

The Christ Church News



7th November 2025

Telephone: (01242) 523392

Web: www.christchurchschool-chelt.co.uk

Our value this term is: **FRIENDSHIP**

Email: admin@christchurch.dgat.org.uk

RESPECT COMPASSION PERSEVERANCE CREATIVITY FRIENDSHIP

Dear Parents and Carers,

We hope everyone had a restful and enjoyable break. It's wonderful to see our school community back together, ready for an exciting term ahead. This term, we are delighted to introduce our new value: Friendship. We'll be exploring what friendship means in our classrooms and across the school, encouraging kindness, support, and positive relationships.

We're looking forward to the upcoming iSing Pop rehearsals next week. These sessions are always a highlight, and we hope as many children as possible will take part in both concerts on Thursday. Tickets are now on sale—don't miss out on what promises to be a fantastic celebration of music and community.

We've begun welcoming parents for tours ahead of entry in September 2026, and it's been a joy to showcase our wonderful school. A special thank you to Year 6, who have been absolutely fabulous in helping with these tours. Their enthusiasm and pride in our school truly shine through. You make us so proud.

You will have received a separate letter about our school vision – please take the time to vote. It is quick and easy – we really value your opinion.

Warm wishes,

Mrs Pope

Diary Dates 25-26

Date	Event
10 th November	Odd Sock Day for anti-bullying week. Full uniform worn with odd socks
11 th November	Yr 5 Remembrance Service in the hall. 9.00am start (Y5 parents invited)
12 th November	Positive Noticing Day 9.15am Reception 2026 tour for prospective parents – call office to book

	Yr 2 Cinema trip – pay in Arbor
13 th November	I-Sing pop concert at church–2pm & 6pm tickets available to purchase in the Arbor shop
14 th November	Children in Need - £1 suggested donation
19 th November	Individual & sibling photograph day
20 th November	Yr 5 & 6 cinema visit – info to follow
25 th November	Yr & Y6 Height Weight Vision checks - opt out via letter sent home 23 October
26 th November	PTA wreath making and book launch Yr3 & 4 cinema visit – info to follow
28 th November	Non-School Uniform Day – bring a bottle for the Crafternoon
3 rd December	9.15am Reception 2026 tour for prospective parents – call office to book
4 th December	Y6 Class Service in the hall – 9.00am start (Y6 parents invited)
5 th December	PTA Christmas Crafternoon – information to follow
9 th December	Nativity performance 2.15pm – ticket info to follow
10 th December	Nativity performance 9.30am – ticket info to follow
11 th December	Christmas Jumper Day – £1 suggested donation for Save the Children
17 th December	Yr R Everyman Theatre - pay on Arbor 2.30pm Rock Steady Concert
18 th December	Yr 4 lead Christmas Service – 9.15 start at Christ Church (whole school invited)
19 th December	Last day – finish at usual time
5 th January	INSET Day – school closed for children
6 th January	Children back to school
27 th February	PTA Wine Tasting (adults only!)
4 th July	PTA Summer Picnic

Anti-bullying week

Anti-Bullying Week 2025 will take place from Monday 10th - Friday 14th November, with the theme: Power for Good. The week will kick off with Odd Socks Day on Monday 10th, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique. This is an opportunity to spotlight bullying and consider the steps we can take together to stop it. We will be learning about effective relationships and our role in stopping bullying.

Cross Country

Well done to the girls and boys who took part in the schools Cross Country Races at the end of last term.

It was great to see the determination and perseverance they gave running a tough course.



Before and after photos!

Archbishop of York Young Leader Award

Our current Year 3 class completed their KS1 Archbishop of York Young Leader Award last year. Their successful project has now made the Archbishop of York's official webpage and is celebrated as a great example of a community project. Small steps = big changes! You can read the full article here:

<https://www.nse.org.uk/ayla/news-and-stories/carehome-h3msj>



Year 2 Quill Writing

The children enjoyed using feather quills to write a diary entry as if they were Samuel Pepys in 1666.



Year 3 Harvest Service

Thank you to Year 3 who led our Harvest Service in the last week of term. We loved the autumn poem from Reception too and the singing was great as usual. We'd like to thank you for your donations to the Food Bank who collected the items after the service and were so impressed with your generosity.





Open the Book

Year 2 helped Open the Book retell the story of Noah and the Flood in service. We needed the whole class to help as we needed so many pairs of animals!



