



CHRIST THE KING CATHOLIC PRIMARY



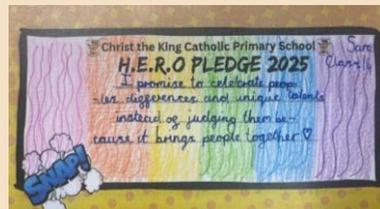
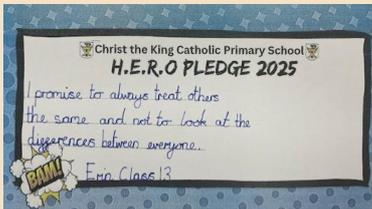
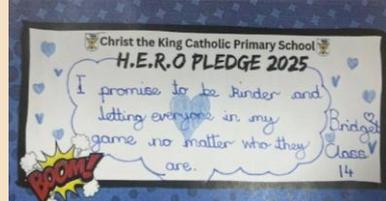
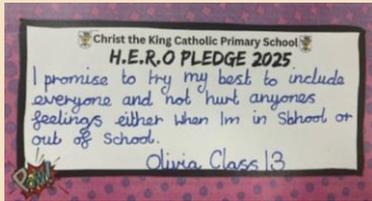
WEEKLY SCHOOL NEWSLETTER – Friday 10th January 2025

HAPPY NEW YEAR!

Happy New Year and welcome back to school!

We hope you and your families had a wonderful and restful break during the festive season.

This week, the children have hit the ground running, diving into new topics across the curriculum. The children have also been learning to be a HERO by Helping Everyone Respect Others, fostering kindness and respect in our school community.



Wishing you all a happy, healthy, and successful year ahead!

SCHOOL MASS

Children in Reception – Year 6 will attend Mass on

Tuesday 14th January 2025.

This will be led by children in Year 3 & 4



SUNDAY MASS

Sunday 12th January - 9am Mass
Readings led by children in Year 6

Children in Years 3 – 6 are welcome to join staff in the choir loft.
Children in Reception – Year 2 are welcome to participate in children's liturgy

SACRAMENTAL PREPARATION

Wednesday 15th January – Year 6
Confirmation Parent Information session in church at 6pm.

Sunday 19th January – Year 6 Commitment
Mass in church at 9am

REMINDER

If your child brings grapes to school as a snack for playtime, we kindly recommend cutting them in half, lengthways. This helps to reduce any potential choking hazards and ensures the safety of all our children while enjoying their snacks.

A gentle reminder, we are nut free school.
Please refrain from making chocolate spread sandwiches.



Thank you very much for your understanding and cooperation.

OUR MISSION THIS WEEK

THE MISSION
THE EPIPHANY

How will you honour Jesus this week? What gift will you lay before him. Your Mission is to find a way to do this. It may be an extra visit to church or spending some time praying by the crib. You could also put love into action and honour Jesus with an act of kindness or service for another person.





Well done to Moses for developing his skiing over the Christmas holiday. Moses mastered new slopes as well as placing 3rd in his ski school race. Well done Moses, we are very proud of you!



On Thursday, two West Midlands Police Officers visited Westhill Road site to talk to the children about people who help us. The children had the opportunity to try on part of the police uniform. Mrs Allsop also had the opportunity to take part!

Happy Birthday to ...

- Katie C
- Lemuel P
- Lily W
- Bonnie C
- Connor H
- Elizabeth E
- Finn E
- Odhran K
- Cara B
- Teddie B
- Eric D
- Oliver G
- George K
- Sofia O
- Jonah W



This week the children have been busy starting new topics across the curriculum. On Wednesday, Year 4 had a wonderful English WOW Day as they begun their new novel by Michael Morpurgo, Why the Whales came. The children created their own cormorant out of clay.

