

# JUNE NEWSLETTER



## Dear Families,

We hope you are all keeping safe and are starting to enjoy your daily walks as lockdown measures start to relax. There have been lots of changes here at Christ Church since our last newsletter with all of our staff working extremely hard to make sure school was ready for some of our Nursery, Reception, Year 1 and Year 6 children returning.

It has been great to see some of our children back and they have all been fantastic in adapting to the new routines we have put in place. For those children that have not yet returned it has been good to see some of the work you have been doing from home and sharing with us. We know that some of you have also been telling your teacher's about some of the other fun activities you have been doing at home when they have been in touch.

Instead of our 'Superstar of the week' awards at school we will be sending home 'Star of the bubble' certificates for children who have been trying really hard either at school or at home so keep up the good work and you might be our next winner!

Over the coming weeks/months there will continue to be new guidance released by the government regarding the way forward for schools. We will endeavour to continue to follow this and to do what is best for the children at Christ Church. We will keep you informed as soon as we can about any future changes, including plans for September as and when they are made. Thank you for your patience and continued support during these difficult times.

Kind regards,

Mrs V Anderson & Mr L Archer



# What we have been up to...



Hi everyone!

When I have not been in school or home schooling my two children, I have been having lots of fun. We have been playing lots of games, going for walks and climbing trees! My daughter and I have been doing lots of cooking together and our village held socially distanced VE day parties. My favourite things so far was when I looked after my sister's new puppy for the day. His name is Bradford and he's gorgeous!

- Mrs Mason



Hi everyone!

This lockdown has been a strange and new time for us all but it has given me the opportunity to spend a lot of time with my family and get out in the open. I have loved exploring new walks around my local area and seeing what wildlife I can spot; Mr Honman would be proud! This time of year is wonderful as there is so much new wildlife and it has been lovely to spot little ducklings swimming down the rivers. I have also enjoyed having lots of opportunities to get reading- my current book is Little Women, a classic! Earlier in the term, we had fabulous VE Day celebrations in our street and loved singing along to Vera Lynn's We'll Meet Again together, following social distancing rules carefully of course! I have enjoyed preparing learning activities for my class to do at home but I terribly miss you all and look forward to the day when we can meet again.

- Miss Hill





## What we have been up to...



A few weeks ago I felt a bit like a celebrity as I was in the Burton Mail! Some of you know that I am in a musical theatre company in spare time and sadly we can't rehearse or perform together at the moment. Because of this my friends and I all recorded our own videos of us singing and a very clever friend of mine put them all together to make a song! It was so much fun but I can't wait to perform on stage again!

- Miss Fraser

My family and I have enjoyed walking in the sunshine, baking and painting giant cardboard boxes, which resulted in everyone getting covered in paint each time. We celebrated Teddy's second birthday at home and have kept in touch with family by doing quizzes we have written ourselves. I hope you are all doing as well as you can at home too!

- Mrs Rosen



We've been keeping very busy here in the Hunt household during lockdown. We have made the most of the beautiful sunny weather that we've been having and as part of our daily fresh air and exercise we have been riding our bikes along the river near where we live. I love cooking and have been busy baking lots of tasty treats for us to enjoy. These strawberry scones were Mr Hunt's favourites. I usually buy herbs for my cooking from the supermarket but during lockdown I decided to grow my own. Mr Hunt helped me renovate these old planters, I filled them with soil and sowed the herb seeds. I even decorated some plant labels to let me know which herbs were in each pot. We then attached them to a sunny wall and have made sure they have had plenty of water. They are growing well and soon they will be big enough so that I can use them in my cooking

- Mrs Hunt



# What we have been up to...

I have been lucky to be in school every week with our Keyworker children, having fun and helping them with their home learning tasks. At home, my children are both working hard with daily online lessons, while I have been perfecting my crochet skills. I have been making hats for new born babies for a friend who is a midwife and I have also been making hearts for the hospital, as well as rainbows for friends and family, you can see one hanging in reception at school.

