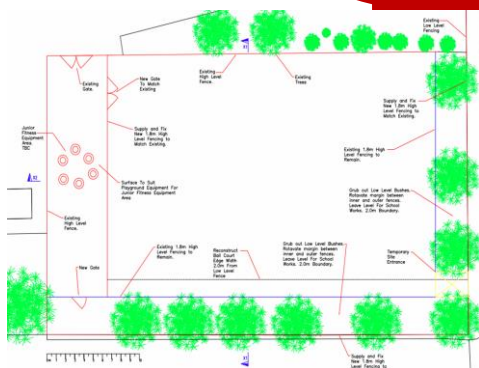


**NEWSLETTER**     **Friday 19<sup>th</sup> January 2024**

Dear Families,

A freezing week outside but lovely and warm in school, winter is not leaving us yet! But in looking forward to spring, we have some exciting news.

Due to school expansion being paused, we have been unable to improve our pitch facilities. All being well, starting mid February, Tower Hamlets local authority will be starting works to update our pitch and the surrounding tree area. The works could take around 6 weeks or so and during that time we will stagger our playtimes. If there are any disruptions we will inform you. The children are choosing the colours of the surface along with the content of the outdoor gym and other facilities.



More to follow once the children have drawn up how they would like the pitches.

Mrs Smith  
& Mr Hall

Wishing you a warm weekend,



## DIARY DATES

January 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Parent meeting: 29/1/24  
Year 6 SATs: May  
Year 5 Banding: May  
Year 1 phonics: June  
Year 4 timetables: June  
Reports: June  
Results: July

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

## STARS OF THE WEEK

Reception	Rosalie	Bertie
Year One	Adira	Giorgio
Year Two	Lexi	Josephine
Year Three	Enerel	Freddie
Year Four	Poppi	Aadvik
Year Five	Adeola	Tanjim
Year Six	Bertie	Joey



### WORSHIP FOCUS

**1 Samuel 3:1-10**

**John 1:43-51**

**Careful listening**



What does it mean to  
hear God's calling?  
How do you hear your  
calling?



*Our stars*



*Kindness leaves*

Aadvik	16th
Jackson	17th
Ameerah	18th
Nada	23rd
Jesse	24th
Paris-Hart	25th
Kaiser	29th
Aaron	30th
Liyani	31st
Ava-Grace	31st

**HAPPY  
BIRTHDAY  
TO YOU!**

## SCHOOL NOTICE BOARD

### PHYSICAL EDUCATION

At St Saviour's School we place a huge emphasis on physical education, our children being fit and healthy has a big impact on their wellbeing in their lives now and sets them up for their future fitness, physical and mental. The NHS recommendations are <https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-and-young-people/#:~:text=aim%20for%20an%20average%20of,movement%20skills%2C%20muscles%20and%20bones>

Along with improvements in physical health, exercise and sport support and protect children's mental health including decreasing anxiety, depression and improving behavioural difficulties. <https://www.healthline.com/health-news/exercise-benefits-children-physically-and-mentally> Research shows that a child's fitness in their primary years affects their heart, lung and mental health in later years.

To support this we have brought in specialist coaches from West Ham, to deliver sessions that run alongside lessons taught by class teachers. In these sessions, the children are able to develop their individual and team skills. Children from years 3 to 6 have a term and a half of swimming lessons per year.

We ask you to make sure that children are encouraged to attend swimming lessons as there are lots of reasons why learning to swim is vital to children.

The most important reason is that swimming is the only sport which can save your child's life. Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill, especially when living close to canals. It is important to remember that children who appear water-confident are not always competent swimmers.

Swimming is lots of fun for people of all ages and children especially love getting in the water and enjoying themselves. But it is not just fun, swimming also provides many health benefits which can help to keep your children healthy and happy at the same time:

Swimming keeps your child's heart and lungs healthy, improves strength, and flexibility, increases stamina and even improves balance and posture. Another great thing about swimming is that it is accessible to children of any age or ability.

Swimming provides challenges and rewards accomplishments, which helps children become self-confident and believe in their abilities irrespective of how far they can swim, just to start can be a success in overcoming challenges. Your child will have plenty of opportunities to grow in confidence in a safe environment with trained experts.