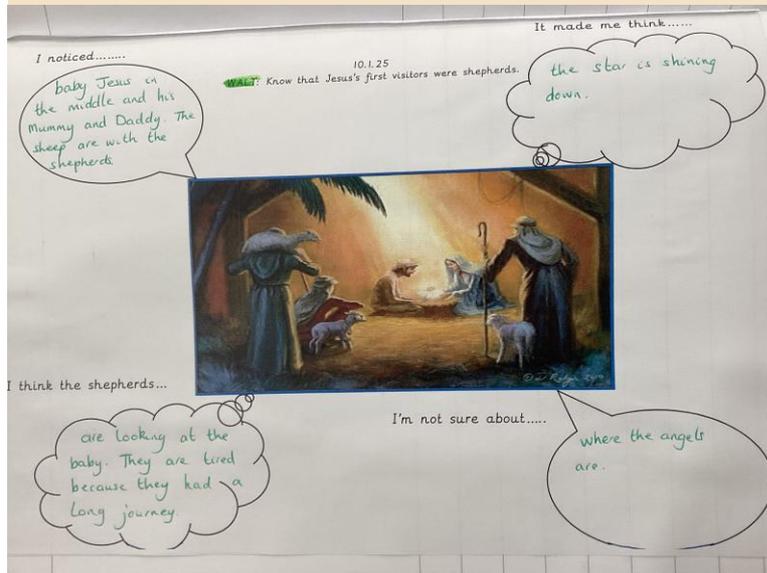
Class 14 had the ultimate outdoor experience on Friday morning, hot chocolate, cooking chocolate inside bananas over the fire pit, melting marshmallows to make s'mores & even popping popcorn! Thank you Mr Hadlum.



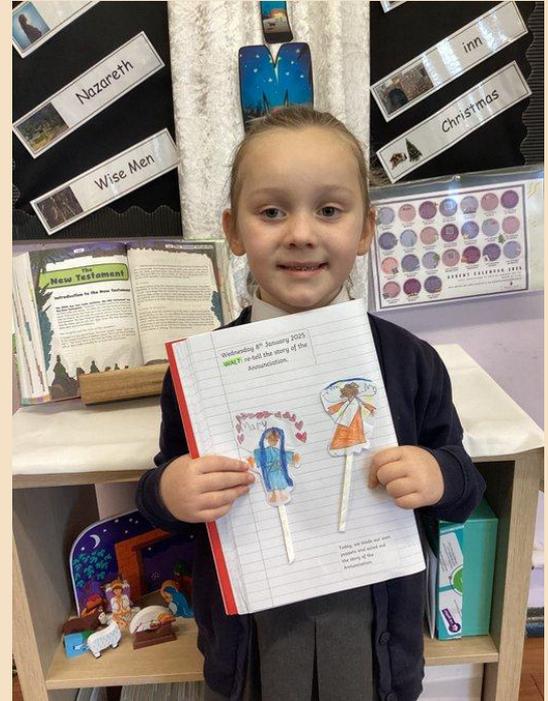


Check out our RE 'piece of the week' from each key stage!

