

CHRIST the KING

CATHOLIC PRIMARY SCHOOL and NURSERY
with **THE ARK, a SPECIALIST RESOURCE**



No. 361—3rd March 2017

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✂ WORLD BOOK DAY SPECIAL DOUBLE EDITION ✂

Welcome! to our second double edition in a row... we have so many wonderful photos from the day that we thought it would be a real pity not to include a good number of them!

Quite apart from World Book Day, there's plenty more exciting news, including the concert at The Hexagon (below)—there are plenty of seats available for now but do book soon to avoid missing a great evening.

On the subject of concerts, our heartiest congratulations go to our neighbours, the John Madejski Academy, who won Reading Youth Choir of the Year at a hotly contested concert on Wednesday. They will also be performing at the Children Helping Children concert—just another reason to come along.

Finally, don't forget our new Twitter feed—www.twitter.com/CKT_RDG—we look forward to hearing from you there!

—✂—

Tuesday 16th. March—7 to 9 pm

The Children of Christ the King in

“Children Helping Children”

Charity Concert

A fabulous evening of song and dance with the pupils of 10 schools including Blessed Hugh Faringdon, Geoffrey Field Juniors, The Ridgeway, Whitley Park, New Christchurch, The John Madejski Academy, St. Paul's and English Martyrs.

In aid of Comic Relief (Red Nose Day) and Aspire 2 (the charity for children in South Reading) - proceeds split 50/50.

TICKETS ON SALE NOW AT THE HEXAGON

To buy call 0118 960 6060 or visit <https://goo.gl/o0hnL2>

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*We raised £251.73 for Ocean Ward on
Wear Red Day—a fantastic sum!*

Sainsbury's Active Kids

Active Kids Vouchers are given out by all Sainsbury's stores between now and the 2nd of May at a rate of 1 per £10 spent and provide an excellent boost for our school resources.

We are considering some kind of competition this year to encourage as many of you as possible to collect them, so watch this space for more detail and get collecting!

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Class Blog of the Week

Class Blog of the Week Award goes to Nursery, for posting a lot of super news. Congratulations!

—✂—

Backpack Project

Our school is undertaking a very exciting project with an international charity called Mary's Meals. This organisation provides over 1.13 million breakfasts for children every day in 12 different countries.

They also run the Backpack Project, which is about providing children the basic tools for learning. Your children here at Christ the King have shown a fantastic

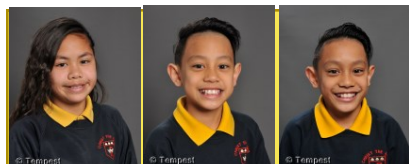
Up-Coming Non-Uniform Days

10th March: Donations in aid of Buscot Special Care Baby Unit—Miriam and Dan Coleman are running the Reading Half Marathon for this excellent cause.

17th March: Easter eggs for the PTA raffle.

31st March: Donations for the CAFOD Lenten appeal.

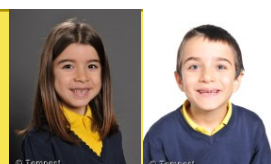
12th May: Dress “sporty”—donations for Emily McAuley's “sponsored step” for her Irish dance academy.



We started our week in Tagalog and finished in Turkish.

“Magandang Umaga”

“Merhaba”



Please Remember: No NUTS *in* SCHOOL

Several of our children are severely allergic to nuts.

interest in helping with the project and we would love you to support them by donating good condition basic items that your child no longer uses. The bags will be collected on the 29th Mar and then sent to various schools in Malawi, and your help would be most appreciated!

You can donate one or as many as you like of the following items

- ✂ Backpacks
- ✂ Notepads, pens, pencils, crayons, erasers, rulers, sharpeners, pencil cases etc.
- ✂ Towels, shorts, skirts, t-shirts, dresses, flip-flops, sandals etc.
- ✂ Soap, toothbrushes, toothpaste
- ✂ Small bowls and spoons

Thank you in advance—Mrs Carroll.

—❧—

Flavonoids Research

Last year our children helped with a research project looking at the effects of flavonoids, which are in blueberries, raspberries, broccoli and many other fruit and vegetables, on brain function and cognition. They have now published their findings which are very important; they have been on television and radio, as well as featured in the press.

They found that eating blueberries can significantly improve the mood of children and young adults. This is really important because many youngsters suffer from anxieties and depression, particularly in adolescence. If a simple change in diet can help, it will be a tremendous benefit for them people and their families.



Mary's Meals volunteers in Malawi

(Picture: Wikimedia Commons / Thomas Black)

Tweet us: /CtK_RDG

It's also important because we know that cheerful people do better: in school and in life (this is very well established through research over many years). So if there's a way of improving children's mood it will also help them get better results.

If you would like to read the published journal article it can be found here:

<http://www.mdpi.com/2072-6643/9/2/158>

—❧—

Photos Wanted

Have you got any photos or memorabilia from Christ the King through our 50 years? Please leave any submissions with the school office (with a note saying who they're from and whether you want them back).

