



18th December 2020 No 451



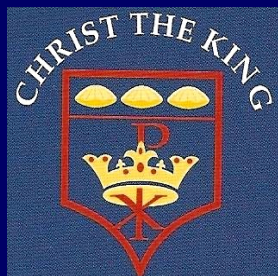
Christ the King Catholic Primary School



"I come to bring you life; life in all its fullness" John 10:10



Christmas Dinner



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

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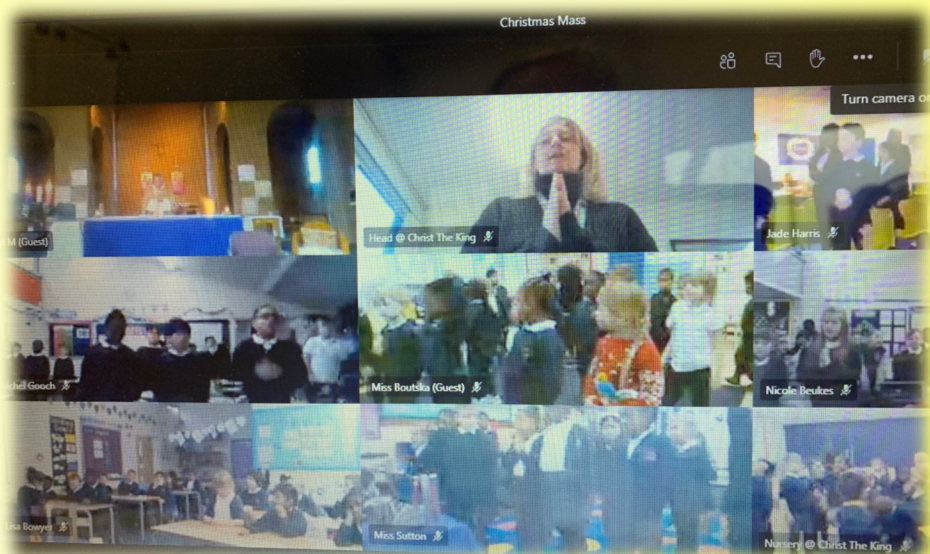
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Christ the King Catholic Primary School

Online Mass with Father Pat

This morning we celebrated Mass with Father Pat. This year was a little different as we were unable to go to church. Instead we all stayed in our classrooms and took part virtually. Well done to the children in Miss Harris and Mrs Gooch's classes for their wonderful readings. We ended with the children all wishing Father Pat a Happy Christmas and thanking him for everything he does for our community.





Nativity

This year with the restrictions, we were unable to produce our traditional Nativity but we thought about ways to enable the children to perform the nativity and be able to share it with their families.

We have produced a virtual nativity play featuring the children from all our classes from Reception to Year 6.

Please click on the link below to watch and enjoy this year's Nativity.

<https://youtu.be/AO4JiOIpPQ>

We hope you enjoy the show and thank you to all our wonderful children for their performances and to our staff for all their hard work.

Covid19



We need to continue
to monitor Covid19 cases
within our school during
the holidays.

If your child has a positive
result please can you email
the school on

covid@christtheking.reading.sch.uk

Please see the following table
for further details.

