

Newsletter

Weekly news at St Christopher's



Dear Parents,

As you know, we really value and champion children's mental health at St Christopher's, and in recent years mental health, and in particular children's mental health, is finally on the government's radar; however, there still seems to be a staggering shortfall when it comes to tangible outcomes. To continue our commitment to the good mental health of all of our pupils, we started our week in a sea of yellow, which looked rather wondrous in assembly, as we supported the 'Hello Yellow' Day for World Mental Health Day. By wearing yellow, we want to show young people that everyone has mental health and that they are not alone if ever they are dealing with overwhelming feelings. In our Monday assembly, we spoke about what mental health is, with a particular focus on the balanced importance between physical and mental health, how to recognise our feelings and learning strategies for looking after our mental health.

On this note, I thought I would mention that there are free webinars run by Bromley Y dealing with anxiety and other wellbeing issues. There are sessions for parents of primary school pupils, these can all be accessed through the Bromley Y website, which you may be interested in: <https://bromley-y.org/support-we-offer.html#features11-my>

Also, during our Monday assembly, Mrs Rudge spoke about charity in general, and its purpose. Our pupils are in a privileged position, and we want them to view charity as much more than monetary donations, instead focusing on acts of everyday kindness, and a set of behaviours, actions and values that are rooted in ideas of kindness, fairness and empathy. We want to help pupils in our care discover causes they care about, and open their eyes to valuable tools to help create change in the world. We all have causes we believe in and what better way to create change than to raise the next generation to be kind, compassionate, and generous? By educating children on causes and how they can create an impact, we hope we are empowering them to create change and to stand up for their beliefs in the future. This year, we will have a real drive starting with our Harvest donation and



later this term, we will vote for our Children's Charity, as advocated by our Year 6s. You may remember, we started this last year when our Year 6 made charity presentations and then the whole pupil body voted for the one charity they wanted to support for the year. We are due to hear the presentations this year on Wednesday 30th November, which I am looking forward to. This charity will then be our focus, and at the end of the year, we hope to have them come into school to receive the cheque as well as present to the children about the good work they do. Additionally this year, we have begun to think about another charity initiative. We will be asking all classes to choose a fund raising activity to take part in. This will encourage pupils to be part of a group charitable venture and this will raise money for our Children's Charity, as well as our playground fund.

Looking ahead, we are very excited to welcome grandparents and other relatives into school on Wednesday after half-term (2nd November). If you haven't signed up, do make sure you do this before we return to school, so we know exactly how many visitors to expect. The relationship between grandparents and grandchildren is a very important and special one, and we hope the three different events give a glimpse of our school life. I know our guests will have a very happy and entertaining time, and will burst with pride, much like I do everyday! Please fill out this Google Form if you haven't done so already. There will be a limit of four guests per child: <https://forms.gle/1UFUeDrgSUe5fi2r5>

Finally, I want to inform you of some staffing news. Mr Graeme, our fantastic and long-serving Estates Manager, will be retiring at Easter 2023. He will be sorely missed, not least by me for his humour and his eagerness to do all the odd jobs that I am constantly finding for him to do! We will celebrate him later in the year, but I wanted to let you all know now, as I know you will want to wish him a well deserved retirement too.

All that is left to say is that I wish you and your families a restful and safe half term break. We will see you all on 31st October!

Mr Carter

Head

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Christmas Festive Event

Instead of our traditional Christmas Fair, this year the SCA will be hosting some Festive Fun on **Monday 12 December from 15:15 – 17:15**. With various challenges to contend with, including the World Cup, we know it is an unusual day, but we believe it will still be fantastic fun! The focus will be the children, with lots of games and fun to be had as well a chance for all to say "hi to Santa". Dismissal times will remain the same on the day and all children will need to be accompanied by adults. Due to the time, we are aware many of you will not be able to help on the game stalls, but if you can spare some time please do let the SCA know at stchristophersassociation@gmail.com.