Please remember that a PE kit is simple, it is not a time to show if you own a brand name in tracksuits. As the weather draws colder, we are increasingly having PE inside the hall as much as possible and hope to be able to get the children to dry their hair before coming away from the swimming pool. We, like you know that colds are viral but it is unpleasant to feel wet hair when it is so cold outside so please do allow your child to have a big towel or hair towel for drying whilst we negotiate other ways of doing so.

## SCHOOL NOTICE BOARD

# Science

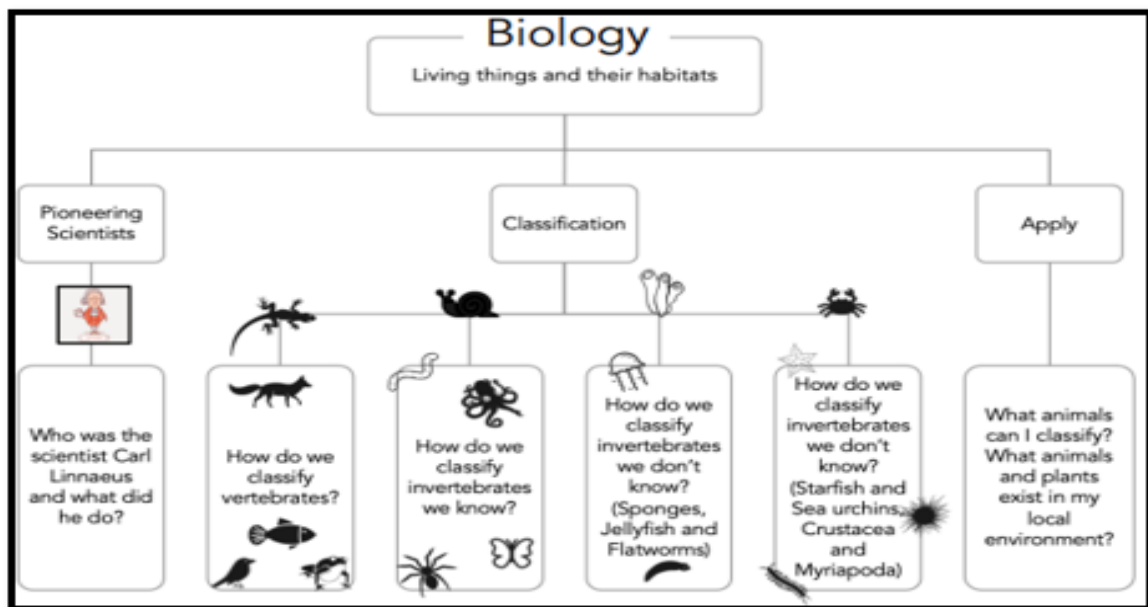
At St. Saviour's we have a new, exciting curriculum across all our foundation subjects including Science! The CUSP Science curriculum provides opportunities for our pupils to gain rich, in depth and expert knowledge of topics and key scientific skills with a big focus on vocabulary.

Each unit begins with a knowledge organiser, sequence of learning and key vocabulary and a scientist study. The format for lessons are similar to allow for continuity and consistency: Vocabulary, Connect, Explain, Attempt, Apply and Combine. Every science lesson begins with the knowledge notes, vocabulary for each lesson, recap of previous learning, the teacher explains the new learning and models the task, then children get an opportunity to practise the new skills/learning with the teacher and then pupils have the opportunity to independently apply this skill. The lesson ends with a challenge to assess pupils or prepare the children for the next part of the learning.

