

## **Newsletter**

**Friday 4<sup>th</sup> December 2020**

Dear Parents,

Thank you from myself and the office staff to those parents who have been supportive and been understanding when seeking information, the office team have been especially busy recently. They will always endeavour to get back to you if you have a query.

### **COVID-19**

Below is a useful website to guide parents to:

<https://what0-18.nhs.uk/popular-topics/coronavirus>

People who have COVID-19 can infect others up to 2 days before symptoms start, and for up to 10 days after. They can pass the infection to others, even if they have mild symptoms or no symptoms at all, which is why they must stay at home.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

### **Contact definitions:**

- people who spend significant time in the same household as a person who has tested positive for COVID-19
- a person who has had face-to-face contact (within one metre), with someone who has tested positive for COVID-19
- a person who has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- a person who has travelled in a small vehicle with someone who has tested positive for COVID-19 or in a large vehicle or plane near someone who has tested positive for COVID-19

The website below offers guidance and further information:

[coronavirus/guidance-hsc-staff-healthcare-workers-and-care-providers/staff-health-and](#)

We would urge everyone to find the time to try to engage with all five elements of well-being to stay well. Crucially, please do speak up if you need help – we can then do our best to support you or signpost you to agencies outside school.

### **EYFS Nursery Rhyme**

Despite being at home for the original Nursery Rhyme week our Early Years pupils have come back into school ready to rhyme and celebrate our great tradition of nursery rhymes. Sharing rhymes with your children, whether said or sung, encourages good vocabulary and early reading skills. Well done to all EYFS staff and pupils for dressing up as their favourite nursery rhyme character – we love the sheep biscuits you made too!



### **Remote Learning at Christ the King School**

Well done to all pupils in Year 1W, Year 3 and Year 6 for engagement with remote learning – Year 6 have been especially fantastic at completing the learning tasks set. Remote learning is not optional and staff are on hand to support with any queries. For those that have not completed their prepared learning please support the children to catch up before they return to school on Monday. Those children who have not engaged have really missed out and will need to catch up when they arrive back in school.



## Healthy Lunchboxes

We are seeing an increase in chocolate desserts and chocolate cakes that say “May contain nuts” in lunch boxes again. Please continue to be vigilant. Keep the sweet items for home please. Sweets are not allowed in school and children are not allowed to eat them as part of their lunch.

Ideas for a healthy lunch alternatives: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<b>Green Foods</b>	<b>Amber Foods</b>	<b>Red Foods</b>
These should be put in your child's lunch box everyday.	These types of foods could be included as a 'treat' to your child's lunchbox.	These foods are not to be included in your child's lunch box.
<b>Some from each food group:</b> <ul style="list-style-type: none"><li>• <b>1 portion of fruit and 1 portion of vegetables.</b> This could include a variety of fresh, tinned or dried.</li><li>• <b>A type of carbohydrate for energy</b> such as bread, rice pasta, cous cous, pittas, bagels, wraps etc. Try to swap to wholegrain.</li><li>• <b>Meat, fish or other sources of non-dairy protein</b>, eg: Lentils, kidney beans, quorn, chickpeas, hummous, eggs.</li><li>• <b>Dairy food</b> such as milk, cheese, yoghurt or fromage frais</li></ul>	<b>Some examples are:</b> <ul style="list-style-type: none"><li>• Fruit cakes</li><li>• Tea cakes</li><li>• Malt loaf</li><li>• Scones</li><li>• Biscuits</li><li>• Flapjacks</li><li>• Quavers</li><li>• Snack a jacks</li><li>• Wotsits</li><li>• Popcorn</li><li>• Baked crisps</li><li>• Jelly</li><li>• Water biscuits</li><li>• Biscuit based chocolate bars eg: kit kat, penguins etc</li></ul>	<b>High fat, high sugar foods eg:</b> <ul style="list-style-type: none"><li>• <b>Nut products including products they state 'may contain nuts'</b></li><li>• Sweets</li><li>• Chocolates</li><li>• Fast food – burgers etc</li><li>• Donuts</li></ul>

## Flu Immunisations

Well done to all the pupils who had their flu immunisations on 1<sup>st</sup> December. The nursing team commented on how well behaved the children were and the friendly staff! Lots of children commented that they were helping in the battle against Covid, keeping others safe. The nursing team will return for those pupils that were absent due to self-isolation on 16<sup>th</sup> December 2020.

