

# The Christ Church News



24<sup>th</sup> January 2025

Our value this term is: **PERSEVERANCE**

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**RESPECT COMPASSION PERSEVERANCE CREATIVITY FRIENDSHIP**

Dear Parents and Carers,

Another busy week has flown by for us at school. There has been some fantastic learning taking place: from sensory play in EYFS linked to the Goldilocks story, to a visit from the magistrate in Year 6. On Monday, we look forward to welcoming Mrs Pope back with us full time.

Have a good weekend all,

Mrs Pendlebury

## Diary Dates 2024-2025

Date	Event
31 <sup>st</sup> January	PTA Non school uniform day – donation £1
3 <sup>rd</sup> February	Y4 Residential meeting 3.40pm
5 <sup>th</sup> February	Y5 Bournside theatre trip Parent Prayer Group 8.45 Healy Hall – sign in at office
12 <sup>th</sup> February	Y4 Wilson Gallery trip
14 <sup>th</sup> February	Last Day of school – finish normal time – February Half term PTA uniform sale
24 <sup>th</sup> February	INSET DAY – No school for children
25 <sup>th</sup> February	Children back to school
26 <sup>th</sup> February	Look who's talking school winners event at CLC
28 <sup>th</sup> February	Young Voices Concert - Birmingham
4 <sup>th</sup> March	Y4 Into the net trip to St Gregorys – info to follow
5 <sup>th</sup> March	Parent Prayer Group 8.45 Healy Hall – sign in at office

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

### **Congratulations to Mr and Mrs Kirby!**

Rowan Douglas Kirby was born last week weighing 9lbs. Would like to congratulate the family and hope they're enjoying getting to know little Rowan! Mrs Kirby sent us some photos of him to share with you...



### **OPAL Play**

Sometimes children want to take a photo of something amazing they've made in OPAL Playtimes so here is a huge tower built this week!



## Spirituality

This week, children had time to reflect on what spirituality is in our Key Stage assemblies.

### Defining Spiritual Development

According to Dr Rebecca Nye (lead thinker in children's spirituality) spirituality can be defined as relational awareness. That means awareness of my relationship with:



Wows



Ows



Nows

At Christ Church, we like to think of spirituality as the **Wows** **Ows** **Nows** of life.

### Wows

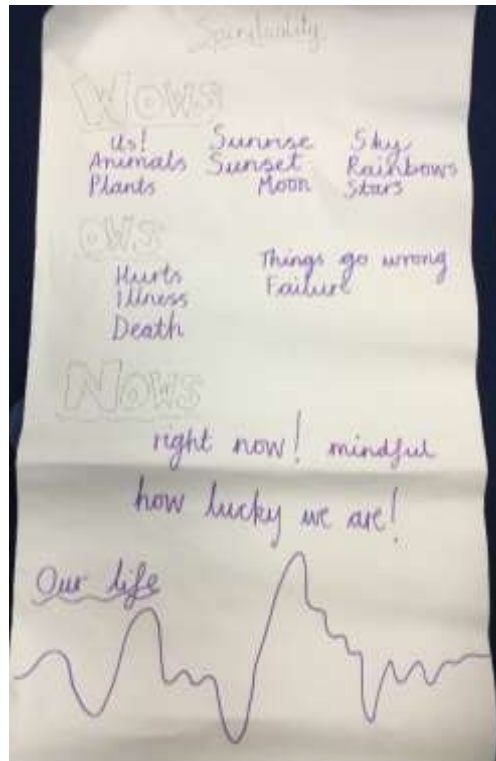
The awe and wonder moments. The times when you want to breathe in and capture the feeling, holding onto it as long as possible.

### Ows

These are the things that can go wrong. They knock the breath out of you.





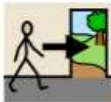
# Nows




These are the everyday ordinary times, being able to be present in the moment, thinking of what we have now and how lucky we are to be here now. (Being thankful – God is not just for emergencies!)




The infant children gave these examples from their lives and we talked about how our lives are never straightforward – we will have OWs and WOWs as we go through life's journey. We also talked about Christians believe God is there all the time to guide and comfort. This links with our school vision and bible verse:

 +     
"Be strong and courageous, do not be afraid."

      
The Lord your God is with you everywhere you go

    
so do not be discouraged."

  
Joshua 1:9

## Year 1

Year One have been playing the xylophones this week. We have been playing high and low notes and learning about the different sounds and tunes we can make. They also had great fun programming the Beebots to follow specific instructions.





### Year 2 Young Leader Award – Perseverance

Our next unit is about perseverance which links to our value this term. One of the challenges we had was to release a frozen toy animal from ice! It was so tricky, we had to persevere and even wait for the ice to melt.



We read the Bible story of the woman who wouldn't give up – Jesus told this story to teach people to persevere with prayer.

Then we watched Rosa Parks video to remember how she is a good leader who inspires and perseveres with her mission too.

### **Year 4 Gloucester cathedral visit**

Year 4 attended a wonderful Christingle Service at Gloucester Cathedral on Friday 17th January in aid of The Children's Society. We participated in a beautiful, candlelit service where Ted Vizor read from the Gospel of Matthew and our own Mr Hofman donned a 7 foot Christingle costume which brought joy to all staff and school children who attended. We thank you for your donations, Year 4 parents, to this important charity. If you still wish to donate, the online payment can be made on the usual SchoolMoney EduSpot app.





