

January NEWSLETTER



Dear Families,

Welcome back to a new year at Christ Church. After such a busy Christmas period with pantomimes, carol concerts and performances we are looking forward to many more exciting events that are due to take place over this term. It has been great to see the children having the opportunity to perform to an audience of children, parents and carers again during our class assemblies. So far we have had performances from both Year 6 classes which have been a huge success. Look out over the coming months for your child's class assembly it would be wonderful to see you there! We have also continued with our many sports clubs, competitions, wellbeing, homework and Art clubs with many more to come throughout the year! It has also been great to see so many of you attending our various parent workshops, which we will continue to provide throughout the year.

As the temperatures have dropped over the last few weeks can I please remind you to ensure children come to school in warm clothing including coats, hats, gloves etc and on PE days that children wear tracksuits. Also a reminder that school uniform requires black shoes (not black trainers) on non-PE days. **On PE days, children should come to school in their PE kits which should be plain-black trainers, black joggers or shorts, a plain white t shirt and black hoodie or sweatshirt, hair needs to be tied back (if long enough to do so) and no jewellery is to be worn.** On no account should football team shirts, shorts or tracksuits be worn.

Curriculum letters

These have been e-mailed to everyone and are available on the school website. These provide helpful information about the topics and subjects being covered over the half term. We strive to ensure that our children receive a broad and balanced curriculum through careful mapping across the National Curriculum making creative links between areas. It is great to see the children enjoying the performing arts, music and PE.

Xmas Fayre

I would also like to say thank you to everyone who was able to attend our Xmas Fayre, once again it was a huge success with lots of fun activities and stalls for all. It wouldn't be possible without the PTFA organising the event or the staff who help to run it, but most of all our parents, children and families for your support and contributions. This year we have managed to raise £1276.61 which has helped to provide books, software and furniture for our new library so that all of our children continue to develop that love of reading!

Kind regards,

Mr Archer

Suggested School Uniform...