Reporting a positive COVID case for your child during the Christmas Holidays

	When	What parents must do		What the school must do
Your child develops symptoms on the dates opposite and tests positive	Friday 18th December OR Saturday 19th December OR Sunday 20th December	You MUST report this to the school as soon as you have the test result. Email: covid@christtheking.reading.sch.uk	Your child must self-isolate for 10 days from the day of their first symptoms. Everyone in your child's household must self-isolate for 14 days from the first day of your child's symptoms.	The school will report the positive case to Public Health England, the Department for Education and Reading Borough Council. The school will email anyone your child has been in close contact with in school in the previous 48 hours to inform them that they have to self-isolate for 14 days.
	FROM Monday 21st December TO Monday 4th January	Follow the information given to you by NHS Test and Trace. They will report the case. Please email: covid@christtheking.reading.sch.uk to confirm the case	Your child must self-isolate for 10 days from the day of their first symptoms. If the 10 days started on or after 27 th December, your child will not be able to return to school on 5 th January. Everyone in your child's household must self-isolate for 14 days from the first day of your child's symptoms.	The school will not contact any other families unless told to by NHS Test and Track. No one else in school will need to self-isolate, as it will be longer than 48 hours since your child was in school and in contact with children and staff in their year group bubble.
Your child has no symptoms but tests positive on the dates opposite	Friday 18th December OR Saturday 19th December OR Sunday 20th December	You MUST report this to the school as soon as you have the test result. Email: covid@christtheking.reading.sch.uk	Your child must self-isolate for 10 days from the day they took the test. Everyone in your child's household must self-isolate for 14 days from the day your child took the test.	The school will report the positive case to Public Health England, the Department for Education and Reading Borough Council The school will email anyone your child has been in close contact with in school in the previous 48 hours to inform them that they have to self-isolate for 14 days.
	FROM Monday 21st December TO Monday 4th January	Follow the information given to you by NHS Test and Trace. They will report the case. Please email: covid@christtheking.reading.sch.uk to confirm the case	Your child must self-isolate for 10 days from the day they took the test. If the 10 days started on or after 27 th December, your child will not be able to return to school on 5 th January. Everyone in your child's household must self-isolate for 14 days from the day your child took the test.	The school will not contact any other families unless told to by NHS Test and Track. No one else in school will need to self-isolate, as it will be longer than 48 hours since your child was in school and in contact with children and staff in their year group bubble.

ReadiFood

Reading's Food Bank

We would like to thank everyone for all the donations that were made for the Harvest Mass. We donated the food to ReadiFood .

The donations have gone a long way to help those in reading who are unable to buy food for themselves or their families, especially during the current COVID-19 Pandemic.

ReadiFood have been overwhelmed at the generosity from the schools in this area.



ReadiFood
Reading's Food Bank
Food Parcels for those in Need



Awarded to

***Christ the King Primary
School***

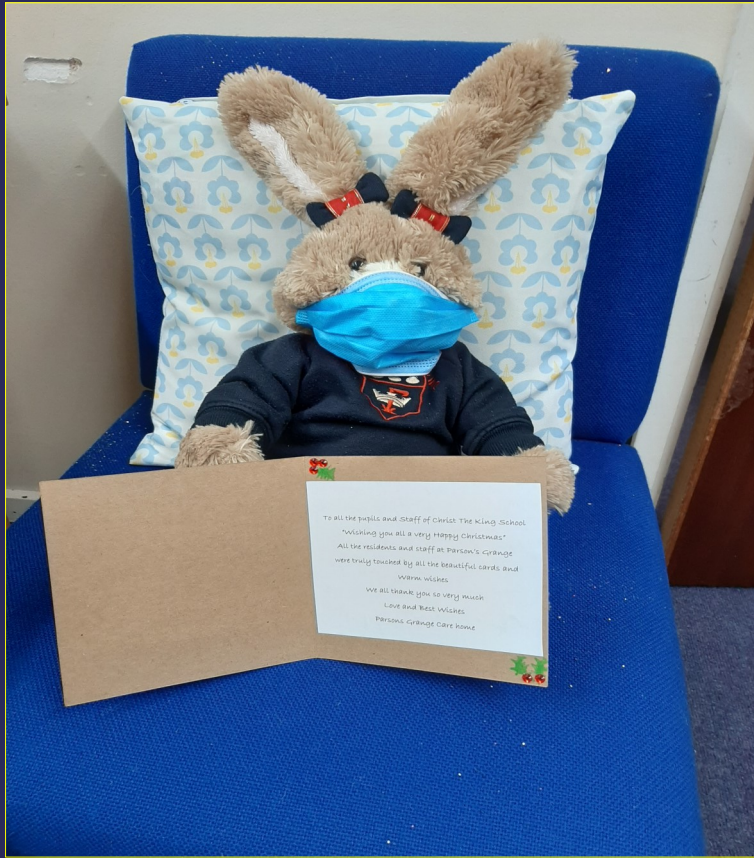
**for collecting 130kg of
food in aid of**

ReadiFood

Harvest 2020



Food Parcels for those in Need



Thank you

Last week we took some Christmas Cards, that the Children had made, to the residents of Parsons Green nursing home. This week they sent us a surprise gift.

