

January NEWSLETTER



Dear Families,

Welcome back to a new year at Christ Church. We are looking forward to many 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. On no account should any pupils wear football team shirts, shorts or tracksuits.

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.

Inset Day

Staff will be undertaking curriculum and safeguarding training during our INSET day on **Friday 2nd February 2024**. We are constantly working hard to adapt and develop the curriculum to ensure it remains fresh, exciting and accessible to meet the needs of all of the children in our community. This work will enable us to continue to do this.

**Kind regards,
Mr Archer**

Suggested School Uniform...



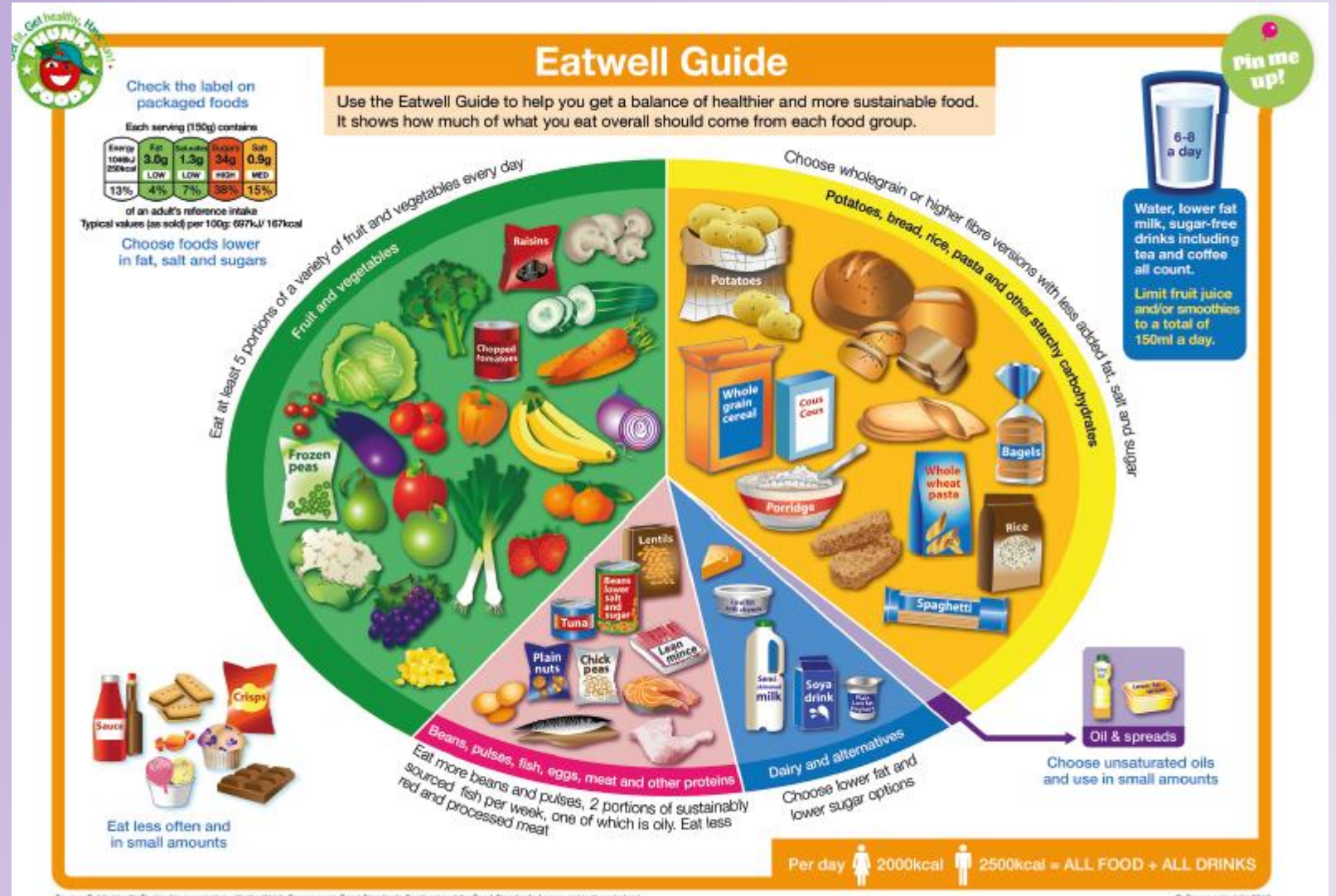
Suggested PE Uniform...



January NEWSLETTER

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

© Crown copyright 2016

January NEWSLETTER

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



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



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



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



Choose oily fish like salmon once every 3 weeks



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



Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes



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

January NEWSLETTER



HOPE parent workshop

It was great to see so many parents attending our first 'Hope' parent workshop. There were lots of practical ideas and advice on offer on ways to support our children if they are feeling anxious.

The Hope team are also providing zoom sessions each month on different mental and emotional health topics. Please use the QR code to find out more or click on the link to register.

HOPE Parent Support Sessions;
a safe place to find information, chat and learn from each other through shared experience.

To find out more contact your HOPE mentor in school or Keddie on
07508 176043

keddieHOPE2021@outlook.com

Register HERE

<https://us02web.zoom.us/meeting/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>



SCAN ME



January NEWSLETTER



Derby Museum Trips

Our Y3 and year 4 children have been to visit Derby Museum to help enhance their History work they have been doing about the Romans.

I really enjoyed the trip to Derby Museum. Senelis, the Roman potter, told us lots about the Roman way of life. I also enjoyed looking at all the Roman artefacts.

Haleema J3



"We learned about Romans and how they used to live. We held some artefacts that were 2000 years old and we sketched these. We also took part in a procession and talked about how people would be buried and the traditions that would take place."- EH4



We pretended to have a Roman funeral and we learned that the Romans believed in the afterlife and their shade went to the land of the dead. They also paid mourners to cry to show they were important. We also got the chance to handle some Roman artefacts - I thought that mine was a thing to cast the spirits away. We met a real Roman soldier but you don't need to be from Italy to be a Roman soldier, just dress and act like a Roman. It was really exciting. Inaya- BH34



January NEWSLETTER



Football Competition

On Friday 26th January, a team of boys played in the EFL football tournament at Burton Albion. It was a lovely, sunny afternoon. In the group stage, we played four games – winning two, drawing one and losing one. This meant we qualified for the quarter finals where we played Rykneld. Sadly we lost 2-0 but we had a great time. - Ali B5



January NEWSLETTER



Dates for the Diary

Spring Term 2024

INSET DAY: Friday 2nd February 2024

Half Term: Monday 12th February- Friday 16th February

Term ends: Friday 22nd March

Holiday: Monday 25th March-Friday 5th April

Easter Sunday: Sunday 31st March

Summer Term 2024

Term starts: Monday 8th April

May Day: Monday 6th May

Half Term: Monday 27th May – Friday 31st May

INSET DAY: Monday 3rd June

Last day children in school: Friday 19th July

INSET DAY: Monday 22nd July

Term ends: Monday 22nd July

Holiday: Tuesday 23rd July – Friday 30th August