



St Saviour's C of E Primary School
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Weekly Newsletter

Tuesday
2nd May 2017

Website:
stsaviourscofe.org

WELL FOLKS, it's the eternal question... Did summer start yesterday on 1st May or do we need to wait until flaming June? The more cynical amongst you may be thinking that we had our summer in April. I couldn't possibly be so world-weary as to endorse that—even though it looks like we're going to get delayed April showers this week and last week we had a frost and hailstones.

They do say: "Never cast a clout till May's out," although that is also thought to refer to blossom on hawthorn bushes, known as may flowers. These can show their heads in May or June. A bit of botanical weather lore for you there. All part of the service.

Either way, here at St Saviour's, our thoughts are turning to the Summer Fair. This will be held on Saturday 8th July, from 11am to 4pm—organised by our marvellous Parent Council/PTA. We're looking for lots of volunteers to help for all or part of the fair. If you can lend a hand, or know a business which may donate prizes, please see Ms Tolliday or a member of the Parent Council (see the notice board in the foyer and page 3 of this newsletter).

While I'm on the subject of parental involvement, please do come along to the monthly Family Service at St Saviour's Church this Sunday. The service is held on the first Sunday of each month and it would be great to get lots of parents/carers and children to come along. Members of our Worship Council will be there. Worship kicks off at 10am and teas and coffees are served afterwards. It's a great chance to meet other parents/carers and members of the St Saviour's congregation. If you attend another church, perhaps you'd consider coming to the Family Service for a different worship experience?

On matters more academic, Year 2 begin KS1 SATs assessment this week. Mr Murray and Ms Foster will be taking small groups of kids during May to assess their attainment and progress. Please remember that this is not something which we wish to stress children or parents/carers about, but we would ask that you do try to ensure high attendance. Year 6 will be sitting their KS2 SATs next Monday to Thursday. I'd like to wish them all good luck. At the risk of inducing yawns, I'll remind all about the importance of sleep for primary school children — see information on pages 5 and 6.

Children—please look at page 4 for details of a great poster competition. You could get your artwork up outside of the school! It's all thanks to a road safety campaign by the Metropolitan Police.

And finally... I know we're in Arsenal/Spurs territory here, but please allow me a little celebration that Newcastle United will be back in the Premiership next season! Kids, I'm sure our PE instructor—Mr Tyne — who, as his name if not his accent suggests, is also a Newcastle supporter— would also appreciate a few chants of "Toon Army!"

David Ogle, Head of School

Our Value of the week is Respect:

"In everything set them an example by doing what is good. In your teaching show integrity, seriousness."

Titus 2:7

Dates coming up

Parent Workshops:

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

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!

Summer Fair

Saturday
8th July
11am to 4pm

Regular Events

Shining Stars

Assembly

Mondays 9:10am.

Clergy Assembly

Thursday 9:10am
Parents welcome

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)

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 from 10am to 11am:**

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 **95.18%**. 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 2 Birch** whose attendance was **100%** week ending 28th April 2017.

The class which had the most punctual week ending 28th April 2017 was **Year 6 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 43 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

Reception Oak are really enjoying our topic of Animals Around the World, especially our mini beast theme for our new Creepy Corner role play area! During our creative lessons we have been going on bug hunts and housing them in our new bug hotel in our playground. In R.E. we have been learning how to care for God's creatures... Zabrina took time to reflect on her learning during our circle time to tell her friends... "I must not pick up the bug without an adult. I might hurt his legs." We have been having lots of fun attending our new Forest School sessions. The children have been developing their characteristics of effective learning by using their exploring and investigating skills, "The plants are living things like us, because they can breathe" Mason told his forest school teacher. We are all looking forward to lots more amazing animal fun this term!

Mrs Hanna, Reception Oak teacher

Safari Pete!

On Tuesday last week we had a wonderful interactive display of animals in assembly, courtesy of 'Safari Pete', a wildlife adventurer and conservationist, and father of Mason in Reception Oak. His travelling wildlife show visits schools and birthday parties in London and the South East and directly contributes to various conservation projects around the world, including Uganda and Sri Lanka. He even makes trips to places like Beirut to rescue escaped crocodiles!

The children had a fantastic time, seeing a snake, meerkat, exotic frog, monitor lizard and even a baby crocodile! During the assembly children learned about animal conservation

He's available for children's parties and can be contacted via his website (www.safaripete.co.uk), Twitter, Facebook and on 020 7503 3953.



St Saviour's Summer Fair

Saturday 8th July 11am-4pm

Can you help?



St Saviour's Summer Fair will be on Saturday, 8th July, from 11:00am – 4:00pm. The Parent Council will be working very hard to organise stalls, activities and, of course, food for this event. If you are available to help out, for example by running a tombola stall, selling tea and coffee or (for the artistic amongst you) face-painting, please let the office know, and the message will be passed on.

Alternatively, speak to Ms Tolliday or a member of the Parent Council (see Parent Council notice board in the foyer) . All offers will be very welcome! Not only is this very helpful for the school, it is also a great way to socialise with other parents.

Prizes

We are keen to have great raffle prizes to encourage people to spend their money! If you have any contacts with businesses, for example shops or sport centres that could donate a prize for the Summer Fair, please speak to them and persuade them to support our school by donating a prize. In the Christmas Fair, for example, one of the prizes was a trip to the London Eye - this generated a lot of interest and sold lots of tickets!

Volunteers

Finally, we are always on the lookout for parents to support our school and really appreciate any help offered. If you are keen to get involved with Parent Council events or if you wish to volunteer for the school in a different capacity (for example as a reader or as a helper in Reception classrooms) please let me know. It is a good way to ease yourself back in to work, gain experience and develop your skills.

Julie Tolliday
Deputy Head Teacher

Are you a budding road safety artist?

Tomorrow we'll be giving out competition entries to take part in a borough-wide competition, organised by the Metropolitan Police, to highlight road safety concerns. **Entries are due back by 12th May.** Why not have a go and you could see your art work go up on a huge banner outside of school—or beyond!

ROAD SAFETY POSTER COMPETITION

It can get very busy on the roads in the mornings and afternoons during your journey to and from school.

Sometimes it can be quite dangerous when we don't look out for each other!



Think about some road safety issues outside your school.

- Do drivers park on the zig zags?
- Should we always wait until it is safe to cross?
- Do the cars go too fast?

Design a poster which tells people how to be safer when using the roads near your school.

Return it to your teacher and the Metropolitan Police will pick their favourite entry.

The winner's poster will be made into a banner and displayed outside the school gates!

Use the white space on the back to design your poster in portrait. Make sure your poster design is bright and colourful using felt-tip pens so that it is bold and clear enough to be seen from a distance!

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 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).