

Christ Church CofE Primary School



Friday 17th May 2024



May Half Term Holiday Food Support

North Tyneside Council knows that this has been a very difficult year for many people across our borough, and we have worked hard to ensure that families and individuals who need our help get as much support as we can give. More information on support available from the Council, advice, and signposting to other relevant organisations can be found by visiting the Cost-of-living pages on the North Tyneside Website available via the link below :

<https://my.northtyneside.gov.uk/category/1652/cost-living-support>

The government has provided us with some Household Support Grant funding to support families with the cost of food in the school holidays. This is part of a wider approach across North Tyneside by the council to help people in response to the rising cost of living. We are using the Household Support Grant funding to help those families whose children are in receipt of free school meals because they meet the income related benefits criteria.

We have used the Household Support Grant to ensure that all eligible families receive £15 per child for use during the May half-term break. The voucher code will be paid for each child through an online account managed by Edenred, a company well-known for working with schools and other organisations to provide this kind of help. The voucher codes can be used in most supermarkets, either in store or online. The codes have activation dates, this will be Monday 27th May, families must redeem the voucher during the half-term holidays. This is a one-off food grant to support families and help to manage the additional expense they will have during the half term holidays when children do not receive free school meals. The codes on the Edenred system must be used one month from receiving these. Any not redeemed will be removed from the Edenred system and will not be able to be reissued. Edenred will contact you by email to let you know your voucher is ready to be downloaded. Instructions will also be included when they contact you and details of the help desk to support you if you need it. If you have a general query about the vouchers over the half term holidays, you can contact the Social Inclusion Team on the email above. Queries will be dealt with 10.00-11.00 and 3.00-4.00 Monday to Friday until Monday 17th June. Please ensure that your email contact includes all the relevant details including your child's name, school, and the issue you have.

Your faithfully

K Clark

Cabinet Member responsible for Public Health and Wellbeing

KEY DATES

Tues 21st May - Science roadshow in school

Tues 21st May Y5 Rugby Percy Park pm

Friday 24th May- School Closes for May half term non uniform - chocolate bar or bottle donation for Summer fayre

Monday 3rd June- School reopens for Summer term 2

Monday June 10th- Year 1 Phonics Screener starts

Thursday 13th June - Year 4 at Great North Museum

Monday 17th June- Sports week and Refugee week
Sports week kicks off with a fun run at John Spence

Tuesday 18th June- Year Six Leavers at Cathedral

Wednesday 19th June- Parents Vs Teachers Sports

Thursday 20th June- Sports Day (KS2 9.15AM- 12 noon, KS1 1pm - 3pm, EYFS To be confirmed)

Shiremoor Adventure Playground trip

Year 1/2 Friday 5th July

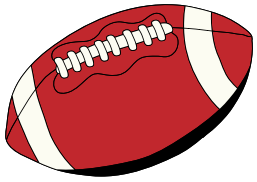
Year 3/4 Monday 8th July

Year 5/6 Friday 12th July

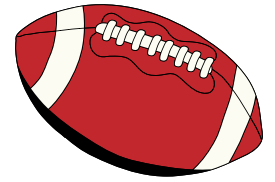
Wednesday 10th July- School Summer Fayre 2pm

House treat to mini golf Tynemouth - Monday 15th July (AM)

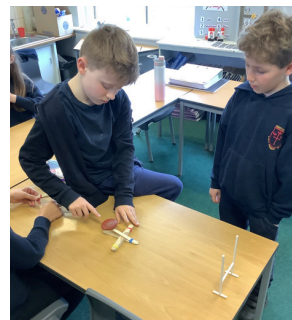
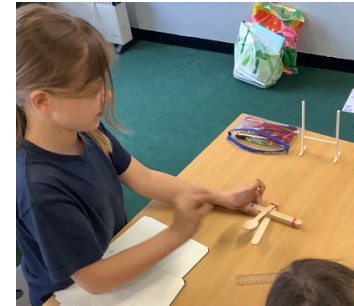
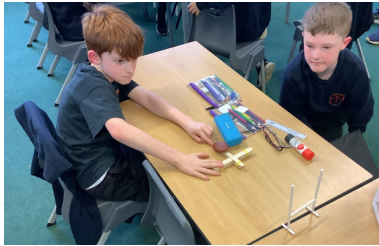
Thursday 18th July - School Closes for Summer



Year 4 - Rugby



Year 4 had a fantastic five weeks with Drew from Newcastle Falcons. They learnt the rules, tactics and skills needed to play rugby. One lesson involved making their own catapults to get the rugby ball over the goal posts. The children were fantastic and showed great teamwork when playing games. Thank you!





