



Salvatorian College Parent Bulletin

Week Commencing 8 March 2021

Sunday, 7th March - 3rd Sunday in Lent

Gospel Reading: John 2:13-25

MESSAGE FROM THE HEAD OF SCHOOL

This week we welcome our boys back to face-to-face learning. I am excited by the prospect, but I want to make sure the process is as safe as it possibly can be. With this in mind, we will continue to administer the three on site tests for as many boys who have given consent. For those who have not, it is not too late and you are *strongly* encouraged to do so. This will help to keep our school, and extended, communities safe.

From next week onwards, we aim that your sons will be provided with home testing kits for their use and we ask that these are administered twice a week for the foreseeable future (we suggest on Sunday and Wednesday nights).

When in school, boys must wear masks as an extra precaution. You are encouraged to provide your son with a spare, just in case they misplace or damage one. They must also be worn on public transport. Though I encourage as many of you as possible to walk to school to help avoid crowded spaces.

I will again emphasise the mantra: Hands, Face, Space.

I pray that you will all have a safe, happy and productive term in the lead up to a peaceful and celebratory Easter.

Kind regards

Mr Bryant
Head of School

GOSPEL REFLECTION

Anger in the Temple

Jesus said, 'My father's house is a house of prayer.' So when he came to the temple in Jerusalem and saw how people had pushed God to one side and allowed money and business to become more important, he was very angry:

"When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. In the temple courts

he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money-changers and overturned their tables. To those who sold doves he said,

'Get these out of here! Stop turning my Father's house into a market!'

His disciples remembered that it is written: 'Zeal for your house will consume me.' The Jews then responded to him,

'What sign can you show us to prove your authority to do all this?'

Jesus answered them,

'Destroy this temple, and I will raise it again in three days.'

They replied,

'It has taken forty-six years to build this temple, and you are going to raise it in three days?'

But the temple he had spoken of was his body. After he was raised from the dead, his disciples recalled what he had said. Then they believed the Scripture and the words that Jesus had spoken.

The Jewish people go to the temple to pray and offer sacrifices to God'. Ordinary money with the picture of Caesar on it could not be used in the temple. Instead special temple coins were used to buy animals, and to pay the temple taxes. The money changers job was to exchange the Roman coins for the temple coins.

Jesus was angry because it was his father's house and it had become a market place, filled with people buying and selling, instead of being a place of prayer and respect. Jesus was mad so he told them that if the temple was destroyed, he could rebuild it in three days. The people thought that Jesus was talking about the temple itself but what he was talking about was the 'temple' of his own body, which would be destroyed by death on the cross, but would be raised to life again after three days.

The house of God is a place of prayer where we can be close to God in a special way, so we too

should respect God's house when we go to church.

Let us prayer for each other that has gathered here now. Father we ask that you will forgive us of our sins and bring us to everlasting life. We ask this through Jesus Christ our Lord. Amen

MY MISSION PRAYER:

God our Father we pray for the grace to respond to the call of discipleship, quickly and decisively, for the grace to witness God's love by embracing all works of charity and justice, for the grace to collaborate with other people of good will in relieving need and addressing its causes, for the grace to make no distinction in those we serve because, in them, help us to see the face of Christ. Merciful God, hear us. Amen

SOCIAL MEDIA

If you wish to keep up to date with all the events happening at the Salvatorian College, then please feel free to follow us at the following social media platforms.



Twitter - @SalvatorianHA3



Facebook – Salvatorian College



Instagram - @SalvatorianHA3

WORDS OF THE WEEK

Monday – Emancipate

Verb- To free from legal, social, or political restrictions; Liberated.

Tuesday – Svelte

Adjective - (Of a person) slender and elegant.

Wednesday – Doyen

Noun- The most respected or prominent person in a particular field.

Thursday – Languish

Verb- (Of a person, animal, or plant) lose or lack vitality; grow weak. Or be forced to remain in an unpleasant place or situation.

