

The Christ Church News



31st January 2025

Our value this term is: **PERSEVERANCE**

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RESPECT COMPASSION PERSEVERANCE CREATIVITY FRIENDSHIP

Dear Parents and Carers,

Today is the last day of January and so much has already taken place in school to be celebrated. A reminder that the teachers regularly update their class pages on the website so you can see what individual year groups have been up to.

It was lovely to be back in school for part of this week; a return to the school in Gloucester was totally unexpected – especially after I had had a leaving party! This is very much a short-term support package in exceptional circumstances.

Best wishes.

Mrs Pope

Diary Dates 2024-2025

Date	Event
3 rd February	Y4 Residential meeting 3.40pm
5 th February	Y5 Bournside theatre trip Parent Prayer Group 8.45 Healy Hall – sign in at office
12 th February	Y4 Wilson Gallery trip
14 th February	Last Day of school – finish normal time – February Half term PTA uniform sale
24 th February	INSET DAY – No school for children
25 th February	Children back to school
26 th February	Look who's talking school winners event at CLC
28 th February	Young Voices Concert - Birmingham
4 th March	Y4 Into the net trip to St Gregorys – info to follow
5 th March	Parent Prayer Group 8.45 Healy Hall – sign in at office

6 th March	World Book Day
27 th March	Y5 trip – details to follow
28 th March	PTA wine tasting event
2 nd April	Parent Prayer Group 8.45 Healy Hall – sign in at office
4 th April	PTA Disco – sign up info to follow
8 th April	10am Y4 led Easter Service (at church)
9 th April	2.30pm Rock Steady concert
10 th April	PTA bake sale – info to follow
11 th April	Last day of school – finish normal time – Easter Holiday
28 th April	Children back to school
5 th May	Bank Holiday – school closed
7 th May	Parent Prayer Group 8.45 Healy Hall – sign in at office
7 th -9 th May	Y4 Residential
19 th May	Class Photos
23 rd May	Last day of school – finish normal time – May half term
2 nd June	Children back to school

PTA Event



Come and join us for a
PTA WINE TASTING

hosted by



DATE: Friday 28th March
TIME: Doors open 7pm for
7.30 Start

VENUE: Christchurch Primary
School Hall

Ticket £20 per person
Wine and Charcuterie included
Team games and prizes to win

QR Code to book your place



Year 5

This half-term, Year 5 have been having fun learning about fractions in maths. This culminated with some amazing teamwork to complete an investigation based on chocolate. Using their fantastic problem-solving skills, they were able to solve the investigation and were rewarded with their own piece of chocolate to eat!



Year 6

We are so proud of our Christ Church team who took part in the Move More Swimming Gala on Tuesday this week and achieved GOLD! They swam brilliantly, both individually and in the team relay event.



Lots of competitive sport has been enjoyed by Christ Church this week:

On Thursday, our netball team played against St James' school and impressed us with their team spirit and strong tactics.

A huge thank you to all of our staff who run clubs - we are so lucky to have a vast range of sport and extra curricular clubs being enjoyed.



Year 5/6 Football

On Wednesday, the Year 5/6 football team played a friendly game against Airthrie. We played 2 matches so that everyone had a chance on the pitch, and the children showed great sportsmanship while playing. There were some amazing saves from our goalkeeper and wonderful teamwork from all players.



Kindness

One of our parents works for Oxford University Press. They have recently announced Oxford Children's Word of the Year for 2024 as '**Kindness**'. This aligns beautifully with our motto of 'Always be Kind'.

<https://www.bbc.co.uk/news/articles/cre8q4r38edo>

Community support

"I never thought I would need to use a Foodbank."

Last year more than 900 households in Cheltenham needed to use the Foodbank for the first time and this was something people said to us over and over again as they came in. Life has been incredibly tough for many people, leaving them struggling to put food on the table. We want to make sure as a community in Cheltenham that no-one is having to go without food. It could be any of us who unexpectedly find ourselves needing help. We really understand that asking for help can be incredibly hard sometimes and we also know that those who find it hard to ask for help would also be some of the first to offer to help others if they were able to. People often feel apprehensive about using a foodbank for the first time so we try and make it as easy as we possibly can and we are a friendly bunch!

If you are struggling to have enough to feed your family, there are some easy options to get some help:

- Speak to the pastoral lead or family liaison lead in your school
- contact Citizens Advice on 0808 1896280 or email info@gloscab.org.uk
- Call the national helpline Help Through Hardship on 0808 2082 138

Both the Help Through Hardship and Citizens Advice are really helpful and may be able to offer other support as well as issuing food vouchers.

Attendance

**“THIS MORNING,
HE HAD A
RUNNY NOSE...
BUT LOOK AT
HIM NOW!”**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government

Search NHS school illness guidance to find out more.



10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why, use simple language and realistic examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly identifying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular positive conversations about emotions and emotional literacy, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Discuss characters' relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explain why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children in developing compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to track moods of thoughts and emotions, as writing can provide a outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world, to then integrate them, so they can use and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. The supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Use advantages of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate the progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. This reinforcement is a useful tool that will encourage continued growth and reinforce the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Elliott is Associate Vice-Principal for Personal Development at Farnborough Grammar School and works on a secondment one day a week for Minds Ahead, an organisation that supports schools in preparing their mental health provision.



WakeUp
Wednesday

The
National
College

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MOVE MORE
EVERY CHILD THRIVES



FEBRUARY 17TH-21ST



Balcarras Sports Centre
Charlton Kings Infants' School
Cleeve School & Sixth Form
St Marks Junior School
Chosen Hill School
John Moore Primary



Our non-profit activity camps are about learning to...

- MAKE NEW FRIENDS**
- POSITIVELY COMMUNICATE**
- WORK IN TEAMS**
- GROW IN CONFIDENCE**
- TRY NEW CHALLENGES**
- BE PHYSICALLY ACTIVE**
- AND MOST IMPORTANTLY HAVE FUN!**

Move More Charity Number 1175899

- Football
- Tennis
- Lacrosse
- Hockey
- Cricket
- Tri-Golf
- Netball
- Frisbee
- Curling
- Kin-Ball

- Badminton
- Archery
- Tag Rugby
- Multi-skills
- Balance Bikes
- Orienteering
- Speed Stacking
- Dodgeball
- Board Games
- Arts and Crafts



TAX FREE & CHILDCARE VOUCHERS ACCEPTED



HUGE RANGE OF GAMES & ACTIVITIES



LOTS OF LOCAL VENUES!



10% SIBLING DISCOUNT

MOVE-MORE.ORG/CAMPS   