SCHOOL GAMES



U11's North Tyneside Girls Football



Our Girls football team wore their new football kits with pride in their first round of fixtures at John Spence this week. They made a brilliant start to the tournament with a 1-0 win against Percy Main and a 0-0 draw against Spring Gardens. Miss Gray and Mrs Smith were super proud of their performances and sportsmanship. Next round of fixtures will be Wednesday 5th June.

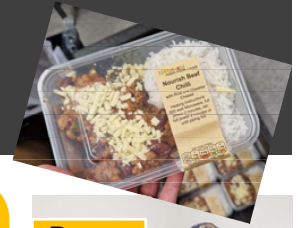
Year 6 SATs

Well done to our fantastic year 6 children on completing their SATs this week! They all showed fantastic attitude and effort all week. They were rewarded with a trip to South Shields Quasar Laser on Friday.



ORDER MONDAY TO FRIDAY 10AM TO 2PM MEAL DELIVERY SERVICE IN NORTH TYNESIDE

07934 540 292



Our homemade and traditional frozen meals have been specially prepared and developed by our Cedarwood Development Chef Dave Lucas. Our meals can be enjoyed by anyone and everyone, young and old. Our meals are a healthy, affordable and convenient meal solution delivered to your door which you defrost, heat and enjoy at home.

Our meals and service ease the complications and anxieties that meal times can often cause many people, from those who may not be able to cook for themselves due to ill health, to a busy mother or father with no time to shop for fresh ingredients to provide a nutritious meal for their family. Our meals make life a little easier, convenience food made with fresh ingredients, no additional additives or stabilisers.



NOURISH
meals made simple



Cottage Pie & Green Beans	MIX & MATCH	£3.5
Beef Chilli & White Rice	2 FOR £5	£3.5
Lasagna		£3.5
Chicken Curry & White Rice		£3.00
Sausage & Gravy, Mash & Carrots		£3.00
Mince & Onion, Mash & Peas		£3.00
Mac and Cheese		£3.00

DELIVERY FEE £2.99, **FREE** ON ORDERS OVER £25



Mince & Onion, Mash & Veg



Mac & Cheese



Beef Chill & White Rice

Meals require a microwave. Meals can be kept frozen for up to 3 months from the date of manufacturing. Meals are approx 300g, a perfect portion for a medium sized appetite, not too small and not too big. The recyclable containers are those commonly used in fast food take aways for curry dishes and rice portions. Delivery lead times may vary. Payment made via an electronic link sent to your phone at the point of ordering.

Cedarwood

Nurture – Nourish – Thrive

Avon Avenue North Shields
NE29 7QT

Charity Number 1100530
Company Number 4855747

PENTECOST

In church this week, we learned all about living prayerfully and how through spontaneous prayers, the apostles asked God to fulfill his promise of the Holy Spirit who would “baptize” them and fill them with power for mission (1:4-5,8).



The service was so much fun. We had children at the front of church at the altar with electric tealights on their head to represent flames the apostles saw above their heads while they were praying.

Pentecost is the birthday of the church and the flame represents the Holy Spirit. The Apostles and other followers of Jesus had gathered to celebrate the feast of the summer harvest. A great wind was heard and what looked like flames appeared on the heads of the disciples and each began to speak in tongues. To represent the wind Alison let go of a balloon, blew giant bubbles, wafted an enormous fan over all the children in the pews and even set off a huge party cannon full of confetti. These exciting were all to represent the great wind the apostles heard.

Children and Young Person Church Service

Where you take ownership and make the service yours

The first Sunday of every month 10 - 11am

Scan me to watch the video we watched in church all about Pentecost.

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

MANAGING OVERWHELMING FEELINGS

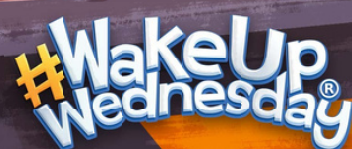
While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance

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