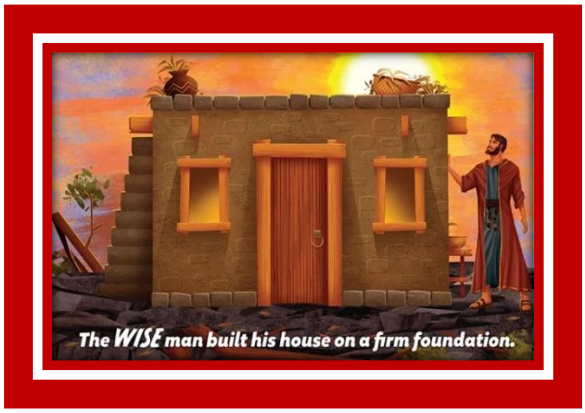
CHRISTCHURCH
C OF E PRIMARY SCHOOL

Vine
Empowering All to Flourish

NEWSLETTER

24th January 2025



Firm Foundations; Rooted in Love.

Rooted in love, we grow and learn together, supported by our firm foundations. We nurture and respect the individuals within our community, so that all can flourish and succeed, with aspirational hope.

"Do everything in love" 1 Corinthians 16:14

School CLUBS

This week our Spring Term school clubs have commenced. Thank you to everyone who has signed up & to all the staff for organising and running them!

On Monday this week our Badgers class held an assembly all about their Courageous Ambassador – Mary Hare.

Well done Badgers for all your hard work in preparing & providing such an informative & interesting assembly!

MENTAL HEALTH SUPPORT TEAM

This morning we were joined by members of the Mental Health Support Team who delivered a workshop to all our Year 5 & 6 children to support them with emotional regulation. The parents/carers of our Year 5 & 6 children were invited in to share the content of this workshop, giving opportunity for parents to learn more around supporting self-regulation in their child/ren.

We very much hope that the parents/carers who were able to join us found this workshop useful.

Have a lovely weekend!

HEAD TEACHER'S AWARD

Head Teacher's Award

Head of School Stickers

This week Mrs Hall has given Headteacher Stickers to the following children:

Lucas – Badgers for providing super answers during a Year 6 Maths lesson

Elliot – Badgers for his fantastic book work in a Year 5 Maths lesson

Am I Eligible for Free School Meals?

All children in Reception, Year 1 and Year 2 are entitled to a free school meal every day through Universal Free School Meals Funding.

For children in Years 3 to 6, the cost of the meal is currently £2.50 per day. Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of less than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit, with a household income of £7,400 or less (after tax and not including any benefits you get)

To apply for a free school meal for your child/ren please visit:

https://www.essex.gov.uk/schools-and-learning/schools/free-school-meals

and complete a short application. Alternatively visit the School Office who will advise you further.

If your child/ren is in Reception, Year 1 or 2 and you are in receipt of any of the above, you can also use this application to secure additional school funding for your child/ren.

BADGERS

Courageous Ambassador – Mary Hare (1866-1945), Suffragette, Women Police Volunteer, Teacher

In Brighton & Hove Mary Hare became a pivotal figure in societies which promoted women's equality. President of Brighton Women's Co-operative Guild, in the 1911 census, she became notorious for being one of the women who spoiled her form by scribbling *'women do not count therefore we will not be counted'* on it.

Book Swap

We have a rack of books in the school office foyer for our parents/carers to take a book to read and, if able, to replace with a book you have already read and no longer have need of.

Happy reading!

Letters sent home / info on website for w/e 24th January 2025

The following letters have been sent out and/or put on the school website (under Key Information/ Information Hub/ Letters Home).

- FLYER TO ALL PARENTS: PTFA Disco – 14/2/25 – KS1 3.15pm to 4.15pm & KS2 4.30pm to 5.30pm
- LETTER TO PARENTS YEAR 6: SATs Workshop – 31/1/25 9.15am & 3.15pm (dated 24/1/25)

Helping Hands Box

We are delighted that so many of our parents/carers are using our Helping Hands Box which is located in the school office foyer.

If you have any items in your cupboards which are in-date & you are able to spare then we would be very grateful for any top ups – please just add them to the box.

We all need to look out for each other & we really appreciate any contributions received.

Thank you to all those who have topped up our box your continued support is very appreciated.

Reading Raffle

Reading is an important life skill. We want to reward and encourage children to read at home. Therefore, we have launched our Reading Raffle!