Year 6- Forest school



Look who's talking



Huge congratulations to our class winners who performed brilliantly in the hall. The children were all so engaged and asked insightful questions following each presentation. Congratulations to Emily, Arthur and Lena who now move on to the next stage of the competition which will be held at the Ladies' College on February 26<sup>th</sup>.

### **Netball**

A great netball tournament last night. We played Naunton Park. The game started well and was evenly balanced with goals being scored at both ends. Some excellent close marking and intercepting by

the Christ Church defence. It was close, with a final score of 4-3 to Naunton Park. Well done to all who played - we look forward to playing another school next week.



A message from Marijana:



# Don't Let the Bed Bugs Bite: What Adults Need to Know About Children's Sleep

**When:** Wednesday 5th February 2025 at 1pm

**Duration:** Approximately 60 minutes



Are you tired of hearing conflicting advice about your child's sleep? You might also be tired because your children and sleep don't mix well and you are not sure what to do. Whatever the reason, join us for our next webinar designed to clear up the confusions around children and sleep. We'll tackle the most common myths surrounding children's sleep habits and provide evidence-based insights to help your little ones get the rest they need. Specifically, we will look at:

- How sleep works
- Children's sleep needs
- Independent settling, night-time waking and early rising
- Lifestyle factors and "big feelings" that can cause bed/night-time issues
- The impact of the most common SEND on sleep

Led by Marijana Filipovic-Carter, Move-More's Head of Family support, 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:

<https://www.move-more.org/events/bedtime/>

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. If you don't hear from us by the 4th of February, don't hesitate to contact Marijana on [marijana@move-more.org](mailto:marijana@move-more.org). Please make sure you check your junk/spam folders.

**BOOK THE WEBINAR NOW**



In order to attend this webinar and/or access the recording, all adults need to do is register their interest following this link:

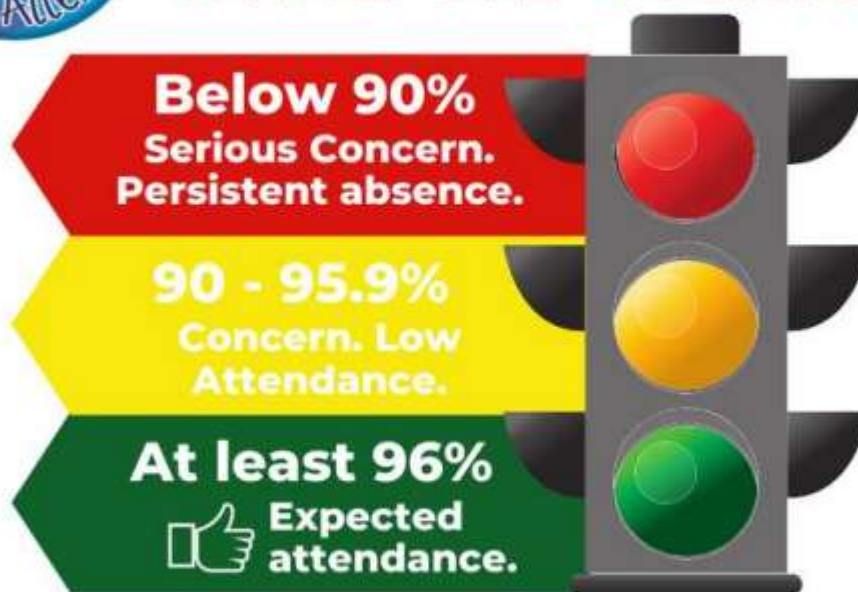
[PARENT WEBINAR - Don't Let the Bed Bugs Bite - Move More](#). Both the live session and the recording can be accessed on all devices that have internet. Everybody is welcome!

### Attendance



# ATTENDANCE

EVERY DAY COUNTS!



**Expected attendance means having no more than seven days off this school year!**



# *Superheros needed!*

## *Are you looking for a running challenge in 2025?*

### About Us:

Every Cloud Play & Creative Arts Therapy CIC in Cheltenham needs financial support to reach more children and young people in need of our services.

Would you run the Cheltenham half or 10k as an Every Cloud Fundraiser?

Dress up is optional!

**SUNDAY 21ST  
SEPTEMBER 2025**



email [admin@everycloudtherapy.org.uk](mailto:admin@everycloudtherapy.org.uk)

# What Parents & Educators Need to Know about HEALTH & FITNESS APPS

## WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children. A 10-year-old, for example, will have different physical needs to a child of 15. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

### NOT DEVELOPED BY EXPERTS

Many fitness and wellbeing apps are developed by experts in the field – but a concerning number of these aren't. As such, there is often no clear evidence-based information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes. Research has found that young people generally value this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We discuss that why apps using people's location should have the correct legislation in place to protect their safety and privacy while using the service.

### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as meal websites, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can be a little scary for young people as they may not be able to spend money on the service – a point which can quickly resolve up.

### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being set focused reminders and reminders – children could start to lose their natural drive to be active. Young people may also become dependent on tracking their exercise, health and eating habits. This can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Encourage the fun they can have by interacting with others rather than solely relying on an app to motivate in their regime. Beyond that, the importance of staying active, as well as the benefits of doing so with others.

### PROMOTE POSITIVE BODY IMAGE

While we want children to be well and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing, so it's really important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and health.

### REVIEW THE APP FIRST

Before allowing someone under 18 to use a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself. To see if it's appropriate for the child, a particular needs and decide if you're comfortable with their using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these as a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

### Meet Our Expert

Dr Claire Sutcliffe is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and texting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full information on guide page 18: <http://www.thenationalcollege.com/guides/wellbeing-fitness-apps>

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