December 2022*



*We would like children and staff to dress up in
Victorian clothes!*

*Can you spot someone you can recognise from the photo
above!*

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BBC Children in Need believes that every child should have the chance to thrive and be the best they can be.

We are committed to being there for children across the U.K. when they need us the most. Together with the BBC and our partners, we inspire the nation to support this work.

Thank you so much for all your support. 😊 We raised an amazing **£246.83**. As you can see the children have had lots of fun dressing up in their PJ's - so did the staff!



Applying for a Nursery place – Get Ready 2023

Tower Hamlets Transition Support Service advocates early intervention to support children, young people and their families with information and advice at key points of transition to help manage change and make informed decisions about the next steps of their learning journey.

Starting nursery is an important moment both for children and their parents. It offers all sorts of new opportunities, but it also can cause anxiety and confusion, so it's vital parents have as much information as possible in order to make an informed decision about their child's future.

To support families with the nursery application process the Transition Support Service are holding **online advice sessions (through zoom)** for parents/carers:

Day:

Time:

- **Monday 5th December 2022** 6pm
- **Thursday 12th January 2023** 10am
- **Tuesday 7th February 2023** 10am

To book a place through Eventbrite: <https://GR2023.eventbrite.co.uk>

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Choir singing at Chrisp Street Market for the turning on of the Christmas lights.



Well done to everyone who took part. This is always a special time of the year!



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Christmas Raffle – Hamper Items Needed!

Dear Families,

In the past, our hamper raffle has always been hugely popular and helps to raise invaluable funds for the school.

We are asking each class to create a hamper that can be won just before Christmas.

We would like the hampers to be full of a variety of items so please use your imagination. Remember that it doesn't have to be expensive and can be something that you find in the cupboards.

Some ideas are non-perishable festive food items: biscuits, chocolate, crackers, a bottle, candles or a beauty item.

Nursery & Reception:	Bags of Sweets
Years 1 & 2:	Cakes and Biscuits
Years 3 & 4:	Bottles of Drinks (non-alcoholic/alcoholic)
Years 5 & 6:	Chocolate

We would be grateful if the donations are sent into school starting from **Monday 7th November**. Boxes will be in your child's classroom where they can be dropped off!

As always, thank you in advance for your generosity and support.

Best Wishes.

Mrs Rachel Sablon
Family Support Officer



Anti-Bullying Week 2022: Reach Out

Anti-Bullying Week 2022 is coordinated in England and Wales by the Anti-Bullying Alliance. It will take place from **14th – 18th November 2022** and has the theme Reach out.

Our Anti-Bullying Ambassadors

- Year 6: *Riley, Faye, Bobbi and Thomas*
- Year 5: *Jermaine, George, Eloise and Chloe*
- Year 4: *Joseph, Jaciara, Adeola and Jack*
- Year 3: *Lillian, Jesse, Paris and Tilly*



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What is Odd Socks day?

Most importantly, Odd Socks Day is designed to be fun! It's an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique! The aim of the event is to support children and young people, school staff, parents and other professionals who work with children to understand the definition of respect and the impacts of bullying. Well done to all of the children and staff who wore their odd socks!



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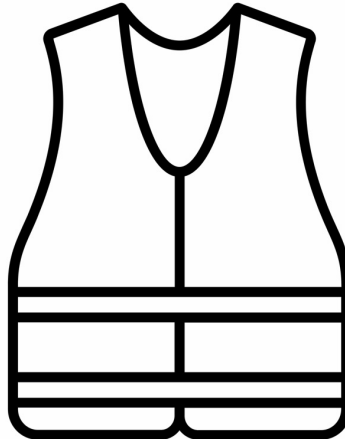
ROAD SAFETY WEEK



Congratulations to everyone who took part in the Travel Safe competition – well done to our winners!

Travel Safe Competition

As part of Road safety week, we are running a competition to be more visible. Can you design this vest to BE SEEN? 2 people per class will be chosen. PRIZES to be won!



Name:

Class:

Nursery: Ayah & Ollie-Archie
Reception: Elliot & Soele
Year 1: Albert & Lexi
Year 2: Ricky & Misheel
Year 3: Taseen & Lillian
Year 4: Sabiha & Zaynah
Year 5: Chloe & Peter
Year 6: Bobbi & Aaman

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Road Safety Workshop

For road safety week children from years 3,4,5 & 6 had a workshop from **For2Feet**. All of the children had a fabulous time learning how to keep themselves safe when walking near or across a road. The children especially enjoyed learning from the red and green man!

See if you can spot them?



SCHOOL NOTICE BOARD



Dear Parent

Are you aware that primary school meals are free to all pupils at St Saviour's Primary School?

If your child is in Years R, 1 or 2 then the Government's Universal Infant Free School Meal scheme is available to all pupils.

If your child is in Year 3 to 6 then Tower Hamlets Council fully fund the Mayor Meals Scheme for all pupils.

This means you do not need to use your valuable family time, or money in these tough times buying ingredients for packed lunches as a hot, healthy and nutritious meal, which meet the Government's School Food Guidelines, will always be available every day for your child in school.

