



24th September 2021

Christ the King News

Dear Parents and Carers,

Following another isolated positive COVID-19 case in school this week we remind all parents please **do not return to school if you or a member of your household has symptoms of Covid-19: A new continuous cough, a high temperature, loss of taste or smell.**

We are also finding that some of our positive cases have had cold symptoms or upset stomachs prior to testing positive. Regular LFD testing by all families can really help our community.

Masks are optional for all adults on site, but will be requested for visitors invited to attend meetings indoors.

Close contacts of a positive case are exempt from self-isolating if they are under 18 years of age OR have been double vaccinated. Close contacts are advised to take a PCR test but only self-isolate if the result is positive.

Spanish Day

On Tuesday 12th of October we are going to hold another fantastic Spanish Day in our school. "Christopher Columbus" is the topic this time. He was the first European explorer who discovered the South America continent. Children will learn about the culture of other countries where Spanish is their main language as well as the amazing journey of Columbus. Children will have the opportunity to dress up in Spanish costume or perhaps they would like to wear something typical of South America costumes. Let's celebrate it together!

Play Equipment

Please keep your children off play equipment before and end of day (including the pre-school climbing frame).

Parking concerns

Please park further away from school to avoid congestion on the local roads. Our neighbours are very patient but are understandably upset when their driveways are blocked by parent cars.

Hair Styles

Please ensure all pupils with long hair have it tied back. Large bows are not allowed – hair accessories should be in school colours only and small ribbons / scrunchies only.

PTFA Christmas Art

Please look out for Christmas Card Art letters coming home from our PTFA this half term. This is an excellent opportunity to raise funds for our school and design Christmas cards for friends and family.

Handwashing

Handwashing is a key control measure in our fight against Covid-19. Children continue to wash and sanitize hands regularly at school – please ensure they practise this same habit at home. Public health and NHS advice is that hands should be washed for 20 seconds each time.

No Nuts!

Christ the King School is a **NUT FREE school** – this means that foods containing nut products, even traces of nuts, are not allowed to be included in packed lunches or any food provided on site.

Healthy Lunch Boxes

Packed lunches should only contain healthy options – not sweets and chocolate bars. Below is a picture of some treats that are suitable for lunch boxes which do not contain nuts and are a good accompaniment to sandwiches and fruit. Fruit Winders are discouraged!



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>

Open Evening for Reception 2022

This term we are hoping for a face to face open evening at school on the evening of Wednesday 13th October. In addition to this we have a selection of open tour dates for

prospective parents to join. Due to Covid-19 these will be conducted in small groups and adults will be asked to wear a mask and advised to take an LFD test prior to the visit.

Open Tours will be on the following dates:

Monday 18th October 10am

Friday 5th November 10am

Friday 5th November 1.30pm

Monday 15th November 10am

Friday 19th November 10am

Friday 19th November 1.30pm

Since numbers will be limited please email or phone the school office to sign up to one of the above: Karen.mandale@ctkcps.com More dates will be provided if required.

Holidays

Following the disruption of the past 2 school years we encourage all families to avoid taking holidays during term time. From March onwards every learning moment in school matters as we lead up to end of EYFS, Year 1 phonics, end of KS1 and KS2 assessments and SATs. Assessments continue from May until the end of June – no holidays will be authorised during this time.

Year 1 learning about instruments from around the world



From the Wellbeing Team

We hope all your children are enjoying their return to school. It certainly has been a joy for the whole school community to see each other again! Resources listed below, promoted by the Department for Education, are dedicated to children and young people's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills (for children/parents):

- [NHS Apps library](#) helps people find apps and online tools to help manage their health and wellbeing. For example:
- [Calm Harm](#)* is designed to help people resist or manage the urge to self-harm.
- [Catch it](#)* helps people manage feelings like anxiety and depression and improve mental wellbeing.
- [Thrive](#)* helps you prevent and manage stress, anxiety and related conditions.
- [Togetherall](#)* is available for students at eligible universities and colleges who are feeling stressed, anxious, low or not coping. It provides an anonymous online community who share troubles and support each other. It is a safe space as it is moderated by trained professionals who are available 24/7.
- [The Wellbeing Thesis](#) is an online resource for **postgraduate research students** to support your wellbeing, learning and research.
- [Place2Be](#) has a host of mental health resources available. They organise Children's Mental Health Week every year.
- [SafeSpot](#)* is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.
- [MindEd's](#)* advice and resources for families on supporting children's mental health. This includes the [Education Hub](#)* (which hosts a short [Wellbeing for Education Return training webinar](#)* for education staff as well as more in-depth [content](#)* covering wellbeing and resilience, bereavement and loss, stress, trauma, anxiety and low mood) and the [Coronavirus Staff Resilience Hub](#).*
- [BBC's wellbeing resources](#) for families.
- **Young Minds: a letter about how I'm feeling**: worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home.
- [NHS](#).*Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.
- [NHS IAPT](#).* free online NHS adult psychological therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your [Local IAPT](#) or via your GP.
- [Cruse Bereavement Care](#).* Coronavirus, Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677.
- [Headspace](#).* Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App.
- [Centre for Mental Health](#).* Supporting Mental Health during Covid-19: a brief guide
- [Public Health England Every Mind Matters](#).* Looking After Your Mental Health Resources aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions.
- [Public Health England](#).* Every Mind Matters Self-Care Tool when you complete the 5 'Survey' questions, a 'Mind Plan' is generated, with signposting options to many useful resources.

- [Young Minds](#): 10 Wellbeing Tips for School Staff
- Anna Freud: [self-care strategies for young people](#)* feeling low or anxious and [self-care tips for parents and carers](#).*

At Christ the King, we have embarked on our THRIVE journey which we are confident will benefit children's emotional health and wellbeing. Part of our INSET this year was dedicated to whole staff training for THRIVE. Please do watch this space for further information.

In faith, hope and love
from The Wellbeing Team

Let Us Pray

We give thanks for:

- Learning this week - new skills, new knowledge!
- All those praying for our school, especially our local churches and parish.
- Small gestures of kindness.

We pray for:

- Families in our community who have suffered bereavements this week.
- Welcome to Bella and her younger brother Basel who were both baptised yesterday.
- Continued health and protection for all in our community from Coronavirus.
- Our local clergy, especially Fr Chacko and those leading our local churches.

And finally, I look forward to seeing you all next week. Have a good weekend.

Kind regards,

Clare Tickel
Headteacher

faith
hope
love

