



## Spring Term 2019

### Dear Parents

I recently came across this quote and thought it very appropriate.



### Attendance

We really would appreciate notification of absence before 9am. If the phone cannot be answered, there is an answer machine that we do listen to as soon as possible; also some parents have started emailing the reasons for absences which is very successful.

### Staff News

Congratulations to Mrs Scott, who is in 3WS on a Friday, and the news that she is expecting a baby in June.

### Music

We hope you enjoyed our Christmas services. A big well done to Foundation and KS1 for performing; "Stable by Starlight" so well. Well done to KS2 who worked together to give us a very beautiful Carol Service. Well done too to our Choir for going out into the Community and giving so much pleasure to people by their fantastic singing.

We are very grateful for the money raised by generous parents and friends. "Stable by Starlight" raised £213 which will be used to buy a wonderful selection of instruments for our Pre School to use, as well as some instruments for children higher up the school.

A collection was also taken after our KS2 Carol Service and £86.20 was raised for the **Dorset Children's Foundation**, which is an independent local charity dedicated to improving the lives of sick and disabled children living within our community.

We are, as ever, very grateful for your generosity on these occasions. Thank you.

## Uniform

Here is a reminder of the uniform that we require our pupils to wear as it represents Christ the King School as a whole, we wear it with pride and we are recognised in the community with affection. The only 2 items we ask to be bought from the school shop are the cardigan/jumper and tie. We feel that the rest can be bought cost effectively from alternative shops so that no one is asked to pay an extortionate amount.

Our P.E.kit is simple and basic. The children are running, jumping, stretching etc to exercise NOT advertising expensive and inappropriate branded fitness wear. Please support us as we reinforce our dress code.

<b>Infants/KS1</b>	<b>Winter</b>	<b>Summer</b>
<b>Boys:</b>	CTK Jumper Red Polo shirt Long Grey trousers Grey socks Flat Black shoes	CTK Jumper Red Polo shirt Short Grey trousers Grey socks Black shoes/closed toed sandals
<b>Girls:</b>	CTK Jumper or Cardigan Red Polo shirt Navy Pinafore / *Navy Trousers White socks White socks/navy tights Flat Black shoes	CTK Jumper or Cardigan <b>Pink</b> check dress Black shoes/closed toed sandals
<b>PE Kit</b>	<b>Boys/Girls:</b> White Polo Top Navy Blue Shorts White ankle socks Plimsolls only	<b>Winter PE Kit</b> Normal kit but with the addition for outdoor activities: Navy tracksuit or jogging top and bottoms plus trainers

## Football t-shirts and tracksuit bottoms with logo's are not permitted

\*The teacher may ask the children to do some hall activities in bare feet where appropriate.

<b>Juniors/KS2</b>	<b>Winter</b>	<b>Summer</b>
<b>Boys:</b>	CTK Jumper White shirt School tie Long Grey trousers Grey socks Flat Black shoes	CTK Jumper Red Polo shirt Long or short Grey trousers Grey socks Flat Black shoes
<b>Girls:</b>	CTK Jumper or Cardigan Red Polo shirt Knee length navy skirt / White socks Navy Trousers White socks/navy tights Black flat shoes Year 6 (girls) if preferred: Red Polo shirt / Navy skirt	CTK Jumper or Cardigan Pink check dress Flat shoes/closed toed sandals

Navy trousers suitable for School (not bootleg).

#### **PE Kit**

**Boys / Girls:** \*White polo top  
Navy blue shorts  
White ankle socks  
Plimsolls only

**Games Kit:** A suitable kit for a variety of outdoor winter games to include:

**Boys / Girls:** \*White polo top  
Shorts, long socks  
Navy track suit or jogging tops and bottoms  
Trainers

#### **Football t-shirts and tracksuit bottoms with logo's are not permitted**

#### **School Meals**

There is a half term in February, please can you ensure that hot meals are ordered now ready to restart on the 26<sup>th</sup> February 2019 as the present menu runs till the 25<sup>th</sup> March. Over 20 pupils were not ordered for after Christmas and we do not have the food onsite to cope.

#### **Donations**

Please can you consider donating any books that your child has outgrown to the school? Any donations to the office, thank you.

#### **Environment**

##### **Facts about Plastic Pollution**

Plastic pollution is a big problem that is causing damage to our planet and many animals living in it. The amount of plastic humans use every year weighs the same as 30 million elephants! By 2050 there could be more plastic in the world's ocean than fish. Did you know that plastic bags are killing over 100,000 fish and birds every year? One plastic bottle takes about 450 years to break down/decompose. We need to do something to protect our planet.



#### **Plastic Challenge:**

Year 2 are setting this challenge to all families who make their own packed lunches. Instead of using plastic bags and cling film, could you start to use paper bags or re-usable plastic containers instead? Doing this will mean you are not throwing away wasteful plastic wrappers that are only used once.

If you have to buy something plastic can you then think of a way to re-use it a second, third, fourth ... time instead of sending it straight to plastic recycling? Look at all these creative ways plastic has been re-used that we looked at in Year 2 ...



Let's all be fantastic with our plastic at Christ the King!

Written by Toucans Class & Parrots Class (Year 2)

### **Health and Safety**

*School policy does not allow pupils to wear "smart watches". Any other type of watch is acceptable.*

**Please do not park on the zigzag lines or on the crossing in Durdells Avenue when you are picking up your child/ren after an after school activity. It is only a matter of time before someone is hurt.**

**Children need to dismount their scooters and bikes in Durdells Avenue and Creasy Road, and push them into school NOT ride them on the paths as pedestrians are at risk. This is a health and safety hazard.**

We are aware that some pupils have recently had head lice.

It is vital that **ALL** children's hair is checked and if necessary, treated + the follow up treatment is done as stated in the products instructions.

Here is some advice that can be found on the NHS website that you may find helpful.

Treat head lice as soon as you spot them.

You should check everyone in the house and start treating anyone who has head lice on the same day.

There's no need to keep your child off school if they have head lice.

### **Wet combing**

Lice and nits can be removed by wet combing. You should try this method first.

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

For more information about wet combing, see the [Community Hygiene Concern website](#).

### **Medicated lotions and sprays**

Ask your pharmacist for advice if you have tried wet combing for 17 days, but your child still has live head lice.

They may recommend using medicated lotions and sprays. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.

Some treatments need to be repeated after a week to kill any newly hatched lice.

Check the pack to see if they're OK for you or your child and how to use them.

If lotions or sprays don't work, speak to your pharmacist about other treatments.

Some treatments aren't recommended because they're unlikely to work.

For example:

- products containing permethrin
- head lice "repellents"
- electric combs for head lice
- tree and plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies
- You can't prevent head lice

There's nothing you can do to prevent head lice.

You can help stop them spreading by wet or dry combing regularly to catch them early.

Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp.

There's no need for children to stay off school or to wash laundry on a hot wash.

### **Call 111**

If you can't speak to your GP and don't know what to do next.

Please do speak with a member of our staff if you have any queries about any of the above.

Kind regards

*Mrs Clare Tickel*

Head teacher