## **Safeguarding - Online**

Please be vigilant about the minimum age for social media:

**Twitter**, the site where users post messages and tweets in 140 characters, says you must be at least "13-years-old to use its services".

The minimum age for the mobile phone messaging app **WhatsApp** is 16-years-old.

**YouTube** requires accounts holders to be aged 18 and over, and also restricts much of its content to over 18s, but it will also allow a 13-year-old to sign up with their parent's permission.



## **Christmas Pantomime**

This Christmas we are grateful to the PTFA for treating the children with a virtual pantomime this month.

## **Christmas Cards**

Children may bring in Christmas cards for pupils within their class from next week. All cards will be quarantined and sent home on the last day of term – ready to be opened on Christmas Eve.

## **Christmas Parties**

Class teachers will be in touch with details of class Christmas parties – most will take place on Wednesday 16th December. Pupils will be allowed to wear festive clothing that day – please ensure there are still wearing layers of clothing to keep warm.

## **Virtual Choir and Virtual Nativities**

The links for these fabulous films will be shared soon – you will be able to share with family and friends too – so spread the good cheer and our message of hope to all.

## **EYFS Open Day**

Our Early Years virtual presentations and videos are posted on the website on our admissions page. Please do check this page regularly for updates. If you require a school

place for your child in September 2021 the deadline for applications is January 2021. If you require any further information or advice, please contact the school and we will help you.

### **Pre-School Admissions**

We currently have places available in our Pre-School for pupils age 3 years+ Please do look at our virtual presentation and video on our website for more information.

### **Advent**

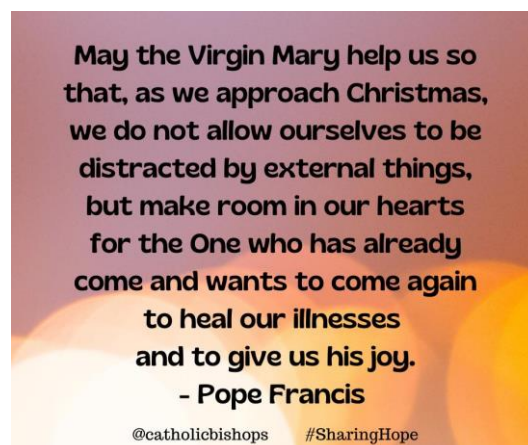
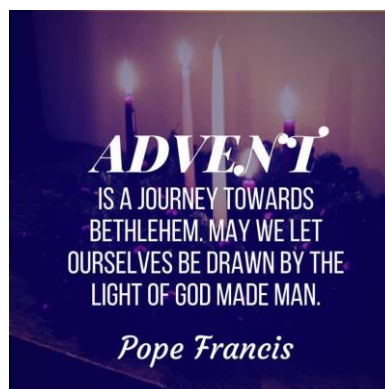
[www.tentenresources.co.uk/parent-newsletter](http://www.tentenresources.co.uk/parent-newsletter)

Please do have a look at this link from Ten:Ten, there are some wonderful resources here for you to engage with your child as we journey into Advent, the season of preparation.

### **CAFOD's Family Advent Calendar 2020**

Our 2020 online Advent calendar for families has a daily reflection and free activity for you and your children in preparation for Christmas. Join us as we journey throughout the season of Advent with our global family.

<https://cafod.org.uk/Education/For-families/Family-Advent-Calendar>





## **Let Us Pray**

We give thanks for:

- The end of Lockdown 2 and the prospect of a vaccine for Covid-19.
- Our community of Christ the King Church and the support of the parish.
- The passion and generosity of our Governors, who help ensure our school runs smoothly
- The engagement of pupils with home learning and the support from parents.

We pray for:

- The pupils, their families and the staff find rest during these busy and demanding times.
- Fr Chacko and all members of our Christ the King School and Parish family.
- All those who feel lonely at this time of year
- All expectant parents, particularly in the lead up to Christmas and the birth of Our Lord. Please continue to especially pray for the mother who asked for our prayers last week as she prepares to give birth very soon
- Members of our community who are currently not in school due to on-going illness
- all those in our school community having to self-isolate at the moment, especially those finding it hard

**And finally,** have a good weekend and enjoy time with your loved ones.

Best wishes to you all.

Clare Tickel  
Headteacher

*faith*  
*hope*  
*love*