Year 6 Tag Rugby

Y6 enjoyed their first session of tag rugby on Monday! 🏈



Sports Ambassador Update

Newsletter Sports Update 1



At Christ Church, we believe that being active isn't just about winning games - it's about having fun, staying healthy, and trying your best! Taking part in sports and exercise helps keep our bodies strong, our minds sharp, and our moods happy.



Whether it's running in PE, playing football at lunchtime, dancing, swimming, or even just walking your dog, every bit of movement counts!



Sports are also a great way to make new friends, learn teamwork, and build confidence. You don't have to be the fastest or the best - what matters most is enjoying what you do and giving it a go.



So let's all get moving, try something new, and remember: fitness is fun!

Christ Church Sports Ambassadors

George Thomas Tilly
Fred

Reading Display

Mrs Paterson has changed our beautiful reading display to link to our learning on Remembrance. Thank you to the PTA who fund the monthly book displays. The children are really enjoying borrowing the books.



Poetry Workshops

Thank you to Ollie and Nina's mum who delivered a fun poetry workshop for Year 2 and Reception recently.



Poppy Sale

Year 6 will be selling poppies in school next week for the Royal British Legion as Remembrance Day approaches.

PTA – Go Green Day!

Today we had a successful “Go Green Day” where children enjoyed planting bulbs. We can look forward to seeing them bloom in the spring! Thank you to everyone who helped and to Mr Taylor for clearing the flowerbeds beforehand.

Attendance

Unauthorised absence:

- Parents keeping children off school unnecessarily or without reason
- Truancy before or during the school day
- Absences which have never been properly explained
- Arrival at school after the register has closed
- Absence due to shopping, looking after other children or birthdays
- Absence due to day trips and holidays in term-time which have not been agreed
- Leaving school for no reason during the day

For further information please visit [Attendance policy](#)





95% attendance means 10 days absence and 50 lessons lost when there are 5 lessons a day.

90% attendance or less can reduce your chances of good outcomes by half.

MEDICAL APPOINTMENTS

When possible, book them outside of school hours.

ILLNESS

Unless it's serious, bring your child into school and we will keep an eye on them throughout the day.

FAMILY HOLIDAYS

You have 175 days a year when you're not in school. A one-week holiday in term time means that the highest attendance you can achieve is 97%.

[Children in Need](#)



**School council have announced -
Christ Church are supporting
Children in Need -
Friday 14th November 2025.
£1 Or £2 donation.
Wear anything Pudsey / spotty or
school uniform.**

[Move More](#)

02

TERM Parents Newsletter TOPIC

Marijana Filipovic-Carter
Head of Family Support

Jennifer Protheroe Minett
Family Engagement Practitioner



THE TUG-OF-WAR TRAP

NAVIGATING POWER STRUGGLES WITH CHILDREN

FAMILY SERVICES

Have you ever found yourself in a standoff with a child over screen time, broccoli, or going to bed? Have you felt so irritated that you had to justify and argue over the simplest of tasks such as toothbrushing, wearing a coat or having peas for dinner? If so, you're not alone. Power struggles are a normal part of growing up—and parenting. But they don't have to feel like a tug-of-war. To help you with that, we will explore what might be behind power struggles and explore some alternative ways of responding to them that will hopefully increase cooperation and decrease frustration.



WHY POWER STRUGGLES HAPPEN;

- ⚡ Power struggles are **developmentally appropriate** and have purpose. This means that they are a natural part of development as children test boundaries and learn about independence. From toddlerhood through the teen years, saying "no," negotiating, or resisting adult direction is often a sign that a child is learning to express autonomy, make choices, and understand their place in relationships.
- ⚡ Very often, children engage in power struggles when they are in a "compromised state", when their **basic needs** are unmet. For example, when they are tired, hungry or thirsty. These 'compromised states' drain a child's ability to cope with situations—we might consider uncomplicated or undemanding- making them more irritable and their behaviour more oppositional.
- ⚡ **Unmet emotional needs** can also cause a power struggle. When a child feels disconnected or lacking control, they may express those feelings through resistance, defiance, or negotiation. What looks like a battle over bedtime or screen time may actually be a cry for connection or reassurance. Children don't always have the words to express how they feel so their behaviour becomes the language of unmet needs.
- ⚡ **Inconsistent parenting**—where rules, expectations, boundaries or responses change often—can be a major trigger for power struggles. When children aren't sure what to expect, they may test boundaries more often, not out of defiance, but to seek clarity and control. This unpredictability can lead to anxiety, frustration, and a need to assert power through resistance.

