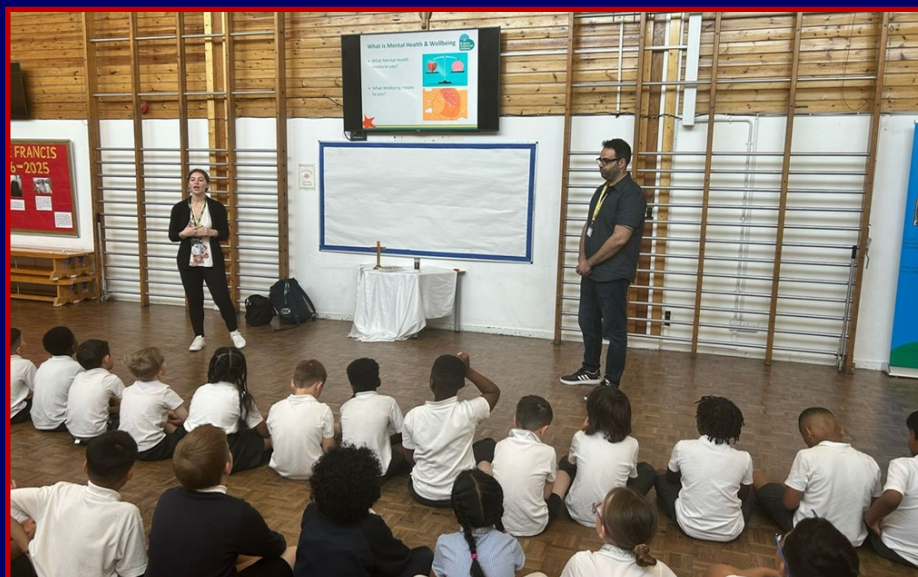




Christ the King Catholic Primary

“Loving, learning, growing together as Christ’s family”



Thank you to the Mental Health Practitioners from Brighter Futures for Children who held an assembly for years 3 & 4 today to discuss the 5 ways to wellbeing



**Christ the King Catholic Primary School & Nursery,
with The ARK, A Specialist Resource
Lulworth Road, Reading RG2 8LX**

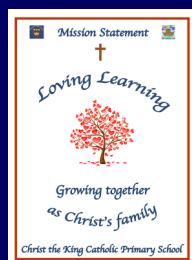
Tel. 01189015434

Head Teacher Nikki McVeigh

Email admin@christtheking.reading.sch.uk

Website www.christthekingreading.co.uk

Blog Site ctkreading.net





In a few weeks time our lovely school business manager Caroline Rutter will be handing over her computer, office chair and business files to her successor Claire Martin; as she looks forward to a retirement with husband and numerous term-time holidays together. Over the next few weeks Caroline will be working along side Claire to ensure a smooth transition. We welcome Claire to our school family. Claire, we are thrilled to have you join our team. We know that you will bring a wealth of knowledge and invaluable expertise to our school's operations.

Mental Health Awareness Week 2025

This year, Mental Health Awareness Week will take place from 12 to 18th May 2025 and the theme is 'Community'. Being part of a safe, positive community is vital for our mental health and wellbeing. Strong connections with other people and supportive communities can help provide a sense of belonging, safety and give us a sense of purpose.

Reminder that children should only be bringing in water to school, Lucozade and energy drinks are not allowed.

Term dates 2025

7th May - School Disco and Non Uniform Day

7th May procession 2pm-3pm

6th - 13th May - Travelling Book Fair

12th to 15th May - SATS

12th - 23rd May - Walk to School

21st May - Mrs Powell's class going to Green Park Wind Turbine

22nd May - Mrs Casey's class going to Green Park Wind Turbine

23rd May - Mrs Bloom's class going to Green Park Wind Turbine

26th May - 30th May - Half Term school closed

2nd June - Miss Lockwood's Class going to Beale Park

5th June - Yr 3 Corpus Christi

10th June - Yr 3 Parliament visit

16th June - School closed INSET day

27th June - WEC Olympics

30th June - 4th July - Year 6 PGL

8th July - Yr 5 BHF Public Speaking

11th July - Year 6 Chessington

14th July - Year 6 Chessington

15th July - Ark Ufton Day Trip

23rd July 2025 - School closes at 1.30pm



In preparation for our Scholastic Book Fair - we have got £25 to give away to spend at the book fair! All you need to do is get creative and write a story!

It can be hand written or typed up but please some hand drawn pictures! Please bring entries to me (Miss Sutton) on Tuesday 6th May. Miss Sutton and Mrs Bloom will choose their favourite 5 stories and the winners will receive a £5 book voucher to spend at the book fair.