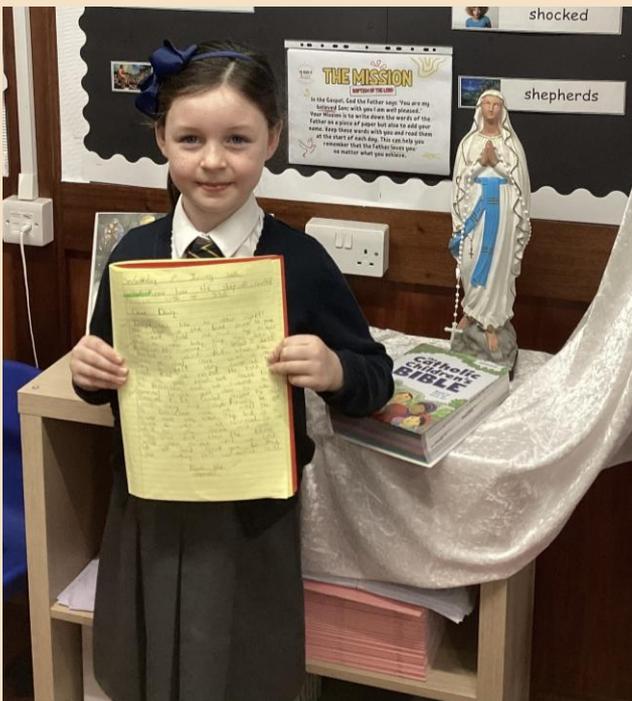
EYFS - CLASS 2



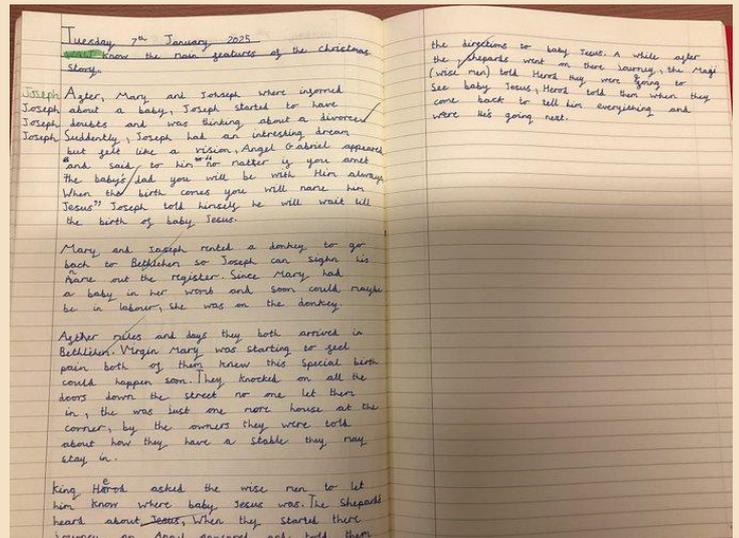
KS1 - CLASS 4 - IMOGEN



LKS2 - CLASS 8 - EVA



UKS2 - CLASS 12 - LAURA





Maths at CTK!

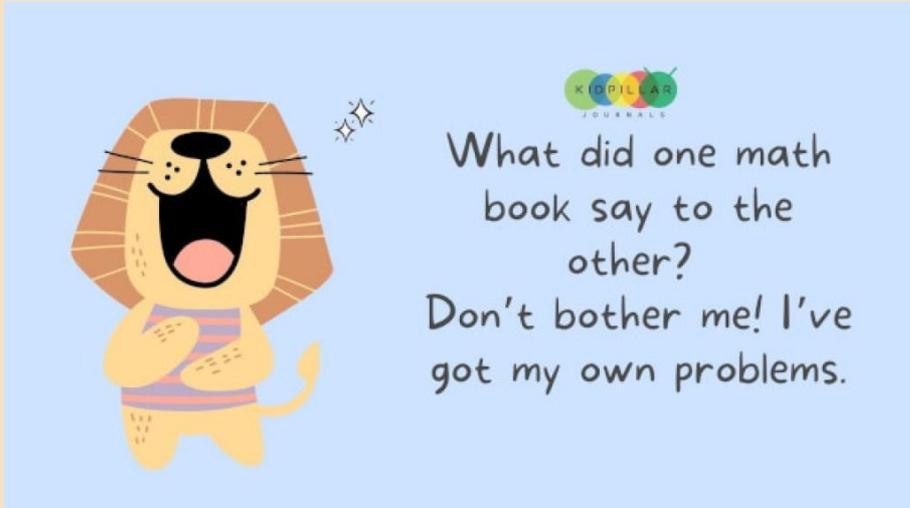


TIMES TABLE ROCK STARS (TTRS) MOST IMPROVED PLAYERS OF THE WEEK

These children now have a trophy which they can proudly display on their desk for the week!

- Class 7 – Adesewa
- Class 8 – Isabella
- Class 9 –Scarlett
- Class 10 – Isla

- Class 11 - Noah
- Class 12 – James K
- Class 13 – James
- Class 14 - Kendall



Congratulations to:

Class 2
36% of pupils in the green zone!



