

The Christ Church News



2nd May 2025

Our value this term is: **COMPASSION**

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RESPECT COMPASSION PERSEVERANCE CREATIVITY FRIENDSHIP

Dear Parents and Carers,

We have been blessed with some beautiful weather this week. Thank you for providing the children with sun hats and caps, and for applying sun cream. Water bottles (with a name on them) are also essential.

Year 4 had three glorious days on residential. You can see pictures on the Y4 page of the website – and some in this newsletter. A massive thank you to the staff who attended (Mrs Burton, Mr Hofman, Ms Guy and Mrs Sugar). They gave up their own time to support the children to have a wonderful time.

Thank you to Mrs Pendlebury who organised the internet safety talk with the PCSO for parents on Wednesday. Unfortunately, only two parents attended. Please do consider attending these informative events in the future.

Have a lovely long weekend.

Mrs Pope

Diary Dates Spring/Summer Term 2025

Date	Event
5 th May	Bank Holiday – school closed
7 th May	Parent Prayer Group 8.45 Healy Hall – sign in at office
8 th May	Y1 Class Service 9am
12 th May	Y6 SATS week
16 th May	PTA Quiz night
19 th – 22 nd May	Walk to school week
19 th May	Class Photos
20 th May	Swimming gala – invite only Y5 and 6 (evening)
21 st May	Y2 Slimbridge trip
23 rd May	Last day of school – finish normal time – May half term
2 nd June	Children back to school

3 rd June	Y4 Science Festival – info to follow
5 th June	Y3, 5, 6 Science Festival – info to follow PTA meeting
6 th June	Y2 Science Festival – info to follow
10 th June	Sports' day – KS2 am, KS1 pm
11 th June	Y6 Leavers' service – Gloucester Cathedral
12 th June	New EYFS welcome meeting 6pm
18 th June	Y5 Cadbury world trip – info to follow Y4 Robinswood trip – info to follow
20 th June	Prince of Wales Athletics (invite only)
25 th June	Whole school trip to Cattle Country
26 th June	Reserve sports' day
1 st July	9am EYFS service
2 nd July	Move up morning – children meet new teachers
5 th July	PTA Summer Picnic – info to follow
9 th -11 th July	Y6 Residential trip
15 th July	Y6 performance 2pm & 5.30pm – ticket information to follow
16 th July	2.30pm Rock Steady concert
18 th July	Last day of school – finish normal time – Summer Holiday Y6 leavers' service 2pm in the hall
21 st July	INSET day – no school for children

EYFS

Reception have been learning how to use the balance bikes. We have learnt about the importance of wearing a helmet and how to walk our bikes carefully across a road.





Year 2 Sandfield Farm Visit

What a beautiful day to explore a local working farm. Year 2 were so knowledgeable about plants and farming, Farmer Emma was so impressed with their behaviour too. More photos are on our [class webpage](#). Here is a snapshot of our day at the farm...



met Frank the "cowdog"



farm safety talk



hearing the roosters



learning about watering crops



looking at plants



watering the young trees



They enjoyed seeing the calves, exploring in the orchard, and stroking Frank and Fly the farm dogs.