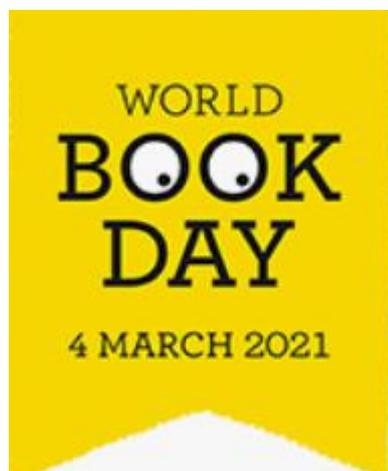
Friday – Fluke

Noun - An unlikely chance occurrence, especially a surprising piece of luck.

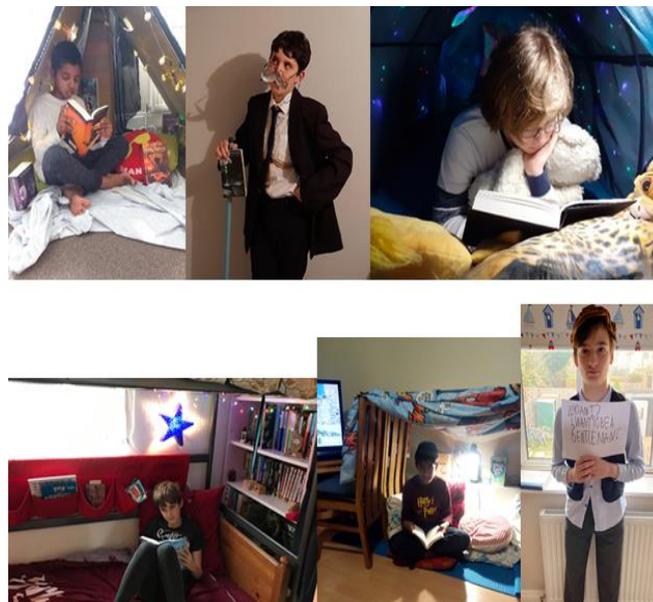
THOUGHT OF THE WEEK

Your destiny is to fulfill those things upon which you focus most intently. So choose to keep your focus on that which is truly magnificent, beautiful, uplifting and joyful. Your life is always moving toward something.

WORLD BOOK DAY



Some Photos from World Book Day





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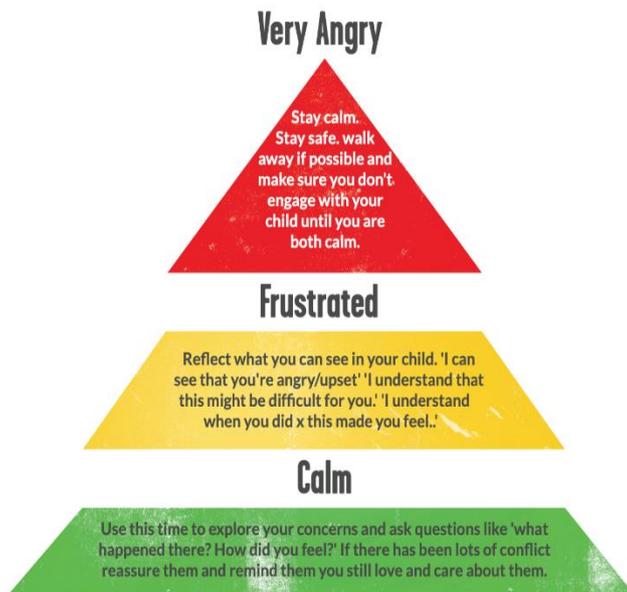
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MENTAL HEALTH

When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.



Times are tough for many people right now. Parents find themselves pulled in many different directions and children may be struggling being in the house for so much longer than usual.

A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here:

<https://youngminds.org.uk/supporting-parents-helpfinder/>

MOTIVATING YOUR CHILD TO LEARN WORKSHOP

A workshop for all parents of children aged 3 - 11

Topics include:

- Taking an interest
- Positive communication
- Encouraging self-discipline
- SMART Expectations
- Natural rewards and consequences

As a parent it can be exciting and satisfying seeing our children grow into unique individuals and also

challenging if we see them struggling or disinterested with school. We will discuss how to support our children sustain the joy of learning in the face of any possible struggles and frustrations.