You might not be surprised to read that control sits at the heart of most power struggles.

When children feel powerless—whether because of overly rigid routines, sudden transitions, or a lack of voice—they often push back in the only way they know how: by saying "no," stalling, or digging in their heels. More often than not, these moments aren't just about the task at hand; they're about a child's need to feel meaningful, seen, and heard.

MOVE
M
MORE
EVERY CHILD THINKS



FAMILY SERVICES

MOVE
MORE
EVERY CHILD THRIVES

Control also plays a big part in how adults respond to power struggles. When we feel challenged, we also feel like we are losing control. One of the most common ways to respond to that is with more control – more rules, more consequences... Unfortunately, this often only escalates power struggles.

So, try to see power struggles as signals: your child might be trying to assert independence, test boundaries, or express unmet needs. They might not be intentionally annoying and pressing your buttons. Very often, they can't help themselves in those situations.

That said, there is something that we can influence during a power struggle – us and our reactions. How adults respond to a power struggle can impact on whether a moment becomes a challenging situation or a learning opportunity. When adults react with immediate control - raising voices, issuing ultimatums, or insisting on compliance without explanation - children often respond with more resistance. This isn't necessarily because they are defiant, but because they feel unheard or overpowered.

On the other hand, if we lead with taking the time to pause, validate feelings, and offer choices within boundaries, we then model respectful communication. In turn, this can reduce the need for children to push back. However, this shift from control to collaboration doesn't mean giving in. It means creating space for shared problem-solving, offering choices, and setting clear, respectful boundaries that help children feel safe and empowered.

STRATEGIES THAT HELP DURING A POWER STRUGGLE...



Stay calm: number one priority during a power struggle is for you to stay calm and try to avoid escalation. Children often feed off their parents' emotional responses, so if you react with frustration or anger, it can escalate the situation. So, try to take a deep breath and collect yourself before continuing the conversation. Remember – you are modelling emotional regulation for your child, and an example of how you would like them to respond.



Be curious: when adults shift from reacting to wondering and asking "What's really going on here?" instead of "Why won't they just listen?" - it helps us be more empathic and understanding. Being curious helps us pause, observe, and explore the emotions beneath the resistance. Maybe the refusal to get dressed isn't defiance, but anxiety about the day ahead. Maybe the shouting isn't about the rule but about feeling unheard. So if your child refuses to get dressed, pause and ask, "What's bothering you about this right now?" Empathy often diffuses resistance.



Use routines as anchors: it is a well-known fact that children thrive on routines. This is because they provide stability and predictability. But they also reduce decision making fatigue which is often a contributor to lack of cooperation and power struggles. When children know what to expect—whether it's the bedtime sequence, the morning checklist, or the after-school wind-down—they feel safer and more in control, which reduces the need to push back. Routines also shift the dynamic from parent vs. child to parent and child vs. the plan. Instead of "You have to brush your teeth now," it becomes "It's teeth time—just like every night."



Offer choices not ultimatums: one of the most effective ways to diffuse a power struggle is to give your child some sense of control while still maintaining the rules. Rather than issuing a strict command, offer them choices within the boundaries you've set. For example: "You need to clean your room, but you can either do it now or after you finish your snack. What works best for you?" This approach allows your child to feel like they have control over the situation while still respecting the rules. It also reduces the feeling of being controlled, which can help prevent resistance.



FAMILY SERVICES

**MOVE
M
MORE**
EVERY CHILD THRIVES



Use humour: as it can be a secret superpower in defusing power struggles especially with younger children. A silly voice, exaggerated reaction, or playful joke can defuse tensions and lead to connection in seconds. When a child is digging in their heels, laughter breaks the cycle of resistance and invites cooperation without confrontation. It shows children that you're on their side, not against them. Humour doesn't dismiss the issue—it softens it, helping both adult and child regulate emotions and re-engage with empathy. But use humour with care and don't use it in situations where your child is truly upset, as it may come across as dismissive.



Pick your battles and know when to walk away: Not every "no" needs a "yes." Ask yourself: Is this about safety, values, or just preference? Save your energy for the moments that matter most. This is especially important if the power struggle is escalating and nobody is willing to budge. Let your child know that you're walking away to give them space to think, and that you'll revisit the issue later when everyone is calmer. To help you with this, remember that the goal is not to "win" the battle but to teach your child lessons about respect, responsibility, and problem-solving.

TO CONCLUDE...

