



Salvatorian College Parent Bulletin

Week Commencing 29th March 2021
The 5th Sunday in Lent
Sunday 28th March
A reading from the Gospel of John 12 : v 23-27

MESSAGE FROM THE HEAD OF SCHOOL

It has been a challenging term so far, with staff and pupils making adjustments between remote learning and the return to face-to-face education. The boys have responded admirably to the situation and, on the whole, are adhering to the Covid-19 control measures that we have in place. However, the wearing of face masks has become a slight issue, with a few boys 'forgetting' their face-mask every day. I will remind you that it is illegal to travel on public transport without a face mask and that we expect all of our pupils, other than those who are officially exempt, to wear one for most of the school day. As a result, we will continue to charge 50p for each mask given out by the school. In addition, we will be issuing an X for poor organisation to all those who 'forget' to bring in their mask. All the boys should really have a spare. More Covid Testing kits will be distributed early next week and pupils will receive two packs to continue with the Wednesday and Sunday (twice weekly) testing. Further testing packs will be distributed on our return.

As we approach the end of the term, the boys should continue to work hard, especially those in Year 11 who will have two sets of internal examinations on their return to school in the Summer Term. It is still all to play for, with work in books forming an important part of deciding upon the boys' grades this year. There is a full timetable of Easter sessions for most year groups this year and I strongly encourage you to exhort your son to attend. Details will follow shortly.

For the **end of term**, the boys will be **dismissed from school at 1.30pm on Wednesday**, after an Easter service which will be shown on the screens in their classrooms. Wednesday will also be a **non-uniform day** for those who give a charitable **donation of £2**. Any loose change you may have will also be kindly received in our penny collection at the gate, and we are still collecting Easter eggs for those less fortunate.

We are working closely with the Metropolitan Police's Safer Schools team, who we hope will deliver some safety assemblies to our boys, and who help supervise the High Street at the end of the day. At the end of this bulletin is some advice from the Met about staying safe. Do take a moment to share this with your sons.

I would like to wish you all a happy, safe and peaceful Easter.

Alan Bryant
Head of School

Salvatorian College

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

GOSPEL REFLECTION

Palm (Passion) Sunday

The Jews were waiting for a king to lead them against the Romans and make them free again. When Jesus rode into Jerusalem on Palm Sunday, he was welcomed as this king, but he came as a king of peace and not to bring war.

The words of the prophet Isaiah remind us that Jesus, the Prince of Peace, shared the light of his love with us all (**Isaiah 9: 2-3**).

The world was full of darkness and shadows, but now it is filled with light so everyone can see. God sent his only son, Jesus, to fill our world with peace and love.

In this reading from St. Luke, Jesus reminds us that God will forgive us as easily as we forgive others (**Luke 6: 37-38**).

Do not always believe that you are right and others are wrong, but treat people the way you would want to be treated. If you are full of forgiveness for others, then God will be full of forgiveness for you.

Jesus and his disciples arrived at the Mount of Olives just outside Jerusalem. He sent two of the disciples to the next village to collect a donkey and her foal. 'If anyone stops you, tell them that they are for me,' he said. They brought the animal to Jesus, and put cloaks on their backs so that Jesus could ride on them.

When the people heard that Jesus was coming they laid their cloaks on the road before him, and pulled branches off the palm trees to wave in the air. The crowds grew more and more excited and shouted at the top of their voices, 'Hosanna, Hosanna! Blessed is the one sent by the Lord. 'Excitement filled the whole city, and some people asked, 'Who is this man?' The people answered them, 'It is Jesus from Nazareth in Galilee.'

Jesus ask his friend to fetch a donkey from the village but the people did not expect him to ride in on a donkey. By his actions Jesus was showing the crowds that he was no soldier, but instead he came as a king of peace, riding on a meek and gentle donkey.

As he passes by the crowd wave branches from the palm trees they found alongside the roadside

to welcome this king just as we might wave flags in a procession today. They shouted 'Hosanna, Hosanna! Which is a word to praise God. Jerusalem was crowded at the time because many people had come to celebrate the Passover. This was a feast the Jews shared together each year to remember how God had saved them from slavery in Egypt.

Prayer:

Lord Jesus, Prince of Peace and King of the World, we pray that and that your peace will spread throughout our world today and touch the lives of everyone. 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 – Annul

Verb- Declare invalid (an official agreement, decision, or result).

