



22nd October 2021

Christ the King News

Dear Parents and Carers,

Thank you for all your support and partnership this half term. Thank you for getting your children to school on time and supporting them with their home learning. Our partnership is so important and ensuring the children are happy, safe and ready to learn is our priority. Thankfully, the number of positive Covid 19 cases in school this half term has been relatively low and no outbreaks have resulted from single cases. I would like to thank the staff for continuing to be fastidious with our hygiene and control measures in school and to you for regularly reminding your children to wash their hands.

Please continue to be careful during half term and be cautious that Covid rates are on the rise again. If you develop any of the following symptoms, then isolate immediately and book a PCR test:

- A new continuous cough
- A fever
- Loss of taste or smell

Please be aware that the following symptoms are also common with the new variant of Covid:

- Nausea
- Diarrhoea
- Headache

Parent, Teacher and Friends Association.

Thank you to all children who contributed to our Mufti day today – the money will help the PTFA to subsidise class trips and visits this school year.

Volunteering in School

Please do come along to the meeting on **Wednesday, 3rd November 2021 at 2.15 p.m** if you are interested in volunteering in school. We will be able to provide further information about the role, provide the documentation you will need to complete for safeguarding checks and outline expectations. Due to Covid restrictions all visiting adults must wear a mask inside the school building. Please confirm with the office that you intend to join us so that we can maintain safe numbers for the meeting. We look forward to meeting with you then!

Parent Consultations

Opportunities to communicate with your child's class teacher are vitally important and whether it is virtual or face to face, we are committed to making this the best experience for both parents and staff. There will be a questionnaire coming out shortly to ascertain how your experience went and what support you would like next time.

Online Payment System

Some parents are still experiencing problems with our new Parent Pay system – we are very happy to take cash / cheque payments at the office until this is resolved. Thank you for your patience.

DIY Colour Walk

Enjoy an autumn walk with your family this half term – you could count the colours as you go, try to identify the different leaves or collect the leaves for art and craft activities at home.

Pre-School

Pre-School places are filling up fast. If your child is turning 3 between Sept 1st 2021— December 31st 2021 you should contact the office, complete a booking form and reserve your place as soon as possible.

Applying for a place at Christ the King School

BCP still manage our admissions, however we still urge families to complete our school application forms which are available from our office or online. This year our new parents' presentation for Reception 2022 will be held in October and will be recorded and posted on our website. To find out more about our school and ethos please follow the link below and share with family and friends: <https://youtu.be/33ZmKW4ipS4>

Let Us Pray

We give thanks for:

- The learning and experiences pupils and staff have had this half term at school.
- The good health and wellbeing of those in our community.
- The prayers and support of our parish and local churches.

We pray for:

- A safe and restful half term for all pupils, families and staff.
- A staff member who is undergoing minor surgery this half term.
- Continued health and protection for all in our community from Coronavirus.
- Our local clergy, especially Fr Chacko and those leading our local churches.

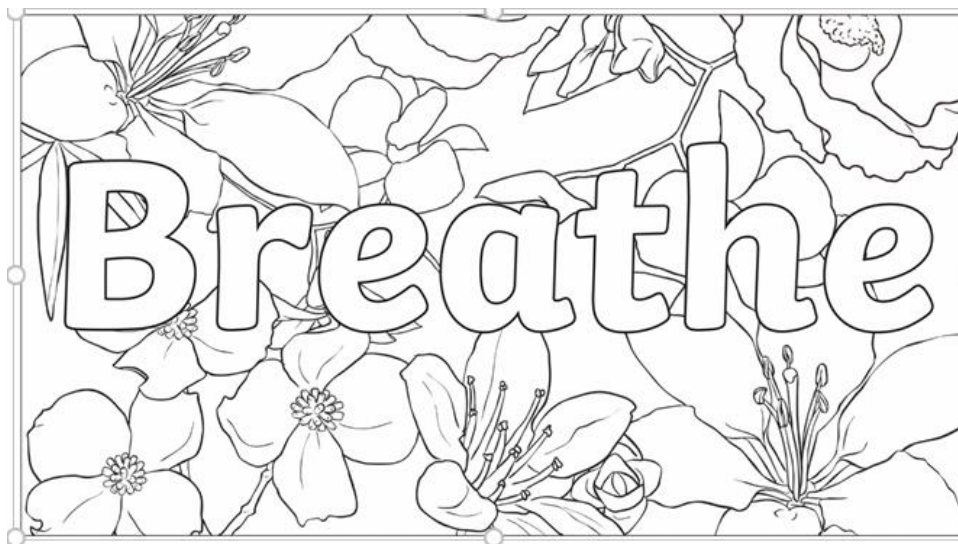
Starfish Breathing

Try out the following two activities with your children:

1. Starfish breathing – a great technique for calming and relaxing
2. Mindfulness colouring is another way to practice mindfulness breathing

Starfish Breathing.

1. Sit comfortably and quietly.
2. Spread your fingers out in front of you like a starfish.
3. Trace around each finger; slowly breathe in while moving up your finger and breathe out moving down your finger. Concentrate on your breathing – in and out – notice the flow and rhythm.
4. As you reach your last finger, continue by retracing back to the beginning.
5. Notice how your breathing pattern has slowed, how your shoulders, face, hands, feet have relaxed and how much calmer you feel.



And finally, I look forward to seeing you all after the break. Have a good half term.

Kind regards,

Clare Tickel
Headteacher

faith
hope
love

