

**NEWSLETTER Friday 7th February 2025**

Dear Families,

This week has been such a joy, the children in different colours identifying a range of emotions and learning that we all experience a range of emotions, they pass. Emotional intelligence, identifying and managing your own emotions, and understanding the emotions of others is a skill that can be developed. Self-awareness, self-regulation, management, motivation, empathy, and social awareness along with kindness can be developed, it is not a fixed personality trait, it can take time.

We value, become aware, recognise and promote kindness through weekly kindness leaves assembly. This is who we are as a school, woven through our values, vision and mission. We promote and develop emotional intelligence through out PSHE teaching with additional focus in the younger years with Think Equal. We know the research that shows that emotional intelligence is a greater indicator of success than IQ. Beyond the early years of a child's life, we use Jigsaw which is government recommended and we have written additional mindfulness to deepen understanding and practice. Additionally, our children have curated and made films about mental health and to look after it that are still on our website <https://www.st-saviours.towerhamlets.sch.uk/emotional-and-mental-health/> If you need support please contact our senior mental health leads in Mrs Rachel Sablon or Mr Tom Dunford-Crozier. We also have THEWs - a Tower Hamlets service in for children leading class workshops and also supporting where needed.

Also we experienced awe and wonder with St Paul's Cathedral Outreach organ visiting with Mr Jeremiah Stephenson. Children were fascinated by playing on three keyboards, pedals and a variety of buttons. The phenomenal sound was transformational, just like the children's singing at the Cathedral last week.

Pure joy! Wishing you all a blissful weekend,

*Mrs Smith  
& Mr Hall*



## DIARY DATES

**10th Feb - The Brilliant Club  
Hockey  
Juniper our School meals Pizza making  
Years 1 & 6**

**11th Feb - 9am - 10am - 'Establishing Good Routines'  
parental workshop run by Ms Rohim.  
Girls Football  
Inner London Cricket**

**13th Feb - Year 4, 5 & 6 Science Exhibition**

**Half term: Monday 17th February  
End of Spring Term: Friday 11th April  
Easter holiday: 14th - 25th April 2025**

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

## STARS OF THE WEEK

Reception	George & Monroe
Year One	Mary & Hayden
Year Two	Adira & Elliot
Year Three	Jason & Kealani
Year Four	Enerel & Freddie
Year Five	Aadvik & Alex
Year Six	Ehan & Adeola



### WORSHIP FOCUS

**Candlemass** The presentation of the infant Jesus at the temple. What does it mean for you? Who lights up your world?



Rev Matt spoke to us of the sweetness and sourness of different fruit just like life, how with love & light we deal with any darkness.



Happy Birthday to you...

Evie	Paris
Zoe	Hafiza
Taimullah	Cairo
Amara-Rose	Xingche
Bobby	Liyana
Josephine	Isla
Ronee	Florence
Ardin	Hayden
Rosie	
Paris	



*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 for this week !

1st - Reception 99.57%  
2nd - Year 5 97.50%  
3rd - Year 3 95.26%

**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?

**10 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

### Year 1 trip to Trafalgar Square

Year 1 had an exciting and educational trip to explore some of London's most famous landmarks! The day started with a visit to Trafalgar Square, where the children got to see the grand Nelson's Column and the iconic lions. St Saviours met up with the Year 1 class from St Pauls and St Luke's to explore the landmarks. They had been studying these landmarks in their English core text, *Katie in London*, so it was amazing to see the places come to life right before their eyes. Afterward, the class boarded the Thames Link Uber boat at Westminster Pier for a thrilling journey down the Thames to Canary Wharf. As they sailed along the river, they spotted even more famous landmarks, including Big Ben, the London Eye, and Tower Bridge.

The children were in awe of the sights they some had only seen in books, and it was wonderful to hear their excited chatter as they recognised the landmarks from their studies. Throughout the trip, Year 1 showed outstanding behaviour, listening carefully to their adults and following instructions. They asked thoughtful questions, filled in their booklets and were keen to learn more about each landmark they saw. It was a memorable experience for everyone!



## SCHOOL NOTICE BOARD

### CHILDREN'S MENTAL HEALTH WEEK

All the children had the opportunity to Dress-Up Day for two days on the 6th & 7th February – To celebrate the week, children came to school dressed as one of the characters from *Inside Out*!



## KNOW YOURSELF, GROW YOURSELF

### THINGS TO REMEMBER

- You are important and you matter.
- You are so loved.
- Your mistakes don't define you.
- It's okay to ask for help.
- You are allowed to say no.
- Your wants and needs are valid.
- Productivity doesn't define your worth.
- Your boundaries are important & worth respect.



## SCHOOL NOTICE BOARD

### HALF TERM FAMILY CYCLE TRAINING

**FREE**

February - Mon 17 | Tues 18 | Fri 21  
10:00 - 12:00 or 12.30 - 14.30

**VICTORIA PARK**

**SCAN QR CODE FOR MORE INFO AND BOOKING**



[WWW.BIKeworks.ORG.UK](http://WWW.BIKeworks.ORG.UK)

TOWER HAMLETS

**NIHR** National Institute for Health Research

 **Queen Mary**  
University of London

### Sugar tax

We are studying the **IMPACT OF THE SUGAR TAX ON CHILDHOOD TOOTH DECAY**, and we want to hear your opinions or involve you in some activities!



**You will receive a £25 voucher for every hour of your time.**

We will help you join an online meeting/call.

**When: From February 2025**

**Time: At a convenient time for you**

If you want more information, please contact  
**Candy Salomon: [c.salomon@qmul.ac.uk](mailto:c.salomon@qmul.ac.uk)**  
or 07765560461

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### FIRST KICKS EASTER CAMP



*Join us during the Easter holidays!*

9:30 AM - 3 PM  
**AGES 5-12**

**WEEK 1**

**Mon 14th April - Thurs 17th April**

**WEEK 2**

**Tues 22nd April - Fri 25th April**

*This camp is only for children that receive 'Benefit Related Free School Meals' If eligible you will receive a 16 digit HAF code*

To accommodate children with additional needs, we kindly request you contact us before booking



Scan QR to book!



If you would like more information contact us below:  
[firstkickssportscamp@hotmail.com](mailto:firstkickssportscamp@hotmail.com) - 07849502993

St Agnes Catholic Primary School, Rainhill Way, Bow, London E3 3ER

### Workshops run by Farhana our School Social Worker

Establishing Routines Workshop, Tuesday 11<sup>th</sup> February  
9am-10am at St Saviours Primary School

Delivered by our Early Help School Social Worker, covering the following:

- What is a routine, it's importance and benefits
- Practical advice and tips around establishing routines for children at home
- Resources and examples will be shared on tools that can be used to help with routines.

This session is targeted for parents who are struggling to establish a routine at home and for those who are struggling to bring their children into school on time however it is open for all. I look forward to seeing you all there.

Reducing Screen Time Workshop, Tuesday 11<sup>th</sup> March 9am-10am at St Saviours Primary School

covering the following:

- Importance of reducing screen time and its harmful effects including safeguarding perspective
- Practical advice and tips around boundaries and reducing screen time at home
- Resources and examples of activities will be shared on tools parents can use alternatively with their children to improve communication with their children and reduce screen time.

This session is targeted for parents who are struggling to reduce screen time at home, set boundaries and would like to find out practical ways to connect with and communicate with their children. I look forward to seeing you all there.

Farhana Rohim (Early Help School Social Worker)