Some Pictures from the Y4 Residential at Liddington

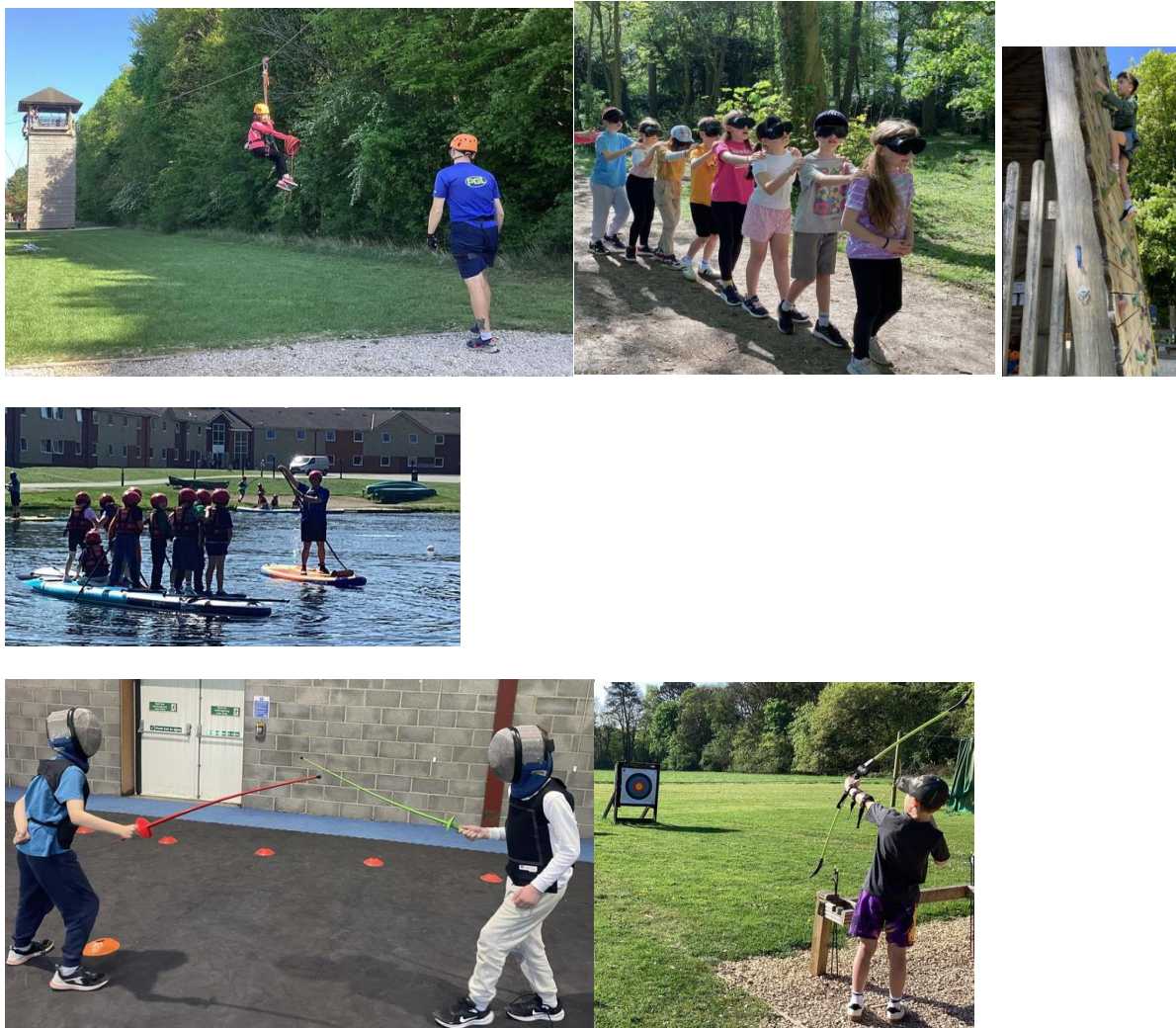
What a fantastic group of children to take on a PGL residential! All embraced new challenges, demonstrated our Christ Church values and most importantly did themselves and us, proud !

From climbing walls, paddle boarding, fencing, archery, sky high zip wire leaps of faith, to campfires and sensory

trails plus problem solving workshops, this bunch made memories which will truly last! A huge [congratulations](#) to the Year 4 dream team - as our PGL designated leader, Will said, "You are the group we remember for all the right reasons!"

Thank you for representing Christ Church in such a fabulous way! 😊

<https://www.christchurchschool-chelt.co.uk/summer-term-7/>



"Love as our Guide" song

This is a favourite song this term the children are learning. You can sing it at home using [YouTube](#).



Term 5 Compassion

'Be compassionate and kind to one another, forgiving each other, just as in Christ God forgave you.'