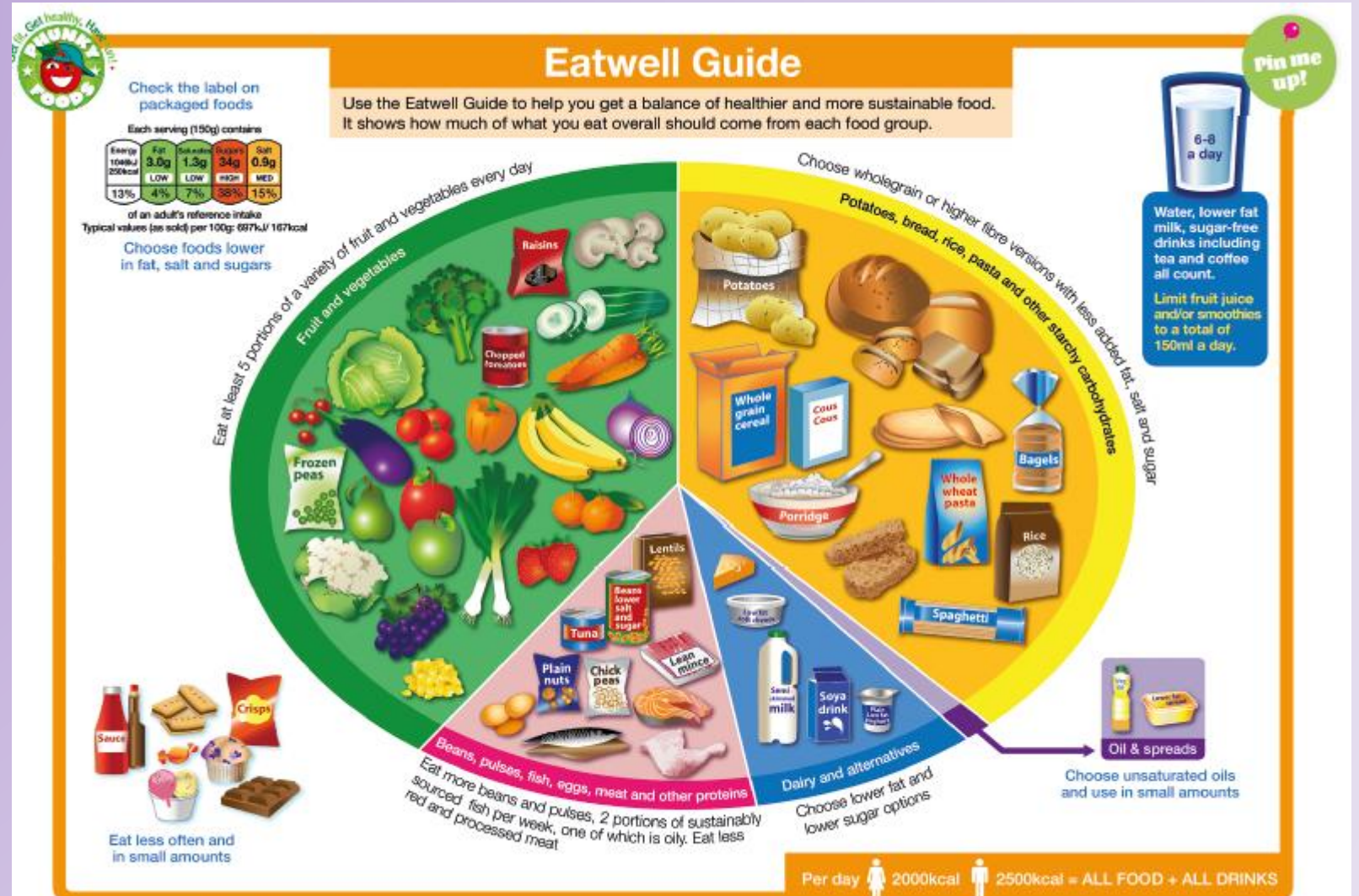
Suggested PE Uniform...



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Healthy Choices

We have been working really hard with our children through PSHE lessons and lunchtimes to ensure they understand the importance of making healthy eating choices and how this can help to provide good nutrients for growth as well as help regulate their concentration and focus throughout the day. Please discuss this with your children, have a look at the information and help us to promote this further with healthy food and lunchbox choices.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Healthy Choices



Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the choice of ingredients

2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Reduce sugar: choose plain yoghurt and have fruit on the side

4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

Keep processed meat to a minimum



Choose oily fish like salmon once every 3 weeks



Use a thermos flask for delicious soups

5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Choose low sugar dairy products



Milk, water or 150ml juice

Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes



Plain cakes occasionally

For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

School values

This half term we have been focusing on the value of being supportive. Children being seen to be supportive could receive a values leaf in our values assembly every Monday. If your child has received a values leaf you will be notified by email.

Christ Church Primary School Values					
M	A	S	T	E	R
Mindful	Aspirational	Supportive	Tolerant	Aim for Excellence	Resilient
I am kind to others I am considerate of other people's feelings I take good care of everyone's belongings I help to keep my environment clean and tidy I take pride in my appearance	I have high expectations of what I can achieve I am ambitious I believe in myself I am proud of myself when I achieve my goals I learn new skills	I can help others I can listen to others when they are sharing their thoughts and feelings I share with others I encourage others I am happy when someone else is successful I can empathise	I am able to respect and learn from others I value people's differences I accept people for who they are. I understand that people have differences of opinion I stand up for others if they are being treated unfairly	I will always try my best I take pride in my work I work hard and take ownership of my learning I accept challenges to help push myself further	I will keep trying when I don't achieve something the first time. I find ways to help me solve a problem I believe that I can get better/improve I learn from my mistakes I try to look at things positively. I have a can do attitude

Next half term, we will be focusing on being Tolerant.