DOODLE MATHS MOST STARS EARNED THIS WEEK



- Class 1 – Kayden
- Class 2 – Bonnie
- Class 3 – Darci



- Class 4 – Cara
- Class 5 – Edward
- Class 6 – Melissa





January

Wednesday 15th January – PCSO Training for selected Year 5 students

Wednesday 15th January – Year 6 Confirmation Parent Information session in church at 6pm

Friday 17th January – Year 3 Family Faith Day (SL site 9am in school hall)

Sunday 19th January – Year 6 Commitment Mass in church at 9am

Monday 20th January – Year 4 Parent Workshop – Multiplication Check @ 3:45pm.

Thursday 23rd January – Year 5 Black Hole Planetarium in school

Friday 24th January – Whole school launch of the Jubilee Year 2025 (TBC)

Thursday 30th January – Year 6 Plas Dol-y-Moch

February

Monday 3rd February – Year 6 Plas return form Dol-y-Moch

Wednesday 5th February – Year 3 First Holy Communion Parent Information session in church at 6pm

Thursday 6th February– Year 5 Dance Show with Ricky. SL site 2:15pm

Friday 7th February - PTA Valentines DISCO TBC

Sunday 9th February – Year 3 Commitment Mass in church at 9am - children to be presented with a Bible.

Monday 10th February – Year 3 Parent Workshop – Multiplication Check @ 3:45pm

Thursday 13th February– Year 4 Dance Show with Ricky. SL site 2:15pm

Thursday 14th February– Year 2 Prayer service in classrooms. (1 adult per child please)

Thursday 26th February– Year 3 Reconciliation Parent Information session in church at 6pm

Friday 28th February – Year 4 Family Faith Day (SL site 9am in school hall)

March

Monday 3rd March – Reception and Year 6 Height and Weight- school nursing team in school

Wednesday 5th March – Whole school mass – Ash Wednesday

IT'S
SHOWTIME
CTK PERFORMANCE PLANNER 2023-24

| Who? | What? | When? |
|--------|------------|--------------------------------------------------------------|
| Year 5 | Dance Show | Thursday 6 th February 2025 At 2:15pm SL site |
| Year 4 | Dance Show | Thursday 13 th February 2025 At 2:15pm SL site |

Class Assemblies

| Who? | When? | Where? |
|---------|-----------------------------------------------|--------------------|
| Class 4 | Wednesday 12 th February at 9.10am | Westhill Road Site |
| Class 3 | Wednesday 12 th February at 2.30pm | Westhill Road Site |





CHRIST THE KING CATHOLIC PRIMARY SCHOOL



CLASS PE TIMETABLE

Spring TERM one - 2025

CHILDREN ARE TO WEAR THEIR PE KIT TO SCHOOL ON THE DAY OF THEIR LESSON.

| | | |
|---------------------------------------------------------------------|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday • Year 3 • Year 4 • Year 6 | Tuesday • Year 1 | Wednesday • Nursery • Year 3 • Year 5 |
| Thursday • Year 2 • Year 4 (Dance) • Year 5 (Dance) | Friday • Reception • Year 6 | CTK PE Uniform • CTK Navy Sports T-shirt • Navy / black sport shorts (not cycling shorts please) • CTK Hoodie or Navy/ black plain tracksuit (No branded sports labels please such as Nike or Adidas) • Sports Trainers (not converse/fashion trainers please) |

School will be closed to all pupils on the following INSET Days

Monday 2 September 2024
 Friday 15 November 2024
 Monday 6 January 2025
Friday 27 June 2025
Summer Holidays 2025
 To begin on Friday 18 July 2025

