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 football and archery tournaments. 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 emotional regulation we hope to continue offering more of these on a range of topics throughout the year.

Kind regards,

Mental Health & wellbeing

Parent workshop

We had a great turn out last week for our MHST workshop on Understanding Anxiety.

Reasons why a child might be anxious

Friendship issues

Family issues – divorce, loss, domestic abuse, parental mental health, finances

Illness

School – homework, underlying diagnosis, peer pressure, bullying, image, self-confidence

Normal changes – child to adolecence, questioning sexuality

Diet

Specific fear – spiders, dogs, the dark

Inconsistent parenting

Changes to routines

Hormones

Lack of sleep

How to help your child

- Encourage them to write thoughts down
- Exposure to feared situation with support
- Relaxation/grounding techniques
- Talk to them
- Actively listen

SOUTH STAFFORDSHIRE MENTAL HEALTH SUPPORT TEAM

MHST

MENTAL HEALTH

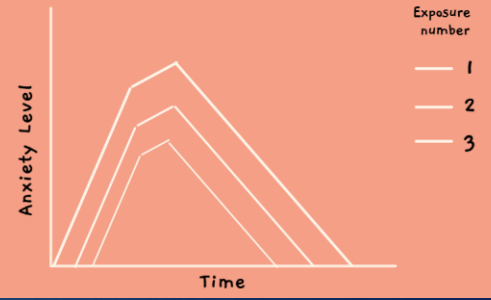
Understanding anxiety

Exposure

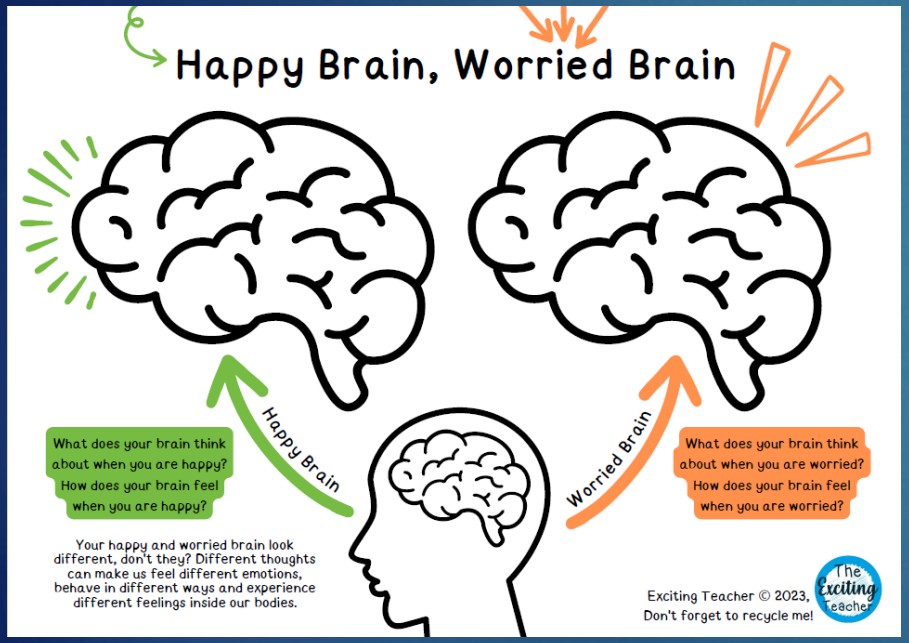
Facing fears, otherwise known as exposure, is the most effective way to overcome problematic anxiety. By breaking things down into small steps and gradually facing the feared situations it can help children to overcome avoidance and learn how to cope with anxiety.

Each time they gradually expose themselves to the fearful situation, without avoiding or escaping it, their anxiety will reduce. Over time, they will find it easier to manage until you no longer need to avoid the situation.

This is called 'habituation'. The more they practice doing this, the easier it will get. This is how they break the vicious cycle of anxiety.