For your child to be entered into the Reading Raffle each week, your child needs to read **at least 4 out of 7 times a week**.

They need to have their **Reading Diaries signed and shown to their class teacher on a Thursday**. The raffle will run from Friday to Thursday each

If your child has read **at least 4 out of 7 times**, then their name will be entered into the raffle.

A name will be picked at random from each class. The winner of each class will win a book! This raffle will be every week and we hope to see all children entering every week!

Congratulations to this week's winners – we hope you enjoy reading your new books!

Oliver - Red Squirrels

Henry - Hedgehogs

Esme - Foxes

Amber - Otters

Judith – Badgers

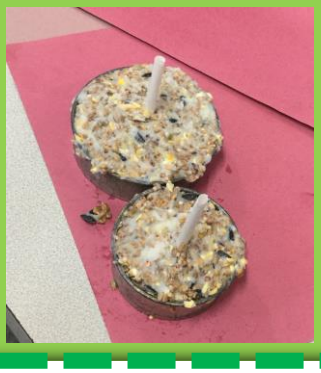
GARDENING CLUB

During the first Gardening Club of the Spring Term the children have made lard cakes to take home for the birds.

This weekend between Friday 24th January 2025 to Sunday 26th January 2025 the RSPB are holding their annual Big Garden Bird Watch!

If you are taking part at home please send in any photos as we love to share what our children are getting involved with at home!

On Monday 27th January 2025 our Pupil Parliament School Council Members will be recording any birds they can spot & identify on the school field.



Leaflet Regarding Today's Workshop attended by our Year 5 & 6 Children

5 Ways to Wellbeing Workshop

Learning Objective: To understand the 5 Ways to Wellbeing

In today's workshop we looked at understanding what happens when our emotions get "too big" and how we can manage our emotions using the 5 Ways to Wellbeing (5 Actions evidenced to improve our wellbeing).

We spoke about how we feel emotions in our bodies, identifying our own body clues. For example: worried: stomach-ache, angry: fast breathing etc.

We introduced the "emotional pot", an activity to support students visualise that at times we can experience overwhelming feelings and emotions that cause our pot to "fill up". We then look at ways to help reduce this, such as: The 5 Ways to Wellbeing.

5 Ways to Wellbeing	Examples
Be Active	Go for a walk, bike ride, swimming, jogging
Connect	Talk to friends/Family, facetime, text,
Take Notice	Paint/draw what you've seen today, play I spy
Keep Learning	Complete a word search, practice a skill or hobby, study an animal or bug, try a new food
Give	Smile, say thank you, share with others, help around the house

We introduced 3x strategies to help manage emotional regulation: 5 finger breathing, 54321 and progressive muscle relaxation.

We introduced the idea of a "calm kit" which is thinking about ideas to help you calm such as: activities, strategies, games, music, pets etc.

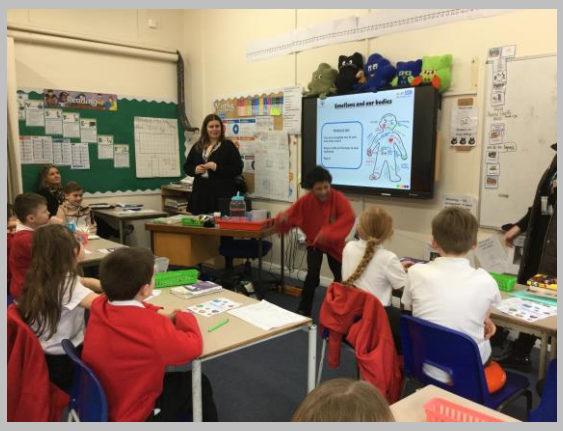
Your child was given a "5 Ways to Wellbeing" activity booklet which can be continued to use at home with activities such as: identifying body clues emotional pot, strategies, 5 Ways to wellbeing planner and calm kit.

If you have any questions, please talk to your class teacher or Visit www.nelft.nhs.uk/essex-mental-health-support-teams to find out about our service – Mental Health Support Team

MENTAL HEALTH SUPPORT TEAM

BADGERS

'Supporting Emotional Regulation' Workshop



Hot Chocolate Friday with Mrs Hall

The following children have been on the gold star and randomly chosen to have Hot Chocolate with Mrs Hall.