Here is an example of a typical week's primary school menu:

YOUR MENU @ St SAVIOUR'S PRIMARY SCHOOL
----- Autumn - Winter 2022 / 2023 -----

WEEK 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Vegetarian Koftas in Flatbread with Greek Salad	Lamb & Lentil Lasagne with Garlic Bread	Roast Turkey & Stuffing with Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Fish Fingers with Chips
Second Choice	Quorn Frankfurter Hot Dog with Wedges	Meatball Marinara in a Sub Roll with Cole-slaw	BBQ Chicken in Folded Flatbread	Cheese & Tomato Pizza with Wedges	Veggie Burrito with Chips
Vegetarian Choice	Vegetarian Mixed Bean & Pasta Bake	Veggie Chili served with Rice & Tortilla	Autumn Vegetable Tart with Roast Potatoes	Vegetable & Chickpea Curry with Rice	Veggie Dippers with Chips
Vegetable Selection	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Dessert of the Day	Peach Crumble with Custard	Banana & Date Flapjack	Cinnamon Rice Pudding	Frozen Yogurt with Fruit	Fruit & Jelly with Ice Cream
Daily Options	Solid Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt				
WEEK 1	31 Oct, 21 Nov, 12 Dec, 2 Jan, 23 Jan, 29 Feb, 13 Mar				

MEAT SERVED AT THIS SCHOOL IS HALAL

KEY: Vegetarian Plant Based Sugar Smart New Dish In association with Forest Green Rovers

DINEin AND DISCOVER

Whether your child is receiving a free meal, or you are currently working, we would ask that the parents/carers of all primary and secondary aged children in Tower Hamlets still register for free school meals, even if you don't think you are currently eligible. Once the application is submitted, if at any time your family is in receipt of one of the qualifying benefits for free school meals, we will automatically update our records and your school will receive additional funding known as Ever6 Pupil Premium. This is up to £1,320 depending on the child's age and really helps support the great work that school's do in supporting all children.

Juniper Ventures Limited
Old Town Hall, 29 Broadway, Stratford, London. E1 4BQ

Who is The Felix Project?

The Felix Project collects fresh, nutritious food that cannot be sold. We deliver this surplus food to charities and schools so they can provide healthy meals and food to take away.

Weekly delivery of food

Our schools offer guarantees a weekly delivery of produce that would otherwise have gone to waste. Some can be eaten as snacks, some requires preparation at home.

What produce does The Felix Project deliver?

As we work with farms, manufacturers and supermarkets who give us their surplus produce, we cannot predict what produce there will be, and the selection will vary every week.

Why do we get this food?

The food we receive is 'surplus', this means that the supply of food exceeds the demand for it. There are many reasons for this, for example:

- The fruit or vegetable is classed as 'worky' so isn't sold in supermarkets
- Sometimes there are over productions of food for reasons such as unseasonably good weather making everything grow and there is just too much for the customers at the shops to buy.
- Too much of a product may have been manufactured and it's now close to it's use by or best before date

As consumers we all have a role to play in why food becomes surplus. Think about that the next time you go shopping for food. We need to help encourage the food industry to change by making small changes to the way we shop too.

Why is food waste bad?

Through taking food from The Felix Project you are helping to reduce food waste. Each year 3.6 million tonnes of edible food goes to waste.

Producing, moving, storing and cooking food uses energy, fuel and water. Each of which let off greenhouse gases contributing to climate change.

Use-by and best-before dates – what do they mean?

At The Felix project you will never receive something past it's use-by date however you may receive food past its best-before date as it is perfectly good to consume. What do they mean?

Use-by date: You can eat food until and on the use-by date but not after. You will see use-by dates on food that goes off quickly, such as meat products or ready-to-eat salads.

Best-before date: The food will be safe to eat after this date but may not be at its best. Its flavour and texture might not be as good. It appears on food such as tinned good, frozen foods and dried foods.

Want to help Felix get more food to more people?

We rely on volunteers to do our work. We have a variety of roles which include driving, being in our depot or office admin support. We have shifts that work around the school day so you can still be there to pick up your little one!

If you're interested, please email Alice at schools@thefelixproject.org



Unit 6, Kendal Court, Kendal Avenue, W3 0RU, 020 3430 4350
info@thefelixproject.org www.thefelixproject.org
Registered Charity Number: 1168183

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Keeping Well

There has been an unexpected increase in children affected by a range of viruses and infections locally in recent weeks. Many of these illnesses are caused by a virus that is spread by direct contact with nasal and throat secretions or the faeces of an infected person. The viruses can also be spread to others by coughing and sneezing.

It is important to wash hands thoroughly after handling/changing nappies, coughing and sneezing as this may contaminate the hands with a virus and be passed to other people. As with all illnesses, children should be kept away from school or nursery whilst unwell. Children are safe to return to school or nursery as soon as they are feeling better. There is no need to keep your child/children off school if they are well or until any blisters have healed unless you receive specific advice about your individual child or an illness they have. Keeping your child off for longer periods is unlikely to stop the illness spreading.

To prevent spread of infection, it is recommended that a good standard of personal and food hygiene is maintained at all times and care taken when handling contaminated articles with respiratory secretions or faeces. Hands should be washed after contact with any of the above.

It is a good time to remind us all about the phrase we learnt during the COVID period: **Hands, Face, Space:** or the **Catch it! Kill it! Bin it!** campaign

- Hands – Remember to wash your hands more often than usual and especially before eating and using the toilet
- Face – Avoid touching your face whenever you can. If you sneeze, or cough, do this into a tissue, or into the inside of your elbow. If you use a tissue, throw it away immediately.
- Space – Wherever possible, keep a good distance from others, especially those with coughs and colds.

If you have any concerns about your child's health and well-being, please speak to your GP or a pharmacist. Lets keep each other safe once more.



CATCH IT.



BIN IT.



KILL IT.