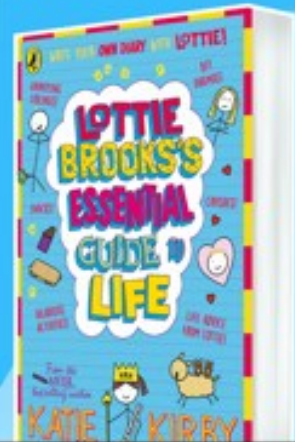
All entries will be displayed at the book fair held on the Main Playground on 6th, 7th and 8th May 😊



SCHOLASTIC TRAVELLING BOOKS

AND EARN
**FREE
BOOKS**
FOR OUR
SCHOOL!

COME TO THE **BOOK FAIR**



Book Fair 6th, 7th, 8th May afterschool in KS2 Playground

SCHOOL DISCO

9th May

15.30 to 16.30pm

Reception and Key Stage 1 £5.00

Tickets will be on sale in KS2

Playground

Ticket includes entry, a drink, crisps and sweet

KS2 Disco

17.00 to 18.30pm

Pay at the door £3 entry

A selection of crisps and drinks will be available to purchase and mixed sweet bags £1.

Children ONLY, no adults

Gospel

John 21: 1-19

In all truth I tell you, when you were young you put on your own belt and walked where you liked; but when you grow old you will stretch out your hands, and somebody else will put a belt round you and take you where you would rather not go.'

In these words he indicated the kind of death by which Peter would give glory to God. After this he said, 'Follow me.'

Please ensure you collect your child/ren on time as we no longer have an afterschool club on site.

If your child has vomited even if it is only once or had diarrhoea then they must not return to school for 48 hours after the last episode of sickness or diarrhoea.

Medication

If your child has been prescribed medication by the Hospital or GP and it needs to be taken during school hours, please ensure it is given to the school office and not any other member of staff.

Please note antibiotics will only be administered if the dosage is 4 times a day, every 6 hours and NOT for 3 times a day which is every 8 hours.

The medication needs to be in its original packaging with a pharmacy label on.

You will also be required to complete a medication form which is available from the school office.

Stars of the Week

Mr Taplin: Ellie & Archie

Mrs Uminska: Jonathan & Deliah

Miss Scott: Vienna & Akacia

Miss Yan: Naomika & Maria

Miss Lockwood: Peyton & Zena

Miss Thompson: Jesse & Victoria

Miss Pearce: Oscar-James & Cyron

Mrs Gooch: Olesia and Genelia

Mrs Casey: Alba & Harper

Mrs Powell: Chelsea & Kian

Mrs Bloom: Aniyah & Isaac

Miss Nyilas: Seth

Miss Sutton: Travis

Reading Points

200 Points - Eva-Rose

Maths Ninjas!

To earn the title Maths Ninja you must develop your powers of concentration and practise your skills to master calculation and dominate numbers so that you face Maths with no trace of fear.

With skill and patience you may earn these ranks:

Shodan (red) 11 out of 15 in 1 minute.

Nidan (white) 22 out of 25 in 1 minute.

Sandan (yellow) 33 out of 35 in 1 minute.

Yondan (orange) 44 out of 45 in 1 m 30 sec.

Godan (Green) 55 out of 55 in 1 m 30 sec.

Rokudan (Blue) 66 out of 70 in 1 m 30 sec.

Shichidan (Brown) 77 out of 80 in 2 minutes.

Hachidan (Black) 88 out of 90 in 2 minutes.

Kudan (Purple) 99 out of 100 in 2 minutes.

Shodan: Logan F, Ethan , Newel

Nidan: Lexi, Bartosz, Alice

Yodan: Jemimah, Olesia, Tenzing, Isaac, Zach

Rokudan: Georgie, Franek, Amelia

Shichidan: Sabrina, Samuel

Hachidan: Ewa

Nursery are looking for donations of balance bikes, scooters and ride on toys. If you have any that you would like to donate please would you bring them into the nursery staff or the office.

We would like to remind parents that once you have collected your children from the teacher after school, they are then in your care even if still on school grounds. Therefore, please ensure they do not play on the outdoor equipment or go up to classroom windows.

We like to encourage children to walk or ride to school, but please ensure your child is wearing a helmet.

Also please remind your children not to ride in school grounds and to walk their bike or scooter to the shed, or out of the gate.