Tommy – Red Squirrels
Ellie-Mae – Hedgehogs
Bonnie-Lee – Foxes
Arlie-Blaiz – Otters
Elliot - Badgers

Congratulations to you all!

Times Table Rockstar Competition

During the first half of the Spring Term we are holding a Times Table Rockstar Competition for children in Year 1 to Year 6.

We would love to see as many children as possible joining in with this!

6th January to 13th January 2025

Girls vs Boys

Hedgehogs = Boys
Foxes = Girls
Otters = Girls
Badgers = Tied

All the winners earnt 5 Class Dojos each for being ready to learn – Well done to you all!

13th January to 20th January 2025

All year groups against each other

Winners = Year 4

Well done to all our Year 4 children who took part & they have each earnt 5 Class Dojos for being ready to learn.

Attendance – w/e 24/1/25

The winning class for the week ending **24th January 2025** is Foxes class.

Year	Attendance %
R / 1(Red Squirrels)	88.89%
1 / 2 (Hedgehogs)	95.19%
3 / 4 (Foxes)	97.5%
3 / 4 (Otters)	97.53%
5 / 6 (Badgers)	88.89%

Each Friday we hold a raffle for all pupils in school, on time all week. This week the raffle was drawn and the winning pupil was Rosie from Badgers class.

If your child is not in school, please remember to phone each morning before 9 am and leave a message **for safe guarding reasons we must have a reason.**

If you receive a in-app message, please contact the school to explain the absence. If we do not hear from you telephone calls will be made and if we are unable to contact you then a home visit may be appropriate.

If you child arrives late then please could an adult accompany them into the office to sign them in. Anyone arriving after the registers close (after half an hour) will be classed as an unauthorised absence unless we are aware of the reason in advance.

At Christchurch, we recognise that positive behaviour and good attendance are essential for pupils to get the most of their school experience, including their attainment, wellbeing and wider life chances.

The law entitles every child of compulsory school age to an efficient, full-time education and where parents decide to have their child registered at school, they have an additional legal duty to ensure their child attends that school regularly, on time.

Thank you for working with us to ensure your child/ren at Christchurch have good attendance.

Stars of the Week – w/e 24/1/25

Year	Name
R / 1(Red Squirrels)	Megan & Samuel
1 / 2 (Hedgehogs)	Summer & Sofia
3 / 4 (Foxes)	Penelope, Toby & Daisy
3 / 4 (Otters)	Arlie-Blaiz & Lola
5 / 6 (Badgers)	Catalina & Miicah

Good Manners – w/e 24/1/25

Year	Name
R / 1(Red Squirrels)	Evie-Leigh & Doris
1 / 2 (Hedgehogs)	Ellie & Chloe
3 / 4 (Foxes)	Penelope & Rory
3 / 4 (Otters)	Sophie & Elsie-Mae
5 / 6 (Badgers)	Molly & Rosie

Lunch Time Stars – w/e 24/1/25

Paisley – Red Squirrels
Emily - Foxes

Reading Challenge – w/e 24/1/25

Year	% children reading at home regularly
R / 1(Red Squirrels)	56%
1 / 2 (Hedgehogs)	70%
3 / 4 (Foxes)	88%
3 / 4 (Otters)	83%
5 / 6 (Badgers)	70%

Each week the Friday Assembly is led by members of Badgers Class. This week's leaders were Edith, Lucas & Catalina.

Well done to you all!

Please see our website for full details of Dates to remember. Details of any events will be sent out nearer the time.

Please note that all events are for the children/staff only unless specified.

Academic Year 2024-2025

January 2025

28th Jan 25 – 3.10pm to 4pm – Dengie Cross Country at Christchurch – Details to follow
31st Jan 25 - 9.15am to 10am – Year 6 SATs Workshop – Parents invited – Letter dated 24/1/25 refers
31st Jan 25 – 3.15pm to 4pm – Year 6 SATs Workshop – Parents invited – Letter dated 24/1/25 refers

February 2025

14th Feb 25 – Non-Uniform Day
14th Feb 25 – 3.15pm to 4.15pm – KS1 PTFA Disco – Flyer issued 21/1/25 refers
14th Feb 25 – 4.30pm to 5.30pm – KS2 PTFA Disco – Flyer issued 1/1/25 refers
17th Feb to 21st Feb 25 – HALF TERM HOLIDAY
24th Feb 25 – Hook Day – details to follow

