



St Saviour's School

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October 2021

Dear Parents/Carers,

We'd like to take this opportunity to wish you all a happy and healthy half term. We've had a fantastic half term of settling in and learning at school and we know the pupils are ready for a break!

We thought it would be helpful at the start of half term to give a few reminders as per our school handbook (available on the school website). We would really appreciate your support in this and thank you in advance.

Lunches and snacks:

At St Saviour's School we have a healthy eating policy regarding lunchboxes and snacks for break times. We encourage you to include water for your child to drink and fruit/vegetables for snacks. Fizzy drinks and 'treats' such as bars of chocolate and packets of sweets are not considered healthy options for our pupils and can impair a child's ability to concentrate in some cases, please only keep these for home. We appreciate your support with encouraging healthy eating and drinking. Fruit, vegetables and plain biscuits are examples of playtime snacks that are suitable, we encourage the use of reusable containers to send snacks in rather than single use plastics/aluminium foil.

You can also look online for some suggestions and examples of healthy snacks.

We promote a policy whereby children can drink water at any time of the day, please ensure, **water only**, is brought in in a named bottle with a sports cap to prevent spillage. This can be taken home daily for washing and refilling. Diluted squash or fruit juice is accepted as a drink at lunchtime only when the pupils are also eating their lunch, therefore minimising the affect on their developing teeth.



If you provide a yoghurt/jelly etc for your child's lunch, please make sure they have a spoon with which to eat it.

Please note that chocolate bars/packets and sweets are not acceptable for school snacks and lunches. Pupils in Y1-6 will bring their



Upcoming Events

Mon 25th October-Friday 29th October

Half Term – school closed

Monday 1st November

Back to school

Friday 19th November

Children in Need events run by School Council – details to follow

Friday 17th December

Last Day of Term – non uniform

lunch rubbish home for disposal so that you are aware of what they have eaten (or not).

School uniform:

There is an official school uniform and children are encouraged to take a pride in the way that they look. Details of the uniform are available from the school office. Most items that involve school colours or logos are available for purchase from:

Jersey Schools & Sports Kit, Les Quennevais Parade, Tel 742649 (www.jssk.co.uk)
Lyndale Sports, Trinity (www.lyndalesports.com) Tel 862411

Both shops take online or telephone orders and usually deliver the next day to school for your convenience.

Please note that shoulder length and longer hair **must** be tied up or a hair band worn that matches the uniform or hair colours.

Tattoos and nail polish are lovely for weekends and holidays but are not appropriate for school, please support us by not sending your child in with either of these on.

Jewellery:

The following jewellery is permitted in school, although the school will not accept responsibility for items that are lost:

- Watch
- Plain stud earrings only

We discourage children from wearing any other jewellery due to the nature of the playground and physical education lessons and would ask that parents support us in this.

All jewellery must be removed for PE lessons and any stud earrings should be covered with surgical tape, which can be put on by the pupil themselves or before school on PE days.

Online and Digital Safety, in particular Squid Games:

You may have heard of Squid Game, a programme on Netflix that has been very popular recently.

It's rated 15 due to its violent nature and sexual content. But there have been reports of younger children also watching it.

Children might also have seen parts of the programme recreated as challenges on social media, for example on TikTok, or they may have seen or played an online game that's based on it.

Recently, there have been some media reports of children recreating violent aspects of the show, though there haven't been reports of any children being seriously hurt.

What should parents do?

- It might be tempting to, but don't directly raise Squid Game with your child – they might be unaware of it and mentioning it could make them more likely to seek it out.

- Do let your child know they can talk to you about anything they see online that they find upsetting. If you hear them talking about Squid Game or if they mention it to you, talk to them about how the show isn't meant for young children.

For more pointers on talking to your child about online safety, see this page on the NSPCC website: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

- We'd encourage you to take this opportunity to check your Netflix settings for your child's profile. You can set maturity ratings so that your child only sees TV shows and films that have a rating suitable for their age.

To do this:

From a web browser, go to your account page

Open the 'Profile and Parental Controls' settings for the profile you want to manage

Change the 'Viewing Restrictions' setting

Enter your Netflix password

Set the maturity rating level for the TV shows and films you want to allow in that profile

Select 'Save'

You'll need to have set up a profile for your child in your account to do this. See how to do this here: <https://help.netflix.com/en/node/114275>

Join the PTA!

Why become a member of the
St Saviours School PTA?



1. Children Benefit

Research shows that participating in your child's school and showing engagement helps them perform better academically



2. The School Benefits

PTA provides support for school teachers and administration which in turn creates a positive and caring atmosphere in the school



3. Make Connections

Get to know the teachers and staff better and make life-long friends with other parents at the school



4. It is Good For You

Socialising with other parents and volunteering to do good for your child's school is fun, healthy and rewarding



St Saviour's School
Partners in Building a Future

Take your first step to joining the PTA

Email: stsavioursschoolpta@gmail.com