



St Saviour's C of E Primary School
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Weekly Newsletter

**Tuesday 18th
April 2017**

Website:
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

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 1st September, Monday 4th September 2017, Tuesday 5th September 2017

Start – Wednesday 6th September 2017

End – Thursday 19th October 2017

INSET – Friday 20th October 2017

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

Second Half (38 Days)

Start – Monday 30th October 2017

End – Wednesday 20th December 2017

Holidays: Thursday 21st December 2017 to Tuesday 2nd January 2018

Spring Term 2018

First Half (26 Days)

INSET – Wednesday 3rd January 2018

Start – Thursday 4th January 2018

End - Friday 9th February 2018

Half Term: Monday 12th February 2017 - Friday 16th February 2018

Second Half (29 Days)

Start - Monday 19th February 2018

End – Thursday 29th March 2018

Holidays: Friday 30th March to Thursday 12th April 2018

Summer Term 2018

First Half (30 Days)

INSET – Friday 13th April 2018

Start - Monday 16th April 2018

End - Friday 25th May 2018

Half Term: Monday 28th May 2018 - Friday 1st June 2018

Holidays May Day Bank Holiday: Monday 7th May 2018

Spring Bank Holiday: Monday 28th May 2018 (during Half Term)

Second Half (35 Days)

Start - Monday 4th June 2018

End –Friday 20th July 2018

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