New dates for spring

Forest School and Enrichment Day Planner

Spring Term 2025

Please note – dates may be subject to change

| When? | Who? |
|---------------------------------------|---------------------|
| Friday 10 th January 2025 | Class 14 |
| Friday 17 th January 2025 | Class 13 |
| Friday 24 th January 2025 | Class 12 |
| Friday 31 st January 2025 | Class 11 |
| Friday 7 th February 2025 | Class 10 |
| Friday 14 th February 2025 | Class 9 |
| HALF TERM | |
| Friday 28 th February 2025 | Class 8 |
| Friday 7 th March 2025 | Class 7 |
| Friday 14 th March 2025 | Class 6 |
| Friday 21 st March 2025 | Class 5 |
| Friday 28 th March 2025 | Class 4 |
| Friday 4 th April | Class 3 |
| Friday 11 th April | Class 1 and Class 2 |
| SCHOOL HOLIDAY | |

SAFEGUARDING AT CTK

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

- START SMALL AND EARLY**
Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to adjust smoothly.
- REVISIT THE SCHEDULE**
Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keep things on track. Make the process engaging. When children understand and anticipate their personal transitions, they feel more secure and in control.
- CREATE A SLEEP PLAN**
Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making morning routines smoother.
- ENCOURAGE FRIENDSHIPS**
Help your child to reconnect with school friends by organizing playdates, catch-ups or by arranging social events. Encouraging the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.
- GRANT RESPONSIBILITY**
Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, setting breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.
- FOCUS ON NUTRITION**
Make sure children are receiving balanced meals (with regular healthy snacks) to boost energy and concentration, putting them in the best possible state to return to education. A healthy diet has been shown to be particularly useful for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.
- COMMUNICATE OPENLY**
Talk with your child about how they're feeling about returning to school. Whether they're excited, nervous or a mix of both, validating their emotions helps them feel supported and understood. Try asking them about things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.
- RECONNECT WITH LEARNING**
Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.
- PREP TOGETHER**
Turn preparation into a shared activity by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.
- BE PATIENT AND FLEXIBLE**
Transitions take time, and every child adjusts differently, so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to bend routines as needed, and work with the child to make the return to education as easy as possible for them. Patience goes a long way to setting a positive tone for the new school year.

Meet Our Expert
 Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.

Wake Up Wednesday
 The National College

Source: See full reference list on page of: <https://thenationalcollege.com/blogs/supporting-children-to-return-to-routine>





ENRICHMENT CLUBS BEFORE AND AFTER SCHOOL



DIARY DATES FOR SPRING TERM 2025

Westhill Road Site

Monday 13 January

3:15pm – 4:15pm **Drama Club** Yr1 & Yr2

Tuesday 14 January

3:15pm – 4:15pm **Craft Club** Yr1

3:15pm – 4:15pm **Chill Out Club**

Wednesday 15 January

3:15pm – 4:15pm **Languages** Yr1 & Yr2

Thursday 16 January

Friday 17 January

Scots Lane:

Monday 13 January

3:30 – 4:30 Nerf Battle

3:30 – 4:30 Cooking Club (Yr 4, 5, 6)

3:30 – 4:15 Girls Football training with Miss Walker

Tuesday 14 January

8:00am – 8:45am **Tennis** (Yr 3 & 4)

3.30pm 4.30pm – High 5 Training

Wednesday 15 January

8:00am – 8:45am **Tennis** (Yr 5 & 6)

12:30pm - **Class 12 Swimming**

3:15pm – 4:15pm **Chat Club**

3:30 – 4:30 Football Club with Mr Hadlum

Thursday 16 January

3.30pm – 4.45pm **Boys Football Training** (Yr 6)

Friday 17 January

3:30 – 4:30 Football Club with Mr Hadlum





ATTENDANCE AT CTK

| WHR site | | SL site | |
|------------|----------------------------------------------|------------|----------------------------------------------|
| Class Name | Weekly Attendance 07/01/2025 – 10/01/2025 | Class Name | Weekly Attendance 07/01/2025 – 10/01/2025 |
| Nursery | 99.4% | Class 7 | 98.8% |
| Class 1 | 100.0% | Class 8 | 100.0% |
| Class 2 | 95.8% | Class 9 | 98.3% |
| Class 3 | 91.7% | Class 10 | 95.2% |
| Class 4 | 98.3% | Class 11 | 96.8% |
| Class 5 | 99.2% | Class 12 | 99.5% |
| Class 6 | 96.7% | Class 13 | 100.0% |
| | | Class 14 | 96.7% |

