



NEWSLETTER Friday 15th November 2024

Dear families,

What a wonderful week where we welcomed Mr Macka.B to help us celebrate and respect our differences and selves. Whether singing or dancing it has been a joy to deepen our understanding of how beautiful our children and communities are. All you need to do is to listen to Children Children or Cucumba and let your own children join in to see the joy and learning this brings.

Whether Odd Socks Day, Anti-bullying Week, class trips, musical extravaganzas or sport events for our SEND pupils, the week celebrated the best of St Saviour's.

We wish you a wonderful weekend, keep sharing marvellous meals, music and learning,

Best wishes,



*Mrs Smith
& Mr Hall*



TERM DATES



17th - 25th November next week - National Road Safety Week

18th November - Year 1 trip to Soanes Centre

19th November - Football Years 3 & 4 at Mile End Stadium

20th November - 20th Anniversary of SEND Sport at Mari Richardson

21st November - Year 3 trip to Great Fire of London
Choir at Chrisp Street at 4pm

28th November - Flu Vaccination Reception - Y6

29th November - School Birthday Celebration

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

STARS OF THE WEEK

Reception	Phynix	George
Year One	Taskim	Jeanelle
Year Two	Danyal	Rohan
Year Three	Alanna	David
Year Four	Ricky	Amara
Year Five	Aadvik	Alexander
Year Six	Rayna	Isambard

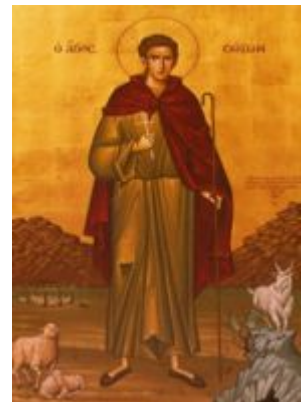


WORSHIP FOCUS

Mark 10:35-45 James and John make a ridiculous request which shows they have not understood what Jesus has been teaching them about servant leadership.



How could you put someone before yourself this week?



Anti-bullying
workshops -
kindness for all



Happy Birthday to you...

Rose	Deana
Isabelle	Annie-Bella
Parker	Tilly-Mae
Alanna	Louis
Arthur	Rayna
Grace	Abigail
Alexander	Riley
Zayan	Ellie
Aron	Natalie

Our stars

Kindness leaves



SCHOOL NOTICE BOARD

There are **190** days in a school year which leaves **175** days to spend on family time, shopping, appointments and other things.



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

Congratulations to our top
 3 classes!

1st: Year 3 98.89%
 2nd: Year 6 97.62%
 3rd: Year 5 with 95.40%

Polite reminder:
 Children need to be in school every day and on time.
 Gates are open for 10 minutes every day from 8:45 - 8:55. Early morning learning at this time sets the children up for the day. Some have targeted interventions at this time.

Did you know?


 MINS
LATE

EVERY DAY = 33 HOURS LOST
 LEARNING EACH YEAR.

CAN YOUR CHILD AFFORD TO MISS OUT?

We are aware that some people may find that our pursuit of attendance for all children challenging. The Department of Education has updated its advice for schools and local authorities because of a desire to ensure all children return to school fully.

SCHOOL NOTICE BOARD

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 items.

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 11th 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

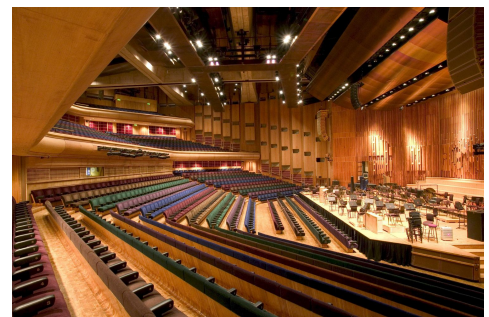
SCHOOL NOTICE BOARD

To mark anti-bullying week we had a workshop from Chain Reaction Theatre Company, along with Poplar Parliament and Odd Socks Day !



Year 4 trip Barbican Centre

Year 4 had an amazing time at the Barbican Centre watching the London Symphony Orchestra perform Holst's 'The Planets.' They really enjoyed the whole experience and are keen to attend even more concerts.