March 2025

4th March 25 – 3.30pm to 5pm – Year 5/6 Football Match @ Burnham Ramblers – details to follow
18th March 25 – 2.30pm to 3.10pm – EYFS Road Safety – Parents invited – details to follow
31st March 25 – Reception & Year 6 – Height & Weight – Details to follow

April 2025

7th April to 21st April 25 – EASTER HOLIDAY
25th April 25 – EYFS/KS1 Easter Service at Christ Church – Parents invited - details to follow
25th April 25 – KS2 Easter Service at Christ Church – Parents invited - details to follow

22nd April 25 – First day Summer Term

May 2025

5th May 25 – BANK HOLIDAY
26th May to 30th May 25 – HALF TERM HOLIDAY

June 2025

2nd June 25 – NON-PUPIL DAY
9th June to 13th June 25 – Mersea Residential
23rd June 25 – Ormiston Rivers Year 7 Transition Day – details to follow
26th June – Dengie Sports Day – details to follow

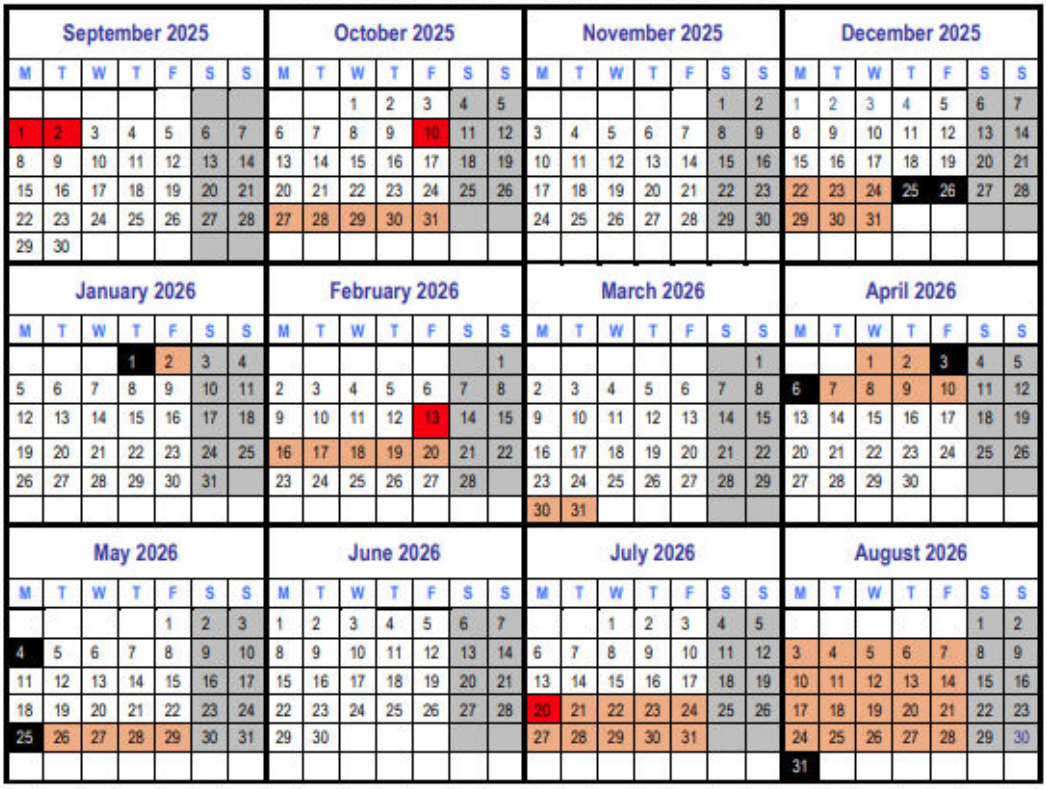
July 2025

21st & 22nd July 25 – NON-PUPIL DAYS
23rd July 25 – SUMMER HOLIDAY

PLEASE NOTE BELOW CHRISTCHURCH C OF E PRIMARY SCHOOL TERM DATES FOR THE ACADEMIC YEAR 2025-2026

Christchurch C of E Primary School

School Term Dates - Academic Year 2025-2026



= Schooldays = School holidays = Bank holidays

= Weekends = Non-pupil days

In addition, schools allocate five non-pupil days out of the school days indicated, or the equivalent in disaggregated twilight sessions.