They have used one of our old school jumpers to dress a new school mascot

Christ the King Catholic Primary School



Gospel

"Rejoice O highly favoured daughter!

The Lord is with you.

Blessed are you among women."



Luke 1:26-38



May your hearts
be filled with peace and faith in God.
May your days of doubt
be replaced with days of
hope and cheer.

May you and your family
get nurtured with lots of love!
Merry Christmas and a Happy New Year
2021

to you and to your loved ones!



We can't believe
this term is already over!
We just wanted to send you
a quick message to say
thank you so much for a great term
and lots of hard work.
All of you are amazing!

We're looking forward
to seeing you all back
in the new year 2021.
School will reopen
for children
on Tuesday
5th January 2021.



The 12 Online Safety Tips of Christmas

FOR CHILDREN WITH NEW DEVICES

Christmas is almost upon us once again, and soon some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips so that you can guide your young ones in enjoying their new digital gifts safely and responsibly throughout the year to come.
Merry Christmas!

1. ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!).

2. SET UP 'PARENTAL CONTROLS'

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't inadvertently do something they shouldn't.

3. PAY ATTENTION TO AGE RATINGS

One of the first things children want to do with any new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.

4. KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

5. HAVE 'THE MONEY CONVERSATION'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.

6. DISCOURAGE DEVICE DEPENDENCY

Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun, too. And the device will be there when they get back.

7. EXPLAIN SECURE WIFI NETWORKS



Your home Wi-Fi is protected by a password that only your family knows, whereas public networks (like those found in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

8. LIMIT SCREEN TIME



Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child to stay fresh and focused in order to perform well at school.

9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES



Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

10. TURN LOCATION SETTINGS OFF



It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.

11. STAY AWARE OF THE SURROUNDINGS



It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

12. BE THERE IF THEY NEED TO TALK



Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.



 **National
Online
Safety**
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.12.2020

School Nursing Newsletter For Primary Schools

December 2020

This newsletter aims to provide families and young people with some useful tips from the school nurses for keeping healthy. Childhood is an important time to develop habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential.

Welcome to the December edition of our newsletter



Seasonal greetings to you and your families, we wish you all a healthy, safe and happy time over the Christmas break.



Want to help develop your child's emotional wellbeing?

Think Ninja is a mental health app designed for 10-18-year olds to help them learn about their mental health and emotional wellbeing. It helps them develop a range of skills they can use to build resilience and stay well when they are experiencing daily life stresses, may be feeling anxious or experiencing low mood.

Due to the COVID-19 pandemic, the app is currently free. For more information and to download the app [visit the ThinkNinja website](#)

For further top tips to support children and young people with their emotional health [visit this NHS website](#)

Dental care

Did you know?

25% of children don't brush their teeth twice a day (Oral Health Foundation, 2015).

In England, 141 children per day have a tooth removed because of tooth decay (Public Health England, 2018).

By the time a child in the UK turns 10 years old, they have already exceeded the maximum recommended sugar intake for an 18-year-old. They are consuming around 2,800 cubes of sugar per year (8 per day), more than is recommended. (Public Health England, 2019)

A 500ml can of energy drink contains on average 13 sugar cubes (Public Health England, 2018)

A 330ml can of cola contains an average of 9 sugar cubes (Public Health England, 2018)

A 200ml juice pouch with added sugar contains on average 5 cubes of sugar (Public Health England, 2018)

What can you do?

- Help your child have a good dental health routine, make sure they brush their teeth twice a day with a fluoride toothpaste.
- Have regular dental check-ups.
- Be sugar smart: reduce the amount of food and drinks that contain free sugars and limit them to mealtimes. This includes sweets, chocolates, cakes, biscuits, sugary breakfast cereals, jam, honey, fruit smoothies and dried fruit.



