

OCTOBER NEWSLETTER



Dear Families,

As we approach the end of the half term it has been great to see how well all the children have returned and adapted to their new classes, routines and systems in place. We have had lots of fantastic events taking place for our families and children across the half term with football tournaments, a variety of after school clubs, attendance and phonics parent assembly, (click on the link for the information shared), Brewhouse visit and of course our wonderful Harvest Festival at the Elim Church!

It is now a time of coughs and colds and keeping up the routines of hand-washing will help to minimise the spread of these viruses. Also, as we approach the Winter months it is important that the children are dressed appropriately with winter coats, hats and gloves.

Could I also make you aware that the school car park is not an area for children to use their scooters or bikes as we have cars, vans and lorries coming and going throughout the day, before and after school. Please can you ensure their safety by keeping them on the paths and pavements outside on their way to and from school.

We now have a new social media link on X (formerly known as twitter). Please follow us for the latest news, photographs and updates on what is happening at Christ Church using this link: [@CCPBurton](https://twitter.com/CCPBurton) or click on the X at the bottom of our school website.

Kind regards,

Mr L Archer
Headteacher



Safeguarding

Top Tips- [Click here](#)

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.



- 1 CREATE A SAFE SPACE**

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and any interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.
- 2 CONSIDER OTHER OUTLETS**

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.
- 3 NORMALISE CHATS ABOUT FEELINGS**

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"
- 4 LISTEN ACTIVELY**

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Mentioning you've noticed and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or "teenage angst" – or to assume that they're simply "growing up" whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.
- 5 ASK OPEN QUESTIONS**

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"
- 6 RESPECT THEIR BOUNDARIES**

If a child isn't ready to talk to about something yet, respect their boundaries; this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.
- 7 LEAD BY EXAMPLE**

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.
- 8 HAVE REGULAR CHECK-INS**

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a cafe, or just a weekly walk.
- 9 PROVIDE RESOURCES**

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even therapists, if necessary, while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as YouthMinds.
- 10 CELEBRATE EMOTIONAL EXPRESSION**

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking openly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.



Chloe, from the MHST, delivered a whole school assembly last week for World mental health day. This year's focus was the impact of technology.



The Benefits of Social Media and Gaming

Connection: It helps you stay connected with friends and family.

Learning: Educational games and videos can teach new skills or help with homework.

Creativity: Platforms like TikTok or gaming tools (like Minecraft) allow you to be creative and design new things.



Fun Activities Besides Screens

Outdoor Play: Biking, playing football, running around, visiting a park

Board Games or Puzzles

Reading: Dive into a good book and let your imagination take over.

Creative Activities: Drawing, painting, or making things



The Downsides of Too Much Screen Time

Physical Health: Sitting for too long can lead to less movement and feeling tired.

Mood and Behaviour: Excessive gaming or social media use can sometimes cause frustration, anxiety, or sadness.

Sleep Problems: Too much screen time, especially before bed, can make it hard to sleep.



Its all about balance

- Screen time can be fun and helpful, but too much isn't healthy.
- Balance your day with other activities: reading, playing outside, or spending time with family.
- Set goals for limiting screen time and remember to take breaks.
- Screens are a part of life, but they shouldn't be everything.
- When you find balance, you'll feel better, sleep better, and have more fun!

School values



This half term we have been focusing on the value of being mindful. Children being seen to be mindful could receive a values leaf in our values assembly every Monday.

Next parent workshop –

Is your child struggling to sleep?

Would you welcome some support and guidance?

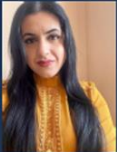
NHS PARENT WORKSHOP
SLEEP HYGIENE


CHRIST CHURCH PRIMARY SCHOOL AND NURSERY

TUESDAY 19TH NOVEMBER 2024







9:00-10:30

YOUR PRACTITIONERS ARE:


AISHA MAHMOOD


CHLOE NEWBOLD-DAVIES

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

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

The value we are focusing on this half term is being...

Aspirational

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 like to learn new skills

Work HARD dream BIG

Life at Christ Church



On October 3rd, a team of boys in Y3/4 took part in a football tournament at Robert Sutton. The boys tried really hard - drawing one and losing two of the games they played.

Kacper EH4 "It was an enjoyable tournament. I was goalkeeper - I found it quite difficult but I tried my best."



On October 14th, a team of girls in Y5/6 took part in a football tournament at Robert Sutton. The girls were wearing their new red Premier League kit. The girls worked really hard, playing five games without a break. The girls won one, drew two and lost two of the games they played.

Yusra in J5, "I was proud to be captain of our team. It was a hard tournament but we played better as the tournament went on."



Life at Christ Church



Harvest Festival

Our KS1 children put on a fantastic harvest performance on Friday 18th October at the Elim Church with the help of 'Pastor Chris'. We celebrated with some harvest songs as well as some facts and information about Harvest around the World. There were some super confident speakers, fabulous singing and wonderful support from our families!

Arabella - I loved singing and signing to my Mum and Nanny.

Dominik- It was nice to go to Church to sing our songs.

Minahil- I liked all the lights in Church, it felt special for everyone.



Food bank donations

Thank you to all of our families who donated food and toiletries for our local food bank. Our school council helped them to load it ready for the Van.



Brewhouse visit

On Monday 21st October our Y1&2 children were invited to the Brewhouse to watch a fun-packed audience participation show. The children really enjoyed it and found out some interesting Science facts and information.

Maja S- I liked the show, it was funny.

Tayyab- I learned some science, you need things to be the same to balance.

Amara-Mei - I liked the little bird that hatched out of the egg



Calendar Dates



Half term: Monday 28th October- Friday 1st November

Inset Day (school closed): Friday 25th October

Term ends: Friday 20th December



THANKS

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[@CCPBurton](https://twitter.com/CCPBurton)