

# MAY NEWSLETTER



## Dear Families,







We have had a wonderful start to the new school term and the children have had lots of learning experiences along the way! There has been so much going on over this past half term with SATs taking place, Sports competitions and much, much more! Classes have continued to perform their assemblies and more classes have had the chance to take part in visits related to their learning. With many more activities and events over the coming weeks including our sponsored event and Summer Fayre, please keep checking your e-mails and the school website for updates!

Can I remind you that as the weather turns warmer that all children have sun cream applied **before** coming to school to protect them from any harmful UV rays.

Finally I hope that you all have an enjoyable half term holiday and get the chance to have a rest.

**Mr Archer**

# MENTAL HEALTH & WELLBEING

Christ Church Primary School Values					
M	A	S	T	E	R
Mindful	Aspirational	Supportive	Tolerant	Aim for Excellence	Resilient
					
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>

This half term, we have been focusing on **Aiming for Excellence**. Each week, one child from each class is awarded a values leaf if they have been seen displaying that value. The leaf is then added to our values tree outside the hall.

Don't forget to check your emails to see if your child has been chosen.

Next half term, we are focusing on being **Resilient!**

Our values tree is in full bloom!



## Christ Church Primary School



### Sponsored Run



During the week beginning the 1st of June, all children across school will be taking part in a sponsored run. This event will help us raise money for a whole school art project.

During their P.E lesson that week, the children will run laps of the playground.

EYFS will run/walk or jog for 5 minutes

KS1 will run/ walk or jog for 10 minutes

KS2 will run/ walk/jog for 15 minutes

Please collect sponsors before the 1<sup>st</sup> of June and then return the sponsor form with the money after your child has completed the run.

You can either sponsor your child per lap that they run or just donate a fixed amount

Thank you for your continued support 😊



Name	Amount per lap	Donation	Total
Jonny Smith	20p per lap	—	20p x number of laps.
	Or		
Jonny Smith	—	£5.00	£5.00

Not long now until our whole school **'FUN RUN!'**

Please help your children to collect sponsors and record them on their sponsorship form.

Keeping physically active also helps you with your emotional wellbeing.

## THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE **OPEN** OVER THE SCHOOL HOLIDAYS

Open throughout the half-term holidays

If your child is experiencing low level mental health difficulties, we may be able to help. Call us\* between 9am - 5pm (Monday to Friday), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.

We can help with:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic

Burton and Uttoxeter  
01283 504487

Cannock and Lichfield  
01283 352113

Stafford  
01283 352097

Tamworth  
01785 301027



\*Please note that these contact numbers are not to be used in an emergency.



We will shortly be sending out a parent survey to help us to structure our Mental Health Team Support over the coming months. Please complete and help us to help your children.

# MAY NEWSLETTER

## Good Attendance means...

Being in school at least 97% of the time or 184 to 190 days

### Remember

Your education is important - don't miss out!

#### Did you know?

A two week holiday in term time means that the highest attendance a child can achieve is 94.7%



**Well done**

**I'm concerned**

**Seriously worried**

A good attendance gives you the best chance for success.

A poor attendance gives you less chance of success.

Very poor attendance has a serious impact and reduces life chances.

There are **365** days in a calendar year

**175** are not spent at school!

"So there's plenty of time for shopping, holidays and appointments!"

### Did you know?

When pupils attend school they:

- ✓ Can achieve their full potential
- ✓ Have better career prospects
- ✓ Learn how to look after themselves and be healthy
- ✓ Grow in confidence
- ✓ Keep up with work and homework
- ✓ Make new friends

We strive for all of our children to have 100% per cent attendance and we continually reinforce to our pupils the importance of being in school. If a child has above 97% attendance, then they are giving themselves the best opportunity to achieve not only now but also in the future. Falling below 90% attendance means your child has had four whole weeks off school during the school year. This level of attendance means your child will struggle with their school work because they have had the equivalent of one day off every fortnight!

## EVERY SCHOOL DAY COUNTS

### TIPS FOR PARENTS BY PARENTS

Don't give in!  
Follow through.

Be organised! Get everything ready from the night before. Have their coats and bags at the door, their lunch made and their clothes on the banisters.

Treat it like a military operation in the morning!

Don't give them a choice to stay at home.

Give yourself 15 minutes before the kids get up.

No TV, iPad or phones allowed in the morning.

Keep talking about the importance of school.

Early to bed the night before school, especially after holidays.

Come back to school after doctor/ dentist appointments.

Know how many days your child has missed in school.

MAY

## Reception Forestry Centre visit

On Wednesday 15<sup>th</sup> April, the children in reception visited Rosliston Forestry Centre. The children completed two workshops during the day. In one session they searched for minibeasts around the forest and kept a record of the ones they found on a checklist. In their second session they built dens for different woodland animals and had to make sure that they would be kept safe and dry. For this we worked in teams and had to talk to each other about our ideas. Then, the children also got the chance to have a campfire and all toasted a marshmallow. Yummy!