Ephesians 4:32

- Everyone matters, no one is more important than anyone else
- Take care of others
- Forgive one another
- Use your voice and hands for kindness
- Care for our world and our environment
- Be humble, recognise other people's achievements
- Think about others, listen to their thoughts and ideas
- Stand in some else's shoes

Key Bible Story

The Good Samaritan (Luke 10)



<https://www.christchurchschool-chelt.co.uk/our-values/>

Move More



Supporting an overwhelmed and worried child

When: Wednesday 14th May at 1pm
Duration: Approximately 60 minutes

Feeling worried and overwhelmed is normal. We all experience this on regular basis, children included. They can appear clingy, find it hard to leave parents, settle independently at night or find it hard to manage their emotions. Some children's worries come out as anger leaving parents confused about what to do. Do we shield children from situations they find upsetting and triggering, or do we throw them into the deep end hoping for the best? Are there other ways? And how do we know what is appropriate for our children?

To help you answer these questions, our next session will be focusing on:

- How an anxious or overwhelmed child might present, and how to spot the signs
- How to help your child when they feel overwhelmed and worried "in the moment".
- How to support your children in the longer term, to learn the skills, to enable them to help themselves in times of worry or feeling overwhelmed.
- When to consider seeking professional support
- Useful resources

Led by Jennifer Protheroe-Minett, Move-More's Family Engagement & Support Practitioner, this webinar will provide insights and actionable tips for parents and caregivers.

How do you sign up for the online session?

To register for this online session, please follow this link:

[move-more.org/events/webinar-overwhelmed-worried-child/](https://www.move-more.org/events/webinar-overwhelmed-worried-child/)

It will take you to our website where you will be asked to answer a few simple questions. We would encourage you to register even though you might not be able to attend the session live, as all registered participants will receive a recording of the session to watch in their own time.

I've signed up: what happens next?

Once you complete our short registration form, you will be registered for the online session. You will automatically receive an invitation for the zoom session. Please make sure you check your junk/spam folders. If you don't hear from us by the 14th May, please don't hesitate to contact Jen on jen@move-more.org.

[WWW.MOVE-MORE.ORG/FAMILY-ZONE](https://www.move-more.org/family-zone) 

To access both the live session and the recording of it, sign up by following this link:
[WEBINAR - Supporting an overwhelmed and worried child - Move More](https://www.move-more.org/events/webinar-overwhelmed-worried-child/)

An App to help

Lumi Nova is an engaging child-led, parent/guardian supported therapeutic intervention that can be used on most smartphones or tablets. It is for children aged 7-12 years old who are experiencing mild to moderate anxiety, such as:

- **Phobias** e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.
- **Social anxiety** e.g. Feeling worried about making new friends, going to social events.
- **Separation anxiety** e.g. Unable to sleep alone, worried about being away from parents, going to school

Lumi Nova includes two of the most effective parts of Cognitive Behavioural Therapy (CBT) that are proven to help treat fears, worries and anxiety. These two parts are **psychoeducation** - learning about worry, and **exposure therapy** - facing your fears. It starts by setting a Mission for the child to work towards. Each Mission is broken down into 3 goals, which they can achieve by completing small challenges. Breaking down their worries helps young people learn that they can face their fears while building their confidence!

Lumi Nova is free in Gloucestershire and can be accessed by going to www.luminova.app/glos

Attendance

As we begin the final and exciting stretch of the school year, we are encouraging every pupil to make every day count this summer term!

This is a time for consolidating learning, enjoying special events, preparing for transitions — and celebrating how far we've come. Strong attendance means your child doesn't miss out on key learning and the fun, memorable moments that make life at Christ Church so special.

We're aiming high for excellent attendance — because every day in school matters.

Thank you for your continued support!

Online Safety

Huge thanks to the parents who joined me for the internet safety session on Wednesday. For those who sent their apologies, please see the following resources which Simon referred to in his presentation.

Online Safety

www.internetmatters.org

www.getsafeonline.org

www.ineqe.com

www.reportharmfulcontent.com

www.thinkuknow.co.uk

www.ceop.police.uk/safety-centre/

ONLINE SAFETY

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com. Trigger Warning: This guide contains mention of suicide, which may be distressing for some readers.

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 83% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or who they're with – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger, from abduction to coercion. The consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sexortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning. Use pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 20 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.04.2025

Community Information

Under 5's

Stay and Play sessions for Children with additional needs

SEND friendly sessions for parents and their child/ren 0-5yrs who may (or may not) have a diagnosed additional need or disability.

