

FEBRUARY NEWSLETTER



Dear Families,

It's been a busy half term with all the children and staff returning, settling into their routines and working hard. It has been great to be able to welcome our parents into school for face to face parents evening appointments and we are looking forward to a few more opportunities over the coming terms for more events involving our parents and the local community. After half term, we will be returning to having some of our assemblies in the Hall as well as lots of fun and exciting events planned to support our curriculum across the school!

We will be sending out our annual parents survey next half term, which we would really appreciate you completing. It is really important to help us gather your views, information and support with ensuring Christ Church is the best it can be for all of our pupils.

We would like to remind you that our children should be wearing school uniform, including black school shoes on all days apart from PE days (this will be on 2 days of the week). Please can we have your support with this as we are having an increasing number of children coming to school in trainers every day.

Finally, could we please also remind you that we are working hard to ensure that all of our children are able to access their home learning, both for homework and in case of isolation. If you are having any problems with your children accessing this please can you contact the office to let us know. We will be happy to try to assist as best as we can.

Mrs Anderson & Mr Archer

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Children's Mental Health Week

From 7-13 February 2022, schools, youth groups, organisations and individuals across the UK have taken part in Children's Mental Health Week. This year's theme was Growing Together. Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. For Children's Mental Health Week 2022, we encouraged our children (and adults) to consider how they have grown and how they can help others to grow.



We should help children with mental health issues so that they don't feel alone. It's all about looking after people and their emotions. This year's theme is 'Growing Together'. S5 have been making posters to show who helps to support us. We drew hot air balloons to show which people in our lives help support and lift us up. We also wrote about how we've grown and overcome things in our lives. We also gave ourselves emotional goals -
Ummaya Bostan S5.

How to nurture a child's mental health

- Actively listen before offering your advice
- Be patient
- Share your feelings and validate theirs
- Tell the truth
- Model healthy behavior
- Surround them with healthy adults
- Teach them how to be safe
- Use open ended questions
- Have scheduled family time
- Limit electronic time for everyone
- Reach out and hug them
- Model forgiveness
- Respond calmly when their emotions are elevated
- View their behavior as a window to their needs and feelings
- Make play and exercise a requirement
- Recognize positive choices
- Set and respect boundaries

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Sponsored Event

All of our children have been taking part in our PTFA sponsored event, which this year is entitled "Good For Your Heart". During their PE lessons they have been completing as many multi-skills circuits as they can (which is great cardio-vascular exercise). Our Y6 Sports leaders have played a vital role in helping to keep count and demonstrating the activities to all of the classes.



The competition is being run by our Sports Ambassadors. Each child is representing their colour team. At the end of the week, all the scores will be added up and a shield will be presented to the winning team. Rewan Mushir, one of the Y6 Sports Ambassadors, remarked, "It has been great fun to run the event and help the younger children improve their skills."

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Air Aware Silver award!

As I'm sure you're aware, we are an 'Air aware' school and our Air Ambassadors along with Mr Johnson and Mrs Seidu have been working hard to ensure our pupils, staff and local community are aware of their responsibilities to try to reduce our air pollution.

"We have earned these awards because we have made sure to keep students, school and the area around school healthy! We have done anti-idling campaigns and we have our walk to school week every year, where the teachers mark off how students come to school that morning." - Melody Butler Air Ambassador



Thanks to all of this hard work we have now achieved the Air Aware Silver Award and our ambassadors were presented with the certificate yesterday by Ryan Proctor from Staffordshire County Council. Well done everyone in helping to keep our air clean and keep up the good work!

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Diary Dates

Feb 21st – Feb 25th – Half term break

Feb 28th- 4th March - World Book Week

March 3rd – World Book Day (Dress as a book character/non-uniform day)

March 10th – Y5 Bikeability

March 14th – 18th March – Anti-idling week

March 28th – 1st April – ‘Big walk and wheel’ week

April 8th – Last day of school before the Easter break.

April 10th – 22nd April – Easter Holidays