

The Christ Church NEWS DESK

<p>Issue 3.2 Friday 15th January 2021</p>	<p>'All you need is love.' <i>John Lennon & Paul McCartney</i></p>
<p>Dear Parents/Carers,</p> <p>Please could I continue to thank you for your support. This is an incredibly challenging time for all of us and we are all in very different situations. None of us have super powers however much social media might paint a picture of how well everyone else might be doing. The truth is: everyone struggles.</p> <p>Remote Learning is new territory for all of us. More than anything, Remote Learning is there to give your child consistency to their day and some structure. If work isn't happening and you are having a hard time, then please do not worry about it! Your child isn't suddenly going to fall behind by not doing it. It is worth just stopping and taking time off from it. As much as possible, we are trying to set the work up so the children can complete tasks fairly independently although we know this is tricky. Please do not put pressure on yourself to get your child to complete every task set. As I said previously, nobody is judging you – if anything, we judge ourselves when in fact we are all surviving a pandemic! Let's be kind to ourselves. When the children return, we know what we need to do. All we ask is that you stay in contact with us. I know some of you are doing your own projects too and thank you for sharing them with me. It's been great to see the children learning different skills.</p> <p>Just to clarify schools in England remain closed until Friday 12th February but we are not sure what will happen after that.</p> <p>On a separate note, vouchers were issued this week for children eligible for Free School Meals. Please do check your emails for them.</p> <p>Have a wonderful weekend.</p> <p>Mr Flack</p>	<p>Friday 12th February End of Term 3</p> <p>Monday 22nd February Start of Term 4</p> <p>Thursday 1st April End of Term 4</p> <p>Monday 19th April Start of Term 5</p> <p>Friday 28th May End of Term 5</p> <p>Monday 7th June Start of Term 6</p> <p>Wednesday 14th July Last Day of the School Year</p>

A Prayer

Dear Lord,

We pray for those in need.

We pray for those less fortunate than us.

We pray that you will bring joy and love to each and every life.

Amen

Collection Point & Days

We are opening the Community Building on Mondays and Fridays only for parents to come in and change reading books/collect resources you may need.

Please come through the main Infant Gate and stand next to a cone along the wall. You will then need to exit through the Junior Gate.

Monday:

Year R: 12:00-12:40

Year 1: 12:45-1:25

Year 2: 1:30-1:55

Year 3: 2:00-2:35

Year 4/Starfish: 2:30-2:50

Year 5 & 6: 3:00-3:20

Friday:

Year R: 9:15-9:55

Year 1: 10:00-10:40

Year 2: 10:45-11:15

Year 3: 11:15-11:40

Y4/Starfish: 11:45-12:15

Year 5 & 6: 12:15-12:45

If you have siblings, just arrive at one time of your choice. Thank you.

Mental Health & Well-Being Support

Our Pupil Mentor, JC, will be arranging virtual sessions for children he is working with this term – details to follow.

There are some resources available on our website by clicking [here](#)

Please do talk to us and contact us at any time if you or your family are struggling with your mental health. We will always try and support the best we can.

Free School Meals

Although children in Year R, 1 and 2 receive Universal Free School Meals, the school receives additional funding to spend on the children if you sign up for Free School Meals and are eligible.

Your child may be able to get Free School Meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support Under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16, 190.

You can apply here:

<https://www.gov.uk/apply-free-school-meals/kent>

Please do speak to the Office if you would like support with this or more information

The School Office

I would ask parents to not come to the School Office unless already agreed by a member of the Leadership Team or the Office Staff.

Mrs Diwell and Mrs Tickner, as ever, are doing an outstanding job to keep all the 'behind the scenes stuff' going on and we have to minimise who comes in to the office during the day to keep everyone protected. Thank you for your understanding.

Christ Church Cooking Page

Every week, we are going to post the recipe for a nutritious meal which can be made cheaply. Why not give it a try? If you have one you would like to share, then please do feel free to get in contact.

Spinach and Chickpea Curry

Serves: 4

How long does it take? 10 minutes

Cost: £5 including Naan Bread and Rice

Ingredients:

- *Jar of curry paste*
- *1 x onion chopped*
- *Tinned chickpeas*
- *Spinach (buy a bag of frozen spinach then used maybe 4 pieces in this recipe).*
 - *2 x Tin of tomatoes*

Method:

- 1) Fry your onion in some oil until soft*
- 2) Add half a jar of curry paste*
- 3) Cook for a few minutes*
- 4) Add a tin of chickpeas*
- 5) Add a tin of tomatoes*
- 6) Add the spinach – and then cook for ten minutes*
- 7) Serve with rice and naan bread*



COVID SYMPTOMS AT HOME FLOW CHART