There are special Strong Start lessons which equips pupils key scientific skills:

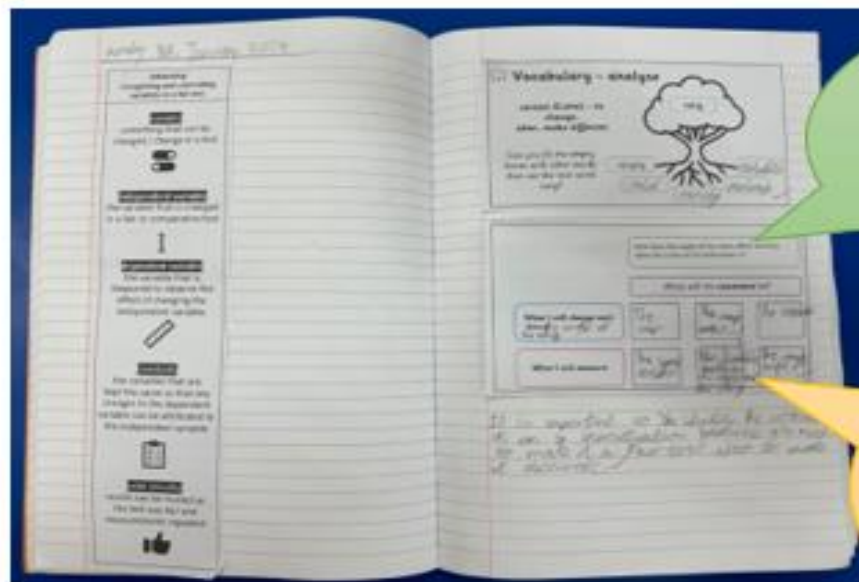
- identifying and classifying
- pattern seeking
- research
- observing over time
- fair and comparative testing

In Year 6, we have been learning about Living things and their habitats in Science, see the CUSP graphic below. We think this is great and so do the children! Here are some examples of children's learning:





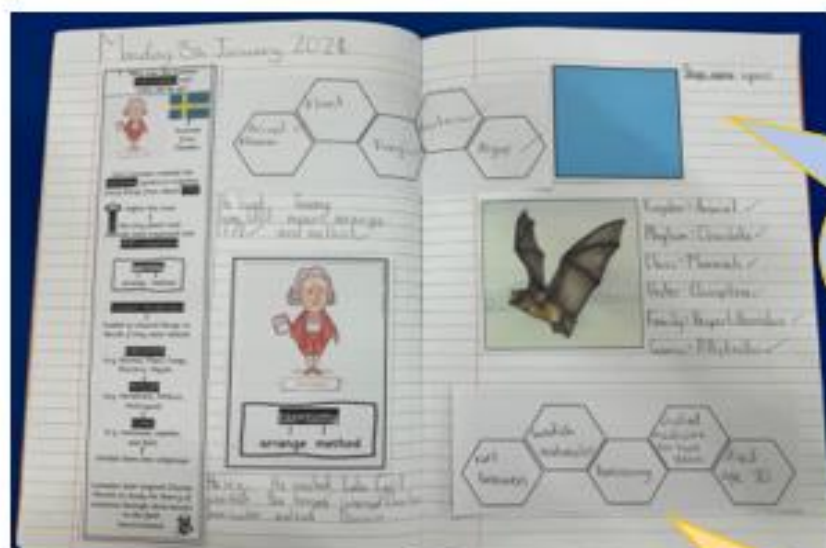
## SCHOOL NOTICE BOARD



Sahara: "The knowledge notes helped me to understand the meanings of dependent and independent variables."

Jermaine: "Learning new vocabulary and root words helps me to understand the meaning of different words."

### Lesson 1: Scientist study



Charlie: "I liked how we learnt about Carl Linnaeus's work whilst also having a go at his taxonomy method for classification."

Sahara: "Learning about different scientists and how they inspired other famous scientists is fascinating, such as how Carl Linnaeus inspired Charles Darwin and his Theory of Evolution."

## SCHOOL NOTICE BOARD

95%	=	<b>47 LESSONS MISSED EACH YEAR</b> 8 days in total or 1 week and 3 days
90%	=	<b>95 LESSONS MISSED EACH YEAR</b> 16 days in total or 3 weeks and 1 day
85%	=	<b>142 LESSONS MISSED EACH YEAR</b> 24 days in total or 4 weeks and 4 days
80%	=	<b>190 LESSONS MISSED EACH YEAR</b> 32 days in total or 6 weeks and 2 days

## ATTENDANCE MATTERS

WHAT DO YOUR  
ATTENDANCE  
FIGURES  
ACTUALLY MEAN?