-Mrs Bailey



During lockdown, we have been on lots of nice walks. As a family, we have played lots of snooker/pool in the garden and played footgolf and cricket at the park. Mrs Johnson has learnt how to do crochet skills. again whilst Mr Johnson has tried to improve his photography skills.

-Mr & Mrs Johnson



Hello, I hope you are all safe and well. I have been trying to improve my fitness over the last few weeks by going on runs and doing various different exercise routines. I have also been trying really hard to not go to the fridge as often! During lockdown, I have also been very busy with my daughter celebrating her second birthday, going on walks, baking and reading Elmer to her (over and over again). We have also been gardening a lot and growing our own strawberries which were delicious.

-Mr Naylor





# What we have been up to...

I have spent the lockdown mainly in the garden enjoying the sunshine, building and painting planters for my home grown vegetables: lettuce and mooli (radishes). Which are now looking great! When not in the garden, I have also been on local walks including along the beautiful canals in Burton.

-Miss Evans



Hi everyone,  
Over the past few months I have been working very hard with Mrs Anderson at school and it's been great seeing more children returning. When I've been at home I have been spending time with my family going on a few long walks and bike rides in the countryside. I have also been doing some 'zoom' quizzes with my family and friends and spending some time in the garden cooking on the BBQ.

-Mr Archer



I have been using my weekends to make my garden a more bee friendly place. It can be hard for bees and other pollinators to collect nectar and pollen from some flowers, so I have been busy finding the best plants for pollinators. I have left a rocky area under the trees to grow wild and I have been amazed by the variety of plants that have started to grow there. The seeds from the bird feeder above have dropped onto the ground, so we currently have about thirty bee friendly poppies growing there. There is also a small patch of clover, wildflowers and wheat growing. In our little greenhouse we have some other bee friendly plants growing including English lavender and sweet peas, and a very tall honeysuckle plant which is about to flower. All we need now, is for some bees to visit! Lucy Cat loves it when her humans are in the garden with her, but she spends most of her time sitting on the plants, chewing the flowers and digging out the bulbs from the pots! - Miss Neish





# What we have been up to...



I have spent a lot of time in my garden, planting new plants including tomato and strawberry plants which I'm looking forward to harvesting later in the summer – yum! Whilst in my garden, I have been kept company by a young blackbird – one day I even felt a gush of breeze by my right ear as he flew past me very closely. It has been a joy to watch him being fed by his parents, yesterday it was joined by robins doing the same thing! The pictures above are of some curious cows who regularly come to say 'Hello' to us as we walk by on our daily exercise.

-Mrs H Dunn



I have been busy baking many cakes, breads and delivering them to Family, friends, neighbours doorsteps. My dog has had lots of extra walks in all weathers. Gardening, decorating, cooking & shopping for families has also kept me very busy!!

-Mrs D Dunn

Hi everyone hope you are all well and safe.  
Well where do I start from, Ramadan was amazing being at home with my family it was a time of reflection and spirituality I can't believe its already come and gone. I have been in the kitchen with my son trying out all sorts of different deserts we have tried churros, cronuts, lotus biscoff cheese cake, the list is endless.  
Eid was very surreal but equally we had a wonderful time I missed putting up my table displays in Nursery so I did them at home instead. I am missing all the Nursery children and all the fun activities and learning we do together. I hope things are eased soon so we can come together and continue our life at Christchurch Primary.

-Mrs Akhtar





# What we have been up to...

Over the last few weeks between posting on my blog and trying to home school my nine year old, we have also been trying to have some mother daughter time! We've done lots of baking (cakes mainly) and then walking the dog - to try and work off the cake!!

-Mrs Seidu



We have made rainbow cupcakes for a friend's 7th birthday. They were yummy! We went on a walk and identified the types of trees we could see by looking at the leaves and an identification chart and we have been enjoying learning about different artists and how to create artwork in various styles as well as making our own musical instruments!

- Mrs Bingham



Hello everyone, Jude. Between that and re-enacting scenes from Cinderella with my little girl, I have been doing a lot of gardening and working on some children's stories that I have written. I hope everyone is keeping well and I hope to see you all soon.

