

Christ Church C of E Primary School

Weekly Newsletter - May 10th



Key Dates

- **13th May—Deadline for Parent Governor nominations**
- **15th May 2024 - School Book Fair**
- **22nd May—4:30pm—Premier Education parent meeting**

ATTENDANCE

Whole School—92.39%

Top Class Attendance -

Yellow Class 99.01%

Top Class Attendance for Half Term— Yellow Class 95.99%

'Surfs Up' Art Display 2024

Schools in Newark have been asked to design a surfboard which will be on show in the Town Hall in Newark on Saturday 11th May. The theme is 'motion for the ocean' this is in recognition of concerns about the state of our local rivers and oceans. The goal of 'Motion for the ocean' is to encourage local authorities, including both coastal and inland councils, to contribute to achieving a clean, healthy and productive ocean.

Can you find our schools surf board??!



School Greenhouse

We are looking for donations of empty 2ltr clear bottles, these will be used for a greenhouse project so we need lots please!!





HAPPY NEWS



FRANCE

Picnic in Paris

This month Paris will host one of the world's biggest picnics, giving 4,000 people the opportunity to dine outside in front of the Champs-Élysées. 'Le Grand Pique Nique' (The Grand Picnic) will take place on Sunday 26th May, and will close one of the busiest roads in the world. Each guest will receive a picnic basket with samples from nine local restaurants. The city is also aiming to set the Guinness World Record for the largest picnic blanket!



KIDS



UK



Move for mental health!

Next week is Mental Health Awareness Week and this year's theme is 'get moving for mental health!' The aim is to raise awareness of the impact of exercise on our mental wellbeing. Did you know that children age 5-18 should get 60 minutes of physical activity per day? Exercise has many benefits for our mental health, including boosting our mood and helping to reduce anxiety. How can you build more movement into your weekly routine?



BELGIUM

'Good gully!'

A 9 year old boy from the UK has won a European screeching competition with his amazing seagull impression. Cooper travelled to Belgium to take part in the competition, which encourages people to think more kindly of sea birds. He won with a total of 92 points out of 100 from the judging panel!



MEXICO

Annual donkey festival

Every year, residents of Otumba, Mexico, gather to celebrate their faithful, four-legged companions with an unusual festival. No, we don't mean dogs, this festival is all about donkeys! The event, now in its 59th year, celebrates the animals by holding fancy dress competitions, parades, sporting events and more. Event organiser, Juan Carlos Chávez, hopes that the festival will raise awareness about donkeys, he calls them "wonderful animals."



JAPAN

World's oldest wombat celebrates birthday

The oldest known living wombat in the world has just celebrated his 35th birthday. Wombats usually live for around 15 years in the wild or up to 20 years in captivity, making this wombat's age all the more impressive! Wain the wombat was rescued from Tasmania, Australia, when he was one and taken to Japan where he lives at Satsukiyama Zoo. Experts say that Wain is extremely well taken care of!



Newark Sports and Fitness Centre,
Dukeries and Southwell Leisure Centre

HALF-TERM TIMETABLE

Tuesday 28th May – Sunday 2nd June 2024



Includes 2 FREE activity sessions!

Pre-book and pay for your activity online through
www.active4today.co.uk/leisurehub

Bookings open from 29th April

Telephone 01636 655780

Email enquiries@active4today.co.uk

Newark Sports and Fitness Centre Swimming

Main Pool

Tuesday 28th May 9:30am - 10:15am 1pm - 1:45pm 2pm - 2:45pm	Public Swim Public Swim ^A Public Swim ^A
Wednesday 29th May 10:30am - 11:15am 1pm - 1:45pm 2pm - 2:45pm 6:45pm - 7:30pm 7:30pm - 8:15pm	Disability/Public Swim ^{**} Public Swim ^A Public Swim ^A Public Swim Public Swim (2Lanes Only)
Thursday 30th May 9:30am - 10:30am 2pm - 2:45pm 5pm - 5:45pm	Public Swim Public Swim Fun Swim
Friday 31st May 10am - 10:45am 11am - 11:45am 2pm - 2:45pm	Inflatable Swim [*] Inflatable Swim [*] Public Swim
Saturday 1st June 11am - 12:30pm 2pm - 3pm 3:15pm - 4:15pm	Public Swim Inflatable Swim [*] Public Swim
Sunday 2nd June 10:30am - 11:30am 11:45am - 12:45pm 2pm - 3pm	Public Swim Public Swim Public Swim

^A Height restrictions apply, max 17m and oblate swim 25m on their front. Max age 14yrs
^{**} An open session for adults and juniors with disabilities
^{*} Paralympic lanes off for private hire
Public Swims have fun floats and rafts available

Teaching Pool

Tuesday 28th May 12 noon - 12:45pm 1pm - 1:45pm 2pm - 2:45pm	Public Swim Public Swim Public Swim
Wednesday 29th May 10:30am - 11:15am 11:45am - 12:30pm 1pm - 1:45pm 2pm - 2:45pm	Disability/Public Swim ^{**} Public Swim Public Swim Public Swim
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Public Swims have fun floats and rafts available

Public swim prices:

Juniors £4.50 (without Active Card £5.50) Adults £6 (without Active Card £7.50)
Concession £5 (without Active Card £6) Inflatable Sessions £5.50 with an Active Card
Public swimming is included in most memberships. Check website for details. Active Cards are free for new customers and available at reception.

Newark Sports and Fitness Centre Sports

Junior Fitness (8-15yrs)

Weekdays 6am - 6pm
Weekends 8am - 2:30pm
£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

Juniors must attend an induction with an adult/carer prior to using the fitness suite. Please book this at reception. Normal admissions policy applies.