### BE SMART BE THERE!

Percentages based on 190 academic days

#### This Weeks Attendance

<b>1<sup>st</sup> Place:</b>	<b>Y2</b>	<b>97.43%</b>
<b>2<sup>nd</sup> Place:</b>	<b>Reception</b>	<b>93.87%</b>
<b>3<sup>rd</sup> Place:</b>	<b>Year 4</b>	<b>93.06%</b>

**Congratulations to our top 3 classes our school target is 96%**

Our Attendance Welfare Officer (AWA), Ranu Begum, attends every Tuesday morning, checks our school registers regularly and will contact parents & guardians by letter telephone or home visit or meeting if there is a cause for concern.

Formal referral of pupils with persistently absence or 90% attendance will be made. Children need to be in school, every day, be aware that parents can ultimately be prosecuted for non-attendance offences.

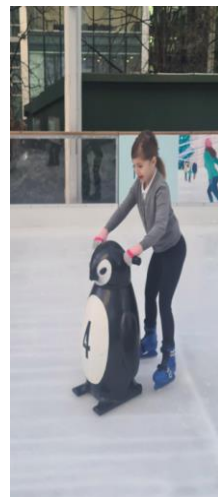
We know that sometimes even though children are at school 190 out of 365 days in the year, they may fall ill. This can be worrying so please see advice from our local teams on [https://www.towerhamletstogether.com/files/Care\\_Confident\\_Booklet\\_A5\\_InteractiveBooklet2.pdf](https://www.towerhamletstogether.com/files/Care_Confident_Booklet_A5_InteractiveBooklet2.pdf) on common illnesses and when to seek support. Additional sport including swimming helps children to be healthier and smarter because that is one of the benefits of exercise, please ensure they take full advantage of this by wearing appropriate kit or having their swimming kit every week.



# Year 5 Ice Skating



Year 5 really enjoyed going ice skating on Tuesday - for some, it was their first time! They all did brilliantly and learnt a new skill that they can use next year. Thank you so much to Mo!



## SCHOOL NOTICE BOARD

# Parenting Programmes

Children do not come with a manual, we all  
Need help at different times whether a  
workshop or someone else to talk with...  
Look out for our coffee mornings.. .



Parenting programmes are a source of support for all  
parents and carers, and support pupil attendance and  
behaviour management in schools.

Programmes offer an opportunity to share parenting  
experiences, develop a greater understanding of child  
development, build positive relationships and learn skills to  
deal with challenging behaviour.

In Tower Hamlets a range of parenting programmes take  
place in schools and community settings across the  
borough, Monday to Friday.

Professionals can refer with parental consent and parents  
and carers can self-refer.

Please share the attached parenting programme booklet,  
programme flyer and referral form with families and add to  
your school website.

Please [email the Parenting Team](#) if you would like further  
information or to request booklets for your school.

[TH Parenting programme Leaflet](#)

[TH Parenting Programme Booklet.pdf](#)

[Parenting Support Referral Form](#)



## SCHOOL NOTICE BOARD

# SEND COFFEE MORNING

A huge thank you to the parents who joined us this week for our SEN coffee morning; it was lovely to hear you share your experiences and support one another. It can be isolating having a child with special education needs, so it was wonderful seeing you come together to support. We are stronger together! Our next SEN coffee morning will be Thursday 7<sup>th</sup> March at 9am – please join us.

I am reaching out from Babylon Park, London's newest and unique indoor amusement park.

In the heart of Camden, our underground, 3-storey theme-park with 7 rides (including a rollercoaster, drop tower and bumper cars ) and 100s of interactive galactic games.

We're hosting our first SEN morning on Saturday 17 February 2024 and would like to invite you to us for a morning dedicated to neurodivergent children and their families (including autism, ADHD, Tourette's, OCD and other sensory processing difficulties).

Everyone can enjoy exclusive access to the Park between 10am and midday free from the hustle and bustle of the general public. .

This event is best for children of all ages and siblings are welcome.

[Book here to book your slot!](#)

10am until 11am - 09:45 arrival.