Healthy Snacks

We have noticed an increasing number of KS2 children bringing in a variety of unhealthy snacks for break time eg. Chocolate, cookies, crisps. When the children start at CTK School in Nursery or Reception they eat healthy snacks that are fruit or vegetables. The Government scheme is to provide all Early Years and Key Stage One Children with a piece of fruit or veg until the end of year 2. We want to continue this healthy eating in KS2. Can we ask that you provide your child with a healthy snack for their mid morning break . Examples of healthy snacks are: fruit, vegetables, rice cakes and bread sticks.

School Dinners

The price of a school meal is £2.65 per day.

This is payable by either cash or cheque (payable to Caterlink) and should be paid daily or weekly in advance.

If your child is going to be late into school and would like to have a school dinner, please ensure you phone in to order a meal before 9.30 as meals are cooked to orders placed.

Thank you

Reminder - Gates close at 8.50am

The Ark gate and Exbourne Road gate will be closed and padlocked at 8.50am every morning. Anyone arriving later than 8.50am will need to enter through the Durham Close entrance and will be recorded as late.

The gate cannot be opened once locked.

Please ensure your children enter the school through the correct entrance. Any child entering through Durham Close MUST sign in at the office.

Medication

If your child has been prescribed medication by the Hospital or GP and it needs to be taken during school hours, please ensure it is given to the school office and not any other member of staff. Please note antibiotics will only be administered if the dosage is 4 times a day, every 6 hours.

The medication needs to be in its original packaging with a pharmacy label on.

You will also be required to complete a medication form which is available from the school office.

Spare Clothes

If your child has come home in the school's spare clothes, please would you wash them and return them to school. We are now running low on spare clothing especially in Key Stage 1. If you have any spare clothing that your child has outgrown and would like to donate it to school, please bring it into the school office.

Thank you

REMINDER Children should be wearing full school uniform, which should have your child's name on.

All children should bring a sun hat into school.

Please Note - Crocs are not suitable footwear for school.

Breakfast Club

Breakfast Club runs from 7:30 every morning.

The price is £4.50 per day, there is no need to book in advance.

Payment is made online through School Money.

Afterschool Club

Afterschool club is now provided by Funtastic Kids which is held at Geoffrey Field School.

The contact details for club are 01189799253,
bookings@funtastickids.co.uk.



Mental Health coffee mornings in READING SCHOOLS

Come and learn about mental health in a relaxed and informal setting. Understand how mental health might affect your child and learn practical tools to help you support your child through any mental health difficulties they may experience, whether short or long-term.

These informal coffee mornings are run by **Amanda Mavunga**, Reading MHST CAMHS Senior Clinician at BFFC. Amanda will deliver a presentation followed by an opportunity to ask questions. You can attend any session, even if your child does not attend the hosting school.



YOU MAY ATTEND ANY OF THESE SESSIONS AT ANY SCHOOL SUMMER TERM

DATE/TIME	SUBJECT	SCHOOL
8 May 2025, 1-3pm	Managing behaviour	Park Lane Primary School
12 May 2025, 9.15-11.15am	Autism and anxiety	Whitley Park Primary and Nursery School
Half term		
16 June 2025, 1-3pm	Self harm	Whitley Park Primary and Nursery School
19 June 2025, 1-3pm	Phobias	Caversham Park Primary School
26 June 2025, 9.15-11.15am	Transition	Park Lane Primary School
4 July 2025, 9.15-11.15am	Understanding Berkshire CAMHS and neurodiversity service processes	Churchend Primary Academy
9 July 2025, 1-3pm	Transition	Caversham Park Primary School
14 July 2025, 1-3pm	Support with growing up, mood and hormone changes	Park Lane Primary School

Summer holidays



Brighter
Futures for
Children

Understanding Autism

Parenting programme



Thursdays - 1 May, 8 May and 15 May 2025



6-8pm



Online via MS Teams

Join our three-week term-time programme for parents and carers.

This course provides an overview of the Living with Autism course, covering areas where parents commonly need support with their children such as play, sleep and toilet training. Each week will also include information about emotional regulation. All sessions will emphasise a growth approach to autism.

- ★ **Week one:** Understanding autism and your child as an individual
- ★ **Week two:** Practical strategies and approaches to play, sleep and toilet training
- ★ **Week three:** Enabling environments, including education settings.

To enquire or book your place, please contact:

parenting.reading@brighterfuturesforchildren.org

or call **0118 937 4858**



BFFC parent/carers workshops 2024-2025

BFFC's Educational Psychology Service and **Primary Mental Health Team** are offering the below workshops every half term (12 workshops in total). See the below details so that you can decide which is most appropriate for you and your child. You should look to attend only one of the courses.