SLEEP TIPS FOR TEENAGERS

A minimum of 8 to 10 hours' good sleep on school nights is recommended for teens.

Here's how to make sure your teen is getting enough sleep to stay healthy and be well rested for school:

- Limit screens in the bedroom
- If possible, do not have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep.
- Encourage your teenager to have at least an hour of screen-free time before going to sleep.

Exercise for better sleep

Regular exercise helps you sleep more soundly, as well as improving your general health.

Teenagers should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running.

Exercising out in daylight will help to encourage healthy sleep patterns, too.

Read more about physical activity guidelines for children and young people

Salvatorian College

Telephone Number: 020 8863 2706 Email admin@salvatorian.harrow.sch.uk

Cut out the caffeine

Suggest that your teenager cuts out or drinks less caffeine – found in drinks such as cola, tea and coffee.

Too much caffeine can stop them falling asleep and reduce the amount of deep sleep they have.

Do not binge before bedtime

Let teenagers know that eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

Have a good routine

Encourage your teenager to get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help them drift off to sleep.

Read about how to get to sleep

Create a sleep-friendly bedroom

Ensure your teenager has a good sleeping environment – ideally a room that is dark, cool, quiet and comfortable.

It might be worth investing in thicker curtains or a blackout blind to help block out early summer mornings and light evenings.

Talk through any problems

Talk to your teenager about anything they're worried about. This will help them to put their problems into perspective and sleep better.

Read some advice on how to talk to your teenager

You could also encourage them to jot down their worries or make a to-do list before they go to bed. This should mean they're less likely to lie awake worrying during the night.

Avoid long weekend lie-ins

Encourage your teen to not sleep in for hours at weekends. Late nights and long lie-ins can disrupt your body clock and make it harder to sleep come Monday

TRANSPORT UPDATE



From Transport for London:

As all children and young people will now return to their classrooms for the spring term, as part of the Government's roadmap for leaving lockdown, we remain committed to doing our part to help them travel to school and college safely on our network.

From 8 March, we are planning to run bus services in a similar way to how they did during the autumn term. This means:

- Extra services on some routes, with some adjustments to services that ran last year to reflect demand
- Up to half of buses on certain higher-frequency routes signed as 'school services' (generally between 07:30 and 09:00 and 14:30 and 16:30)
- A full service on our existing schooldays-only routes (routes generally numbered 600-699)

These arrangements are planned to be in place until at least the end of the current term. We will confirm arrangements for after Easter in due course.

Schoolchildren travelling without adults should travel on the school services where possible, to help provide space for other customers on regular services. Customers who are not schoolchildren but who need to travel at school travel times (including school staff) are strongly encouraged to use the regular services.

The full details of planned additional services and routes operating with buses signed as a 'school service' are available at: <https://tfl.gov.uk/modes/buses/bus-changes>.

We are continually reviewing how our network is operating to ensure our approach is working and meeting demand as best as possible. Please check our dedicated webpage regularly for the latest information on school travel.

Safe travel across the public transport network



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https://britishesports.b-cdn.net/wp-content/uploads/2019/08/Pepl-Infographic-revised_Aug-2019.pdf

regime. We ask everyone travelling to continue following our safer travel guidance to protect themselves and others. It is compulsory for everyone aged 11 and over to wear a face covering over their nose and mouth throughout any public transport journey unless exempt. Bus windows should remain open to ensure a good supply of fresh air, even in cold weather.

If a child aged 11 to 17 isn't wearing a face covering without an exemption or reasonable explanation, our officers may arrange for a warning letter to be sent to their parent or guardian. Further non-compliance could lead to the suspension of their concessionary travel.

A SAFER ESPORTS SPACE FOR YOUNG PEOPLE

Esports (or electronic sports) is a term used to describe competitive video gaming. Although 'grown-ups' may view video gaming as a waste of leisure time, esports is a hugely popular recreational activity that now offers many job and career opportunities around the world. Last year, British Esports teamed up with education publisher Pearson to develop the world's first esports BTEC qualification.

British Esports is a not-for-profit national body established in 2016 to promote esports in the UK, increase its level of awareness, improve standards and inspire future talent.