Wednesday Clubs after Half Term

We hope your children have enjoyed their first half term of Wednesday clubs. We have been trying to think of a better name for these sessions within the school day, or avoid confusions with after school clubs, and we have decided that these sessions will be called ECHO (Extended Curriculum Holistic Opportunities). So if you hear pupils speaking about their ECHO time, you will know what they mean.

This term, the pupils have enjoyed cookery, lego, construction, crafts and sewing, and added to that they have loved having the opportunity to mix with other children from different year groups. Overall, it has been a real success. Next half-term, the pupils will be changing clubs to one of their other top three choices, which I hope they will also enjoy. As before, you will receive an email from the teachers at the start of next term regarding the club your child will be enjoying!

Whilst we are discussing clubs, we want to mention our After School Clubs. As some clubs finish at 5pm, we would invite children in these clubs to bring an additional snack on their club days. They will have time to eat this snack before their club begins at 4pm. Please ensure that this is a healthy snack and must be nut and chocolate free.

Also, to clarify, if your child has a P.E lesson in the morning they do not need to change if they have a sports club after school. However, if they do not have P.E, they must come to school in their uniform and change at 3.45pm before the club where they will be supervised.

Pupil Success

Last weekend, six St Christopher's pupils, Charles Doble (cello), Emma Jones (trumpet), Eleanor Brown, Lottie Klempster & Emily Morris (violin) and Daniel Watson (trombone), participated in a Junior Orchestra Day at Trinity School. At the end of the day, the Orchestra of 70 children, across a full range of instruments, performed a concert for parents, and we know their parents would have been very proud. Well done to our musicians.

Additionally, last weekend, Nesta (1C) completed a swimming distance challenge, swimming an incredible 75m front crawl unaided! A particularly great achievement for any child but especially for a five years old. Bravo, Nesta.



If any pupils experience success outside of school, we'd love to know about it, so do let Mr Carter know.

Preschool

Last week in the Preschool, we were talking about 'Our Senses' and we went on a listening walk around the School to find what we could hear. This week, we are thinking about the things we can taste, and we will be making delicious, healthy fruit salads to take home. We were also very lucky to have a storyteller in school to share stories from around the world with us. We really enjoyed the songs and dancing and we used our imaginations to act out the stories together.



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Newsletter Club

With regards to clubs, please see the social media posts that pupils in Newspaper Club created, as well as an article researched and written by pupils below

6C Succeeds (By Anya and William)

There have been many new initiatives at St Christopher's this year, but the biggest one by far has been the amalgamation of the Year 6 class. At the start of term, Year 6 pupils got used to being a larger class, with 23 pupils in total. So, our resilient reporters, William and Anya, have discovered the class's opinion on how it's been so far.

First of all, Mr Chowdhury, Year 6's teacher, has only been here for 6 weeks, but he is an all around favourite! He is humorous, caring and just the best teacher anyone could ever ask for.

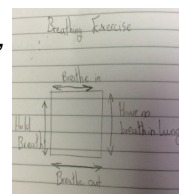
Now on to our class's comments:



We interviewed Year 6 for their points of view on their new class. We asked them one question, 'How are you feeling about the new class?' and we got a wide variety of answers.

They replied, with enthusiasm: 'We really like how

we can talk and share more', 'We have a buzzing learning environment' and 'We can communicate with more people and make more friends.'



We all know Year 6 has a lot on their minds: Tests, House responsibilities, monitors to help around school, not to mention other activities they may be doing outside of school. To help manage this, Mr Chowdhury shared some breathing techniques, so they can relax and be calm. As you can see in the diagram, you make a square by tracing your finger along the bottom line and at the same time you breathe in. Next, as you draw up, you hold your breath in, then you breathe out and when you draw down, release. This is very useful for grown-ups and children. You never know, even parents might use this method when they're stressed.