Helping your child with fears and worries	Autism and anxiety
• Child is aged 5-12 years • Anxiety is the primary presenting concern in the child and the anxiety presents at home • The degree of anxiety is mild/moderate (not severe) – it is having an impact on the child's life - for example, the child is starting to avoid situations that lead to anxiety, such as social situations • The approaches in the workshop are designed to help with 'irrational' fears, for example specific phobias (dogs, school phobia etc), separation anxiety, generalised anxiety • It is not designed for children whose anxiety is due to trauma (e.g. domestic violence), PTSD, bereavement, sensory overload • Parent or child is not currently receiving any other kind of support for their anxiety (e.g. at CAMHS or the <u>AnDY clinic</u>). • The programme is not targeted at children with a diagnosis of autism or those with autism traits • The programme is not suitable for children who are non-verbal.	• Child is aged 6 – 16 years • The child has been recognised as autistic, has autism 'traits' or is awaiting a diagnosis, and is experiencing anxiety • The degree of anxiety is mild/moderate (not severe) – it is having an impact on the child's life. For example, the child is starting to avoid situations that lead to anxiety, such as social situations • The approaches in the workshop are designed to help with intolerance of uncertainty and to developing coping strategies to better manage worries about the unknown • It is not designed for children whose anxiety is due to trauma (e.g. domestic violence), PTSD or bereavement • Parent or child is not currently receiving any other kind of support for their anxiety (e.g. at CAMHS or the <u>AnDY clinic</u>). • The programme is not suitable for children who are non-verbal

Session dates planned for next academic year

All sessions are free of charge.

Helping your child with fears and worries

Thurs 15 May 2025 - 9.30am – 12noon
Tues 24 June 2025 - 9.30am – 12noon

Support for children with autism and anxiety

Weds 7 May 2025 - 9.30am – 12noon
Thurs 3 July 2025 - 9.30am – 12noon

Sessions will be via Teams. We have capacity for around 4 – 10 participants each session.

To book on a workshop please complete the booking form which can be found by clicking on the link here: <https://forms.office.com/e/4SsYxjyJ6Q>

Or scan the QR code below:



Once your booking has been confirmed, you will be emailed a MS Teams link nearer the time of the session.

If you have any questions, please email Wilma.Williams@brighterfuturesforchildren.org.

Support for autistic children and young people, and their parents/carers

If you are interested in taking part, please email us for more information: **autism@reading.ac.uk**

NeuroBears: Online Programme for Autistic Children



- Seven online sessions (30-60 minutes)
- Child and parent/carer find out more about autism together
- For children aged 8-14 years
- NeuroBears is created by autistic people, for autistic people
- Topics covered include autism myths, neurodiversity, sensory experience, autistic communication, autistic meltdowns, autistic identity
- Cost: free

Parent/Carer Support Groups

- A support programme for parent/carers of autistic children (or children who are waiting for an autism assessment) aged 5-16 years.
- A space to explore what autistic children, young people and adults tell us about their lives
- Supporting parent wellbeing and offering a safe space to explore what your child's diagnosis means to you
- Six week, in-person programme at the University of Reading (Whiteknights Campus)
- Sessions are two hours long
- Cost: £60

Informal Monthly Parent/Carer Meet Ups

- Monthly meet-ups for parent/carers of autistic children who are looking for a space to connect, share experiences and gain insights
- Each session begins with a talk from the team on an autism-related topic, followed by informal discussions where attendees can exchange knowledge and expertise
- Cost: £10

What is the Centre for Autism Wellbeing Hub?

We are based at the University of Reading, and we are a small team of people working to set up different activities and support to help autistic young people and families thrive and live their best lives.

It is essential that autistic voices are at the heart of everything we do, and we are developing new ideas jointly with autistic individuals, based on the things that autistic people tell us they would find helpful.

If you would like to be added to our mailing list please email us at: autism@reading.ac.uk

<https://research.reading.ac.uk/autism/support-and-training/wellbeing-hub-2>





People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction.

If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

First aid staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens.

We cannot have nuts in school in any form.

Please can we ask that you have no nut products in the lunch boxes or brought into the school as treats. Snacks containing Nutella or similar spreads are not allowed.

For example Peanut butter sandwiches, Chocolate spreads, Cereal bars, some granola bars, Cakes that contain nuts, Biscuits / Cookies that contain nuts, Satay Sauces, Nutella spread or snack containing Nutella, Boxes of variety chocolates.

This list is not exhaustive, so please check the packaging of products closely. We appreciate that this is an additional thing to check and we know that you recognise the importance of it. We do have to insist we are a nut free school.