-Mr Darlington





# What we have been up to...

Hi Children!  
I hope you are all well. I would just like to say that I too am missing all the fun learning and being at school. Most of all I am proud of you for working hard at home and staying safe. I hope you have all been enjoying this time with your families and have had lots of fun. I have been busy at home doing lots of jigsaw puzzles. I have just finished a 1000 'impossible toy story puzzle' which took me weeks to do! I have been reading, baking and doing lots of jobs around the house with Mr Jones. Im sure you've all been up to exciting things that I am looking forward to hearing about soon. I can not wait to see you all.  
-Mrs Jones



Hello everyone

It has been lovely to be able to welcome back children from various year groups into school and we are really looking forward to being able to see everyone return. I have been out early to walk the dogs and sometimes you get lucky and see a beautiful sunrise. We hope you are all keeping well and that we can see you all soon,

Best wishes  
Mrs Anderson.

During lockdown my daughter and I have spent a lot of time outside enjoying the sunshine: we have had a water fight, played in the paddling pool, found newts in a pond, run around in the garden and we try to go for a walk every day. When it rains we like to make play dough (even though it usually ends up too sloppy!), read and make banana pancakes!  
- Mrs Barke





# Mental Health Awareness

Looking after our mental health is just as important as our physical health and at this time it is especially important to look after those around us. Here are a few tips from the government guidance about what you can do to help yours and others' mental wellbeing:

**Consider how to connect with others:** Think about how you can stay in touch with friends and family via telephone, video calls or social media instead of meeting in person – whether it's people you normally see often or connecting with old friends.

**Talk about your worries:** It is quite common to feel worried, scared or helpless about the current situation. Remember that this is a difficult time for everyone and sharing how you are feeling and the things you are doing to cope with family and friends can help them too.

**Look after your physical wellbeing:** Try to eat healthy, well-balanced meals, drink enough water, exercise inside where possible and outside once a day, and try to avoid smoking, alcohol and drugs.

**Look after your sleep:** Good-quality sleep makes a big difference to how you feel mentally and physically, so it's important to get enough. Try to maintain regular sleeping patterns and keep good sleep hygiene practices – like avoiding screens before bed, cutting back on caffeine and creating a restful environment. The [Every Mind Matters sleep page](#) provides practical advice on how to improve your sleep.

**Manage your media and information intake:** 24-hour news and constant social media updates can make you more worried. If it is affecting you, try to limit the time you spend watching, reading, or listening to media coverage of the outbreak.

**Get the facts:** Gather high-quality information that will help you to accurately determine your own or other people's risk of contracting coronavirus (COVID-19) so that you can take reasonable precautions. Find a credible source you can trust such as [GOV.UK](#), or the [NHS website](#), and fact check information that you get from newsfeeds, social media or from other people..

**Think about your new daily routine:** Whether you are staying at home or social distancing, you are likely to see some disruption to your normal routine. Think about how you can adapt and create positive new routines – try to engage in useful activities (such as cleaning, cooking or exercise) or meaningful activities (such as reading or calling a friend).

**Do things you enjoy:** Focussing on your favourite hobby, learning something new or simply taking time to relax indoors should give you some relief from anxious thoughts and can boost your mood. If you can't do the things you normally enjoy because you are at home, try to think about how you could adapt them, or try something new. There are lots of free tutorials and courses as well as online quizzes and streamed live music concerts.

**Set goals:** Setting goals and achieving them gives a sense of control and purpose – think about things you want or need to do that you can do at home.

**Keep your mind active:** Read, write, play games, do crossword puzzles, sudokus, jigsaws or drawing. Find something that works for you.

**Take time to relax and focus on the present:** Relaxation techniques can help some people to deal with feelings of anxiety. For useful resources see [Every Mind Matters](#) and [NHS' mindfulness page](#). **If you can, once a day get outside, or bring nature in!**

## Useful Websites:

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.bbc.co.uk/newsround/52557800>

<https://youngminds.org.uk/find-help/for-parents/>