11am until midday - 10:45 arrival

Babylon Park

[www.babylonpark.com](http://www.babylonpark.com) / 0208 819 0044

8-10 Castlehaven Road, Camden, London, NW1 8QU



## SCHOOL NOTICE BOARD



**JOIN OUR PATIENT PARTICIPATION MEETING**

WE ARE LOOKING TO HOLD A MEN'S WELLBEING GROUP IN 2024, WHERE MEN CAN COME TOGETHER IN A SPACE THAT PROMOTES POSITIVE HEALTH AND WELLBEING. WE WOULD LIKE YOU TO ATTEND TO SHARE YOUR IDEAS ON WHAT ACTIVITIES/WORKSHOPS YOU WOULD LIKE TO SEE FROM THIS MEN'S COMMUNITY GROUP

**SOME IDEAS WE HAVE ALREADY GATHERED INCLUDE:**

- Badminton Tournaments
- Board Games
- Basketball
- Men's Mental Health Workshops
- Tea & Social Groups

**WHEN:**  
THURSDAY  
25TH  
JANUARY  
11AM-1PM

**WHERE:**  
TARLING  
COMMUNITY  
CENTRE  
63 Martha St,  
London E1 2PA

To find out more contact:  
thccg.jspwellbeing@nhs.net or call us on:  
07498862419

### Make 2024 a Healthier year

Bromley by Bow Centre

Come along, meet our healthcare teams, and join in the family fun activities.

St Leonard's Street, London, E3 3BT.

Saturday 27th January 2024  
11 am - 3 pm

On the day:

- Health advice from local GPs
- Social prescribers
- Health checks
- Cost of living advice
- Learning disability awareness and advice
- Mental Health advice

Find out what's happening locally. Children welcome, refreshments provided. Drop-in, no need to pre-register

Covid & Flu Vaccine  
Available at this session (no need to book)

**Bromley by Bow Centre**  
**TOWER HAMLETS TOGETHER**  
**TOWER HAMLETS**  
**B&SH NHS 75**

### What do I do now?

Fill in the application form or contact us to find out more.

Tugela, Natasha or Pip will contact you to answer any questions you have and see whether you would like to join Mellow Bumps. We look forward to welcoming you to the group and to Toyhouse!

Tugela, Natasha and Pip  
Toyhouse  
The Toyhouse Centre  
92 St. Paul's Way  
London E3 4AL

Phone: 020 7987 7399  
Email: [tugela.barnes@toyhouse.org.uk](mailto:tugela.barnes@toyhouse.org.uk)  
[www.toyhouse.org.uk](http://www.toyhouse.org.uk)  
Like us on Facebook: Toyhouse London

Mellow Parenting.org

Toyhouse  
Working with families since 1977

Toyhouse  
Working with families since 1977

Mellow Bumps

### Doing the best for you and your baby

### Is your baby due in April, May or June?

A short course of  
6 x 2 hour sessions for  
mums-to-be, starting:  
Monday 5th February 2024  
1pm - 3pm

The Toyhouse Centre  
92 St. Paul's Way  
London E3 4AL  
Telephone: 020 7987 7399  
Website: [www.toyhouse.org.uk](http://www.toyhouse.org.uk)

Working with families

### Health Needs of Tower Hamlets White Other Population 8 January 2023 – 31 January 2023

Tower Hamlets Department of Public Health is seeking your help in identifying the health and social care needs of Tower Hamlets residents who self-construct ethnicity as 'white other':

- It will take no more than 30 minutes of your time
- Conversations will be held over the phone or via MS Teams
- Conversations will be at a time of your choosing
- You will be offered a £15 Love2shop gift voucher

To participate, please contact:  
Dr Cyril Eshareturi  
Tel: 07758303286  
Email: [Cyril.Eshareturi@towerhamlets.gov.uk](mailto:Cyril.Eshareturi@towerhamlets.gov.uk)

The best of London in one borough

TOWER HAMLETS



## SCHOOL NOTICE BOARD



### Holiday Childcare February Scheme 2024

#### Information for professionals

The Tower Hamlets Holiday Childcare February 2024 Scheme is now open for bookings for working parents' resident in the borough, and for vulnerable referrals. Non-working parents / carers are welcome to book places from 23<sup>rd</sup> January 2024.

