



St Saviour's C of E Primary School  
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## Weekly Newsletter

**Monday 20th  
March 2017**

Website:  
[stsaviourscofe.org](http://stsaviourscofe.org)

I DON'T usually kick off by talking about our Value of the week, but in the madness of the world at the moment (and fitting in nicely with the Growth Mindset workshop held during the recent parent open sessions) it seems timely to talk about Serenity.

One of the things I hope we offer at St Saviour's, as well as rather splendid teaching and great progress for pupils, is a place of calm and safety. Things can get a little livelier at times, but serenity is always one of our goals – and is something I feel the children show very well, especially during our daily worship assemblies. As a former child (long ago!), I know this is not always the case when it comes to bedtime.

During the recent parent open sessions, I also spoke about the importance of children getting the required amount of sleep – and that the little darlings aren't always so keen on that idea. We do see lots of children coming into school tired, which – worldwide research shows – does have a damaging effect on learning. If your child is resistant to going to bed, please take a look at pages 5 to 8.

I feel that it's a vital issue which we must address. A case of tough love needed to help all our kids to thrive – in so many ways.

Serenity is sadly, a million miles away from the suffering currently being endured by the children and families in East Africa. Thank you for the donations received last Friday towards the Disasters Emergency Committee's appeal for aid to the current East African famine crisis. We raised £279.80. That included a fantastically generous donation of £105 from one family. Thank you for all of you who were able to donate. I appreciate that it was very short notice. If you didn't get time to organise a donation and would like to, please visit <https://donation.dec.org.uk/eastafrica>

Thank you to the parents/carers who came along to our calculation workshop last Wednesday. I hope you found it useful. We'll be holding a similar workshop next week on grammar – from 3:45pm on Wednesday 29<sup>th</sup> March. I'd particularly ask parents/carers whose children are attending one of our after-school clubs to come along before you pick up children at 4:20pm. It's a vital element of their learning these days – and quite complex – and each year group will be presenting elements of what children learn these days. Please come along if you can.

You'll also notice our Book Fair is on at the moment, in the hall, and runs until Wednesday. Any profits we make are shared with the book company and allow us to invest further in our school library and other reading resources, so your support will be much appreciated.

Finally, don't forget that school closes for the two-week Easter holiday next week on Friday 31<sup>st</sup> March at 2pm. The Tea Time Club will not be running that day.

Ok, writing this has tired me out. I'm off for a kip!

David Ogle, Head of School

### Our Value of the week is Serenity:

*Serenity isn't freedom from the storm, but peace within the storm.  
Better one hand full of quiet than two hands striving after wind.*

**Ecclesiastes 4:6**

### *Dates coming up*

#### **Parent Workshops:**

Tuesdays at 4pm in  
The Cube, *unless  
otherwise stated*

#### **Y1-Y6 Grammar**

*Wed 15th March 2017  
3:45pm in the Hall*

#### **18th April 2017**

Computing

#### **25th April 2017**

Developing Spirituality

#### **16th May 2017**

Fabulous Phonics

#### **Year 3 trip**

Monday 20th March  
Museum of London  
We wish you a safe  
and  
enjoyable trip

### *Weekly Events*

#### **Shining Stars Assembly**

Mondays 9:10am.

#### **Clergy Assembly**

Thursday 9:10am

#### **Head of School drop in**

Tuesdays, 8:30-  
9:30am and 3-4pm.

#### **Monthly Mass**

Please join us  
monthly at  
**St Saviour's Church**  
Services run for  
about an hour from  
2pm on a Thursday  
(unless  
indicated)

#### **20th April 2017**

St George's Day

#### **25th May 2017**

Y4  
Ascension

#### **29th June 2017**

Y2

#### **13th July 2017**

Y6 Leavers

### **Book Fair in school**

Now until Wednesday  
22nd March, in the Hall



*Have a lovely week, best wishes*


Executive Head Teacher

Deputy Head Teacher

# Shining Stars



- Rec Oak - Max Krawczyk
- Rec Birch - Sasen Fernanado
- Y1 Willow - Ewura Garbrah
- Y1 Elm - Kevin Motsoko
- Y2 Oak – Kassius Wilson-Turner
- Y2 Birch – Bruce Brown
- Y3 Elm - on trip, two stars next week



