



NEWSLETTER Friday 24th February 2023

Dear families,

We have had a lovely week, with signs of spring everywhere, not just in the daffodils blooming on the grounds. The children are incredibly settled and maturing in readiness for the latter part of their academic year. Time certainly does catch up with us, in school and as parents as our children do grow up!

We welcomed year 12s in school this week on work experience from Mossbourne Academy and it was lovely to see how they have been inspired in their future careers, hopefully in education.

As we approach another strike day, we thank you for your support in this matter and the awareness you have shown of the implications of underfunding for every child.

We were inspired by The Hannover Band playing Schubert this week with Mr Daggett. The choir will have the pleasure of working together more closely from this Monday! It was a joy to behold.

Wishing you all a lovely weekend,

Mrs Smith



DIARY DATES

Monday 27 th Feb	Choir working with Hannover Band
Thursday 2 nd March	Partial closure due to strike day
Friday 3 rd March	Book Week dress up
Thursday 9 th March	International Food Day (try it 😊)
Friday 17 th March	Red Nose Day – dress in red 😊
Tuesday 21 st March	Odd Sock Day – wear odd socks for Down Syndrome Day
Easter holiday	3/4/23 – 17/4/23
Summer term starts:	18/4/23 – 20/7/23
School Closure:	Monday 8 th May for the coronation

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

STARS OF THE WEEK



Our stars



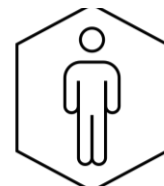
Kindness leaves

Areebah
Kevin &
Izambard

Pre Covid, we were able to invite parents in for Star of the week worship. We would like to do this once more. The office will contact the parents concerned, but the children will not know. This way, we will celebrate together each Friday.

As the weather improves, the risk of infection lessens and the potential for openness is there. We would like to remind you that when you accept a place at our school you sign the parental agreement that abides by our values and policies.

We are not public land, and parents or others do not have a right to enter. Whether picking up children or worship, it is always by invitation. Sadly, at times we have had to revoke this invitation if adults are not abiding by our values. Swearing or any abusive behaviour that may upset to children or staff is not tolerated. Governors will act swiftly to warn of bar. Thankfully this is rare. As always, we thank you for your co-operation and partnership.



WORSHIP FOCUS

**Ash
Wednesday**



When have you
been tempted?
Can you forgive?



HAPPY BIRTHDAY TO YOU!

Bobby	23rd	Yr2
Bleu	24th	Yr6
Lily-rose	25th	Yr3
Ronee	26th	Yr2
Olivia	27th	Reception
Rosie	28th	Yr2
Isla	29th	Yr6

SCHOOL NOTICE BOARD

We enjoyed a wonderful Ash Wednesday service in school, we were able to include our nursery children. Sorry for the quick changes. We learnt about Jesus being tempted in the wilderness and how through anger and isolation it is sometimes difficult to forgive but forgiveness sets us free. The children sang our school hymns and special Easter songs beautifully, especially year 3 pupils! Really well done!

If you would like to volunteer in school so you can help with these events or others, in the future, please contact Rachel to sort out including a DBS check. Thank you.



SCHOOL NOTICE BOARD

ATTENDANCE MATTERS

Good attendance relates to good attainment.
Every day counts!

At St Saviour's School regular attendance is important to ensure the best possible learning outcomes for all our children. It helps our children make the most of their education, improving their chances in adult life. Regular attendance and punctuality are also important life skills which will help our children when they enter the world of work.

Our children receive certificates for good attendance in every half termly, and for the full year. Classes with the best attendance wins the attendance trophy for week. In addition to this we expect our children to be punctual. The school gates open at 8:45 and close at 8:55, giving you 10 minutes to get your child into school. Children are expected to be in class for the register by 9:00 am, ready to start their first lesson shortly afterwards. Being punctual means that lessons can start on time, enabling staff to maximise children's learning time. Your child will be given a late mark if they arrive in class after the register has been completed.




If your child is absent from school due to a medical reason, please ring the school office by phone before 9.00 am. We will contact you if we haven't heard by this time as part of our safeguarding procedures.

We understand that illness happens and if your child is not well then they may need to stay home, but we ask if your child has a runny nose, a headache or seems very tired that you still bring them into school. The below chart outlines how much learning is lost through non-attendance.

Our school target is 97%

This week's percentages		
Class	%	Lates
Reception	91.25	11
Year 1	94.33	4
Year 2	86.87	3
Year 3	94.34	8
Year 4	90.57	16
Year 5	94.95	12
Year 6	94.48	15
Overall	92.38	74
WELL DONE TO YEAR 5!		

Our attendance policy is on our school website.