Tolerance is a person's willingness to accept people whose race, religion, opinions, beliefs or habits are different from one's own.

Things to look forward to next half term



The Brave Brains will be completing the Wellbeing Ambassador Training to help them to implement whole school changes.

Meet the new team...



Upcoming Parent Workshops



Understanding worry

Would you like to find out more about what worry is and how you can support your children in a relaxed, friendly environment with other parents? Then look out for the dates for the Worry Workshop, which will be coming soon. We will also have refreshments available!

Understanding worry

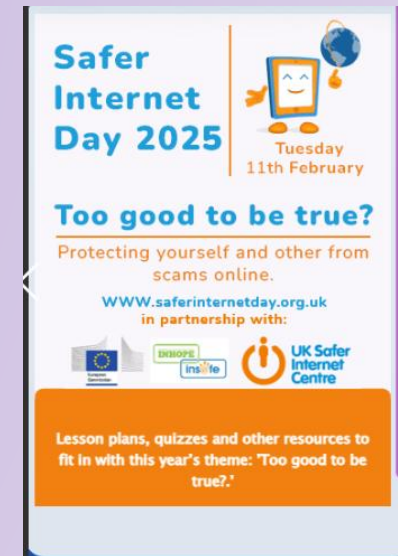
- What is worry?
- How to talk to your child about their worries
- Ways to manage worries at home

🕒 Duration: 1 hour

 
Midlands Partnership University
NHS Foundation Trust

This session will be delivered by Chloe from the Mental Health Support Team.

Next month, we will also be taking part in Safer Internet Day 2025 and Children's Mental Health Week!



Safeguarding

[Click here](#)

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "your child is going to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practicing mindfulness exercises. As every person's unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is publicly required, is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it's important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

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Imam visit



It has been lovely to have one of our local Imam's visit the school this half term. Imam Awais Nawaz Abdali from Uxbridge Street Mosque had a tour of the school and was able to see lots of our children enjoying their lessons as well as supporting us with reviewing our school fasting policy. We would like to thank him for his visit and hope to continue growing our links and organising more activities including a visit to the mosque.

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Seeing how the teacher help my child was useful. I can teach them the same way at home now.



It was lovely to see the lesson in real time and to see how my child and the teacher interacted.



Over the last couple of weeks we invited reception parents into the classrooms to observe reading sessions taking place. Feedback has shown that these sessions were useful to parents to see how the reading process works within school. We are very grateful for the support of these parents and their eagerness to help their children succeed. We thank you for your continued support.

Reception Hoglets Visit



It's so soft!
It's nice.
Max

This is so
cool!
Zyll and
Zayan



He's
spiky!
Erika



We welcomed Andy from Hoglets into our classrooms during our topic of woodland habitats. The children all got the chance to meet and touch a hedgehog and a barn owl. They searched around the classroom to find food for the woodland animals, learned about nocturnal and diurnal animals and even had time to create some art. This was an amazing experience for all of the children. We really enjoyed the session and learned lots of interesting facts about woodland animals. Thank you for your contributions towards the session, it was very much appreciated.



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Dance workshops



All our children from nursery to Y6 enjoyed a dance workshop the w/b Jan 20th. The workshops were provided by the East Staffs Sports Partnership. The children learnt how to put a dance routine together based on a stimulus using a variety of steps. The children worked really hard and showed a great amount of energy.

"The dance workshop was great because I learnt lots of new moves." Seemab J3

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Dates for the Diary

Spring Term 2025

Half Term: Monday 17th February- Friday 21st February

Term ends: Friday 11th April

Holiday: Monday 14th April-Friday 25th April

Summer Term 2025

Term starts: Monday 28th April

May Day: Monday 5th May

Half Term: Monday 26th May – Friday 30th May

INSET DAY: Monday 2nd June

Last day children in school: Friday 18th July

INSET DAY: Monday 21st July

Term ends: Monday 21st July

Holiday: Tuesday 22nd July – Friday 29th August