Come along to a more sensory session and meet other parents who may be going or been through the same journey as you.

Just turn up, no need to book.

Cheltenham Locality		Tewkesbury Locality	
<p>Tues 29th April 10-11.30am & Thurs 9th Oct 1-2.30pm</p>	<p>Oakwood Children and Family Centre, Clyde Crescent, Cheltenham, GL52 5QH 01242 513010</p>	<p>Fri 19th June & Thurs 15th Jan 1-2.30pm</p>	<p>Brockworth Children and Family Centre, Moorfield Road, Brockworth GL3 4JL 01452 863617</p>
<p>Weds 21st May & Thurs 6th Nov 10-11.30am</p>	<p>Hester's Way Children & Family Centre Dill Avenue, Cheltenham, GL51 0ES 01242 222490</p>	<p>Fri 18th July & Fri 13th Feb 10-11.30am</p>	<p>Noahs Ark Children & Family Centre, York Road, Tewkesbury, GL20 5HU 01684 276361</p>
<p>Weds 10th Sept 10-11.30am</p>	<p>Gardners Lane Children and Family Centre Gardners Lane Cheltenham GL51 9JW 01242 252185</p>		



Family Support Drop In Sessions



Parenting can be overwhelming at times.

Do you feel you need some support to help with Family Life?

Come along to meet with a member of our Family Support team who can help you with issues like:

Parenting, Managing behaviour, Finances, Routines, Ages and Stages of development, Healthy Relationships, How to get support through the graduated pathway and accessing other services

Just pop in, no need to book.

Cheltenham Locality		Tewkesbury Locality	
Weds 7th May 9.15-11.15	Oakwood Children and Family Centre, Clyde Crescent, Cheltenham, GL52 5QH 01242 513010	Tuesday 20th May 1-3pm	Noahs Ark Children and Family Centre, York Road, Tewkesbury, GL20 5HU 01684 276361
Wednesday 4th June 9.30-11.30	Gardners Lane Children and Family Centre Gardners Lane Cheltenham GL51 9JW 01242 252185	Tuesday 17th June 1-3pm	Brockworth Children and Family Centre, Moorfield Road, Brockworth GL3 4JL 01452 863617
Weds 2nd July 9.30-11.30	Hester's Way Children and Family Centre Dill Avenue, Cheltenham, GL51 0ES 01242 222490	Tuesday 15th July 9.30-11.30	Brockworth Children and Family Centre, Moorfield Road, Brockworth GL3 4JL 01452 863617

Gardners Lane Children and Family Centre, Gardners Lane, Cheltenham, Gloucestershire GL51 9JW
 T: 01242 252185 E: gardnerslane@aspirefoundation.org.uk W: aspirefoundation.org.uk
 Company Reg No: 08461634



ASPIRE FOR SUCCESS

Is your child starting **SECONDARY SCHOOL** in September 2026?

Give your child the chance to experience what **Winchcombe School** has to offer

YEAR 5 TASTER DAY

Wednesday 2nd July 2025

Give your child the chance to experience what Winchcombe School has to offer including sessions in:

- Science
- Sports
- Catering
- Drama
- Technology
- Humanities

Hot lunch provided FREE of charge

Priority pre-registration for local families



<https://forms.office.com/e/iQ5GdPj9Lw>





Cheltenham Tennis Club Open Day

Sunday May 18th 3 pm to 6 pm

Everyone is welcome for a fun, free tennis afternoon

All equipment is provided and refreshments will be available

Please contact club tennis coach Joe Chadwick to book

joechadwicktennis@gmail.com

07872 645 230

Cheltenham Tennis Club
Tewkesbury Rd, Uckington, Cheltenham GL51 9SL



Denmark Road High School

Discover Realise Honour Shape



OPEN MORNING

Thursday 1st May 2025 and
Thursday 12th June 2025

8.45-10.30am

Headteacher Welcome Talk at 9am

Join us for the Denmark Road experience. No booking required.

Denmark Road High School, Gloucester, GL1 3JN