



CHRIST THE KING CATHOLIC PRIMARY SCHOOL



WEEKLY SCHOOL NEWSLETTER – Friday 19th July 2024

GOOD LUCK YEAR 6

The last two weeks have been filled with lots of end of year celebrations as we say goodbye and good luck to all the children in year 6.

The children performed an amazing production of the Lion King, had a great night at the Year 6 Disco (thanks to the PTA team for organising the DJ) , shared their memories and hopes for the future during a coffee morning, and today they have celebrated all they have achieved in a farewell mass followed by drinks and treats on the Westhill Road playground, where their journey at Ctk began.

We are very proud of each and every pupil in year 6 for all they have achieved and for the person they have grown up to be!



THANK YOU

On behalf of all the staff we would like to thank you for your continued support this school year, we really appreciate it. We have lots of exciting projects taking place in school over the summer - look out for what's new in September!

We hope you and your families have a lovely summer.

Miss Riach and Mrs Ball



SCHOOL MASS

Children will gather for whole school mass to celebrate the beginning of a new school year on

Tuesday 10th September at 9:30am

– this will be attended by all pupils in Year 1 – Year 6 and the readings will be led by pupils in Year 6.

Parents/Grandparents are welcome to join us if they wish to do so.

For those who cannot attend, please join us online:

<https://www.mcnmedia.tv/camera/christ-the-king-church-coventry>.



SUNDAY MASS



Sunday 8th September 9am Mass

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

OUR MISSION THIS WEEK



Jesus sent out his friends with just the things they needed. Your Mission is to pray and decide what are the most special and important things God gives you in your life. You can spend some time thanking God for these gifts.





This week, Phoebe attended her gymnastic squad awards. She was awarded the Hardest Worker certificate for always giving 200% effort and not letting a skill beat her. Pheobe always shows determination and dedication to be her best. Well done Pheobe, very well deserved! We are so proud of you.



Well done to Cole, Henry and Rowan in Year 2 who have achieved great success in football this week.

Well done to Cole for winning the American shoot out. Cole and Rohan for winning the championship league and Henry for winning the Euros competition at football.

Well done to Emmerson who was recently awarded a yellow stripe belt in her first taekwondo grade, after only recently joining the club. What an achievement! Emmerson has also been learning Korean and can now count to 8! Keep up the great work, we are so proud of you!



Last weekend, Olivier had a very busy weekend filled with a 4-hour Black Belt grading. Olivier passed it with flying colours!

Then, on Sunday he competed in British Championships 2024 in Taekwondo and came away with Bronze. Wow what an achievement!

Achieving a Black belt under the age of 10 is a huge accomplishment, this is a testament to Olivier's character and determination.

Well done, we are extremely proud of you!





Thank you to everyone that was able to come into school for the Book Look this week. Most of the children's exercise books have been sent home this now.

Please be aware that some children's books have been selected to be kept in school for the next school year as good examples for a subject.

We will ensure that any books kept will be returned to the children in July 2025.



GET TO KNOW US!



In September you are invited into school to meet your child's new class teacher, take a peek inside the classroom and listen to important information for the year ahead.

Due to space available, we would be grateful if children could not attend the meeting.

| Date | Year group and venue | Meeting with Teachers |
|--------------------------------------|----------------------|-----------------------|
| Monday 9 th September | Year 1 at WHR site | 3:20pm |
| Monday 9 th September | Year 2 at WHR site | 4pm |
| Wednesday 11 th September | Year 5 SL site | 3:40pm |
| Wednesday 11 th September | Year 6 SL site | 4pm |
| Thursday 12 th September | Year 3 SL site | 3:40pm |
| Thursday 12 th September | Year 4 SL site | 4pm |

If you can't attend the meeting – all information will be available on your child's class website page.

Activate Windows
Go to Settings to activate Windows.





Oliver B
Liam C
George D
Lian McC
Harlow R
Tristian E
Charles G-E
Aaron N
Isla C
Dottie C



Spencer C
Ruby-Ann F
Quinn F
Olivier J
Simao M-C
Sabastian M
Pheobe C
Isla F
Betsy McP
Noah W

Dylan O'N
Louie W
Alfie W

Jake W
Zack A
Phoenix B
Melissa B
William H
Lana W
Harry-Vincent C
Natalia K
Moses R
Pearl F

Lauren W
Oliver W
Evelyn A
Annabelle C
Charlie A
Aiva C
Harriet M-E
Amiah C
Emily C
Lucy C



Harry F
Dougie G
Sorcha G
Brentley K

Isla B
Reggie E
Layla G

Charles R
Sinead P
Marella S
George C
Arthur O
Imogen H
Annie D
Eva J
Emilia L
Jackson G