The Association is set to launch a new membership platform for 12 - 19, which aims to make competitive video gaming safer for children and young people. Users are verified at the point of entry and communication within the platform is reviewed to reduce toxicity and cyber threats.

Find out about a competitive school video gaming competition for students aged 12+ here: <https://britishesports.org/championships/>

A parents guide to esports: <https://britishesports.b-cdn.net/wp-content/uploads/2020/07/Esports-Parents-Guide-v3.pdf>

SPEAKERS FOR SCHOOLS

| DATE | SPEAKER | INFO |
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| Mon 8th March 5-6pm LINK TO JOIN | Carol Cooper, Head of Equality, Diversity & Human Rights, Birmingham Community Healthcare NHS Foundation Trust & BME Expert Mental Health Forum for KS4-5/S4-6 | We are delighted to be hosting a broadcast with Carol Cooper, Head of Equality, Diversity & Human Rights, Birmingham Community Healthcare NHS Foundation Trust & BME Expert Mental Health Forum. Carol has been actively engaged in the implementation of the Workforce Race Equality Standard and creating a systemic approach to addressing racism in the workplace which is driven by data, expertise and equitable leadership to achieve cultural change. Carol will be sharing her insights into nursing and is looking forward to answering your questions |
| Tues 9th March 5-6pm LINK TO JOIN | Martin Prendergast, Founder, Martin Prendergast Communications & Public Affairs Consultant & Interim Director of Development, RADA for KS3-4 /S1- | We are looking forward to welcoming Martin Prendergast, Founder of Martin Prendergast Communications & Public Affairs Consultant & Interim Director of Development, RADA. Martin has worked at the National Theatre since October 2007. He has been |

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| | | Director of Communications since April 2015, and before that he was Deputy Director of Development and Head of Corporate Affairs. He studied English and Theatre at Warwick University and is a committed campaigner for LGBT equality. |
| <p>Wed 10th March 5-6pm</p> <p>LINK TO JOIN</p> | <p>Elaine Tyler, Founder, Venatrix in conversation with Nadine Myers, Senior Sales Development Representative at Citizen and Elliott Parris, Manager of Europe (Data-as-a-Service) & Co-Founder of Embrace at Elsevier</p> <p>for KS4-5/S4-</p> | <p>We are looking forward to hosting a broadcast with Elaine Tyler, Founder of Venatrix, London's No1 SaaS sales talent partner, supporting some of the fastest-growing companies in the world. In 2015 she received investment from James Caan, former Dragon's Den Investor and his recruitment venture firm, Recruitment Entrepreneur. Venatrix have been one of the top-performing businesses in his portfolio and expect to double headcount and turnover in the next 18 months. Elaine will be talking to Nadine Myers, Senior Sales Development Representative at Citizen and Elliott Parris, Manager of Europe (Data-as-a-Service) & Co-Founder of Embrace at Elsevier about their experiences in education and how it led them to their current role.</p> |
| <p>Thurs 11th March 5-6pm</p> <p>LINK TO JOIN</p> | <p>David Purdue, Deputy Chief Executive and Director of Nursing, Midwifery and</p> | <p>We are looking forward to welcoming David Purdue, Deputy Chief Executive and Director of</p> |

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| | <p>Allied Health Professionals at Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust</p> <p>for KS4-5/S4-6</p> | <p>Nursing, Midwifery and Allied Health Professionals at Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust. With almost 30 years of experience within the NHS, David qualified from the Nottingham School of Nursing as a Registered Nurse in 1990, working initially within cardiology at Queen's Medical Centre and before specialising in coronary care at City Hospital. Following a second spell at Queen's, the local resident set up a number of cardiac nurse-led services before going on to work at the NHS Modernisation Agency. After returning to a patient-facing position in 2004, leading the specialities of Cardiothoracics and Emergency Medicine, David joined what was then Doncaster and Bassetlaw Hospitals NHS Foundation Trust in October 2008 as Divisional Nurse Manager for Medicine, before rising to the position of Chief Operating Officer in July 2013. David became chief nurse in 2019. David will be sharing his insights into nursing and will be answering your questions</p> |
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