



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

Monday 24th April  
2017

Website:  
stsaviourscofe.org

THE main news this week is that clubs begin again. We have had a push on getting our full compliment into each club and you should have had notification if your child has a place. If you're not sure – or if you haven't applied a place – please see the office as soon as possible.

Before school we have: chess, board games, badminton, boccia and Sparkle Club (handwriting). After school we have: arts & crafts, multisports, rugby, code club (IT), orchestra (children who have music lessons), football, Education City /Homework, basketball, choir, drama and athletics.

We're also keen to continue building attendance at St Saviour's Church Family Service, which takes place at 10am on the first Sunday of the month. The next service is a week on Sunday – that's 6<sup>th</sup> May. Please have a look at your diaries and see if you can come along. The service lasts about an hour. We'll also be sending out letters to our parent council children, who will be joining in the service, but it is open to all. If you attend another church, perhaps you might consider attending St Saviour's.

Linked to that, please come along to our Spirituality Parent Workshop after school tomorrow. We have a core of parents who come along to many of our workshops, and I'd like to thank them for coming along. Workshops generally last about half an hour and we hope that they are helpful in a range of ways – informing parents/carers how we teach at school, expectations and how you can help your child at home. As a church school, our social, moral, spiritual and citizenship provision is really important to us and we'd love parents/carers to be on board. Tomorrow's workshop will be in 'The Cube' as usual, from 4pm.

In assembly today, I reminded to children about the importance of getting a good night's sleep in assembly this morning. We are trying to help parents/carers to overcome children's natural motivation to push for the latest bed time they can get. Sleep is essential to process children's learning from the day, to help them to grow well and also for strong mental health. See pages 3 and 4 for details. If a child is getting up at, for instance, 7am, our Y6 children ideally should be asleep by 9:30pm or 9:45pm at the latest. Our Y1s should be asleep by 8pm. The guidance from NHS Choices on page 3 shows how this varies in the ages in between.

I will continue to remind pupils about this as there is an epidemic of tired children in Britain, which research shows damages learning, growth and happiness. I hope that this continuing information will help parents/carers to be strict with their children.

Lack of sleep also leaves adults and children more open to infections. Our overall absence level is still above that expected by the government and, now that the warmer months are upon us, I would really emphasise the importance of getting children into school so that they do not miss learning. Thank you for your help and understanding.

David Ogle, Head of School

### Dates coming up

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

#### 25th April

Developing Spirituality,  
Cherelle Woodley

#### 16th May

Fabulous Phonics,  
Laura Foster

#### 23rd May

Parent Council,  
Julie Tolliday

#### 20th June

Have a Go at Home DT,  
Gavin Murray

#### 27th June

Geography,  
Emma Cherry (St Mary's)

#### Parents Evenings

Wednesday 12th (3:50-7pm) and Thursday  
13th July (3:50-6pm)

#### Sports Days

#### (weather dependent)

Rec/Pre-School Wed

5th July, 9-11am

Y3-6 Thursday 6th July

Y1&2 Wed 12th July.

**Parents Welcome!**

### Regular 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

#### St Saviour's Church Family Services

Please come to St Saviour's Church on the first Sunday of each month:

7th May

4th June

2nd July

Have a lovely week, best wishes

Executive Head Teacher

Deputy Head Teacher

#### Our Value of the week is Love:

"Do to others as you would have them do to you."

**Luke 6:31. It's an oldie but a goodie, which we discussed with pupils this morning in assembly.**

## Attendance

The whole school target for attendance is **96.5%**. From the start of the school year until now, our attendance since September is **95.17%**. Please help us to ensure that children are getting the best possible education by making sure that children are in school.

**Well done to Reception Oak** whose attendance was **99.17%** week ending 21st April 2017.

The class which had the **most punctual** week ending 21st April 2017 was **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. In the last week of spring term 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.

## Homework

Homework is an important part of home learning and encourages children to work independently outside school hours. Our aim is provide children with homework that is meaningful, accessible and engaging.

As you are aware, most of our homework is currently completed online, including Bug Club for reading, Education City and MyMaths. This avoids wasting paper and enables the teacher to track pupils' work more easily. If you are having difficulties logging on to these websites or have any queries regarding homework, please speak to the class teacher who will be very happy to help you.

Please note that we do expect children to be reading 'real' books alongside the electronic ones on Bug Club. In addition to the online homework, the following will also be set:

Year 1 – weekly levelled reading books (can be changed more frequently), RWI/Phonics words (reading/writing/spelling) every third day, high frequency words weekly  
Year 2 – weekly levelled reading books (can be changed more frequently)  
Year 3-6 levelled home reading book – please read with your child for 10 minutes a day  
Year 3-6 times tables activity (Express Maths), as needed.

## 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
- night time: 11 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.

## 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

## Term dates 2017-18

### Autumn Term 2017

#### **First Half (33 Days)**

*INSET – Friday 1<sup>st</sup> September, Monday 4<sup>th</sup> September 2017, Tuesday 5<sup>th</sup> September 2017*

Start – Wednesday 6<sup>th</sup> September 2017

End – Thursday 19<sup>th</sup> October 2017

*INSET – Friday 20<sup>th</sup> October 2017*

**Half Term:** Monday 23rd October 2017 - Friday 27th October 2017

#### **Second Half (38 Days)**

Start – Monday 30th October 2017

End – Wednesday 20<sup>th</sup> December 2017

**Holidays:** Thursday 21<sup>st</sup> December 2017 to Tuesday 2<sup>nd</sup> January 2018

### Spring Term 2018

#### **First Half (26 Days)**

*INSET – Wednesday 3<sup>rd</sup> January 2018*

Start – Thursday 4<sup>th</sup> January 2018

End - Friday 9th February 2018

**Half Term:** Monday 12th February 2017 - Friday 16<sup>th</sup> February 2018

#### **Second Half (29 Days)**

Start - Monday 19th February 2018

End – Thursday 29<sup>th</sup> March 2018

**Holidays:** Friday 30<sup>th</sup> March to Thursday 12<sup>th</sup> April 2018

### Summer Term 2018

#### **First Half (30 Days)**

*INSET – Friday 13<sup>th</sup> April 2018*

Start - Monday 16<sup>th</sup> April 2018

End - Friday 25<sup>th</sup> May 2018

**Half Term:** Monday 28<sup>th</sup> May 2018 - Friday 1st June 2018

**Holidays** May Day Bank Holiday: Monday 7th May 2018

Spring Bank Holiday: Monday 28<sup>th</sup> May 2018 (during Half Term)

#### **Second Half (35 Days)**

Start - Monday 4<sup>th</sup> June 2018

End –Friday 20<sup>th</sup> July 2018

This calendar gives a total of 195 days (190 pupil days plus 5 inset days).