SCHOOL NOTICE BOARD

Poplar Parliament Anti-Bullying Event 2024

At Spotlight we learnt about the definition of bullying, which is intentional harm that happens repeatedly over a short period of time and often used to get power over someone else, leaving someone defenseless. It can be:

- Cyber-bullying (a form of bullying that happens online)
- Verbal-bullying (a form of bullying that happens with someone saying something mean to someone else and name calling)
- Physical-bullying (someone shoving, tripping, punching or hitting someone else)
- Indirect-bullying (people bullying someone else without realising)

At Spotlight we also learnt kindness and empathy which is the definition of being friendly, generous and considerate. **Empathy is shown by:**

- Understanding others
- By sharing the feelings of others
- Listening to others carefully

Kindness is shown by:

- Complimenting someone on the work they have done.
- Helping a classmate with something.
- Making sure you show respect to your teachers and all your classmates.
- Listening attentively to your teacher, classmate or friends.
- Being thankful for your parents, teachers, and others.

We completed a competition and we had to make a poster and work as a team in 45 intense minutes. We then had to share it with the other schools! But at the same time it was really fun and we enjoyed it a lot even though we had to leave early!!

By Year 5 and 6 anti-bullying ambassadors



SCHOOL NOTICE BOARD

Macka B

Macka B, a renowned reggae artist, gained popularity for his "Medical Mondays" series, highlighting the health benefits of various fruits and vegetables through engaging songs. This aligns with Mr Macka. 's faith and practice as a Rastafarian and a vegan ambassador. Below is a fact file summarising the key points from songs on broccoli, cucumber, and mango, along with additional information on other fruits. We had so much fun singing and dancing to Children Children, Cucumba, 45 and having fun! We also learnt a lot about what we eat - for more information listen to the marvellous Mr Macka.B on youtube [here](#).

Broccoli

Broccoli is a cruciferous vegetable rich in vitamins and minerals. It contains high levels of vitamin C, vitamin K, and folate, which support immune function, bone health, and cell growth, respectively. Broccoli also provides fiber, aiding digestion and promoting a healthy gut. Its antioxidants, such as sulforaphane, have been studied for their potential anti-inflammatory and cancer-preventive properties.

Cucumber

Cucumbers are composed of about 95% water, making them excellent for hydration. They are low in calories and contain vitamins and minerals like vitamin K, potassium, and magnesium. Cucumbers also provide silica, which supports skin health, and their high water content aids in detoxification and digestion. Placing cucumber slices on the eyes can help reduce puffiness and revitalize the skin.

Mango

Mangoes are tropical fruits rich in vitamins A and C, which are essential for vision, immune function, and skin health. They also provide dietary fiber, aiding digestion, and contain antioxidants like beta-carotene, which may help protect against certain diseases. Mangoes have enzymes such as amylases that assist in breaking down carbohydrates, promoting better digestion.

SCHOOL NOTICE BOARD

Additional Fruits

Apples: High in

dietary fiber and vitamin C, apples support digestive health and boost the immune system. They also contain antioxidants like quercetin, which may have anti-inflammatory effects.

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Bananas: Rich in potassium, bananas help regulate blood pressure and support heart health. They also provide vitamin B6 and fiber, aiding metabolism and digestion.

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Berries (e.g., blueberries, strawberries): Packed with antioxidants, vitamins, and fiber, berries support brain health, reduce inflammation, and promote heart health.

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Oranges: Known

for their high vitamin C content, oranges boost the immune system and support skin health. They also provide fiber and antioxidants, promoting overall well-being.

We did also have fun listening to Three Little Birds, knowing that ***every little thing will be just fine.***



Children In Need



Thank you to everyone who took part in Children in need and wore their PJs.
We raised an incredible £166.70 and as always, your support is appreciated !

SCHOOL NOTICE BOARD



KING OF THE WORLD!

Sunday, 24 November 3.30-5.30pm

All Saints' Church, Newby Place, E14 0PT

**Mark the Festival of Christ the King
with a children's party**

**Treasure hunt Crafts
Biscuit making**

... ending with a short service of Evensong at 5pm

**Optional: Come dressed
as a King or Queen!**



Walk Champion and Walk Leader Training

Train to support or lead new group walks in Tower Hamlets



learn about
Route planning
Walk ideas
Group safety
Risk assessments
Recruitment and membership



Wednesday 27th November

Walk Champions 09:30 - 12:30

Walk Leaders 09:30 - 16:30

Lunch provided

Bromley by Bow Centre, St Leonard's Street, E3 3BT

Contact: polly.jarman@bbbc.org.uk / 07760 843 545

Sign up here:



supporting you to live a healthier life

Funding Opportunity for Residents

Turn your health & wellbeing idea into a community project

Share your passion

Gain new skills

Empower Community

Free workshops available in October and November to support your idea. See funding themes on the back.

**Find out more, register now!
Funding from January 2025**

For all residents living in Old Ford and Devons Road (Bromley by Bow)

**Register your interest:
amy.jones154@nhs.net
07759711534**



supporting you to live a healthier life



Resident Funding Priorities in this area.