Tuesday – Reticent

Adjective - Not revealing one's thoughts or feelings readily.

Wednesday – Denounce

Verb- Publicly declare to be wrong or evil.

THOUGHT OF THE WEEK

Always Do Your Best. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret?.

MENTAL HEALTH

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

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 *Parent Bulletin*

Week Commencing 29th March 2021
The 5th Sunday in Lent
Sunday 28th March
A reading from the Gospel of John 12 : v 23-27

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

British Esports Association works to create 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.

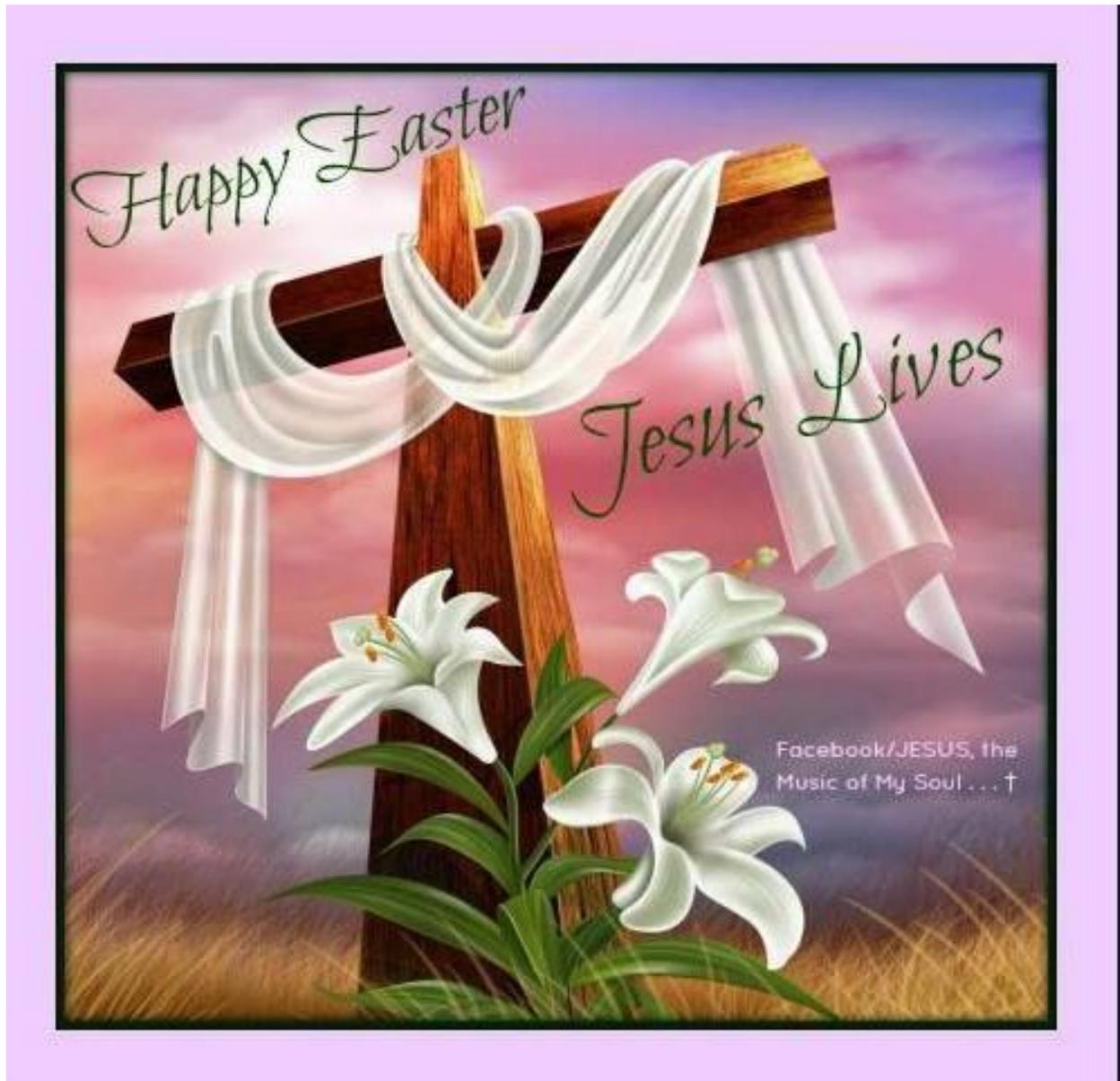
British Esports is a not-for-profit national body established in 2016 to promote esports in the UK, increase its level of awareness, improve standards and inspire future talent.

