

11th March 2021

Christ the King News

Dear Parents and Carers,

I hope you have all had a good week. Amidst the heart-breaking news of the Russian invasion of Ukraine, we have experienced many glimpses of compassion and kindness from parents, pupils and staff. Thank you for all donations received this week. The images on the news are upsetting and worrying for both children and adults. This week we have discussed the situation with the children, based upon advice from school psychologists and the DfE. The important thing when talking to your child about the war is to reassure the children that they are safe, we must acknowledge their concerns and allow them to ask questions. A key piece of guidance is not to overshare as this may exacerbate their concerns and anxieties. For our youngest children, we have simply prayed for peace and for our Lord's protection on the people affected by fighting in the world. It is important to remember that there is conflict and there are violent regimes in other parts of the world causing human displacement and suffering. As a Catholic school, we teach children to strive to live by the Gospel values; Catholic Social Teaching encourages us to act with compassion and help others less fortunate. We pray that refugees are welcomed with outstretched arms into countries across the world and are not turned away.



I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me. Matthew 25:35

Anything you did for any of my people here, you also did for me. Matthew 25:40

LOVE IN ACTION



Love cannot remain by itself - it has no meaning. Love has to be put into action and that action is service.

— Mother Teresa —

AZ QUOTES

Our pupils have been witness to our mission of ***“Learning together in faith, hope and love”*** this week. We are very proud of the thoughtful and heart-felt prayers that they have written for the people suffering as a result of war; they have discussed ways of donating and supporting victims of war and Suzanna in Year 4 even went that extra step further and helped to sort the donations given at the Castlepoint collection point with her mother. We are so proud of you all! We will collate our prayers and share those with you soon.

Please continue to donate the requested items into the Christ the King Church porch. We will update you if the items urgently needed changes.

Other ways you can donate include:

1. John Lewis and Barclays Bank are matching any donations made. This will go directly to the Red Cross. Alternatively, you can donate yourself directly on on-line.
2. We will accept cash donations across the week, we will forward your donations.
3. CAFOD: <https://cafod.org.uk/>
4. CARITAS: <https://www.caritas.org/>
5. ACN INTERNATIONAL: <https://acninternational.org/>
6. BRITISH RED CROSS: <https://donate.redcross.org.uk/>
7. DISASTER EMERGENCY COMMITTEE: <https://www.dec.org.uk/>



Pupils have also been raising money for CAFOD this week to tackle poverty worldwide. Thank you to everyone who supported this campaign.

<https://walk.cafod.org.uk/fundraising/christ-the-king-are-walking-against-hunger>

Wildlife Warriors and Book Week

Thank you to everyone who has come along to our after school book fayre. The final day to visit the book fair in the hall is Monday 14th March. Remember to bring cash along! The Book Fair will be open in the school hall from 3 – 3:30pm and the Children can use their tokens to get £1 off any book over £2.99. We **REALLY** encourage that this £1 Book Token is used at our Book Fair.

For every £1 that is spent at our Book Fair, we get a 20p donation in free books back to our school!



School Shoes

It's about this time of year that some children have growth spurts and outgrow their school shoes. Please ensure that your child is wearing the correct footwear for school. Trainers – including black trainers – should not be worn, other than for PE lessons. On PE days, children should come to school in school shoes and only change into trainers for their lesson. Coloured trainers and trainers with logos are not acceptable as school footwear. Boots, including ankle boots, are also not permitted.



Parent Teacher Consultations










Thank you to all parents who booked parent/ teacher consultation meetings this week. We had more queries this term than last term and we acknowledge how frustrating technology has been for some. Feedback from those who managed to access the meetings was predominantly positive, however, we are hopeful that our next round of parents' consultations will be face to face.

Healthy lunchboxes

We have noticed a number of children with a lunchbox that consists of just snacks. Whilst there is nothing wrong with the snacks themselves, they should be eaten as part of a balanced lunch box.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Follow the link above to the NHS website for some healthy ideas.

All lunchbox recipes		
 <p><u>Cheesy coleslaw with wholemeal pitta</u></p>	 <p><u>Creamy hummus dip with pitta bread and vegetable sticks</u></p>	 <p><u>Egg mayonnaise and lettuce bap</u></p>
 <p><u>Hummus and salad wrap</u></p>	 <p><u>Salmon and salad bagel</u></p>	 <p><u>Soft cheese and salad sandwich</u></p>
 <p><u>Spicy chicken and salad wrap</u></p>	 <p><u>Tuna and bean salad</u></p>	 <p><u>Tuna mayonnaise and sweetcorn sandwich</u></p>








Safeguarding

Children should only watch films certified as a U or a PG with adult guidance. Films of a higher rating contain content that children are not emotionally ready to watch and process. This can be very distressing for children and lead to mental health problems, issues sleeping and anxiety. Follow the links to the following websites for useful film reviews and clear guidance about the film certification and its likely content:

<https://www.bbfc.co.uk/about-classification-> this site is for parents.

<https://www.cbbfc.co.uk/> - this site is children friendly.

Ratings at a glance

	Suitable for all	>
	Parental guidance	>
	Cinema release suitable for 12 years and over	>
	Video release suitable for 12 years and over	>
	Suitable only for 15 years and over	>
	Suitable only for adults	>
	Adults works for licensed premises only	>

Video Gaming Advice for Parents

We are committed to keeping children safe and to promoting the safe, responsible use of technology. As such, we feel it is our responsibility to make you aware of the following.