100% Attendance	0 Weeks of learning missed	WELL DONE Best Chance of Success!! 
95% Attendance	1 Week, 4 Days of learning missed	POOR ATTENDANCE I'm Worried! 
90% Attendance	3 Weeks, 4 Days of learning missed	
85% Attendance	5 Weeks, 3 Days of learning missed	VERY POOR ATTENDANCE I'm Seriously Concerned! 
80% Attendance	7 Weeks, 3 Days of learning missed	
75% Attendance	9 Weeks, 1 Day of learning missed	



SCHOOL NOTICE BOARD

This year's London Mini Marathon takes place on Saturday 22 April 2023.

Trials for Tower Hamlets are being organised by the Tower Hamlets Sports and Physical Activity Team in partnership with Mile End Junior Park Run and Victoria Park Harriers and Tower Hamlets Athletics Club.

Race Day distance is the last 2.6K of the main marathon route and young people will cross the world famous finish line on The Mall at the end of their event.

Please see trial info below:

AGE GROUP:	11 – 17 (must be 11 by race day – 22ND April 2023)
DATE:	Sunday 12 March 2023
VENUE:	Mile End Stadium, E3 4RR
REGISTRATION:	9.45am
RACE TIME:	10.00am

Register to attend by completing the form on the link below:

<https://forms.office.com/e/scEx8SczJw>

Closing date for registrations is Sunday 12 March 2023.

PLEASE SHARE THE INFO WITH PUPILS/PARENTS WHO MAY BE SUITABLE.

**Any queries should be directed to Shen –
shenneth.brereton@towerhamlets.gov.uk**



A massive thank you to Dan, our West Ham, coach who kindly donated Marcus Rashford books for all our breakfast club pupils.

SCHOOL NOTICE BOARD

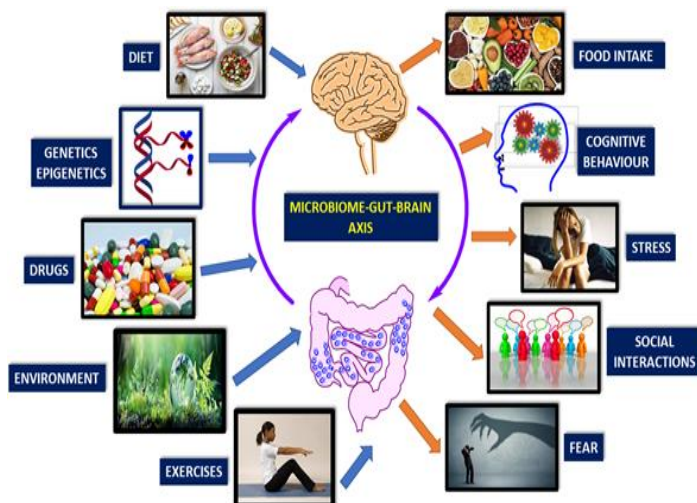
PHSE- Healthy Me – starts with each of us!

You may be aware that our curriculum is intentionally linked so the children experience, learn and apply concepts in different areas in order to help them learn more successfully. This is especially true of our Religious Education that drives our Personal, Social Health Education and Philosophy.

We know that the internal world of the whole child as the whole person matters and influences spiritual, emotional, mental, and physical health. Although the children developed a great deal of resilience because of the pandemic, there can at times be some hiccups. The focus on health has enabled a fuller conversation which is brilliant. In our mental health week, our connected feeling chains show belonging, they are great to see. We all have mental health and looking after it does mean exercise, diet, connection, self-reflection and most of all love, hope & positivity.

We all know, increased exercise helps oxygenate the body, and fight disease, ironically it is better for people with breathing difficulties because you get more oxygen, not less. You also release chemicals that help you feel happier! These are in part the reasons why we have so much sport! Please make sure your child has their kit, especially swimming, it can save their life!

All that seems to be in the science news at the moment is how our gut influences our brains. Called our second brain, where even some of the chemicals that keep us happy are made or started in our gut. Gut bacteria need to be varied and abundant, to be healthy. Overuse of antibiotics kills our friendly bacteria which can lead to unhappiness and more. Luckily, a healthy diet includes fermented foods from yoghurts to sauerkraut among others. Unhealthy diets with sugar, and processed foods, lead to an increase in anxiety and depression. We are having a renewed push on lunches, including packed lunches so your support as always is welcomed. We know that some people have asked us to ban birthday cakes because of the detrimental effects of sugar on health and we will be sending out a questionnaire about this in the future. In the meantime, thank you for your support.



If you are planning dietary changes, Lent is an excellent time to give up unnecessary items. It is also a marvellous time to start new positive acts of kindness toward self and others.

The one thing we are still learning from the pandemic is how to look after one another and let go of the fear that comes from isolation and anxiety. Like Jesus in the wilderness, we were isolated and afraid but not anymore. Lowering our threat level and reaching out can take time. Mrs Sablon is a trained mental health first aider, please reach out if you need support.