- Y3 Willow - on trip, two stars next week
- Y4 Oak - Nate Ford
- Y4 Birch - Devonte Appiah  
/Kayisha Gravillis-Carbon
- Y5 Willow - two stars next week
- Y5 Elm - Emmanuel Peprah Hudgson
- Y6 Birch - two stars next week
- Y6 Oak - Kiera Walker Brown

## Attendance

The whole school target for attendance is **96.5%**. From the start of the school year until now, our attendance since September is **95.15%**. Please help us to ensure that children are getting the best possible education by making sure that children are in school.

**Well done to Year 6 Birch** whose attendance was **100%** last week

The classes which was the **most punctual** last week were **Reception Birch/ Reception Oak/Year 6 Oak**. Well done to them! They win our Early Bird Bears for the week.

We continue to have an issue with lateness and attendance. Last week we had 36 incidents of lateness and **our overall attendance is below the national average of 95.6%**. These figures are a clearly detrimental to our pupils' education. Letters have gone out to parents/carers whose children's attendance is below 90%. We are over halfway through the year and 90% is equivalent to missing half a day's education every week. Please help us to improve this.

## Class Corner - Year 6 Oak

As the SATs draw closer, Year 6 Oak are continuing to work hard in all lessons. In Literacy, we are writing our own non-fiction texts on how to survive a wolf attack. Something the characters in our book , The Wolves of Willoughby Chase which is set in an imagined history in which wolves are native to England, could have used! Our Maths lessons are now on topics as varied as Place Value and Algebra.

We hope you have a calm and restful Easter holidays.

Thank you for your continued support  
*Miss Ford & Oak class*

# ***EASTER MENU***

Sticky Chicken

Breaded Salmon Fillet

Cheese & Tomato Pizza

Herby Diced Potato

Seasonal Organic Carrots

Sweetcorn

Easter Cup Cake

Fruit Jelly & Ice Cream

Seasonal Fruit Platter

Thursday 30<sup>th</sup> March 2017



### Save the Community Pool campaign

Dear Parents/Carers,

There is a possibility that the Community Pool at Waltham Forest College will be closed. Not only do St Saviour's and St Mary's children have their weekly swimming lessons there, it is also used for other schools and even for training some members of our National Synchro Swimming team.



Organisers of the Community Pool argue that there is already a lack of good facilities in the borough of Waltham Forest, and swimming is an important and valuable life skill, so we cannot afford to lose this pool too. At the time of publication, there are just over 700 signatures on the petition but the Community Pool needs as many as possible to reinforce how important this resource is to our children and families in Waltham Forest.

As a school, we support this campaign so, if you get a moment, please could you sign the petition (link below) and encourage friends and family to do the same?

<https://www.change.org/p/keep-the-community-pool-at-waltham-forest-college-open>

Thanks everyone!

### Apprenticeships

Do you know anyone who would be interested in undertaking a Level 2 or Level 3 apprenticeship with us? We are currently looking for Nursery apprentices, Teaching Assistant apprentices, and an assistant caretaker apprentice.

If you know of anyone who might be interested, please ask them to contact Mrs Smith on 020 8521 1066 or on [carmel.smith@st-marys-coe.waltham.sch.uk](mailto:carmel.smith@st-marys-coe.waltham.sch.uk).

### Looking for something exciting for the kids at EASTER?

This exciting event, held in the second week of our Easter holidays, is run by one of St Saviour's parents (Rachel Summers, who many of you will know) and we're sure it will be great.

Rachel will be helping our Reception in the summer term with Forest School sessions and we're strong believers in the value of children learning in and about the outdoors - and, frankly, maybe getting a bit of muck under their finger nails - so do consider signing up!

A close-up photograph of a young child with light brown hair, wearing large, round, colorful magnifying glasses (one black, one blue) over their eyes. The child is holding the frames of the glasses with their hands. The background is a blurred outdoor setting with trees.

