

# NOVEMBER NEWSLETTER



## Dear Families,

I would like to welcome everyone back after the half term break (which seems like a long time ago now!) and I hope you all were able to enjoy a nice rest. There seems to have been so many fun and exciting things going on at Christ Church over the past few weeks including our Y5 visit to the fire station. It's been great to see all the smiles, fun, laughter and enthusiasm from all of the children and staff at school.

As the nights draw in, it is more important than ever that the children are keeping safe when coming to and from school, having a reflector on a coat or bag can help drivers to spot children when visibility is low. We have shared our road safety messages with all the children so they are reminded of how to cross the roads safely as part of our 'Be safe be seen' work. We would also encourage all of our families that if you have to travel by car, you drive slowly when approaching school and make sure you get out of your cars to help your children cross safely.

As well as lots of fun and learning, there have been some important messages shared with our children. Each class has also been involved in lots of different activities about keeping safe, kindness and respect towards others as part of our Anti-bullying week. It has also been great to see so many of our parents and families attending our school information sessions and workshops for reading/ phonics, stay and play and sleep hygiene we hope to continue offering more of these on a range of topics throughout the year.

Kind regards,

Mr L Archer

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The MHST delivered a sleep hygiene workshop to parents. We focused on why children may struggle to sleep and discussed ways in which we can help our children. One way was by creating a better sleeping environment: managing the noise, lighting and temperature in the room. We also looked at strategies to help support the children to manage their feelings before bed.

## Key messages taken away from the workshop:

- It's important to know your child. One thing doesn't work for all children.
- It's not just me, other parents are going through the same.
- There is help out there.



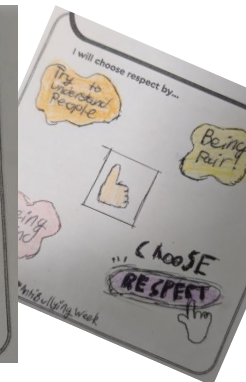
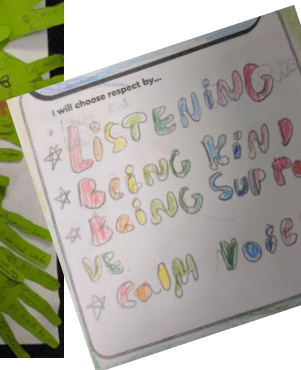


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## Anti-bullying week 2024

This year the theme was 'Choose Respect'. All children completed Anti-Bullying activities as part of their PSHE lessons. We also had a whole school assembly and wore odd socks to school to celebrate diversity.



# Y5 fire station visit



Y5 had a great time at the fire station learning about a variety of important life skills involving water safety, fire safety, finance management, first aid and good citizenship.



Yusra (J5) - At the fire station, we did a lot of activities such as fire safety and police safety. My favourite part of the trip was the simulation where we had to tap all the things that could cause a fire.

Ruqaiya (J5) - At the fire station, we did lots of activities on keeping us safe. First, we learned about water safety and then we learned about bank card safety. After this, we did a lesson on police safety with a police officer and then we went into a room and learned about fire safety. We had to see which objects could cause a fire. Finally, we learned about how to do CPR.

Iris (B5) - At the fire station, we learned how to do CPR. I really enjoyed it and learned how to stay safe near water.



# Y5 visit to Abbot Beyne



Our Y5 children went to Abbot Beyne Secondary school to take part in a variety of lessons alongside some other local primary school children.



Abdul (J5) - Abbot Beyne was a really good school and they treat their pupils nicely! They gave us juice and cookies at breaktime which I really enjoyed. The lessons really challenged me and it really was a great school to go to!

Eiva (J5) - At Abbot Beyne, we did Geography and Food Technology. In Geography, I was the pilot and sadly crashed a plane but I got a twirl for it. In Food Technology, we tasted ready salted crisps to see the difference between an expensive brand and a cheaper brand. The cheaper brand was better in my opinion.

Nusayba (B5) - At Abbot Beyne, I loved it when we did Geography and we did map work. I also loved PE because we took part against other schools.

# Class Assemblies



In SD6, we had our class assembly to share our learning with our parents. We talked about everything we were learning about last half term: English, maths and more. For maths, we demonstrated long division. In history, we learnt about Ancient Greece. We were able to use the microphone to help us project our voices. We also sang our favourite song, 'Refuge'. We were a bit nervous and worried because there were lots of people, but we overcame our stage fright and really enjoyed it!" Anya, Delia and Mariam



# Sports competitions



## Archery

On Monday 18<sup>th</sup> November a team of six Y6 children took part in an archery competition at Robert Sutton. The children really improved their skills as the competition progressed.

"I had a great time and hit the bullseye twice. Archery is now my favourite sport."

Eleanor Y6





# Safeguarding



[Click here](#)

## 10 Top Tips for Parents and Educators

# TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.



- 1 CONSIDER CYCLE TRAINING**

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began: there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.
- 2 USE A SUITABLE BIKE**

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.
- 3 TRY A CARGO BIKE**

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.
- 4 INSPECT YOUR CYCLE**

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.
- 5 BRING SUITABLE GEAR**

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.
- 6 STICK TO FLAT TERRAIN**

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.
- 7 STAY ALERT AND IN SAFE FORMATIONS**

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.
- 8 AVOID PARKED CARS**

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.
- 9 START A 'BIKE BUS'**

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers. In case anything goes wrong along the way, team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you!
- 10 HAVE FUN!**

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.



# ***Xmas Fayre***

For our Xmas Fayre.

This year we are asking for the following donations to be brought in on ***Monday 9<sup>th</sup> December.***

- **Nursery- Cakes (vegetarian and nut free please)**
- **Reception- New toys/games from Pound shop or similar bargain shop**
- **Years 1 & 2 -New toys/games from Pound shop or similar bargain shop**
- **Year 3- Chocolates - bars, selection boxes, advent calendars etc.. (NUT FREE)**
- **Year 4 -Chocolates - bars, selection boxes, advent calendars etc.. (NUT FREE)**
- **Year 5- New children's books**
- **Year 6 -New stationery**
- We would also be grateful to receive any other prizes from any of the categories.

If you are available to offer to help in anyway with preparing for our Xmas Fayre please contact Lisa Shaw using this email address: [ptfa@Christchurch-burton.staffs.sch.uk](mailto:ptfa@Christchurch-burton.staffs.sch.uk) via the school office. Any help would be much appreciated!

## **Christmas Fayre**

Our Christmas Fayre this year will be held on Monday 16<sup>th</sup> December at 2:15pm, with big raffle prizes, Christmas treats as well as a chance to have your photo taken with Santa! All of the money raised will be going towards supporting our children so please come along, support the school and have lots of fun!

