

22<sup>nd</sup> January 2021

## Christ the King News

Dear Parents,

Well done to everyone for completing another week of home learning and work and I hope that everyone will be able to take a well-earned rest this weekend. A rest from the virtual world and computer screens will be really important for us all.

We recognise how hard life is for so many of you at the moment, especially where parents have the added pressure of home schooling and the worry of keeping family safe from this virus. With this in mind we want to emphasise the importance of wellbeing and supporting the mental health and wellbeing of our pupils, families and staff.

### **Resources to Support Well-being and Mental Health**

Amid the Covid 19 pandemic, supporting the wellbeing of children has never been so important. Please look at the COVID-19 section of our website where we have posted all letters, risk assessments and useful information, including wellbeing resources for families. There is a wealth of resources available now to help so do please explore and hopefully you will find something to suit your needs. If you are really struggling, please contact us at school and we will signpost you to additional support should you need it. Please do not remain silent if you are struggling!

The 10 Top Tips for parents is just one of the resources available on our website to support you.

is <https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents>

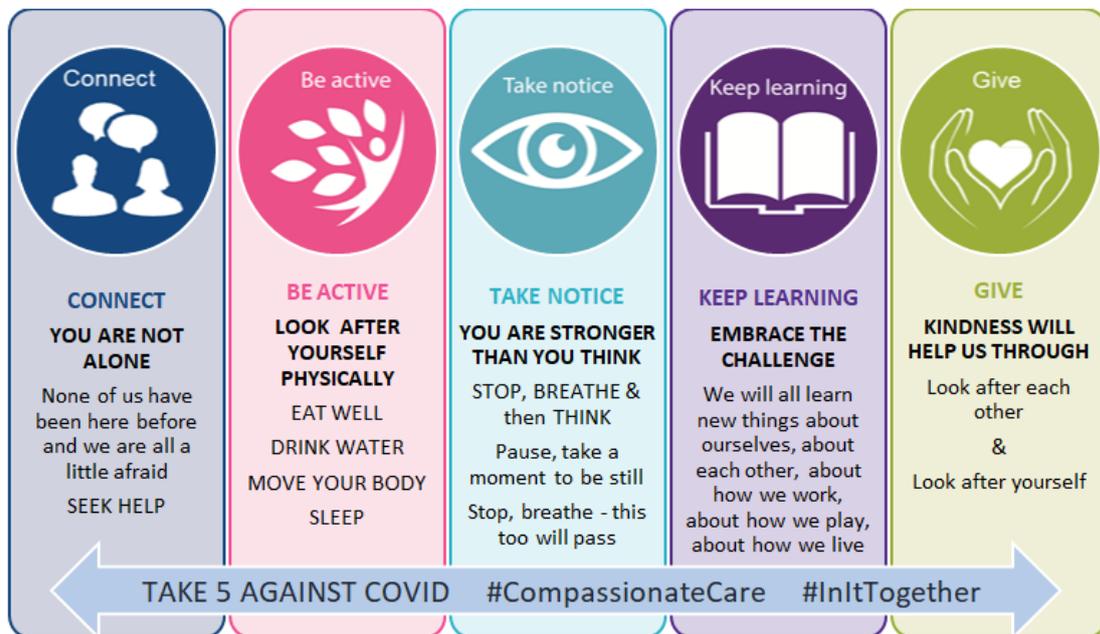


Child Mental Health & Wellbeing- 10 Top Tips for Parents | SSS Learning Ltd

Maintaining good mental health is just as important as having a healthy body. It affects the way children think, feel and act. As a parent, you play an important role in promoting your child's mental health and recognising when there may be early signs of difficulties.

[ssscpd.co.uk](https://ssscpd.co.uk)

Below is a visual reminder, from the Public Health Agency, of five elements of well-being:



The website below offers guidance and further information:

[coronavirus/guidance-hsc-staff-healthcare-workers-and-care-providers/staff-health-and](https://www.hsc.gov.uk/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.

Below is a link of well-being activities for children who are stuck indoors which may be useful, particularly on the rainy days. <https://www.5minutefun.com/wellbeing-activities-for-kids-stuck-indoors/>

### **Children's Mental Health Week**

Children's mental health week is the first week in February. This year's theme is 'Express Yourself'. Obviously with COVID this is even more important than ever. Mrs Atkinson will be sharing more ideas and information about this week soon.