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>

**HAPPY EASTER FROM ALL AT
SALVATORIAN COLLEGE**



LATERAL FLOW COVID-19 HOME TESTING KITS

The boys have now all been given a home testing kit after their third in school Lateral Flow test which have been taking place since Friday 5th March. The boys have taken this very seriously and have co-operated very well during this time. We have had a 97% consent for the testing and as of today so far all tests have proved to be negative. The boys will be issued with 2 more home kits this coming week to continue testing over the Easter break



Salvatorian College *Parent Bulletin*

Week Commencing 29th March 2021
The 5th Sunday in Lent
Sunday 28th March
A reading from the Gospel of John 12 : v 23-27



LENTEN APPEAL/ OWN CLOTHES DAY

We are holding our annual Easter/Lenten Appeal and have asked the boys to donate Easter eggs which can be brought to reception in the mornings. The Easter eggs will then be distributed to the needy of our local community.

To raise extra charity money, the boys will be allowed to wear their own on Wednesday 31st March with a minimum contribution of £1.00 pound given on the gate

POSITIVE DISCIPLINE WORKSHOP

Hope Harrow are hosting a 2-hour workshop on Zoom starting on the 29th March 2021 based around positive discipline. If you are interested in this please sign up at www.learnharrow.ac.uk





**METROPOLITAN
POLICE**

TOTAL POLICING

Dear Parents/Guardians

North West Area Police have been working hard to tackle crime during the pandemic. One key area that supports this is educating young people around personal safety. With the difficulties in reaching young people to raise awareness at this time due to a national lockdown, we would kindly ask those that care for children to please have a conversation about personal safety with them about how they can best look after themselves and their property whilst out on their own to help prevent them becoming victims of crime.

Main points to discuss are:

Personal Property

Whilst we appreciate many young people possess smart phones, wireless headphones and other digital items, try and keep their use to a minimum whilst out and about. If they have to make calls try and make the call before they leave the house or school. Keep the items in bags or pockets, do not just carry them in their hands. Bicycles and E-Scooters are often attractive to thieves, so make sure they are properly marked and locked up when not in use. There is still current legal issues about using E-Scooters in public places at this time so they should be used for home purposes only.

Avoid traveling alone

If your young person is going out, be it to home or school, or elsewhere, they should try and travel with a friend. If this isn't possible, then avoid walking through secluded areas, stick to the well-lit main roads. If they feel like they are being followed go to the nearest local place of safety, this may be somewhere like a shop, library or even head back to school. If this isn't possible keep walking and always call 999 on their mobile to ask for help. Make sure they are aware of the road they are on to assist police getting to them quickly.

Pay attention to surroundings

Be aware of where they are and who is nearby. If they have to make a call or send messages, make it short, don't spend prolonged periods of time looking at devices. If they are listening to music keep it at a level that they can still hear what's going on around them.

What to do if you are a victim

In the unfortunate event that they are a victim of street robbery our advice is stay calm and hand over whatever items that are being requested, as these are replaceable. Try and remember as much about the person as possible to support the police in locating the person such as Ethnicity, Accent, Hair, Clothing, Distinctive Marks and Features. Call 999 as soon as practicably possible, please do not wait until they get home.

To help protect property, items can be registered on www.immobilise.com. This website allows you to register all manner of items including bicycles and electrical items like Smart Phones and Wireless headphones. In the unfortunate event they do get stolen they can be listed as such on the website. If a suspect is stopped the database can be checked by police to see who the items are shown as registered to.

www.fearless.org is another website that young people can use to report crime. It is linked with Crimestoppers, so the same principles of being able to report incidents anonymously apply.

We'd like to thank you for your support in keeping our young people safe. If you have any issues or questions, or would like further advice on crime prevention please contact your child's school and ask them to pass your details to the Safer Schools Officer who will then contact you.

Harrow Safer Schools Team
North West BCU
Metropolitan Police