



2nd July 2021

Christ the King News

Dear Parents and Carers,

A separate letter has been sent out to parents of pupils in Year R to Year 5 regarding the summer concerts. Please do read this carefully. A huge thank you goes to Mrs Fisher for working so hard with the children to have this opportunity to perform live this summer. Last year all concerts were cancelled – in fact many schools have taken the decision to cancel all events this term too.

Please be mindful that if you, your child or a member of your household is symptomatic of COVID-19 then you should stay at home and book a **PCR test**. The **Lateral Flow Test is not to be used if you or your child has symptoms**.

If a positive result is received PHE now recommend a PCR test for all close contacts.

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- There is some evidence that the Delta variant can present as a heavy summer cold.

If you have any of these symptoms, get a PCR test (test that is sent to a lab), not a lateral Flow test, to check if you have coronavirus and stay at home until you get your result. About 1 in 3 people with coronavirus do not have symptoms but can still infect others. This is why everyone is advised to get tested regularly.

The Little Princess Trust

Well done to Sophia in Year 6 who is supporting 'The Little Princess Trust' raising funds by having her hair cut short. This is a true example of 'love in action'. Action that brings hope to others. We are proud of you Sophia!

Message from the Wellbeing Team

There are **many benefits** of deep breathing exercises for children. Not only will they help children but the adults who are leading the deep breathing exercises will also benefit. Do practise them with your child when you are both feeling calm, together, so that they are more likely to work in times of stress/when you most need them. A couple of our favourite breathing exercises are:

Trick Box 'Breathing Colour'

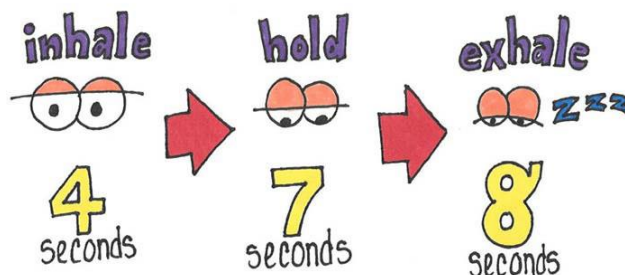


Choose a colour for the feeling that you want to change. Breathe this colour out. Choose a colour for the feeling you want instead and breathe this colour in. Children tend to choose a colour they dislike to associate with the feeling they want to change and a favourite colour for when they breathe in.

And

4-7-8 Breathing

Use the **4-7-8 breathing** technique to decrease anxiety, sleep better, manage food cravings and control emotional responses like anger.



Find out more using this website:

<https://www.yourtherapysource.com/blog1/2018/09/04/deep-breathing-exercises-for-children-2/>

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 was held virtually in June and will be 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>

Parent Feedback

Below are more of the responses from our recent Parent Questionnaire:

. When I have raised concerns with the school, they have been dealt with properly.

[More Details](#)

[Insights](#)

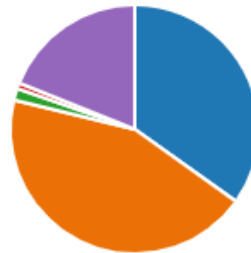
Strongly agree	39
Agree	67
Disagree	6
Strongly disagree	2
Unsure	18



. The school tackles any discrimination and inequalities well (e.g. do you feel that all children and parents are treated equally and with respect and discrimination / racism is not tolerated and dealt with appropriately).

[More Details](#)

Strongly agree	46
Agree	58
Disagree	2
Strongly disagree	1
Unsure	25



. The school is led and managed well.

[More Details](#)

[Insights](#)

Strongly agree	51
Agree	64
Disagree	5
Strongly disagree	3
Unsure	9



A priority for the staff at Christ the King school is that we listen to what parents and carers have to say. Communication is two-way so please talk directly to us rather than make assumptions. We care deeply about getting things right for your children. Equality is at the heart of this. We believe that all parents should have an equal voice and that all pupils should be treated equally with love and dignity. Any aspect of discrimination is taken seriously.

Celebration of Learning

Pre-School are really enjoying watching our caterpillars grow. The children are very careful and caring when looking at them. Each day they are getting bigger and bigger. We are very excited for them to transform into butterflies!



