

5th February 2021

Christ the King News

Dear Parents,

Well done to everyone for completing yet another week of home learning and work – parents, staff and pupils are feeling understandably tired this week - with half term around the corner the children are almost ready for a rest.

All staff are now able to be tested for Covid-19 using the rapid result 'Lateral Flow Tests' – these tests give us a result within 30 minutes and are designed to pick up persons who are asymptomatic (infectious without symptoms). Around 1 in 3 people with COVID-19 don't have any symptoms, but can still pass it on.

It is hoped that testing staff will break the chain of transmission and reduce the spread within our community. Staff carry out the tests from home and if they have a positive result they will self-isolate immediately and book a PCR test at a local centre to confirm the result. So far all tests results have been negative.

Any person, staff, pupil or parent who is displaying symptoms must stay at home and book a PCR test following the NHS advice. It is really important that parents inform us immediately if a child or family member displays symptoms so that we can trace all possible contacts if they have been in school.

Children's Mental Health Week

I hope that you have made use of some of the wellbeing activities that we have been sending home for you either via the newsletters or from the teachers. Below is our next CtK challenge devised by Mrs Sargeant specifically for the pupils and families at CtK.











Please find time over the next week or this weekend to try some of these activities with your family.

A break from a screen is vital for all of us – especially the children! Also please do look at the wellbeing video posted on our Covid-19 Wellbeing webpage:

http://www.ckcps.com/website/wellbeing_resources_for_families/536504

Being KIND to ourselves

Spending time together away from our screens is one of the most important things we can choose to do. Here are our suggestions for you to choose from.

<p><i>Head outside together on a really cold morning to find cobwebs and tracks. What can you discover together?</i></p> 	<p><i>Play a game of rounders or cricket together. Who shows the most courage in your game?</i></p> 	<p><i>Create a family message of kindness to post through a neighbour's door.</i></p> 	<p><i>Take a rainy day walk together - everyone in wellies!</i></p> 	<p><i>Plant something new - seeds, bulb or a seedling.</i></p> 
<p><i>Write a family letter to someone else in your family.</i></p> 	<p><i>Bake or make something you've never eaten before!</i></p> 	<p><i>Play a board game in teams.</i></p> 	<p><i>Take a walk to a different street and count your steps!</i></p> 	<p><i>Re-use something plastic to create something new!</i></p> 

The above challenges can be found on our Covid-19 Well-being webpage.

Safeguarding - Online

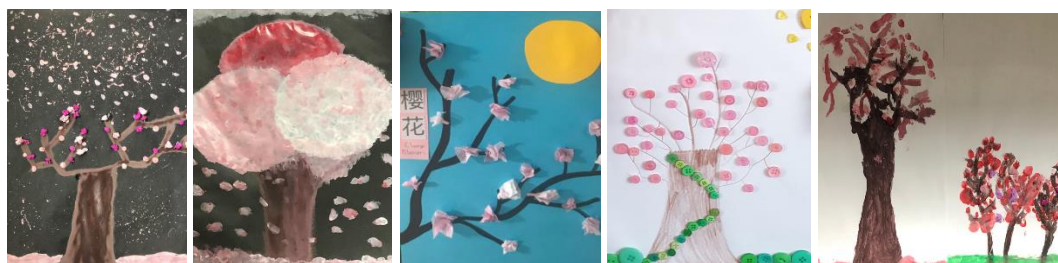
Please be vigilant and check messages your children send online or via texts, etc. Please remind your child that if they are sending messages to their peers when online then they need to be mindful of what they write; training children to be courteous on line is an important part of our safety Next week the children will revisit the important of this as part of their Safer Internet Day on 9th February.



Wellbeing Activities

I hope that this week the children have reflected on how important it is to be happy in their mind and heart. Our assemblies and class activities have all focused on raising awareness that it is ok not to be happy sometimes and what to do if children are feeling sad or worried.