The Change4Life Food scanner is a great way to check out how much sugar is hidden inside your food and drinks just by scanning the barcode (it lets you know how much saturated fat and salt are contained as well).

For further information and hints & tips on looking after your and your child's teeth [visit the NHS Live Well site](#).

Unsure how to choose the right service for you or your child?



When you think you need A&E contact 111 first, the NHS will help you right away and if you need urgent care can book you in to be seen quickly and safely. Emergency care services maintain social distancing and ensure you are given the right care in the right place in a timely and safe way

Stay well

Guide to help you choose the right service for you and your NHS



Self-care	Pharmacy	GP	Minor Injuries	A&E/999
Hangover. Cough, Colds. Grazes, Small cuts. Sore throat.	Diarrhoea, Earache. Painful cough. Sticky eye. Teething, Rashes.	Arthritis, Asthma. Back pain. Vomiting. Stomach ache.	Cuts, Sprains. Strain, Bruises. Itchy rash. Minor burns.	Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.
				
Self-care is the best choice to treat minor illnesses and injuries. A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.	Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time. No appointment is needed and most pharmacies have private consulting areas.	GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.	Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions. They are usually led by nurses and an appointment is not necessary.	A&E or 999 are best used in an emergency for serious or life-threatening situations.

NHS 111

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call NHS 111.



24 hours a day
7 days a week

NHS Choices

You can also access health advice and guidance or find your nearest service online through NHS Choices.



Visit www.nhs.uk

Produced by NHS Northern, Eastern and Western Devon Clinical Commissioning Group

Importance Of handwashing

Time to remind everyone how important it is to continue to wash their hands properly; this little video may help keep them motivated.

[How to wash your hands NHS song](#)

Do you need support with bedwetting, daytime wetting or soiling?

Bedwetting, otherwise known as enuresis, affects approximately half a million children and teenagers in the UK.



Some people can find bedwetting an embarrassing subject to talk about and this can delay the child, young person or family from seeking help. Bedwetting can have a big impact on a child's self-esteem and on

their family life, but it's nothing to be ashamed of and it's important to get help if you need it.

For more information, how you can help and when to ask for additional support please [visit our website](#).

The ERIC website offers support and advice for children and young people with a bowel or bladder condition. [You can visit the ERIC Site here](#).

Did you know that your child drinking well and staying hydrated can affect bed wetting? For a quick guide to suitable drinks whether your child bed wets or not [Click here](#)

Important information from the NHS and fire service to help you and your family stay well and safe this winter

With the days now getting colder have a look at some great advice on how you and your family can stay well.

[NHS advice Click here](#)

[Fire safety advice Click here](#)

The School Nurse Support Line

If you need help to support your child or if you have a concern about your child's health, please contact us on our dedicated phone line for parents/ carers and young people in Year 9 and above.

We're here to give you health advice and refer you into the service for ongoing support if you need it.



We're available 9am-4.30pm Monday to Friday.

Call **0118 9312111** and select 'Option 4' to speak to a School Nurse.

Please note this number is changing **in January** to **0300 365 0010**.

[Visit our website](#) for more help and support for children and young people.

How to contact your School Nursing team

Bracknell Forest

0300 365 6000, select option 3 Bracknellforest.SN@berkshire.nhs.uk

Wokingham

0118 949 5055 csnwokingham@berkshire.nhs.uk

Reading

0118 955 6888 csnreading@berkshire.nhs.uk

West Berkshire

01635 273384 csnwestberks@berkshire.nhs.uk

We are available Monday to Friday 9am-5pm. There is reduced cover during school holidays.



Finally a lovely picture of one of our school nurses at work from Ben Brooks.