Mental Health & wellbeing



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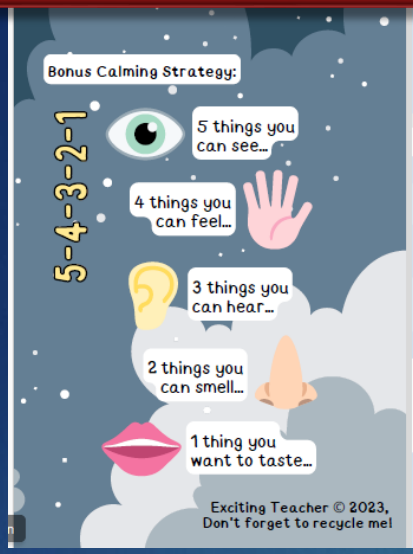
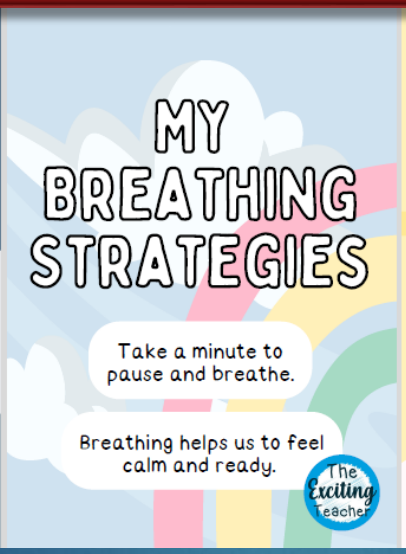
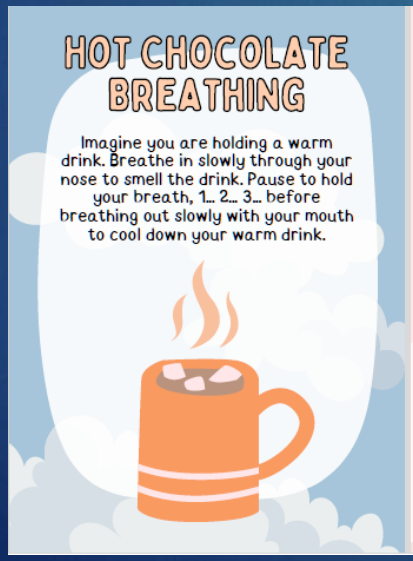
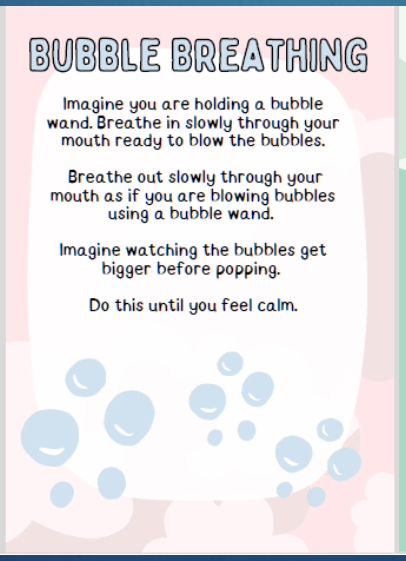
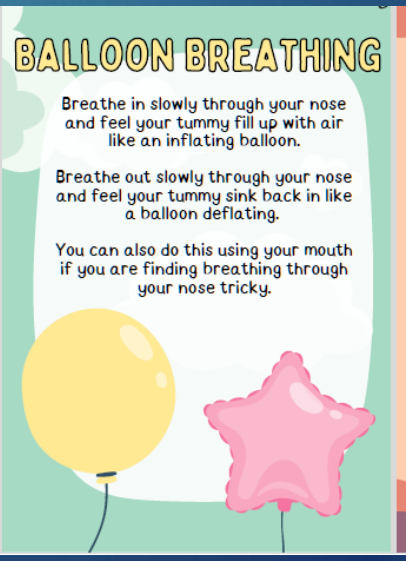
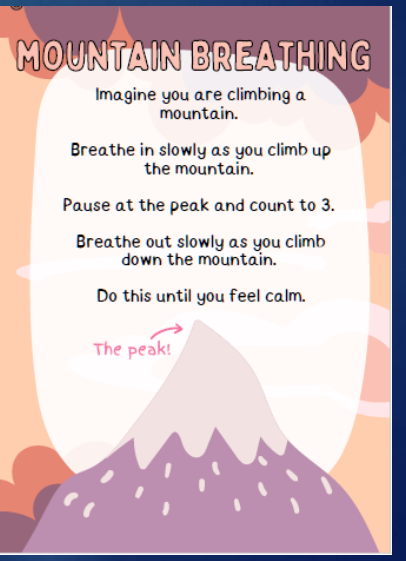












Coffee morning

SEND @ Christ Church

We have an exciting announcement!

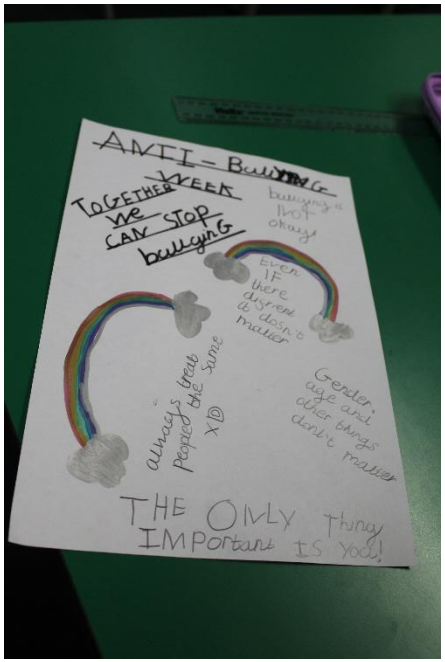
We are going to be holding our first SEND Parents' Coffee morning!