COME AND PLAY AT  
**Easter forest school**  
Monday 10th, Tuesday 11th and  
Wednesday 12th April  
Sessions for 2-6 year olds: 10-11.15  
Sessions for 5-11 year olds: 11.30-12.45  
Parents come and play too! £12 per child for the three sessions. Contact [curiouswilds@gmail.com](mailto:curiouswilds@gmail.com) to book.  
Low Hall Nature Reserve behind St James park.



## Children's Sleep

Over the next few pages we've pulled together some information to help parents/carers ensure that their children are getting enough sleep. If you can, please have a look at the half-hour Panorama programme (from 6th March). You can find it at [www.bbc.co.uk/programmes/b08hymf3](http://www.bbc.co.uk/programmes/b08hymf3) or search for 'BBC Panorama Sleepless Britain'.

As the blurb for the show says: "Our children are exhausted. Britain's kids are going to bed later and sleeping less, and hospital visits triggered by poor sleep have tripled in ten years. This is playing havoc with children's health and education, causing obesity, problems for parents and teachers, and even family breakdowns."

The programme also looked at The Children's Sleep Charity (see below) which provides a number of useful leaflets for parents/carers.

Over subsequent pages, you can also find information on the NHS Choices website.

## The Children's Sleep Charity: Home

[www.thechildrenssleepcharity.org.uk/](http://www.thechildrenssleepcharity.org.uk/) ▼

Helping families sleep better. Working to ensure children get a good night's sleep. ... Thanks to the work of the Children's Sleep Charity, families' lives are ...

### Training

TRAINING FOR  
PROFESSIONALS ... Professionals  
think of our ...

### Contact

THANK YOU FOR YOUR  
INTEREST IN THE CHILDREN ...

### Leaflets

Sleep and Diet. Diet can have an  
impact on sleep. It is important ...

### To find out more

Our training is suited to professionals  
working in a ...

### About



ABOUT THE CHILDREN'S SLEEP  
CHARITY. Set up in 2012 and is ...


### News

Category - General Sleep News. We  
have been given royal ...

[More results from thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk) »



01302 751416 | [info@thechildrenssleepcharity.org.uk](mailto:info@thechildrenssleepcharity.org.uk)  

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## Leaflets

Download or view our leaflets.



**Sleep and Diet**  
Diet can have an impact on sleep. It is important to be aware of food and drink that can help and hinder your child having a good night's sleep.

[View](#)



**Relaxation Tips for Bedtime**  
Relaxing can be easier said than done. This leaflet has useful tips to help you and your child unwind in the run up to bedtime.

[View](#)

## How much sleep do kids need?

Sleep is very important to a child's wellbeing. There's no set amount of sleep that all children of a particular age need, but here's a guide to the approximate hours of sleep they should aim for.

These are hours of sleep based on age, as recommended by the Millpond Children's Sleep Clinic:

### 1 week

- daytime: 8 hours
- night time: 8 hours, 30 minutes

### 4 weeks

- daytime: 6 to 7 hours
- night time: 8 to 9 hours

### 3 months

- daytime: 4 to 5 hours
- night time: 10 to 11 hours

### 6 months

- daytime: 3 hours

### 9 months

- daytime: 2 hours, 30 minutes
- night time: 11 hours

### 12 months

- daytime: 2 hours, 30 minutes
- night time: 11 hours

### 2 years

- daytime: 1 hour, 30 minutes
- night time: 11 hours, 30 minutes

### 3 years

- daytime: 0 to 45 minutes
- night time: 11 hours, 30 minutes to 12 hours

### 4 years

- night time: 11 hours, 30 minutes

### 5 years

- night time: 11 hours

### 6 years

- night time: 10 hours, 45 minutes

### 7 years

- night time: 10 hours, 30 minutes

### 8 years

- night time: 10 hours, 15 minutes

### 9 years

- night time: 10 hours

### 10 years

- night time: 9 hours, 45 minutes

### 11 years

- night time: 9 hours, 30 minutes

### 12 years

- night time: 9 hours, 15 minutes

### 13 years

- night time: 9 hours, 15 minutes

## Healthy sleep tips for children

**Keeping your child to a regular bedtime routine can be difficult, but it can help to improve the quality of their sleep.**

For some children, irregular sleeping hours can be problematic. Setting a regular bedtime schedule can really help children get the right amount of sleep.