Reporting your child's absence

Please can parents/carers remember to call the school on 02476 335790 **before 9am** if your child is going to be absent and leave a message. You can also e-mail ctk_parentlink@hccmac.co.uk to report an absence.

Reasons such as 'unwell' or 'poorly' are not valid, please explain the symptoms of your child's illness and the reason they cannot attend school.

Ongoing attendance percentage At CTK we carefully monitor your child's attendance and punctuality percentage on a daily, weekly and monthly basis to ensure that pupils are attending school **for 95% or more of the time in line with the DfE expectations.**

Please click on the link below to see you if would qualify from a free travel pass for your child
<https://www.coventry.gov.uk/schools-schooling/school-travel-passes/2>





COVENTRY

SCHOOL NURSING NEWSLETTER Primary Schools

Happy New Year!

Happy New Year from the entire School Nursing Team!

We hope that everyone enjoyed a delightful festive break and is now adjusting back to the school routine.

The school nursing service operates Monday to Friday, excluding public and bank holidays. You can reach us using the contact details provided below:

Phone: 01926 495321 Ext 7494

Or text us via



07507 329 114 (Parent Line)

Here's a reminder of what the School Nursing team can support you with:

- Toileting
- Sleep
- Challenges with eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional health and how to relax
- Managing behaviour
- Hygiene



Winter Illnesses

Flu, RSV, and norovirus cases are high this winter, with this in mind it is important to carry out effective hand washing. Here is a reminder of the step-by-step guide from the NHS, taking about 20 seconds (sing "Happy Birthday" twice):

- Wet hands with water.
- Apply soap to cover hands.
- Rub hands together.
- Clean the back of each hand and between fingers.
- Rub hands together and clean between fingers.
- Grip fingers together and rub fingertips against palms.
- Rub each thumb with the other hand.
- Clean fingertips on the palm of the other hand.
- Rinse hands with water.
- Dry hands completely with a disposable towel.
- Use the towel to turn off the tap.

For more information visit: <https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>

Emotional Support



Many children and young people face behavioural or emotional challenges, which may either resolve on their own or require professional intervention. Here are some signs to be aware of:

- Noticeable changes in behaviour
- Increased tearfulness or sensitivity
- Persistent sleep issues
- Alterations in eating patterns
- Withdrawal from social interactions
- A decline in interest in activities
- Self-harm or neglect.

This list is not comprehensive; while it's natural for children to experience these symptoms at times, it's important to seek help if they persist.

Parents and carers can provide support at home by:

- **Listening:** Regularly check in and encourage conversations about feelings, helping them to **understand and manage their emotions.**
- **Validating their feelings:** Acknowledge their emotions and reassure them that it's okay to express what they are experiencing.
- **Staying engaged:** Show genuine interest in their lives to better identify any issues.
- **Encouraging interests and healthy coping strategies:** Foster activities that promote their mental well-being.
- **Establishing routines:** Consistent routines around meals, sleep, and exercise can create a sense of security for children. Maintaining this structure during times of change can be beneficial.
- **Taking care of yourself:** Prioritising your well-being enables you to better support your child.

There is a wealth of support available; please don't hesitate to reach out to your school nurse or GP if you need assistance.

Contact Us

01926 495321 Ext 7494

Swg-tr.contactschoolnursescoventry@nhs.net

Or text us via ChatHealth

07507 329 114 (Parent Line)

07507 331 949 (For 11-19 year olds)



Coventry School Nursing Team



COVSCHOOLNURSES

ctk_parentlink@hccmac.co.uk

Twitter: @CTKPrimaryCov

Phone 02476 335790

Website: www.ckc.coventry.sch.uk





COVENTRY

SCHOOL NURSING NEWSLETTER

Primary Schools

The Dangers of Frozen Water



Children may be tempted to play on frozen lakes and canals, but the ice presents significant dangers in the UK during winter.