#### Scheme dates

Monday 12<sup>th</sup> to Friday 16<sup>th</sup> February 2024 (5 days).

Our scheme dates are based on the Tower Hamlets school holidays.

Booking closing date: 6<sup>th</sup> February 2024 by 12pm or earlier once bookings are full.

#### Venue

St Mary and St Michael Catholic Primary School, Sutton Street, E1 0BD

Please support and share this information with families you feel may benefit from our scheme. To refer a child please complete our [referral form](#) and support the family to book following the steps on our [booking system](#).

More information can be found on our website [www.towerhamlets.gov.uk/hcs](http://www.towerhamlets.gov.uk/hcs).

We will look forward to receiving your bookings.

#### Holiday Childcare Team

Parent & Family Support Service

Children and Culture Directorate

London Borough of Tower Hamlets



## HAVE YOUR SAY: PARK RUN and WALK

Join us for hot lunch and workshop discussion on how to get diverse residents more involved in free running and walking in Mile End

Thursday 18th January, 12.30pm - 4pm  
Oxford House Community & Arts Centre  
Derbyshire Street, Bethnal Green  
London E2 6HG

#### Are you a local community organisation?

We need your thoughts on how best to support our residents to do the recommended 150 minutes of physical exercise a week to keep well. This can be any combination of walking, jogging, or moving. It's also a great way of connecting with local residents.

Please join us! Email [navigators@towerhamlets.gov.uk](mailto:navigators@towerhamlets.gov.uk) or accept your Outlook invite to sign up



## SWIM SCHOOL SHORT COURSES

York hall Leisure center  
Monday 12th - Friday 16th February

Foundation- (4yrs+) 09:30-10:00am  
10:00-10:30am  
10:30-11:00am  
11:00-11:30am

Visit [better.org.uk/swimming-lessons](http://better.org.uk/swimming-lessons) for more information



BETTER

Sheet 48

## Family Fun!

Creative Spring Arts & Craft

### Easy Leaf Print Art

Here's an easy-to-follow step-by-step guide to create some leaf art for your home or make a beautiful card for family and friends. So, for this project you will need: leaves, crayons, paper-towels (as needed) and a few sheets of paper.

Collect a few leaves, put the leaf facing up and place the leaf on the paper. This will make it easier to get the best outline possible of the leaf structure. Make sure the ones you use are dried off and free of dirt and debris. Remove the paper from the crayon colours you want to use. This just makes it a little easier to cover the leaf with colour. You could skip this step if you want a darker looking leaf. Place your paper over the leaf and then run the crayon over the leaf, used brown for the leaf and highlight the veins with red. It really gives the leaf depth. Have fun with it and try any variations of colours you like. You can keep it true to nature or you could use pinks and reds anything you can imagine.

### Fruit Kebab

Use wooden skewers and thread the following fruit onto each - 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries. Arrange in a rainbow shape and let everyone help themselves.

### AUTUMN LEAF JAM JAR CANDLE HOLDER

Jam Jars are all the rage for home decoration. There are a million ways you can decorate with them just by using leaves. Fake leaves also work better because the decoupage medium soaks through the fabric leaf, allowing for easier application.

Wipe the jam jar if it gently and get any grease and grime off the outside of the jar. Bend your leaves and a bit loose. Stiff leaves won't stick either. If they are thin, fabric leaves, they should easily form around the jar. If they are real leaves, you may want to dampen them slightly (almost the way leaves become after it rains) to unstiffen them. You can also iron fabric leaves as well to loosen the fibres.

Then dip your brush in the PVA glue and paint a thin layer on a section of the jar. Once that layer becomes quite sticky (check by dabbing your finger on it), place a leaf on the jar. Paint more PVA glue on top of the leaf in thin layers, making sure to smooth out the edges. Start in the centre of the leaf and push your way out to the edges with your fingers. It may take a few layers, but the leaf should stick to the jar.





Produced by  
The Parental Engagement  
Schools and Family Team

FamiliesMatter  
Subscribe to our e-bulletin  
[www.towerhamlets.gov.uk/parentfamilysupport](http://www.towerhamlets.gov.uk/parentfamilysupport)