[Find out how much sleep kids need.](#)

It's important to devise a routine that works for you and your child, and to stick to it.

"Keep regular sleeping hours," says Jessica Alexander of The Sleep Council.

"A bedtime ritual teaches the brain to become familiar with sleep times and wake times," she says. "It programmes the brain and internal body clock to get used to a set routine."

### Relaxation techniques to aid sleep

Winding down is a critical stage in preparing your child for bed. There are many ways for them to relax:

- A warm (not hot) bath will help their body to reach a temperature where it's most likely to rest.
- Relaxation exercises, such as light yoga stretches, will help to relax their muscles.
- Relaxation CDs work by relaxing the listener with carefully chosen words and gentle hypnotic music and sound effects.
- Reading a book or listening to the radio will relax their mind by distracting it from any worries or anxieties.

Here are some more [relaxation tips](#) your teenager can use to prepare them for sleep.

### Avoid screens in the bedroom

The bedroom should be a relaxed environment.

Experts say that bedrooms are strongly associated with sleep, but that certain things weaken the association. These include tablet computers, mobiles/smartphones, TVs and other electronic gadgets, light or noise, and a bad mattress or uncomfortable bed.

The light from screens can also affect how easily children get to sleep. Try to keep your child's bedroom a screen-free zone and get them to charge their phones and other devices downstairs. That way they won't be tempted to respond to friends getting in touch late in the evening.

## Healthy sleep tips for children

### Your child's bedroom

"It's important to create an environment that's favourable for sleep," says Alexander. "Keep the bedroom just for sleeping."

The bedroom needs to be dark, quiet and tidy. It should smell fresh and be kept at a temperature of 18-24C. Jessica adds: "Fit some thick curtains. If there's noise outside, consider investing in double glazing or, for a cheaper option, earplugs."

### Getting help with sleep problems

If you have tried these tips, but your child keeps having problems getting to sleep or sleeping through the night, you may feel you could do with more support. You can speak to your GP or health visitor about these worries. They may refer you to a child psychologist or another expert.

### Keep a sleep diary

One of the first things they may ask you to do is to keep a sleep diary for your child as part of diagnosing any sleep problems.

"The sleep diary might reveal some underlying conditions that explain sleep problems, such as stress or medication," says Alexander.

A sleep diary might reveal lifestyle habits or experiences in your child's day-to-day activities that contribute to sleep problems.

It could include answers to the following questions:

- What were your child's sleeping times?
- How long did it take them to get to sleep?
- How many times did they wake up during the night?
- How long did each awakening last?
- How long did they sleep in total?
- Did they do any exercise shortly before going to bed?
- Did they take any naps during the day or evening?
- Has anything made them anxious or upset?



## Spring Term 2017

Date	Event
03/01/2017	INSET - Tuesday 3rd January 2017
04/01/2017	School Starts 9.00am Wednesday 4th January 2017
13/02/2017	Half Term Monday 13th February to Friday 17th February 2017
20/02/2017	School Starts 9.00am Monday 20th February 2017
31/03/2017	School Closes Friday 31st March 2017 2pm

## Summer Term 2017

Date	Event
03/04/2017	Easter Holidays Monday 3rd April to Monday 17th April 2017
18/04/2017	School Starts 9.00am Tuesday 18th April 2017
01/05/2017	May Day Bank Holiday
29/05/2017	Half Term Monday 29th May to Friday 2nd June 2017
05/06/2017	School Starts 9.00am Monday 5th June 2017
19/07/2017	School Closes Wednesday 19th July 2017 2pm

## Autumn Term 2017

Date	Event
01/09/2017	INSET - Friday 1st September, Monday 4th & Tuesday 5th September 2017
06/09/2017	School Starts 9am Wednesday 6th September 2017
19/10/2017	School finishes for Half term Thursday 19th October 2017
20/10/2017	INSET DAY - Friday 20th October 2017
23/10/2017	Half Term Monday 23rd - Friday 27th October 2017
30/10/2017	School Starts 9am Monday 30th October 2017
20/12/2017	End of Term Finish 2pm Wednesday 20th December 2017
21/12/2017	Christmas Holidays Thursday 21st December - Tuesday 2nd January 2018