The children represented our school beautifully and had an amazing day. We were very proud of them.



Look everyone, I  
found a ladybird!  
Ewaoluwa



"Look, Mrs Ward. This is a house for teddy. Teddy said it was the best." Lajos

"We made a house from rocks, sticks and leaves for teddy. Teddy said thank you." Sarah

"We made a super strong house from wood for the teddy." Keagan

"We made a nice house out of sticks. We cannot go inside it is too tiny." Eva

"This roasted  
marshmallow was so  
yummy, I want  
another one!"  
Hamza



This is going to be  
so yummy, I can't  
wait!  
Karina



# MAY

## Sports tournaments



On Tuesday April 21st, two teams from Y3/4 played in a High Five netball tournament at Shobnall Leisure Centre. It was a great evening's netball with lots of matches played and both our teams playing really well whilst braving the very windy conditions. Christ Church were the overall winners and were presented with a trophy and gold medals.

"I really enjoyed the tournament - I improved my netball skills and it was great to win a trophy." Adam R4

On Tuesday April 28th, a team from Y6 played in a handball tournament at Shobnall Leisure Centre. The girls and boys played separately against other teams and then the scores from both teams were added together. Our team were the overall winners and were presented with a trophy and gold medals.

"It was really good to play a new sport, I really enjoyed it." Yusra N6



On Friday April 24th, a group of Y5 pupils took part in Level 2 bike training. The children started off on the playground before going onto the roads near school. All our children passed and improved their road safety.

"It was really exciting when we went on the road - we had to look for cars all the time." Helen J5



# MAY

## Fire Station Visit



Y1 and 2 enjoyed learning about road safety and the jobs that the fire fighters do, click on the link to find out more! [Car seat safety information](#)



I liked answering questions about road safety and talking about how to cross the road safely" - Erioluwa

" I enjoyed sitting in the van and talking about how important it is to wear a seatbelt" - Ramirez

"I liked putting each other in order of biggest to smallest and being measure

# MAY

## Y1/2 Conkers Visit



Years 1 and 2 went to visit Conkers in the National Forest to explore the natural world including finding minibeast, looking at different woodland plants, making mud animals and having some fun on the adventure playground.



Ella-Jean - My favourite thing was learning about the tawny owl.

Aisha - I loved it, it was fun. I liked making mud animals.

Alex- I liked the orienteering where we had to search for clues in the forest.

Adam - I liked going on the bus to Conkers and when we had to use the map to help us find our way to the clues in the orienteering activity.

Dominik - I enjoyed learning about the animals that live in the woods and then making them out of the clay in the mud kitchen.

MAY

## Sustainability and Climate Change



### Eco-Council

At the end of last half term, each class selected a new Eco-Council representative. At our first meeting, we identified areas which we thought we could improve to make our school more sustainable and environmentally friendly. These areas will be our focus in our forthcoming meetings and make sure to keep a look out for our work over the summer term!



# MAY

## Safeguarding



### What Parents & Carers Need to Know about

# HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health. So, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



#### 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (provided they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

#### 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

#### 3. STAY VIGILANT

Observe your child while they're using technology and note if they're acting normally, or out of character. Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone, when you feel it's the right time, you may want to check in with them to see if everything is OK.

#### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

#### 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're talking you up to speed, and try not to show any judgement or criticism, even if they haven't dealt with the situation in exactly the way you would have hoped.



#### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on), or allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

#### 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through specific apps and social media platforms or online games. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally, with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

#### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

#### 9. SEEK EXPERT ADVICE

Victims of online bullying may experience feelings of isolation and anxiety, or loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

#### 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

#### FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to. Children can talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

National Bullying Helpline: [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 690 5500

[Click here](#)

# MAY

## Calendar Dates



22<sup>nd</sup> May – Last day of school before May half term

25<sup>th</sup> - 29<sup>th</sup> May Half term

1<sup>st</sup> June – Children return to school

1<sup>st</sup> June- Class photographs

15<sup>th</sup> June- New parents induction evening

June Arts Week

23<sup>rd</sup> June – Provisional KS2 Sports Day

24<sup>th</sup> June - Provisional Nursery Sports Day

25<sup>th</sup> June- Provisional Reception/KS1 Sports Day

1<sup>st</sup> July- Moving up day -

10<sup>th</sup> July- Summer Fayre

14<sup>th</sup> July- Y6 performance

17<sup>th</sup> July- Y6 Leavers' Assembly

17<sup>th</sup> July- LAST DAY FOR CHILDREN

20<sup>th</sup> July- INSET DAY- School closed to children

21<sup>st</sup> July – Summer Holidays