I hope that this information was useful for all the parents who get mono-syllabic answers out of their children when they ask about how school was - we know ours do!

SCA

Thank you to everyone who purchased tickets to the panto. It is a record year for sales and we know it will be a fantastically festive and fun afternoon.

This is the last weekend to complete the IQ Christmas design sheet. The deadline for returns is Friday 14th October. We are looking forward to seeing the children's magical artistic creations!

We are still on the lookout for some help with our Treasurer role. Can any of you spare some time? If you can, please do get in touch with Fiona at



stchristophersassociation@gmail.com for a chat.

For any queries or suggestions, please email stchristophersassociation@gmail.com.

Winter Uniform

After half-term, all pupils should be in their winter uniform. This is the long sleeved shirts for boys, and blouses for girls with their ties, as well as trousers or

pleated skirts. We want to also remind you that girls are very much allowed to wear trousers to school too, and although we do not stock them in the uniform shop, we would like to direct you to M&S.

Playground

Possibly the most exciting news this week is our new Prep Playground will be installed over half term! We are thrilled and we hope the children will

be so pleased when they return to school! A huge thank you to our parents, for making this happen. It truly is the icing on the cake! After half term, there will be an opportunity to come in and see both the Library and the Prep Playground. Dates to follow.

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Computer Puzzle Club

In their Wednesday clubs, some children have been creating puzzles and games with Mr Jacobs. We thought it would be lovely to share them with you, so for the next few weeks the newsletter will include a puzzle created by our pupils so you can read news from school and also enjoy a brain teaser!

CORMAC MCCARTHY'S QUIZ

FABULOUS WORD WHEEL

RULES: Use the letter in the middle to make a word from the others around it. **DO NOT LOOK AT THE ANSWERS.** Only use one letter from the word wheel at a time



Answers:
BAT DART hat mat rat tad tram brat bath at

Match Funding

We are absolutely delighted to let you know we have our first match funding success from **Rich Hurley**, dad to Greta in Reception and Dustyn in Year 2. As the SCA is a registered charity, Rich helped us with our fundraising and then submitted a Match Fund request to his firm, resulting in a donation of **£750.00** towards the playground project!

As a reminder, many firms offer a match funding policy, meaning any money you raise could be matched by your employer. Companies may match the fundraising total for an event, a sponsored initiative or the like.

Banks, supermarkets and many large corporations are likely to match funds. Barclays and AVIVA are very generous for example, but these schemes are not exclusive to the major corporate giants.

We would be extremely grateful if you could check if your employer has an existing match funding scheme, or if they would be willing to match fund any of our future events and initiatives. If you can help in any way please email, stchristophersassociation@gmail.com or call Sam on 07917 363 966 or Bron on 07500 513 318.

Reception

This week, Mrs Dubeck brought her wizardry to the Reception classrooms. The children learnt how to name pets in French and enjoyed being detectives to work out which pet puppets had been magicked away by Mrs Dubeck's spells in a game of 'qu'est ce qu'il manque?'. They worked really enthusiastically to pronounce the key vocabulary correctly, using actions to help them memorise the words. Bravo, mes enfants!



What's Happening Next Week

- 🔔 **Monday 31st October**
 - U9 Rugby v Farringtons (14:30-15:30)
- 🔔 **Tuesday 1st November**
 - U10 Rugby v Merton Court (15:35-16:35)
- 🔔 **Wednesday 2nd November**
 - Grandparents' Tea - Pre-Prep (10:00-11:00)
 - Grandparents' Tea - Year 3 and 4 (13:30-14:30)
 - Grandparents' Tea - Year 5 and 6 (14:45-15:45)
- 🔔 **Thursday 3rd November**
 - African Workshop Activities YR 1-6 for Black History Month (all day)
 - Year 6 Rugby workshop @ Trinity (11:00-13:00)
- 🔔 **Friday 14th October**
 - U11 Rugby v Farringtons (14:30-15:30)