



4th February 2021

Christ the King News

Dear Parents and Carers,

This half term we say farewell to Mrs Bodimeade who retires at half term. Mrs Bodimeade has worked as a member of our MSA team and helped to supervise and keep our children safe for several years. We are grateful to her for all her hard work and wish her a happy retirement. We welcome Miss Kennedy, a new MSA to our team after half term.

Please note below that next week is Mental Health Week and also Safer Internet Day; these themes are so important to us that they are built into our curriculum at regular intervals. Please send some time asking the children about the activities on Safer Internet Day and encourage your child's wellbeing by asking three questions each day:

1. What have you enjoyed today?
2. What are you proud of today?
3. What are you grateful for today?

Celebration of Learning





What a joy to see the children in EYFS learning about and the celebration of Chinese New Year.



Year 2 pupils also loved meeting up with Fr Chacko and learning all about the special books that are used and about the church as a place of worship.

We are seeing more and more convenience and processed foods in children's lunch boxes and a rise in packets of biscuits, crisps and snack bars. We encourage all families to ensure there is more fresh fruit and vegetables, homemade wraps, sandwiches and salads as healthy options.



[illegible]

Chartwells menus are on a 3-week cycle and will change twice during the school year. Please do go through the menu with your child as we will not let children swap bands. Ask your child if they liked their lunch choice each day, if they did not, then it is easy to change the selection for three weeks' time, which is when they will next have that meal.

Chartwells are always happy for you to let them know what your child's favourite dishes are and they will do their best to keep the most popular ones on the menu.

Appointments letters will go out before half term and on-line booking will go live after the break. Consultations are scheduled for the week beginning 7th March 2022.

Late arrivals unsettle the children and disrupt, not only their learning, but also the flow of learning for their classmates. Watch this space as we look to put in measures to encourage pupils to arrive in school on time and maximise their learning time.

Whilst cases are still high within our school we continue to advise parents to wait beyond the yellow two metre markers at each classroom door. This practice doesn't just keep us covid safe but also ensures good safeguarding practice as teachers have a clear view of parents waiting to collect their children. If you stand too close our view is obscured.

This week we have had 7 positive cases.

10 day self-isolation	Day of isolation	Ending self-isolation early using LFD tests
Self-isolation starts*	0	Self-isolation starts*
Self-isolate	1-4	Self-isolate
Self-isolate	5	Self-isolate
		Take an LFD test
		<div> LFD test is negative Continue to self-isolate </div>
		<div> LFD test is positive Continue to self-isolate </div>
Self-isolate	6	Self-isolate
		Take an LFD test
		LFD test is negative
		Self isolation ends after this negative test**
		Self-isolate
		Take an LFD test
		LFD test is negative
		Continue to self-isolate
Self-isolate	7	Self-isolate
		Take an LFD test
		LFD test is negative
		Self isolation ends after this negative test**
Self-isolate	8	
Self-isolate	9	
Self-isolate	10	
End self-isolation at 23.59 hours**		

* Day your symptoms started or your test was taken if you do not have symptoms

** You can stop self-isolating if you do not have a high temperature

Advice for returning to school following Covid: Support for those who have children with Covid/Long Covid can come from a variety of sources. There is a very active research, campaigning and support group with an active and friendly footprint in Dorset; [Long Covid Klds](#) Another very supportive website specific to children is Great Ormond Street which has reports on new conditions for children from Covid including [PIMs](#) which a few pupils in BCP have been diagnosed with.

Hopefully symptoms will be mild and the only symptom they are advised not to return with is a fever, but some children like teachers need manageable steps back into school when they are better; they are more likely to be able to recover well if they concentrate on coming back into school and don't overdo their out of school commitments. As for adults, advice for parents on **Helping yourself and your family includes'**

- Rushing slowly into activity & exercise routines, taking your time
- Check out the NHS recovery pages by symptom [here](#)
- Be aware it can take 2-3 weeks to recover from fatigue
- Make your child aware they don't need to feel embarrassed if symptoms persist-a cough will not be infectious but can linger for example

Support if some symptoms linger longer. A small minority of children have symptoms including some new ones that persist longer than 4 weeks. If a child does not feel better stay in touch with your GP and ask for help in understanding whether this is a new condition or they may have longer lasting Covid symptoms.

About Safer Internet Day

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers.

Safer Internet Day 2022 is on 8th February and will be celebrated with the theme 'All fun and games? Exploring respect and relationships online'. Coordinated in the UK by the UK Safer Internet Centre, Safer Internet Day is celebrated in over a hundred countries coordinated by the joint Insafe/INHOPE network, with the support of the European Commission, and national Safer Internet Centres across Europe.



Children's Mental Health Week – 7th-13th February 2022

Don't forget that next week we are celebrating Children's Mental Health Week, we will be fundraising for Place2Be by inviting children to 'Express Yourself' and wear clothing of their choice which reflects themselves as an individual. Please send your child into school with £1 donation on **Friday 11th February**. This week is an opportunity to shine a spotlight on children and young people's mental health. By getting involved, you will not only be raising important awareness, but also vital funds to ensure every child has easy access to mental health support.



Catholic Life Update from Mrs Lord

We are still in the season of Ordinary time in the Church's Liturgical Calendar, but Lent is just around the corner.

Did you know?

Easter's exact date varies so much because it depends on the moon. The Eastertide season is set to coincide with the first Sunday after the Paschal Full Moon, the first full moon after the vernal equinox. ... Because the Jewish calendar is tied to solar and lunar cycles, the **dates of Passover** and Easter fluctuate each year.

So, the Lent countdown is on! With 3 weeks to go, it is always good to be prepared, so here are some tips on things you can do during the Lenten period:

👂 Don't buy anything you don't need.

👂 Give up sweets and or chocolate.

👂 Do a daily workout.

👂 Give up social media.

👂 Plan 40 things to do in 40 days.

👂 Donate and give to others.

Which will you do?

In RE Lessons this week we have been focussing on the Islam Faith. Each year group focusses on a different aspect, so that children can develop their understanding as they progress through school.

Ask your child what they have learnt:

Year R- Prayer Mats, the Qur'an Cover and what a Mosque looks like.

Year 1- Muhammed.

Year 2- Prayer Mat, Prayer, Muslim families and home life.

Year 3 – Mosque, Arabic writing, and prayer rituals.

Year 4 – Respect for the Qur'an, words in the Qur'an, and different ways to learn the Qur'an.

Year 5 – Islamic Calendar, Islamic celebrations, and pilgrimages.

Year 6 – The 5 Pillars of Islam.

Let Us Pray

We give thanks for:

- The fine weather we have enjoyed this week.
- The gradual decline in positive Covid cases in school this week.
- The fabulous Garage Band music produced by Year 6 pupils and our expert music teacher, Mrs Fisher,

We pray for:

- All those experiencing loss at this time, especially the loss of a relationship or loved one.
- All those suffering with anxiety and mental health concerns, may other show them love, support and understanding.
- All people who struggle with domestic violence – may they have the courage to speak and get help.

And finally, I look forward to seeing you after the weekend.

Kind regards,

Clare Tickel
Headteacher

