



St Saviour's C of E Primary School
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Weekly Newsletter

**Monday 27th
March 2017**

Website:
stsaviourscofe.org

Thank you again for your charitable support! Last Monday I was expressing our gratitude for your help with the Disasters Emergency Committee's appeal for East Africa, today I'd like to say thank you for helping us to raise £124.25 for on Red Nose Day. Our cake sale also raised £128.30

What with these two appeals, and the book fair, I'm aware that we have been asking parents and carers for money quite a lot recently. The good news is that we break up for Easter on Friday, so next week your wallet or purse is safe! On a more spiritual note, while we do not live in the most affluent part of London, as a Church of England school we are keen to put our Christian faith into action and help important charitable causes when we can. Of course, I'm very aware that members of our school community of others faiths and none feel exactly the same. We recognise that, in this difficult times, not everyone can afford to give on occasions so any contribution is always welcome.

On another issue of great importance, I'm again going to repeat myself from last week. At St Saviour's we're very aware of children coming into school tired. For a child's development, the importance of sufficient sleep is scientifically proven. If you missed it last week, or your young one takes some convincing, please take a look at the guidance published by NHS Choices – and a link to more information from The Children's Sleep Charity – on pages 6 to 7.

The kids will need plenty of sleep this week as we're not letting up for the last week of term. Most year groups are carrying out end of term assessments. Spring term is the one in which we frequently see the most progress in children. It's often something to do with the revisiting of the maths and English topics they first learnt during the autumn term. Little light bulbs which sparked during the increasingly dark days in the run up to Christmas can burn bright as the days lengthen and we approach Easter.

In the run up to Easter, please do come along to April's Family Service in Church this Sunday from 10am. The Family Service is held on the first Sunday of every month. All are welcome this Sunday, 2nd April.

Finally, I hope you all have a wonderful Easter. Don't forget that we break up this Friday, 31st March at 2pm. We return on Tuesday 18th April (following Easter Monday bank holiday).

David Ogle,
Head of School

Dates coming up

Y1-Y6 Grammar Workshop
Wed 15th March 2017
3:45pm in the Hall

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

18th April 2017
Computing

25th April 2017
Developing Spirituality

16th May 2017
Fabulous Phonics

School will finish on Friday 31st March 2017 at 2pm. Children return to school on Tuesday 18th April 2017

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

Have a lovely week, best wishes

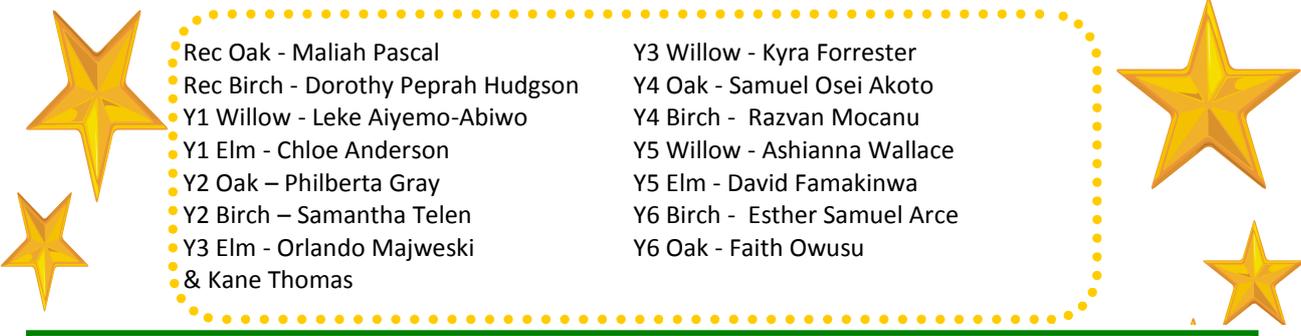
Executive Head Teacher

Deputy Head Teacher

Our Value of the week is Love

'This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.' **John 3:16**

Shining Stars



● Rec Oak - Maliah Pascal
● Rec Birch - Dorothy Peprah Hudgson
● Y1 Willow - Leke Aiyemo-Abiwo
● Y1 Elm - Chloe Anderson
● Y2 Oak – Philberta Gray
● Y2 Birch – Samantha Telen
● Y3 Elm - Orlando Majweski
● & Kane Thomas

Y3 Willow - Kyra Forrester
Y4 Oak - Samuel Osei Akoto
Y4 Birch - Razvan Mocanu
Y5 Willow - Ashianna Wallace
Y5 Elm - David Famakinwa
Y6 Birch - Esther Samuel Arce
Y6 Oak - Faith Owusu

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 Oak whose attendance was **97.17%** last week

The classes which was the **most punctual** last week were **Reception Birch**. 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 5 Elm

Last week was a very busy week for 5 Elm. We have almost finished our swimming lessons for this year. Lots of progress has been made. Some children who couldn't even swim before are now in stage 2 or 3! Next week, we will play water polo to celebrate all of our success. On Wednesday, secondary school teachers came in to observe our Maths lessons. They were very impressed by our focus and how we used fraction walls to help us find equivalent fractions. To celebrate Science Week, on Thursday we participated in a carousel afternoon. We tried out lots of different experiments including making lava lamps and non-Newtonian liquids (slime)!

Mrs Mackenzie

Year 5 Elm class teacher

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 30th 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.

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!



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 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 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/ ▼

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 »](#)



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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