Up to £2000 per project

What you told us

**Mental wellbeing, social connection and loneliness
Information sharing
Families**

**Activities for young people and children
Physical activity
Bringing community together**

**Activities for children and teenagers
Healthy and affordable food
Language & skills development**

**Community safety & outdoors
Creative arts
Employment support**



If you have a project idea, call Amy on 07759711534 or email amy.jones154@nhs.net

SCHOOL NOTICE BOARD



Department
for Work &
Pensions

Disability Services Advocacy Team

DWP Disability Services support for SEND Schools, Colleges and Support Organisations

(Please note: these sessions are for organisations outside the DWP only)

The Disability Services Advocacy Team are here to support with raising awareness of the different Disability Services benefits and grants. These are Personal Independence Payment (PIP), Disability Living Allowance (DLA) and Industrial Injuries Disablement Benefit (IIDB) and Access to Work (ATW).

The Disability Services Advocacy Team are providing upskilling sessions focusing on Special Educational Needs Schools, Colleges and organisations who are supporting students with Disability Services benefits and grants. We will be covering Disability Living Allowance for Children (DLA Child) and Personal Independence Payment (PIP) including the transition from DLA Child to PIP when the Child reaches the age of 16. The session will also include how Access to Work can

December 2024

Please click the Ticketsource link to register your place

Tuesday 17th December 2024 - 10am till 12pm - [Ticketsource](#)

Ticket source registration password: **DSATSENDESESSION**

January 2025

Please click the Ticketsource link to register your place

Tuesday 14th January 2025 - 10am till 12pm - [Ticketsource](#)

Password for Ticket source registration: **DSATSENDESESSION**

Thursday 16th January 2025 - 10am till 12pm - [Ticketsource](#)

Password for Ticket source registration: **DSATSENDESESSION**

SCHOOL NOTICE BOARD

A review of absence procedures by the Department of Education is called for following the death of a 4 year old child in Hackney. We all have to be more vigilant and ensure daily calls are made if your child is absent so that we know your child and you are safe.

We have looked at our procedures for attendance and how we monitor and support families.

To ensure we support families before attendance becomes a concern, we will be monitoring and sending letters at different stages:

If attendance falls between 96% - 90% you will receive a letter offering support. If it continues to fall and falls below 90%, which is considered to be persistent absence, then another letter will be sent and school, with support from the LA, will monitor.

If there is no improvement to attendance then a meeting will be scheduled. This meeting will be with the LA, a member of SLT and the school Social worker.

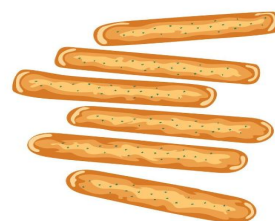
Unfortunately there may be times where school may have to issue a fine. We hope to prevent this by working with you.

SCHOOL NOTICE BOARD

Healthy Eating

For breaktimes snacks for Years 3, 4 5 & 6

Healthy snacks should consist of fruit, rice cakes, breadsticks. **Crisps, chocolate, biscuits, and popcorn ARE NOT classed as a healthy snack.** We are what we eat, healthy alternatives will be on offer daily.



What should be in a healthy lunchbox?

There are lots of ideas for a healthy lunch, which were highlighted in a recent Zoe study podcast- the link to this is [here](#) Please have a listen or a read of the transcript.

We are what we eat and highly processed food for children can store health issues for their near and distant future.



SCHOOL NOTICE BOARD



Mr Everiste Training
Martial Arts | London, UK



Martial Arts Training with Mr Everiste at St. Paul's Way Community Centre

Martial Arts classes run by Mr Everiste take place every **Saturday 11am-12pm** at St Paul's Way Community Centre:

St Paul's Way Community Centre
83 St Paul's Way
Bow, E3 4AJ

Buses 309, 108 | Free on street parking available on Saturdays

Students of all ages including parents, carers, family, and friends are welcome. Please arrive promptly wearing comfortable clothing and bring a water bottle. **£5 per session** paid in advance either by cash or via bank transfer.

BOOK NOW

Book now by emailing students' names and ages to

MrEveristeTraining@gmail.com

07932 510 494

We look forward to training with you.

Mr Everiste

About Mr Everiste Training

Instructor Mr Everiste is a Tae Kwon Do champion and a 4th degree Black Belt, having trained for 16 years in martial arts. Mr Everiste has a BA (Hons) degree in Dance Performance and is a professional actor (notably appearing in *The Bill*). Mr Everiste's children have been attending St Saviour's School since March 2018. Mia is now in Year 5 and Laila is in Year 1.