Power struggles can be especially complex for children with Special Educational Needs and Disabilities (SEND), as their responses may be shaped by sensory sensitivities, communication differences, or challenges with emotional regulation. What might seem like defiance or refusal could actually be a child's way of coping with overwhelm, anxiety, or a lack of understanding. For example, a child with autism might resist transitions not to be oppositional, but because the change feels unpredictable or distressing. Likewise, a child with ADHD might seem defiant when asked to get ready for school but what is behind it is struggles to sequence tasks and regulate emotions, especially under time pressure. Recognising these underlying needs—and adapting expectations, language, and environments accordingly—can help prevent escalation and foster trust. When adults approach these moments with patience, curiosity, and tailored support, they create space for the child to feel safe, understood, and empowered to engage more positively.

Finally, remember that power struggles aren't signs of failure—they're invitations to grow and provide opportunity to tackle the challenge together, as a team rather than working against one another. They don't reflect badly on adults but signal that a child is learning to assert themselves, test boundaries, and express needs, even if their method is messy.

However, if you find it hard to move away from power struggles on your own please do reach out to your child's school and share any concerns. Equally, remember that you don't have to suffer alone; please reach out to your child's school with your concern or to us. We are more than happy to talk to you.

[CHECK OUT OUR FREE PARENT RESOURCES IN OUR FAMILY ZONE FOR SOME DOWNLOADABLE ACTIVITIES, USEFUL LINKS & RESOURCES](#)

[CLICK HERE](#) 

As always, if you need any help with making this work for your family, please do reach out on marijana@move-more.org or jen@move-more.org. We are more than happy to help you.

#EveryChildThrives



@MoveMoreCIO

www.move-more.org

Charity Number 1175899

Internet Safety

What Parents & Educators Need to Know about POKÉMON TCG POCKET



WHAT ARE THE RISKS?

Pokémon TCG Pocket is a mobile version of the hugely popular Pokémon Trading Card Game, downloaded over 100 million times on Android and iOS. Players collect cards, battle others online, and open packs of cards – known as booster packs – to expand their decks. While the core game can be fun and helps develop tactical and numeracy skills, its design encourages spending and can feed addictive behaviours – making it important for adults to understand the risks.

ADDICTIVE PACK OPENING



Booster packs rely on probability to provide rare or powerful cards. The excitement of opening them – and the dopamine rush when finding a sought-after card – can become addictive. Unlike purely cosmetic loot boxes, the cards here are integral to competitive gameplay, adding extra pressure for serious gamers to collect more.

QUICK BUT ABSORBING



Card battles last around five to six minutes, making it easy to fit in “just one more game”. This quick format, combined with the drive to win, can lead to prolonged play sessions and increased screen time without noticing. With limited-time Ranked Match seasons constantly being refreshed – an opportunity to accumulate points and earn profile emblems – players may find themselves drawn into this game mechanic repeatedly.

PREMIUM PASS PRESSURE



A monthly subscription gives players access to exclusive missions, rewards, and an extra daily booster pack. Missions and rewards are replaced each month, providing an incentive to stay subscribed. While some premium rewards are exclusive, others are available through free play – making the pass more about faster progression and obtaining cosmetic items than true necessity.

ENDLESS PACK LOOPS



New themed sets of cards are released each month, ranging from around 95 to over 370 cards per expansion. This constant cycle encourages players to keep opening packs in an effort to complete collections or improve their battle decks, potentially promoting unhealthy spending habits. With the introduction of limited-time booster packs, some players may feel increased pressure to collect these cards while they're still available.

COST OF BOOSTER PACKS



Although free to play, with set rewards and two free booster packs given daily, players can exchange Poké Gold if they wish to open more, and a small amount of Poké Gold is rewarded for free as the player levels up. Poké Gold is also sold in bundles that are often just short of what players need to open extra packs, encouraging them to buy additional bundles.

COMPETITIVE ONLINE PLAY



Interactions in Pokémon TCG Pocket are relatively safe – there's no messaging between players, friend requests require player approval, no real names are used, and card trading is restricted to fair trades between friends. On the other hand, the competitive nature of online play can still cause frustration, over-investment, and isolation if children spend too much time focused on the game.

Advice for Parents & Educators

MONITOR SPENDING HABITS



Set clear boundaries around in-game purchases. Treat Poké Gold as an occasional rather than routine reward, helping children develop healthier attitudes towards digital spend.

