



St Saviour's C of E Primary School  
33 Verulam Avenue, Walthamstow E17 8ER  
Tel: 020 8520 0612  
Email: school@st-saviours.waltham.sch.uk

## Weekly Newsletter

**Tuesday 18th  
April 2017**  
Website:  
[stsaviourscofe.org](http://stsaviourscofe.org)

WELCOME back folks! I hope that you had a peaceful Easter. It was great to see everyone back – and with the sun shining! Thank you to all the parents and children who came dressed up for the Wow Day to introduce their new topic this term. In assembly this morning, we gave a big round of applause for all those wonderful costumes – including Anglo Saxons (Y3), Vikings (Y4), artists and art works (Y5 Van Gough theme), flowers and plants (Y1 science), plus Victorian doctors and nurses (Y2, Florence Nightingale). We've had a lovely day in Years 1 to 5 doing Art and Design Technology projects and I enjoyed seeing some of the work produced, including some rather marvellous Anglo-Saxon purses.

As well as celebrating those wonderful Wow Day costumes, I also spoke to children about the importance of getting a good night's sleep in assembly this morning. It's great to see the children (and teachers!) back and rested after the two week break. However, as I have said before, we have many children who are tired and grumpy in school. We are trying to help parents/ carers to overcome children's natural motivation to push for the latest bed time they can get. I have spoken to pupils about how sleep is essential to process their learning from the day, to help them to grow well and also for strong mental health. Some children said that they went to bed after 10pm.

While this may bravado, I'd like to repeat the advice given in the last newsletter – see pages 3 and 4. 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. Ideally they should actually be going to bed around half an hour before sleep times. Guidance from NHS Choices shows how this varies for 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.

Please have a look at the last page of this newsletter, where we have published term dates for 2017-18. I hope that this will help you plan out your year.

Finally, take a look at the various events and parent workshops coming up this term. I'd also like to draw your attention to Family Services which are held at St Saviour's Church on the first Sunday of each month, from 10-11am. Please come along if you can.

David Ogle, Head of School

### Our Value of the week is Love

"You can always give without loving but you can never love without giving."  
Amy Carmichael (1867 – 1951), a Protestant Christian missionary who opened an orphanage and founded a mission in India.

### Dates coming up

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

**18th April**  
Computing,  
Bonnie McPharlane

**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

### 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 5 Elm** whose attendance was **98.26%** week ending 31st March 2017.

The class which had the **most punctual** week ending 31st March 2017 was **Year 2 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 41 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.

### Activity Clubs:

Thank you to all parent/carers that have emailed with regards to our activity clubs. You will receive an email confirmation of which clubs your child/children will be attending no later than Friday 21st April.

If you have not emailed Louise Price your club selection please do so no later than tomorrow afternoon—  
[louise.price@st-saviours.waltham.sch.uk](mailto:louise.price@st-saviours.waltham.sch.uk)

Clubs will start week commencing on Monday 24th April 2017.

Morning Clubs: 8:30am - 8:55am

After School Clubs: 3:30pm - 4:20pm

## 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.

## **Computer Coding Challenge:**

Some of our Y6 pupils took on a computer coding challenge at Kelmscott Secondary School. We worked with Y7 pupils to program a range of computer games including ones based on PacMan and Pong. Not only did this improve our coding skills but we also got to experience secondary school lessons, meet the teachers and make new friends. Remember, you can practice your coding and programming skills at home by going to <https://scratch.mit.edu/>





## 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).