Many children have been discussing video games that they have access to and play at home, including Grand Theft Auto, Call of Duty, Slender Man, Granny and Fortnite. All these games have a UK age rating of 13 -18+ showing the content of these games is not appropriate for your children.

Games are age-rated under the Pan-European Game Information (PEGI).

All video games are rated for age on the packaging or as part of the listing on the App Store. Ratings do not show the difficulty of a game, but inform you that it contains content suitable for a certain age group and above. It is important to note that the age ratings 12, 16 and 18 age ratings are mandatory and that it is illegal for a retailer to supply any game with any of these ratings to anyone below the specified age.

An 18 Rated game is usually contains at least one of the following - violence, explicit sexual activity (which may mean that genitals are visible) or activities that glamorises the use of real-life drugs.

In addition to age ratings, video games will include indicators of the type of content and activities that the game includes in it.

The following websites contain detailed reviews so you know exactly what each game involves.

<http://www.askaboutgames.com/advice/>

<https://www.commonsensemedia.org/>

Popular Game Ratings

Fortnite - PEGI 12 for frequent scenes of mild violence. It is not suitable for persons under 12 years of age. In addition, Fortnite involves lots of communication with other players online. This comes with its own range of issues about sharing information and keeping children safe online.

Granny – PEGI 12 for frequent scenes of violence. It is not suitable for persons under 12 years of age. This game involves a corpse-like granny who chases you around the house with a blood covered bat. Cannibalism is implied, with pools of blood and a hunk of hanging raw meat. This is not suitable for your children.

Slender Man - PEGI 12 for frequent scenes of mild violence. It is not suitable for persons under 12 years of age. This game is based on the suspenseful imagery of the faceless Slender Man who appears across many different stories. Some stories feature him stalking, abducting, or traumatising young children. Most game versions involve him driving you insane the closer you get. The upcoming film will be rated 18.

Grand Theft Auto –PEGI 18 for extreme violence; multiple, motiveless killing; violence towards defenceless people; and strong language, scenes of torture, sexual activity and illegal drug use. It is not suitable for persons under 18 years of age to play or watch others playing.

Call of Duty – PEGI 18, for extreme violence, multiple motiveless killing and strong language including sexual expletives and depictions of battlefield injuries including decapitation, dismemberment and mutilation.

Some of these games appear as “pop-ups” whilst your children are using technology in your homes. Pop-ups usually come when you download the free apps, it is important that children are supervised when they are on their tablets or phones. Access, to these and similar “games” whether this be playing them personally or watching adults at home play them can cause anxiety for your child or even behavioural difficulties or sleeping and concentration issues.

Information for parents and carers on COVID-19 vaccination for at risk 5 to 11 year olds

Children aged 5 to 11 years who are in a clinical risk group or who live with someone who is immunosuppressed can get the COVID-19 vaccine, in line with advice set out by the [Joint Committee on Vaccination and Immunisation \(JCVI\)](#). Eligible children include those with diabetes, immunosuppression, learning disabilities, and other conditions as outlined by the [UK Health Security Agency \(UKHSA\) in the Green Book](#).

Vaccinations help to increase protection against COVID-19, which is particularly important for those with underlying health conditions.

Further information is available in the [guide for parents of children aged 5 to 11 years](#) published by UKHSA. We have published some [frequently asked questions](#) on the vaccination programme including information on eligibility, accessibility and advice for parents of children at high risk from COVID-19. Following [advice](#) from the JCVI, healthy 5 to 11 year old children will also be offered two 10 microgram doses of the COVID-19 vaccine. The NHS will prepare to extend this non-urgent offer to all children during April.

Parking

We are receiving an increasing number of complaints from local residents regarding parking around school. Please can we remind you to park with consideration to others, not only home owners but also children’s safety. BCP would also encourage members of public to call the Parking Office on 01202 128900, so they can dispatch an officer to a particular location if they have one in the area to look at any contraventions.

Volunteers

We look forward to welcoming volunteers back into school now that restrictions are easing. If you would like to support our school, either through helping in school or helping at events please let the office team know and a member of staff will contact you.

Let Us Pray

We give thanks for:

- ❖ Choir restarting this week after many months of restrictions.
- ❖ Parent consultations meetings and the chance to discuss each child’s learning progress and emotional wellbeing.
- ❖ Year 5 Greek Experience Day.

We pray for:

- ❖ Peace in our world, in Ukraine, Syria and the Cameroon.
- ❖ That all world leaders act with love and compassion for their neighbours and value human dignity.

- ❖ Our community, for peace where there is anger, kindness where there is resentment and calm where there is anxiety.

Loving God,

We pray for the people of Ukraine,

for all those suffering or afraid, that you will be close to them and protect them.

We pray for world leaders, for compassion, strength and wisdom to guide their choices.

We pray for the world, that in this moment of crisis, we may reach out in solidarity to our brothers and sisters in need.

Amen.



And finally, we wish you and your family a happy weekend and we look forward to seeing you on Monday.

Kind regards,

Clare Tickel
Executive Headteacher

Melanie Lord
Head of School



MUSIC MARK
SCHOOL



the
sandwell
well-being
charter
mark