Year 6 have excelled in their well-being art activities this week – below are a selection of some Year 6 cherry blossom trees – well done Year 6!



Half Term

School will be closed over the half term break and reopen for critical worker children and vulnerable pupils on Tuesday 23rd February. This is in line with Government advice and will give the staff an opportunity to plan for a possible full reopening in March. It would be helpful if you can help prepare for children for a return to school through insisting on good hygiene habits at home – hand washing, sneezing or coughing into their elbow or tissue, etc.

Monday 23rd February is a staff training day so all remote learning will commence for next half term on Tuesday 23rd February.

Remote Learning at Christ the King School

We are thrilled that the majority of pupils are engaging in the curriculum and learning activities that the teachers are preparing. Each lesson and activity they plan and prepare is part of a sequence of learning – although it may be tempting to do your own thing, i.e. using learning books bought through Amazon, watching a random selection of educational video; please be mindful that if your child is not following their planned curriculum they will struggle when the children come back together face to face in class as they will have missed out on the planned sequence of learning.

Remote Learning Resources

We have received some feedback from parents regarding resources required for science or art activities planned for remote learning. The teachers are being mindful that all activities should involve resources or ingredients that you are likely to have at home and do not expect parents to make additional trips to the supermarket. Substitutes will be suggested by the staff to ensure all pupils have equal access to the learning. Staff are also mindful that where some families only do a weekly shop, planning ahead is necessary.

Poetry Good News Stories

Below are a selection of poems from Year 5 – well done to the pupils for such poignant creative writing.

A Mind full of mess.

Lockdown is tough, for everyone,
Homeschooling, no friends,
There is no fun,
But to protect ourselves, and others,
This has to be done,

Wellbeing is bad, we've all had enough,
But this doesn't mean that it's time to give up,
Remember to go out for an hour or less,
So our minds don't end up,
A mind full of mess.

Our minds flowing wildly,
Trying to figure out this new world,
But sometimes it's too much,
For some little boys or girls,

Remember,
We're in this together,
So please do not moan,
If we stick out for one another,
We will never walk alone.

No-one wants a mind full of mess,
It just turns out,
Some people aren't the best,

From, A kid just like you, but with a mind full of mess.

8 o'clock and we sit round the tv,
waiting for Boris and Mr Whitty.
They produce charts and words flow from their mouths,
I don't understand, it's making me mad.

I can't go to school,
I can't see my friends.
This makes me sad,
We are stuck in again.

Thank God for the vaccine,
Dr Ugur Sahin made.
Joy fills our hearts,
As covid departs.

We will soon be allowed out,
For our lives to begin.
I can see my friends,
And go Karting again.

Lockdown can make me really sad.
Oh I want to see my friends so bad.
Cooking has helped me be happy.
Kindness stops me being snappy.
Dog cuddles make me jolly of course.
Oh but I wish I could be riding a horse.
Will I have to start writing letters to my friends?
Now I would really like the lockdown to end!

For so long, we've been pushed away from civilisation,
Upset, scared and on our own.
Deep within the lockdown period,
But do not worry it will end.

Oh how, I wish upon a shooting star,
That it will end ever so soon.
But when it does we can play,
In my garden like two peas in a pod.

When, the sun on a day maybe the next,
Will be the end of it all.
Oh how I will be happy when,
We can play.

After all there is a light,
At the end of the tunnel.

Let Us Pray



We give thanks for:

- National Mental Health Week – giving opportunities for adults and children to focus on being healthy in mind, body and soul.
- Two new babies that have been born over the past week – congratulations to those families.
- The NHS staff and army personnel working hard to roll out the vaccine programme.
- The NHS staff on the frontline in our hospitals for their resilience in the face of suffering.
- Our staff, pupils and families who are recovering from illness, especially Covid-19.

We pray for:

- All who are anxiously awaiting a vaccine that they are prioritised soon.
- 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