—❧—

Northumberland Road

Please take care when crossing Northumberland Road. Car drivers very often cannot see people on the crossing itself. With children and parents from three schools coming and going at the beginning and end of the day it gets very busy. We will be asking the police to give our children some more road safety advice, but we appeal to everyone to please take care.

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University of Reading

Healthier Lives Study

The University of Reading has teamed up with Netmums to develop two online programmes to help parents and kids get more healthy and active. One is focused on kids' wellbeing and the other on healthy eating.

Now they are looking for parents to help them test if the programmes work. Not only will you get free access to a wealth of tips and ideas—you'll also be entered in a prize draw to win one of two £250 prizes.

Anyone can take part, as long as you have a child between the ages of 1 and 16 years old living with you some of the time.

If you sign up, you'll be allocated one of the two programmes. After that you'll:

- ✂ Complete an online questionnaire, which takes about 15 minutes to fill in;

Wednesday 8th March 11am–2pm
Whitley Community Café, 252 Northumberland Avenue

WHITLEY WELLBEING FAIR

Find out what's going on in your community to help you & those around you stay well—free entry



www.rva.org.uk/links-to-wellbeing
Twitter: @GetInvolvedRDG

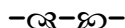
Stable Manners DVDs *for sale: £10*

The film of the Junior Christmas Performance of Stable Manners has been professionally edited. Please let your child's class teacher or Mrs Brophy know if you would like to buy a copy.

- ✂ Receive nine emails over three weeks. These are packed with tips for healthy living;
- ✂ Be asked to complete another questionnaire;
- ✂ Finally, be asked to complete one more questionnaire six months later. After this, you'll be entered into a prize draw to win one of two £250 prizes.

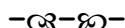
To find out more and take part, simply click on the link below.

<http://www.uoropen.org/LabGroups/Snuggs/>



Barriers to Employment

A team from Reading Borough Council and the University of Reading will be at our school at the end of the day on Tuesday and Wednesday next week to ask parents about barriers to employment in our local area. This is the same group who last year came to ask for your views about transport in Whitley. Please don't be surprised if they come into our playground to speak to you.



Ash Wednesday Mass

Father Pat celebrated the start of the 40 day Lenten Season, Ash Wednesday, in a packed school hall this week. Many parents and parishioners joined us for a moving service—thank you so very much to all of you who made the extra-special effort to come along! (*Receiving ashes, on Ash Wednesday: right*)

Comic Relief—Red Nose Day

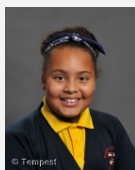
is

March 24th.

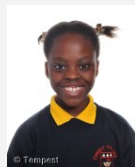
Red Noses are on sale in school for £1



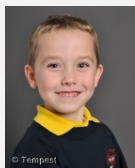
Congratulations!



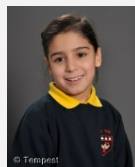
Jayda Charles who last week performed in a production of *Bugsy Malone* at the Hexagon Theatre.



Daniella Obuadum who has gone up a level in her achievement at Explore Learning.



Daniel O'Brien who having joined Beavers, has already been awarded his first badge.



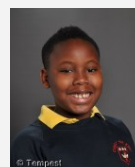
Alba del Prado who has now achieved her ballet award from the International Teachers of Dance to add to last week's Gold award.



Mia Dunne who is now a karate Green Belt.

Maths Ninja—Nidan

(22 sums correct in a minute)



Swencey D'Costa, Dhiraj Sam-Harris, Jayson Basa, Caoimhe Rose

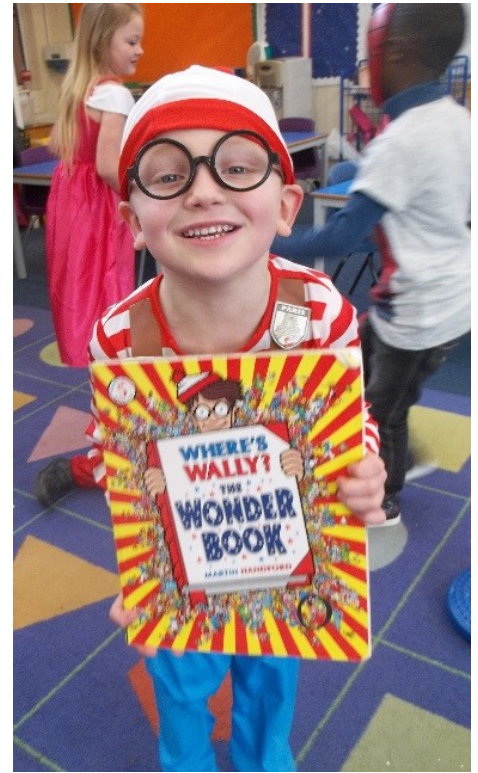
Maths Ninja—Godan

(55 sums correct in 1 minute 30 seconds)



Theo Dirisu, Danica Monreal

✂ WORLD BOOK DAY 2017 ✂



We had such a fantastic time this World Book Day that we couldn't resist showing you a whole page of photos!