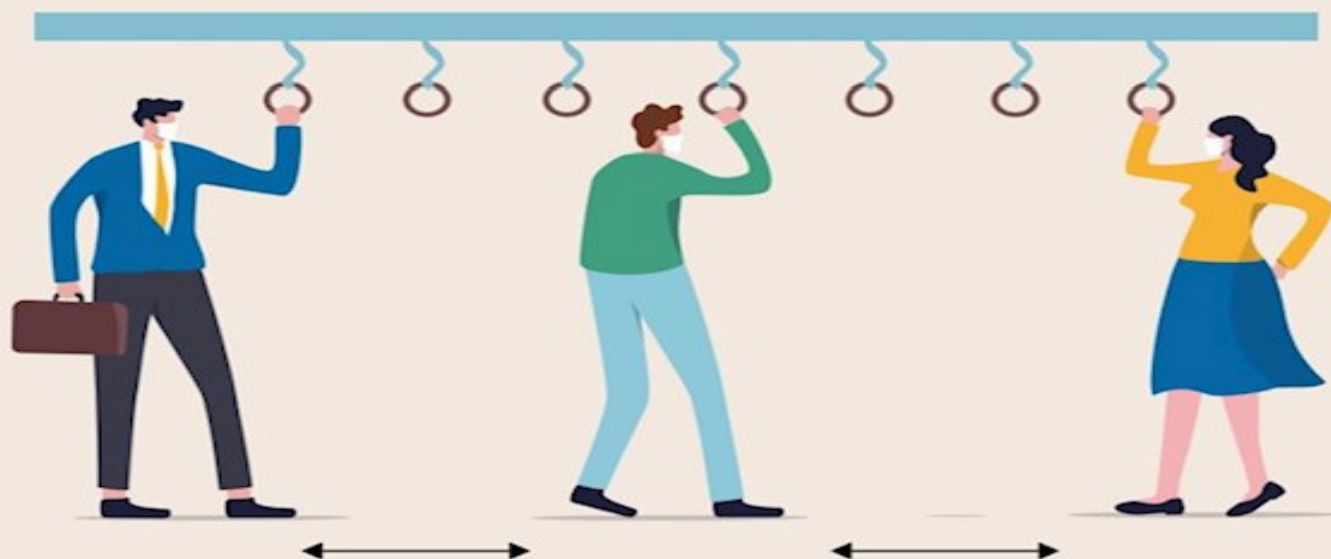
Stay safe everyone



HM Government

NHS

Anyone can spread coronavirus. Even you.



Not everyone with coronavirus has symptoms.



HM Government

NHS

Take care, refresh your air

Opening windows
regularly can remove any
coronavirus particles that
are lingering in the air



CHRIST THE KING PRIMARY SCHOOL 2020-2021

TERM DATES	STARTING	ENDING
HALF TERM-SCHOOL CLOSED	26.10.2020	30.10.2020
INSET DAY-SCHOOL CLOSED	02.11.2020	
END OF TERM, SCHOOL CLOSURES AT 1:30	18.12.2020	31.12.2020
INSET DAY- SCHOOL CLOSED	04.01.2021	
HALF TERM-SCHOOL CLOSED	15.02.2021	19.02.2021
END OF TERM, SCHOOL CLOSURES AT 1:30	01.04.2021	16.04.2021
INSET DAY-SCHOOL CLOSED	19.04.2021	
HALF TERM- SCHOOL CLOSED	31.05.2021	04.06.2021
END OF TERM, SCHOOL CLOSURES AT 1:30	21.07.2021	

OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
1 2 3 4	1	1 2 3 4 5 6	1 2 3	1 2 3 4 5 6 7	1 2 3 4 5 6 7
5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13	4 5 6 7 8 9 10	8 9 10 11 12 13 14	8 9 10 11 12 13 14
12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17	15 16 17 18 19 20 21	15 16 17 18 19 20 21
19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27	18 19 20 21 22 23 24	22 23 24 25 26 27 28	22 23 24 25 26 27 28
26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31	25 26 27 28 29 30 31		29 30 31
	30				
APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER
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1 2 3 4	1 2	1 2 3 4 5 6	1 2 3 4	1	1 2 3 4 5
5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8	6 7 8 9 10 11 12
12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15	13 14 15 16 17 18 19
19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22	20 21 22 23 24 25 26
26 27 28 29 30	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29	27 28 29 30
	31			30 31	