

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, and of course our wonderful Harvest Festival at the Elim Church! Please follow our school X account for the latest news, photographs and updates on what is happening at Christ Church using this link: [@CCPBurton](#) or click on the X at the bottom of our school website.

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 remind you to park responsibly when dropping off or collecting your children. Please ensure you park in a space without double yellow lines or zig zags and do not block access to local businesses. Please can you also ensure our children's safety by keeping them on the paths and pavements outside on their way to and from school as we have a lot of cars, lorries and large vehicles on the roads around the school..

Could I also say a big thank you to all of our parents and families for your support over this past half term in attending our many events it really makes a big difference to our children and helps make our school feel like the special place it is for our community!

Kind regards,

Mr L Archer
Headteacher

Safeguarding

Top Tips- [Click here](#)

What Parents & Educators Need to Know about MEMES

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reposted, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (78%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

WHAT ARE THE RISKS?

While memes help to communicate across topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and so they are designed to be shared quickly, young people may not question their accuracy.

SPREADING MISINFORMATION

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EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. For example, content on platforms like Instagram, TikTok, or YouTube, is mostly targeted at that these demographics.

MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden messages, making them hard to parse. In some cases, other young people have shared, or even reposted, these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, or when young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can easily strengthen negative attitudes or group dynamics, encourage risky behaviour, or mock personal struggles.

Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is inappropriate, harmful, or damaging to themselves and others.

PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trace. Created or shared, memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital content can follow them into their future, affecting how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

Advice for Parents & Educators

ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world - discuss what they find funny about the memes, and why. By creating without judgement, you build trust. Making it easier for them to come to you if they see something harmful. Open conversation is also key to help them and them share what about the messages behind them is bothering them, helping to protect them from risks.

TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and what it's saying - developing media literacy skills prepares young people to understand and recognise their future online lives. Show them how memes can sometimes be a way to spread misinformation, and encourage them to think critically about what they see online.

MODEL HEALTHY BOUNDARIES

Show children and young people positive online behaviours, such as taking breaks from social media, avoiding cyberbullying, and engaging in offline activities. Setting clear rules around screen time at home can help to reinforce healthy boundaries and reduce the risk of misuse. By modelling balanced technology use, adults can show children and young people how their digital behaviour, including memes, should be just one part of life.

FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before they go on creating it. Highlight examples of positive memes that celebrate diversity without hurtful jokes, fostering empathy, respect, and kindness in digital spaces and help them become more aware of promoting a caring, more supportive online culture.

Meet Our Expert

Dr Christine Vromans, a senior lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.

Wake Up Wednesday

The National College



Christ Church Values and Wellbeing



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.

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

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

Next parent workshop –

EAST STAFFORDSHIRE

Mental Health Support Team

UNDERSTANDING ANXIETY

FREE WORKSHOP FOR PARENTS AND CARERS

CHRIST CHURCH PRIMARY SCHOOL AND NURSERY

TUESDAY 18TH NOVEMBER 2025

9:00 AM - 10:00 AM

NO NEED TO BOOK, JUST SHOW UP ON THE DAY

Come along to find out more about the impact of anxiety on children's mental health, and how to support your child.

@SOUTHSTAFFSMNST

Follow us on Twitter, Facebook and Instagram.

NHS

Midlands Partnership University

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

Aspirational

I have high expectations of what I can achieve

I am proud of myself when I achieve my goals

I am ambitious

Work HARD dream BIG.

I believe in myself

I like to learn new skills

Christ Church Values and Wellbeing



Want to find out more about mental health?



Welcome To The Sandbox

Award winning **digital mental health** support for Children and Young People

The Toolbox – Autism & ADHD Resources



The **Toolbox** is a brand new website for Young People who have been diagnosed with or suspect they have **Autism** or **ADHD**.

Find out about **local workshops** (Hertfordshire only), national organisations, and go through our **resources** to help you better understand and live with those conditions.

What Is The Sandbox?

The Sandbox is an innovative **digital mental healthcare** service for **Children and Young People**.

Mental health struggle is something most of us will experience at some point in our lives – it's simply part of being human. We're here for you when that happens.

We work together with the **NHS, local government, and other organisations** to help Children and Young People with their mental health.

Not sure where to start? Head over to the **Service Zone**.



<https://thesandbox.mindler.co.uk/>

Life at Christ Church

On Wednesday 15th October, pupils in Y3/4 had the opportunity to have Level 1 bike training on the school playground. It was a great experience for our children with most of the children passing the Level 1 standard.

"I really enjoyed the bike training - it was tricky but I was glad to pass." Luna EH4



Life at Christ Church



On Monday 29th September, a team of boys from Y3/4 took part in a football tournament at Robert Sutton. The boys played really well reaching the semi-finals where they lost 2-0. In the third/fourth play off the boys won 2-0 for which they were awarded a bronze medal. The children were also able to wear our brand new kit which has been very kindly provided by Tag Sports.

"I really enjoyed taking part in the tournament, I liked playing in goal." Adam- R4

It was the turn of the Y5/6 boys to take part in a football tournament at Robert Sutton on Thursday 2nd October. Once again, the boys reached the semi-finals where they lost in a penalty shoot out. The boys then lost narrowly 1-0 in the third/fourth play off.

"It was a great tournament, it was sad to lose on penalties." Yahya SB6

Finally, our Y5/6 girls took part in a football tournament at Robert Sutton on Monday 6th October. The girls played some really good football and managed to reach the semi-finals, where they lost 2-0. In the third/fourth play off the girls drew so the bronze medals were shared.

"It was great to reach the semi-finals, I was really pleased to get a bronze medal." Ava SB6



Life at Christ Church



Harvest Festival

Our KS1 children put on a fantastic harvest performance on Friday 17th 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!

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.



Calendar Dates



Half term: Monday 27th October- Friday 1st November

Inset Day (school closed to children): Monday 3rd November

Term ends: Friday 19th December

Holidays: Mon 22nd December- Friday 2nd January

Inset Day (school closed to children): Monday 5th January

Children back to school: Tuesday 6th January



THANKS

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