Ralph F
Hallie B
Joseph H
Orla N
Reggie L
Erin M
Kendre O
Ciara B
Isla W
Lenny O'D





OUR FINAL SPORT UPDATE



On Tuesday, the school football team won Catholic Schools Coventry West Football league. The school football team has had an amazing season winning an incredible **four** trophies and they also had the chance to represent Coventry City at Southampton Academy early this year. What a fantastic season to remember! Well done team! #PEatCtK





ATTENDANCE AT CTK

| WHR site | | SL site | |
|------------|--|------------|--|
| Class Name | Weekly Attendance 15/07/2024 – 19/07/2024 | Class Name | Weekly Attendance 15/07/2024 – 19/07/2024 |
| Nursery | 94.3% | Class 7 | 96.8%  |
| Class 1 | 92.1% | Class 8 | 91.7% |
| Class 2 | 93.3% | Class 9 | 92.4% |
| Class 3 | 92.3% | Class 10 | 94.5% |
| Class 4 | 96.3%  | Class 11 | 93.4% |
| Class 5 | 95.7%  | Class 12 | 93.7% |
| Class 6 | 89.0% | Class 13 | 96.0%  |
| | | Class 14 | 100.0%  |

Reporting your child's absence

Please ensure you phone school before **8.30am** to inform us of your child's absence if they are not going to be in or you are running late.

Reasons such as 'unwell' or 'poorly' are not valid, we need to know what the symptoms are. Thank you for your co-operation.

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>





PE sessions will start on **Wednesday 4th September 2024**

Children are to wear their PE kit to school on the day of their session.

During the Autumn, **Year 1** will participate in a carousel of different activities every **Tuesday afternoon**, children are to wear their PE kits to school on this day and to bring in a **pair of wellies** and **waterproofs** each week too please.

CLASS PE TIMETABLE

Autumn TERM one - 2024

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

| Monday | Tuesday | Wednesday |
|--|---|---|
| <ul style="list-style-type: none">Year 3Year 4Year 6 | <ul style="list-style-type: none">Year 1 inc Wellies & WaterproofsYear 5 | <ul style="list-style-type: none">NurseryYear 3Year 5 |
| Thursday | Friday | CTK PE Uniform |
| <ul style="list-style-type: none">Year 1Year 2Year 4 | <ul style="list-style-type: none">ReceptionYear 6 | <ul style="list-style-type: none">CTK Navy Sports T-shirtNavy / 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) |





Term Dates 2024 – 2025

| | | |
|----------------------|---|---------|
| <i>Autumn Term 1</i> | Monday 2 September 2024 – Friday 25 October 2024 | 8 Weeks |
| <i>Autumn Term 2</i> | Monday 4 November 2024 – Friday 20 December 2024 | 7 Weeks |
| <i>Spring 1</i> | Monday 6 January 2025 – Friday 14 February 2025 | 6 Weeks |
| <i>Spring 2</i> | Monday 24 February 2025 - Friday 11 April 2025 | 7 Weeks |
| <i>Summer Term 1</i> | Monday 28 April 2025 – Friday 23 May 2025 | 4 Weeks |
| <i>Summer Term 2</i> | Monday 2 June 2025 – Friday 18 July 2025 | 7 Weeks |

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

Monday 2 September 2024

15 November 2024

Monday 6 January 2025

Friday 27 June 2025

Summer Holidays 2025

To begin on Friday 18 July 2025





What Parents & Educators Need to Know about **WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.





Please see the fundraising opportunity below in support of Miss Sullivan's little boy, Shay. We have also had many other past and present pupils who have had to stay on the children's ward at UHCW- any support would be much appreciated. Thank you

WHERE ART MEETS WELLNESS

*Join us for a day filled with activities for all the family.
From face painters and 2nd hand toy sales, to facials and Pilates. There will be something for everyone.*

10TH AUG 24
09:00 ONWARDS
OneWellNess
15 Queen's Rd, Coventry, CV1 3EG


Charity Day

DAY FOR SHAY

Please help to raise funds to improve the children's ward in UHCW (Ward 16). As an oncology patient, Shay has spent a lot of time on Ward 16 and his family would like to give back and help other families in their position. Every penny raised goes towards making this a nicer place for the children of Coventry.



Scan me





End of Year 2024 / D&HP9

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COVENTRY SCHOOL NURSING NEWSLETTER

Primary Schools



Welcome Summer !

As the summer break approaches, we want to take a moment to wish you a safe and joyful time. Whether you are looking forward to a well-deserved family vacation, seeking out new and exciting activities, or simply savouring quality time with loved ones, we hope you enjoy your summer!