SET REALISTIC EXPECTATIONS



Talk about the unpredictable nature of booster packs and prepare children for disappointment when duplicates appear or rare cards don't surface. Understanding probability can help minimise disappointment – use the game's built-in filtering rates guides to find out more about it.

PLAY TOGETHER



Card battles can help children learn tactics, problem-solving, and rule-following, as well as numeracy skills. Playing alongside them is a great way to share in their enjoyment, while also modelling balanced play and keeping an eye on how much they're investing in the game.

TEACH FAIRNESS

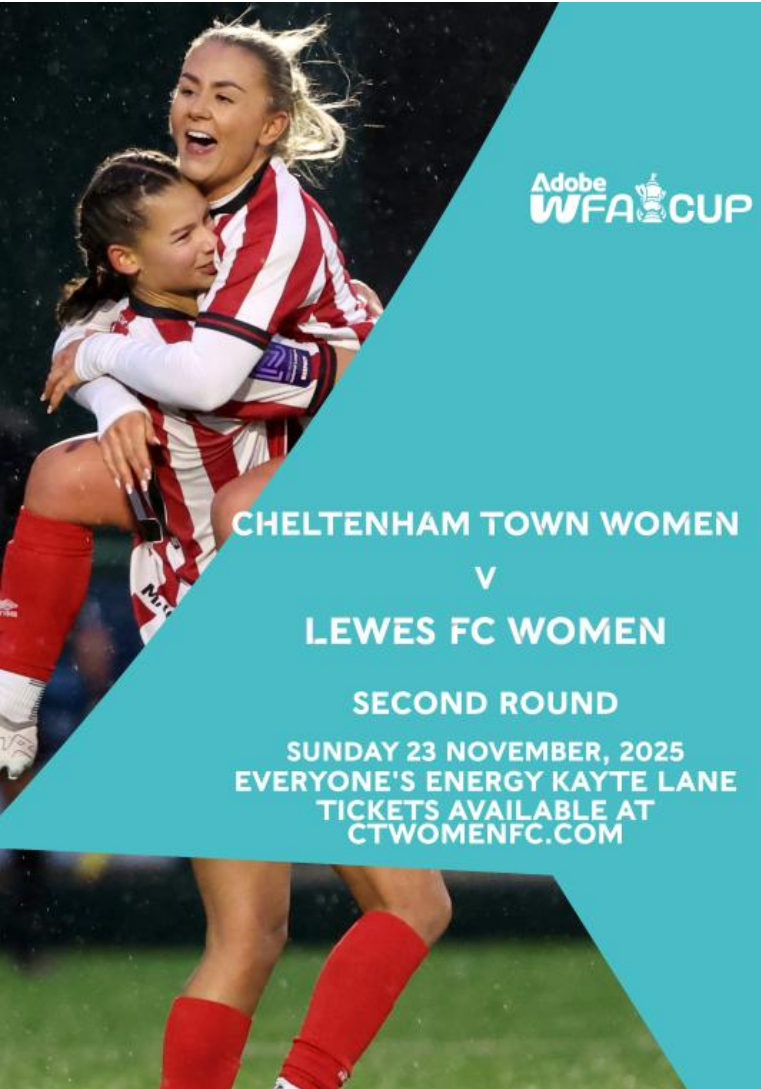


Losing a battle can be discouraging, especially when money has been spent on collecting the cards to build a deck. Support children in recognising the importance of fairness, learning from both wins and losses, and making considered choices when trading cards.

Meet Our Expert

Den Upcombe is a videogame journalist and children's book author with over 18 years of experience. Specialising in technology and gaming, he has written extensively on how digital platforms affect young people and has been playing games for more than three decades.





Adobe
WFA CUP

CHELTENHAM TOWN WOMEN
V
LEWES FC WOMEN

SECOND ROUND
SUNDAY 23 NOVEMBER, 2025
EVERYONE'S ENERGY KAYTE LANE
TICKETS AVAILABLE AT
CTWOMENFC.COM

This is a fantastic opportunity for students, families, and staff of **Christ Church Primary School** to experience high-quality women's football right here in Gloucestershire — and to cheer on **The Robinesses** as they aim for victory in the Women's FA Cup.

🟡 **Tickets: £6 for adults | £1 for Under 18s**

Don't miss out — grab your tickets now and bring your family along to fill the stands and show your support for the team!

👉 Book your tickets here:

<https://app.fanbaseclub.com/Fan/Tickets/SelectType?fixtureId=15850>