SEND stands for **Special Educational Needs and Disabilities**. It refers to a child or young person who has a learning difficulty and/or a disability that makes it harder for them to learn than most children of the same age.

SEND is about extra support: Having SEND is not a negative label; it simply means your child's unique needs have been identified so the right support can be put in place

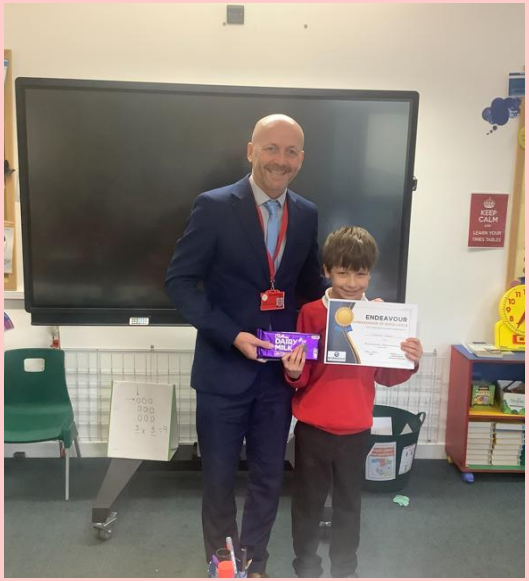
Anti-bullying week 2025

This year the theme was ‘Power for Good’. 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.



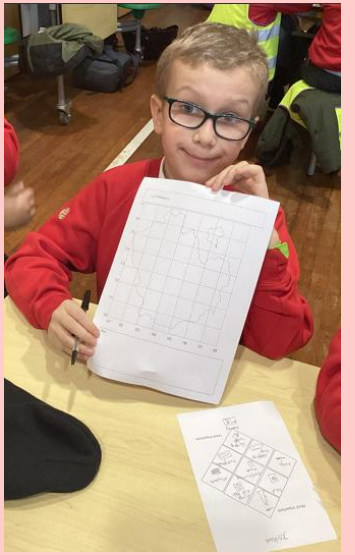
Endeavour

A big ‘well done’ to Charlie for winning the Endeavour Excellence award for showing his resilience, determination and teamwork skills when representing the school. Wayne Simner from the Endeavour MAT came to present him with his certificate and prize!



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.

Y5 Fire station visit

Brodie - J5 - First, we had to watch a simulation about the dangers in a house. Secondly, we went upstairs to draw and label what makes a responsible person. Then, we had a talk from DHL about being careful around trucks. I enjoyed when we had to find dangers in the simulation house.

Haleema - J5 - At the fire station, we went into four groups. I really liked Chris's group because we learnt what to do if there was a fire. We also learnt how to do CPR and we met a DHL worker who taught us how to stay safe around the trucks. We also had talks from the police and a nurse.

Sports competitions

Football

Abdul - Y6 - In the football tournament, I loved how we all had so much fun like meeting Billy Brewer (Burton Albions mascot) and meeting JJ McKiernan, a professional football player. The games were interesting, causing us to have the most joy possible. Overall, we loved the tournament and loved sharing smiles and laughs.

Izaan - Y5 - We went to Burton Albion and it was really fun! I even scored a goal and we won 1 game, drew 2 and lost the rest. We came in 7th place and we never gave up - even against the best teams. It was a great afternoon!

Thomas - Y5 - What I really enjoyed about the football tournament was that I tried a bicycle kick and it almost went in. I never gave up and we won the first game we played - it was also against a team where I knew some of the players. I also scored a super goal and we finished the tournament in 7th place.

Sports competitions

Archery

On Monday 17th November, two teams of boys and girls from Y6 took part in a archery tournament at Robert Sutton. It was a great experience for our children trying out a new sport. One of our teams were the overall winners and won gold medals and a trophy for their efforts.

"I had a great time and I was so pleased to win a gold medal" Indy SB6

Safeguarding

Click here

Xmas Fayre

For our Xmas Fayre.
This year we are asking for the following donations to be brought in on ***Friday 5th 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.ukor via the school office. Any help would be much appreciated!

Christmas Fayre
Our Christmas Fayre this year will be held on Friday 12th 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!