Here are some safety tips regarding the risks associated with frozen waters:

- Steer clear of pathways near waterways, particularly during dark evenings, and adhere to all safety warnings.
- Never attempt to walk on ice, as it cannot support a person's weight.
- Avoid the edges, which may be hidden under snow or leaves.
- Keep dogs on a lead when near icy areas.
- If someone falls through the ice, call 999 and do not enter the water to help.
- Monitor the individual, instruct them to stay calm and breathe normally, and follow the Float To Live technique. If possible, use rescue equipment to reach them.
- Once they are out of the water, make sure the individual stays warm and receives medical attention.

For additional water safety advice, please visit: [Royal Life Saving Society UK \(RLSS UK\)](http://www.rlss.org.uk)

Sleep Support



Primary-aged children typically need 9-11 hours of sleep, but sleep issues are common and can lead to hyperactivity and concentration struggles. Long-term sleep deprivation may hinder physical and mental development. Factors affecting children's sleep include:

- **Inconsistent Routine:** Disruptions can affect sleep patterns; a stable routine promotes security.
- **Hunger or Thirst:** Nutritious evening meals help alleviate hunger; avoid sugary foods before bed and keep water nearby.
- **Comfort:** A supportive mattress and comfortable bedding prevents discomfort during sleep.
- **Self-Settling:** Children may need help learning to fall asleep independently; gently teaching self-soothing techniques can be beneficial.
- **Darkness/Being Alone:** Fears of darkness can be eased with storytelling or comfort items such as a parent's T-shirt so they have a familiar scent nearby; severe cases may need professional advice.
- **Nighttime Accidents:** Bedwetting is common and maintaining a consistent, calm approach is essential for children.
- **Sleep-Friendly Environment:** Sensitivity to noise, light, or bedding can disrupt sleep; consistent conditions and white noise may help.

For more sleep advice, visit:

<https://thesleepcharity.org.uk/information-support/children/> or contact your school nurse.

Pet Safety Reminder

Owning a pet offers health benefits and companionship, but it's crucial for children to learn how to interact safely with pets. Resources from the Blue Cross charity provide guidance on ensuring safety for both children and pets. For more information visit: <https://www.bluecross.org.uk/advice/dog/behaviour-and-training/be-safe-with-dogs> or watch this video for parents and carers: <https://youtu.be/igPjczTK0Q>





Living With Confidence

A course for women in Coventry.



Next programme running May 2025

Are you a parent? Do you want to feel more confident? Do you want to do something that's just for you?
The Living with Confidence course aims to help you understand your own behaviour and the behaviours of others better.

By the end of the 8-week course, you will be able to use all your newly learnt skills to feel more confident in making choices and decisions in your life, therefore becoming a more assertive person.

You will enjoy the benefits of improved relationships and a better understanding of yourself.

For more details or to book:

Please email parenting@coventry.gov.uk
or visit the Parenting website at www.coventry.gov.uk/parenting





Living With Confidence

What does the course cover?

Week 1: Introduction to course, what is self-esteem and personal power?

Week 2: Exploring different behaviour types, learning new skills and changing habits, praise and blame, personal qualities

Week 3: Understanding the importance of active listening skills, praise and criticism, Labelling

Week 4: Looking at communication and body language, the asking for time technique, 'I' messages and assertive rights

Week 5: Recognising and managing emotions and feelings, anger awareness, personal warning signs

Week 6: Dealing with criticism, anger and stress, caring for ourselves

Week 7: Being an assertive person in relationships and as a parent, saying no and examining the power of our thoughts

Week 8: Making changes and setting goals - group evaluation and celebration lunch

