

The Christ Church News



6th December 2024

Our value this term is: **FRIENDSHIP**

Telephone: (01242) 523392

Email: admin@christchurch.dgat.org.uk

Web: www.christchurchschool-chelt.co.uk

Twitter: @ChristChurchCo3

RESPECT COMPASSION PERSEVERANCE CREATIVITY FRIENDSHIP

Dear Parents and Carers,

December began with a special OPAL service where we were officially presented with our certificate from Rachel Murray who commented on our ability to make sure we were using “every inch” of the area we had available. Thank you all for your donations today for next week’s Crafternoon.

Please can you make sure that dogs are **NOT** tied to any of our gates as you come through the school entrance onto the playground. Many owners use the “pen” area next to the entrance where the gate can be closed (note, this is not the KidZone entrance, but the area to the left) which we don’t have an issue with at present. If you are not able to leave your dog in this area we would advise that they are left at home – **dogs should not be left unattended in any other area.**

Have a great weekend all.

Mrs Pendlebury

Diary Dates 2024-2025

Date	Event
2 nd December	Move More Parent session @ways to help your child thrive at school’ – contact the office to book your place
6 th December	PTA Non-Uniform Day. Donations for Crafternoon please!
10 th December	YR & Y6 height weight & vision checks – information emailed 2.15 pm Reception & Y1 Nativity
12 th December	Christmas Jumper Day 9.30am Reception & Y1 Nativity
13 th December	Reception trip to the Everyman PTA Crafternoon buy tokens from the office £1 each
17 th December	10am Christmas service led by Y2
18 th December	Christmas lunch 2.30pm Rock Steady Concert
20 th December	Last day of school – Christmas holiday Finish normal time
6 th January	INSET DAY – No school for children

7th January	Children back to school
14th February	Last Day of school – finish normal time – February Half term
24th February	INSET DAY – No school for children
25th February	Children back to school
28th February	Young Voices Concert - Birmingham
6th March	World Book Day
8th April	10am Y4 led Easter Service (at church)
11th April	Last day of school – finish normal time – Easter Holiday

Christmas Jumper Day

Please remember to wear your festive knits and send in £1 donations for Save the Children. Remainder of dress should be school uniform. Please note this is an optional event and children are, obviously, welcome to come to school in their usual school uniform if you prefer. Please DO NOT go out and buy something- we can always add some sparkle at school!



Year 6

Year 6 enjoyed a music and dance workshop on Tuesday afternoon with the theme of The Battle Of Tewkesbury. Thank you so much to Carol and her lovely team of musicians who added to the children's historical and musical knowledge of this time period. What a wonderful learning opportunity!



Advent at Christ Church



We have a beautiful Advent display with a Nativity Scene and a 3D Advent Calendar this year.



Paul from Youth for Christ led a service on Advent where he discussed the anticipation of waiting and the hope we have leading up to that special day. Two children raced to open all the doors in an advent calendar which was great fun to watch!

Follow that Star Prayer Wall

Our prayer wall is using the theme Follow that Star linked to our series of services on Advent thinking about Gabriel, Joseph, the Shepherds and Mary's responses during the Christmas Story in the Bible.



Our DGAT Advent Calendar



Thank you to the children who helped us create a Christ Church Advent Video for our DGAT Advent Video. Each day in December, we are watching another DGAT school perform a song, poem or story linked to Christmas. Our children performed "Born is the King" with CC the Christ Church Monkey sitting in our Christmas Tree!

"The Squirrel's Tail"



Thank you to parent Alex Beeching who read the new book *The Squirrel's Tail* to the whole school on Friday. Everyone adored his beautiful illustrations inside and it was lovely to have the opportunity to purchase the book for £10 after school. The book has been translated into Ukrainian and 300 books have been taken to Kiev. Alex kindly donated 5 books to school for our classrooms and library.

Colder Weather and OPAL

If you look closely, you can see the snow falling a few weeks ago. Now in the colder weather, please ensure your child has a warm, waterproof coat with a hood as we endeavour to be outdoors in all weathers. Gloves, hats and scarves are useful in these colder temperatures too. Please make sure all items are named.



OPAL Platinum Award

Following on from our fantastic achievement, Rachel Murray came in to present us with our platinum award for outstanding OPAL provision.



[Attendance: Dfe Guidance reminder](#)

Parents' responsibilities: What are my responsibilities for my child's attendance?

As a parent, you are legally responsible for making sure your child gets a suitable fulltime education, usually from the age of 5 to 16. For most parents, this will mean making sure your child is in school every day except when:

- Your child is too ill to go to school.
- You have permission for a leave of absence from your child's school for them not to attend. You should only ask for this in exceptional circumstances.
- Your religious body has a day especially for religious observance.

If my child needs to be absent from school, what do I need to do?

You should contact their school as early as possible on the first day of absence to explain why. If you do not, your child's school will contact you on the first morning of their absence to find out why your child is not in school. All parents can request a 'leave of absence' for their child which gives them permission to be absent from school. Your child's school has the final say over whether to approve the request and for how long your child can be absent.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'safe' or 'crisisline' to their title or use certain icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "your child is going to go, but then take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app. It may help, but this is a good strategy. Initially, it's not addressing the rest of the problem. A child could simply try managing these symptoms themselves, but shouldn't be speaking out and seeking professional help, which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health and wellbeing apps are useful tools for the short term, teaching users several helpful skills to manage their condition – such as keeping an illness diary, incorporating nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and don't offer necessarily gendered advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's vital to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertising) and it's essential to check precisely what you're providing information within the app. Many probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or would they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they worked with qualified mental health professionals to create their resources? Also check whether the app is affiliated with any government or mental health organizations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the professional advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored professional help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app. To ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an informed decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently seeking professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Butherford 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 online behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full references list on guide page 16. <http://thenationalcollege.com/guides/mental-health-apps>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Content as of the date of release: 04.12.2024



ALL TOGETHER SERVICE

CHRIST CHURCH CHELTENHAM

Church for all the family!

Sunday 8th December

Coffee & pastries from 10am.

Service starts at 10:30