Family Sport Session

Wednesday 29th & Friday 31st May
10am - 12noon
£5.50 per session

Come along for a morning of fun for all the family. Choose from badminton, short tennis or table tennis. Maximum 5 people per booking.

Sports Camp (8-13yrs)

Thursday 30th May
9:30am - 1pm
£7.50 per session

Structured indoor sports giving children a great opportunity to try a variety of activities including access to the fitness suite plus a fun swim session so don't forget your kit! Please ensure children wear appropriate clothing, swimwear and footwear. Bring plenty to drink and a light snack.

Must be pre-booked and paid for on Leisurehub or at reception by 8am on the day of the activity. We will not accept bookings after this time.



www.active4today.co.uk/leisurehub

www.active4today.co.uk/leisurehub

We need you!!!



We want to celebrate your achievements outside of school!!

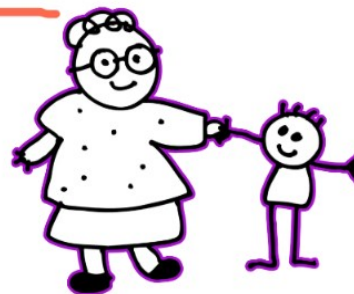


SEND your pictures, medals or certificates To :
parents@christchurch.notts.sch.uk

or drop into reception !



These will be displayed on our Celebration wall!!





SCAN TO FIND
OUT MORE



Academic year 2024-25

Wraparound Care for Christ Church CofE Primary School

High quality before and after school care
every day the school is open!
We are starting from Monday 3rd June to
Friday 26th July!



Search Premier Education Wraparound Care



Based on over 20,000 reviews

Premier Education are honoured to be able to provide the wraparound care at your school.



Our aim is to deliver a top quality, Ofsted registered provision, with a range of stimulating activities in a safe, secure and fun environment, providing an outstanding service for busy parents.

Parents can relax knowing their children are in safe hands as all staff have experience working with primary school children, have been DBS checked, and hold Paediatric First Aid and Safeguarding certificates.

Wraparound care sessions are open to children from Reception to Year 6, with no deposit or registration fee required. Healthy snacks are provided, with specific dietary requirements also being catered for.

Christ Church CofE Primary School

Before School Option:
07:30-08:50 = £6.75

After School Options:
15:30-18:00 = £10.75 Full Session
15:30-17:00 = £7.50 First Half Session
16:30-18:00 = £7.50 Second Half Session

Book now at:
www.premier-education.com

Contact us at:
info@premier-education.com
or 01953 488040

Ofsted registration number: 2781897



Smartphone Free Childhood

Smartphone Free Childhood is a parent-led movement whose mission is to protect children from the dangers of using smartphones too young.

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age. Are you ready to join? Find out more here: <https://smartphonefreechildhood.co.uk>

You may feel your child does need a phone, particularly if they are walking home by themselves, but there are alternatives to the smartphone, including a watch, which are listed here: <https://smartphonefreechildhood.co.uk/alternatives>

If your child already has a smartphone then Internet Mums have a section on their website with advice on smartphone safety: <https://www.internetmums.org/safesuppsafe/>



Is being online affecting our child's mental health?

There are many positives to being online, but we do need to be aware of the negative aspects including those that may impact our child's mental health and wellbeing, for example:



- **Social media** (spending too much time on social media, comparing ourselves to others, filtered images and desire to achieve likes).

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- **Cyberbullying**
- **Seeing inappropriate content**
- **Constantly connected/information overload**

- **Excessive screentime**
- **Negative impact on our sleep**

Further information

- Childnet discusses digital wellbeing in more detail and includes top tips and conversation starters: <https://www.childnet.com/help-and-advice/digital-well-being/>
- The NSPCC provides further information about mental health including signs to look out for and how to get further support: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety->

WhatsApp Group warning

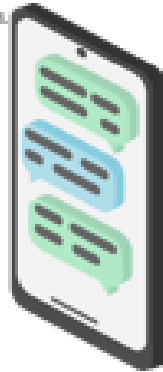
Whilst WhatsApp has an age rating of 13+ (recently lowered from 16), a BBC investigation has found that children as young as nine have been added to WhatsApp groups and seen inappropriate content. If your child is using WhatsApp, check their group settings as by default, group privacy settings are set to "everyone," which means anybody can add your child to a group without their approval. You can change this setting to "My Contacts" so only contacts can add them to groups without their approval and if somebody who is not a contact wants to add them to a group then they will need to send them an invite.

You should talk to your child about the risks of joining groups and show them how to use the reporting/blocking tools. You can find out

Digital Addiction

Users of this guide do so at their own discretion. No liability is entered into.
Current as of the date released 01.05.24.

Are you worried that your child is addicted to being online/on their device? Recent research from Ofcom reported that “34% of



parents of children aged 3-4 said it was hard to control it, rising to half (49%) of parents of children aged 16-17.”* Bark have produced a blog which discusses what addiction is, how to recognise the signs and examples of what digital addiction can look like. You can find the blog here:

<https://www.bark.us/blog/digital-addictions/>

[*source:

<https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens/children-and-parents-media-use-and-attitudes-report-2024> accessed 24.4.24]

Misinformation online

There is a lot of information online that is incorrect/fake or misleading and it can sometimes be difficult for adults to distinguish between what is true and what is fake, never mind for younger people. We need to develop digital literacy skills in our children by encouraging them to think critically about what they read online and to fact check. Both the BBC and Channel 4 have fact checking areas on their websites:

- https://www.bbc.co.uk/news/reality_check
- <https://www.channel4.com/news/factcheck/>

One way to start the conversation would be to play a game such as 'Can you spot the signs of fake news?' from the BBC:

<https://www.bbc.co.uk/bitesize/articles/zwfm8hv>

Further information

- <https://saferinternet.org.uk/online-issue/misinformation>