The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page.

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

Confidentiality

Whilst we offer confidentiality, the School Nursing Team works in partnership with other agencies, where information may need to be shared in your child's best interest.

Consent

The School Nurse Team will obtain consent from parents and carers before supporting children and young people.

Is your child starting reception?

Welcome to school nursing! As your child transitions from health visiting to our school nurse service, we're here to help them embrace a healthy lifestyle as part of the Healthy Child Programme for 5-19 year olds.

Starting school is both exciting and overwhelming for kids and parents. But don't worry, there are some simple steps you can take to prepare your child for this new adventure.

Can your child:

- Go to the toilet independently, wipe themselves, and wash their hands?
- Dress and undress themselves?
- Use a knife and fork?
- Follow a simple task or request?



You can also:

- Read books about school
- Share positive memories of your school
- Talk about activities they will enjoy
- Provide a visual aid so they can see which days are school days
- Allow your child to be part of the labelling process for their clothes, boxes, and bags
- Make sure you all get plenty of sleep each night

If you have missed our presentations at your recent parent meetings, we are available throughout the summer holidays for any inquiries regarding school readiness. Additionally, we will be present at local health events and welcome the opportunity to address any questions you may have.

Holiday Activities and Food (HAF) Programme

This government funded initiative aims to provide nutritious meals and enriching activities for students from reception to year 11 who qualify for free school meals during regular school holidays. To learn more about the available options for your child, visit www.coventry.gov.uk/haf

Contact Us

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net



07507 329 114 (Parent Line)

Charter Avenue School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net



[Coventry School Nursing Team](#)



[COVSCHOOLNURSES](#)

parentlink@ctk.coventry.sch.uk

Twitter: @CTKPrimaryCov

Phone 02476 335790

Website: www.ctk.coventry.sch.uk





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NHS
South Warwickshire
University
NHS Foundation Trust

COVENTRY SCHOOL NURSING NEWSLETTER

Primary Schools

Dog Safety

Did you know that most dog bites involving children happen at home, and surprisingly, by a familiar dog? Shockingly, over 1,700 children ended up in the hospital last year due to dog bites. To keep your child safe, the Dogs Trust recommends:

Stay close: Watch, listen, and stay close so that you can respond before anything bad happens.

Step in: Intervene if your dog or your child is behaving unsafely or if either one looks uncomfortable.

Separate: Keep children and dogs separate when you know you're likely to be distracted, like during the morning rush, making dinner, or answering the front door. You can use a safety gate, put your dog in another room, or take your child or dog with you.

Remember:

- Do not approach, pet or stroke a dog that isn't yours without permission of the owner.
- Do not run or shout around a dog. Always walk past calmly.
- Learn about dog body language.

For more information, visit www.dogstrust.org.uk and search "child safety".



Road Safety

In Key Stage 1, children aged 5-6 can begin to learn the "Stop, Look, Listen, and Think" sequence. They can also learn the importance of using these skills on driveways, both at home and while out walking.

In Key Stage 2, children aged 7 can begin to learn the Green Cross Code and how to put it into practice. If they carry a phone, they should be reminded to put it away and remove anything covering their ears or obscuring their vision so that they can be attentive to their surroundings, whether on the pavement or road. www.roadwise.co.uk provides guidance on the Green Cross Code.

Young people from the age of 11 need to understand the importance of walking directly to their destination without stops or diversions. They should remember to put their phone away and remove their earphones. If they are wearing a hood or earphones, they won't be able to hear traffic or others properly. The pavement isn't always safe, either from strangers or road traffic accidents.

Visit ROPSA for [guides on how to help your children learn about road safety](#), there is also a [guide for supporting SEN children and those with additional needs](#). www.ropsa.com



For more about safe places and guidelines for travelling around the city with children visit www.childfriendlycov.co.uk

Moving onto Secondary?

Our website has information and some advice from new starters in year 7. Visit www.healthforteens.co.uk click the growing up section, and search Making the Move: Primary to Secondary.

Summer Safety Reminders

As the summer holidays approach, you'll likely be spending more time outdoors. In our previous newsletter, we provided some great tips on staying safe in the sun and around water. To read these valuable tips, visit www.healthforkids.co.uk and head over to the news page.

Contact Us



07507 329 114 (Parent Line)

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter Avenue School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net



[Coventry School Nursing Team](#)



[COVSCHOOLNURSES](#)





CHRIST THE KING CATHOLIC PRIMARY SCHOOL



SEE YOU TUESDAY 3RD SEPTEMBER 2024

School's
Out
for
Summer