## Music Good News Stories

Over the past few weeks there have been so many good news stories that have lifted everyone's spirits. We have witnessed children developing as IT (information technology) experts as they master how to use Google Classroom, IXL and computers, etc. Staff expertise in IT is developing all the time and staff are proud of the improving quality of their videos and live sessions. Our school values of compassion, kindness, humility, and courage are especially evident to us and we would like to share some of the moments that have made us smile:

A few magic moments from **Parrots** this week include those pupils who have persevered with improving their first attempt in learning (and have earned a Gold Award for their efforts!), teamwork with younger siblings e.g. Henry painting and creating a Noah's Ark creation; Samuel's video of him singing 'What a wonderful world' and Leon, Samuel and Lexie reaching the milestone of answering 2,000+ IXL questions each since beginning to use it. This is all amazing!



**Mrs Fisher** has been working hard to continue the children's musical development by sending out 2-3 videos to each class each week. The videos are fun, whilst helping children to continue their musical journey and enhance any class topic work that they are doing. Mrs Fisher is so pleased to get feedback from children and parents. These so far have included videos of children dancing and moving to the music. Some beautifully drawn pictures of instruments from around the world. Children clapping to set rhythms and children playing the piano! (One mum even says she is going to start practising Beethoven's Moonlight Sonata on the piano after hearing us talk about it.

In music **Reception** have been enjoying Action songs, moving to music and developing their listening skills.

**Year 1** have also been learning action songs and using Makaton. They have learnt an African song to go with their class topic and listened to African music. With the lack of instruments to hand, they also joined in with a piece of music using 2 pencils to tap with instead of Claves!

**Year 2** have been singing and dancing their way around the world! To go with their class topic, they have also been learning a song about plastic pollution in the oceans and learning the Makaton to "What a Wonderful World".

**Year 3** started off with some moving in time to "The Lion Sleeps Tonight". They also continued their learning about Beethoven and his music and worked on their music reading skills – both note naming and rhythm work – and learn a song about cake!!!

**Year 4** have learnt a lovely song (including Makaton) “Just Like a Roman”. They learnt a little bit more about Handel and thought about Painting in Sound. They also developed their music reading and note naming skills.

**Year 5** have been learning how to conduct in 2/3/4/5 time. They listened to a “Greek Gods Rap” and a song about Ancient Greece. They are also learning to write a Rap about themselves to a backing track, ready to perform to each other when we get back to school.

**Year 6** have learnt a song about Ancient China and developed their musical skills by clapping only on certain beats of the bar. They are now writing a Rap to a structure chosen by themselves about Ancient China, choosing which of the 7 dimensions of music they include in their Rap. We are looking forward to some performances of this soon in a Zoom meeting.



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

Please remember that we only know if your child is engaging in their remote learning if they turn in their work – please share what they children have done – it makes our job so worthwhile and makes it easier to plan for their next steps if we know how they are getting on. Teachers will build in screen free learning each week to ensure the children have a break from a screen where possible. Please do return the acceptable Use Agreement for live lessons and remember that each adult should show their face at the start of the session to the teachers.

### **Safeguarding - Online**

Please be vigilant and limit the time that your children are spending gaming on line or on group chats. Please check their devices regularly for signs of on-line bullying, for example: name calling, inappropriate language, pressure to respond, etc. If your child’s behaviour changes or they are reluctant to share their interactions on line, please talk to us and we will signpost you to help.



## Let Us Pray



We give thanks for:

- The pupils and families within our community of Christ the King School for their positivity and attitude to learning and wellbeing.
- Our staff supervising the Critical Worker and vulnerable pupils on site and for those working remotely to plan and deliver a high quality education.
- The food hampers provided to our most vulnerable families.
- The work of all Critical Workers, especially within the NHS and care homes, for their courage in the fight against the Coronavirus.
- All the good things in our life – our families, our friends, our beautiful surroundings.

We pray for:

- All those unwell with COVID-19, especially loved ones in hospital.
- The recently deceased, that their souls may rest in peace and their families will find comfort.
- The pupils, that they are supported in their remote learning.
- Fr Chacko and all members of our Christ the King School and Parish family.

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

Best wishes to you all.

Clare Tickel  
Headteacher

*faith*  
*hope*  
*love*