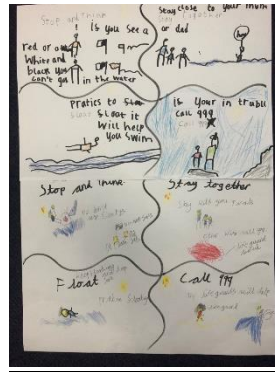
Year 1 have started to learn how to program Beebots this week. We are learning to program the Beebots to find the treasure - 'X marks the spot'!



Year 1 have been doing extra keep fit sessions this week!



Thank you Year 2 – great advice



All year groups have enjoyed doing Prayer Space activities so far (thank you Angie Rodriguez the children have loved them!).



Year 3 have enjoyed a virtual visit from a ranger at Hengistbury Head - we found out about why it is a special place, endangered animals, who looks after it and Christchurch harbour (linking this to our rivers topic). We also enjoyed a visit from Waterwise - finding out how we can save water, how water is filtered and how the water we use comes from our rivers. Below you can see Year 3 using the VR headsets.



Fabulous Year 4 Activities - budding artist!



Year 6 have enjoyed outdoor activities at Butchers Coppice and sports at SHINE.



First Holy Communion

Our children in Year 3 and 4 will be receiving the Blessed Sacrament of Holy Communion on 3rd and 10th July. We are delighted, that the celebration is able to take place after some easing of restrictions. The children will lead a celebration liturgy on Monday 19th July for the whole School which will be live streamed in each class from Reception to Year 6.

Pope Francis refers to the Eucharist as a gift. He reminds us about how important the Eucharist is to our faith journey. He encourages us to receive the Eucharist as a family as often as possible if we are so disposed and in the state of grace. Our Holy Father spoke to a group of children in Italy as he recalled his First Holy Communion many years ago. He addressed the children and stated, "You will make your First Communion, always remember that day your whole life: the first day that Jesus came to us. He comes, makes himself one with us, makes himself our food, our nourishment to give us strength."

As we reflect on these words of Pope Francis, we can give thanks for all the teachers, relatives, and friends of these children who have helped prepare them for First Holy Communion, and who assist them in their future growth in faith through their prayers and actions. We especially thank the parents who are the primary educators of the children in the ways of the faith.

The following "PRAYER AT A CHILD'S FIRST COMMUNION" is a prayer for those children preparing for their First Holy Communion and reflects our great appreciation of the Eucharist:

*Lord Jesus Christ,
Bless the children coming forward to receive Holy Communion for the first time.
May this day be the step toward a life-long love of the Eucharist.
Give them a hunger for this sacred food so that they turn to you for comfort, guidance, and wisdom
as they grow into full discipleship.
Thank you for their innocence and goodness.
May their hands, extended in anticipation of your body and blood, inspire all of us to cherish this
sacred Sacrament.
Amen.*

May God bless all our children as they receive the Body of Christ for the first time and welcome Jesus into their hearts.

*Mrs Lord
RE Leader
Assistant Headteacher*

Catholic Social Teaching

The principle of **Rights and Responsibilities** is a key feature of **Catholic social teaching**. The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency.



Let Us Pray

The Feast of Saints Peter and Paul or Solemnity of Saints Peter and Paul is a liturgical feast in honour of the martyrdom in Rome of the apostles Saint Peter and Saint Paul, which is observed on 29 June. We ask St Peter and St Paul to pray for us.



We give thanks for:

- The enrichment or class trips and visitors this in half term: SHINE trip, Butchers Coppice for Year 6, RNLI visitor for Year 2 and Hengistbury Head Visitors for Year 3.
- The members of the parish and catechists who have prepared our Year 3 and Year 4 pupils for the sacrament of the Eucharist.
- New playground toys and equipment for playtimes.

We pray for:

- Our First Holy Communion candidates in Years 3 and 4 – we pray for every blessing on them as they make their FHC this weekend.
- Fr Chacko who is still unwell - may he get well soon.
- All who are unwell especially anyone suffering from cancer or depression.
- The soul of all we have lost and gone before us. May they rest in peace.
- Our priests and local clergy.

And finally, I wish you and your families a happy weekend.

Kind regards,

Clare Tickel
Headteacher

faith
hope
love

