



St Christopher's School

Weekly News Friday 5th February 2021

Dear Parents

Here we are in February which for centuries was declared as the start of spring! According to the Venerable Bede, an 8th Century Monk and Scholar, winter began on November 7th and officially ended on February 6th. St Bede also confirmed that the Saxon word for the month of February, namely Solomonath, translates as 'Cake Month'. This is one of my favourite facts that I share with the children, or rather shared with the children in the blissful olden days of assemblies in the Hall together.

This week it felt as if some of our parents knew it was Cake Month and we want to say special thanks to the wonderful Kirk Family, Raja Family, and Webb Family for putting a great big smile on the faces of the staff thanks to their generosity. St Bede explained the choice of title of the month writing that it was a time when the Saxons made offerings of cakes to the Gods to ensure a good year's harvest. I will leave you to consider any humorous links that this observation may suggest!

This week has also been Mental Health Awareness Week. This has been a good opportunity to remind the children of the importance of looking after our mental health as well as our physical health which we automatically do through sport and exercise. 'Being kind to yourself' was a strong and important message because small children are always being told to be kind and thoughtful to others. Hearing that it is important to pay attention to your own feelings and approach fears and worries not with condemnation but with understanding is a valuable message that needs regular repetition. Many of our young children have picked up the fears and concerns of the world about the pandemic. By talking to adults they can alert us to the way that they have interpreted these uncertainties and we can help to place their concerns in proportion and alleviate stress.

Nursery have also been exploring Mental Health Awareness whilst discussing 'emotion faces' and creating friendship bracelets. The bracelets were lovingly made with care by the children and then given to a friend of choice (some, who had become quite attached to their own creation found this more difficult than others!) Cakes were also in evidence as the children made beautiful Fairy Cakes in the kitchen whilst learning the Nursery Rhyme 'Pat-a-cake, Pat-a-cake.' The theme of Nursery Rhymes has been a joy to explore with boats being made and enjoyed to 'Row, Row, Row your Boat' and delightful buses created whilst singing 'The Wheels on the Bus'.

Thank you to all our parents working so hard at home to balance home learning with real life. You are continuing to do an excellent job and you have made it to another Friday. Well done.

Stay safe

Mrs Annie Thackray Headteacher

Merit Awards

Margot P, Lia M, Ariana A, Zachary V, Annabel H, Austin B, Zayn P, Mia G, Sophie G,
Megan R, Bailey T and Darcy W.

Philosopher of the Week
Harrison G

Thought for the Week
Is it good to pretend?

Relaxation of the Week

This week in honour of Mental Health Awareness Week we are sharing a selection of our wonderful Cosmic Yoga sessions.



Nursery and Pre-Reception News

We have continued with our Nursery Rhyme fun this week exploring I'm a little Tea Pot, Row Row Row your boat, Pat-a-cake, The Wheels on the Bus and If you're happy and you know it! We enjoyed having Tea Parties to practise our pouring skills around the Nursery, baked cakes and played on role play buses! In the water tray we were seeing how many people could fit in the boats before they started to sink and also made paper plate boats. We have had a real focus within our group time about our feelings and explored different emotions and talked about what makes us happy, sad, worried and angry. One thing that makes us all happy is having a good friend. We made friendship bands for our friends in Nursery. Our sound this week was a. What can you think of that begins with a?



Parents Evening Reminder
8th & 9th February
Reception, Year 1 & Year 2
10th & 11th
Pre Reception



Virtual hug from Cookie Bear Awards:

**Clara G, Olivia H, Peter G, Bella I, Conor L, Emily S,
Eloise B-S, Joseph O, Juliet F, Edward F, Wilf S
and Paul H**

Mathletics:

Congratulations to Maximo Y for your Silver award

**Congratulations to Montgomery H, Daniel B P, Isabel J, Liam S,
Nikhil K and Emily S for their Gold award**



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