Autumn Term:	Monday 1 September 2025 – Friday 19 December 2025 *Half Term 27 October – 31 October*	75 days
Spring Term:	Monday 5 January 2026 – Friday 27 March 2026 *Half Term 16 February - 20 February*	55 days
Summer Term:	Monday 13 April 2026 – Monday 20 July 2026 *Half Term 25 May – 29 May, and May Bank Holiday - 4 May*	65 days
		195 days

Please note:
The above dates may vary for individual schools, especially Foundation, Voluntary Aided schools and Academies.
You are strongly advised to check with your child's school before making any holiday or other commitments.

Places Leisure
Part of Places for People

Because Community Matters

Children's swimming lessons

at Blackwater Leisure Centre

Learning to swim brings freedom, fun and endless opportunities to create lifelong memories in and around water. Places Leisure follow the Swim England Learn to Swim Framework to deliver swimming lessons that build water confidence from the first splash for a lifetime of water safety and enjoyment.

Adult & Child

Preschool Ducklings

Stages 1 - 10

Private

To find out more, visit blackwater.placesleisure.org
01621 851 898

ACL

FREE

Get Ready To Support Your Future Teen

with Our Free **Online** Courses!

Are you looking for ways to help your teen navigate the challenges of adolescence? Our free online courses are designed to provide parents and carers with the tools and knowledge to support their teens effectively. From managing emotions to building resilience, our sessions offer valuable insights to help your teen thrive.

Sign up via our website ACLEssex.com and search by course title or code

The Teenage Brain	(CODE: DOL2C45Y24)	11/02/2025
Understanding Teens	(CODE: DOL4C46Y24)	27/02/2025
Understanding Teenage Anxiety	(CODE: DOL4C47Y24)	27/03/2025

COMMUNITY & FAMILY LEARNING

ACLESSEX.COM / FAMILY LEARNING

ACL

Essex County Council

www.lsccoaching.com/book-online

Sports & Play Camps
February Half Term 2025

PAID & FUNDED SPACES AVAILABLE NOW

A variety of sports, activities, and themed sessions, ensuring something for every Little Sportster! We even have Little Scrummer sessions for even more sportastic fun!

BOOK NOW TO RESERVE YOUR SPACE TODAY!

Heybridge
Heybridge Primary School
18th – 20th February

Maldon
Maldon Primary School
18th – 20th February

Mayland
Mayland Primary School
19th – 21st February

£22 per day

4–12 years

Disco

Friday 14th February

KS1 – 3.15 to 4.15

KS2 – 4.30 to 5.30

£5 per child - £4 per sibling (in school)

Price includes, unlimited water/juice, crisps & 1 packet of sweets.

It is a non-uniform day for all children.

KS1 – Children will attend the disco straight from their classroom, no need to pick them up at 3.10. When collecting at 4.15, please walk around to the top playground (through Red Squirrels garden) and the children will exit through the doors to the hall.

KS2 - Children will enter through Foxes door at 4.30, where they will be signed in, please queue at the main gate. When collecting your child/ren, please walk around to the top playground (through Red Squirrels garden) and the children will exit through the doors to the hall.

As some children have found previous discos a little overwhelming, we have decided to split the Disco into 2 sessions, one for each Key Stage.

However, the KS1 Disco is available to **any** children in KS2 who would prefer a more comfortable atmosphere.

And any children in **Hedgehogs** class who wish to attend the KS2 Disco instead may also do so.

If your child requires ear defenders, please can we ask that you supply these.

Please return slips & payment (in a sealed envelope) to the PTFA post-box by Monday 10th February. (Post-box located on left hand side as you enter the office).

Disco – Feb 14th

Child/ren's Name:_____ Class:_____

Will be attending the: KS1 Disco ☐ KS2 Disco ☐

I have paid via PayPal ☐ I have enclosed cash ☐

Email for PayPal: latchingdonprimaryschoolptfa@gmail.com

Allergy Info:_____

Signed:_____ Contact Number:_____

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.

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 16-year-old, for example, will have different physical needs to a child of 10. 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

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate 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, at the gym or during any other such activities. Research has found that young people generally dislike 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 name, 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'd advise that any apps young people download 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 new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount 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 sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with 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. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install 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's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active 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. It's vitally 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 lifestyle.

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 on 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 Sutherland 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 sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: https://nationalcollege.com/guides/wellbeing-fitness-apps

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025