CHRIST CHURCH C.E. FIRST SCHOOL

Friday Newsletter

6th November 2026

P.E. Days- Autumn 2

Year 1	Tuesday & Thursday
Year 2	Tuesday & Friday
Year 3	Monday & Tuesday*.
Year 4	Monday & Thursday.

*Year 3 swimming Tuesday morning.

Families Health and Wellbeing Service

Please see below for some information on some Midlands Partnership University NHS Trust services. There is also information on ways to contact the school nursing team.

Children in Need

Friday 13th November children can wear their own clothes to raise awareness for Children in Need. There is no need to donate through school, if families wish to donate, please visit the Children in Need Website

Stafford Family Hub

Please see below for a timetable of events run at the Stafford Family Hub, as well as some information about virtual parenting workshops.

Mini Explorers

Join our FREE parent and toddler group. Every Friday morning 9.30-11.30am in school. Join us for themed activities, soft play, crafts, songs and Rhymes!

Parking

This is a polite reminder not to park on the double yellow lines outside of school. We need to make sure it is safe for people travelling around the area.

TT Rock Stars Update

From 24th November, TT Rock Stars will introduce new default wellbeing settings to help promote healthy screen habits. Children will be able to access TT Rock Stars between **7:00am and 8:00pm** and will be limited to **20 minutes of play per day outside school hours**.

These settings are designed to support children's wellbeing by encouraging regular breaks from screens, while still allowing them to enjoy practising their times tables.

CHRIST CHURCH C.E. FIRST SCHOOL

Upcoming Events

6th November	Bonfire Disco
9th November	DIYA making workshop
13th November	Children in Need- Own clothes No need for donations
26th November	Choir at Christmas Tree Festival
27th November	INSET DAY
3rd December	YR &Y1 Theatre Trip
7th December	Y3 & Y4 Author Visit
9th December	Y2, Y3 & Y4 Evening Performance
10th December	Y1 Family worship Join us for tea and biscuits at 9 am Children's performance at 9:30 am
11th December	Christmas Fair
16th December	Carol Concert 1:30 pm- Everybody welcome

Christmas Cards

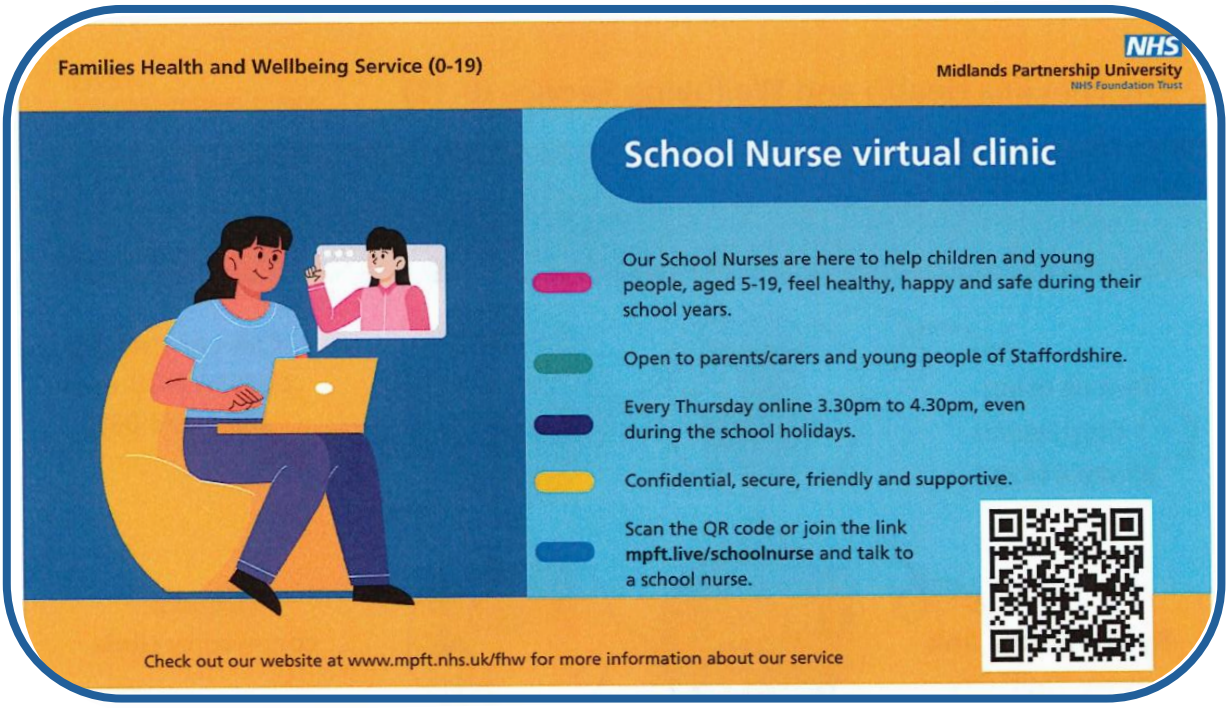
Over the next few weeks children will come home with a Christmas card design. If you would like to order some cards, mugs and coasters, please scan the QR code at the top of the page and follow the instructions. If you need any assistance please contact the office.

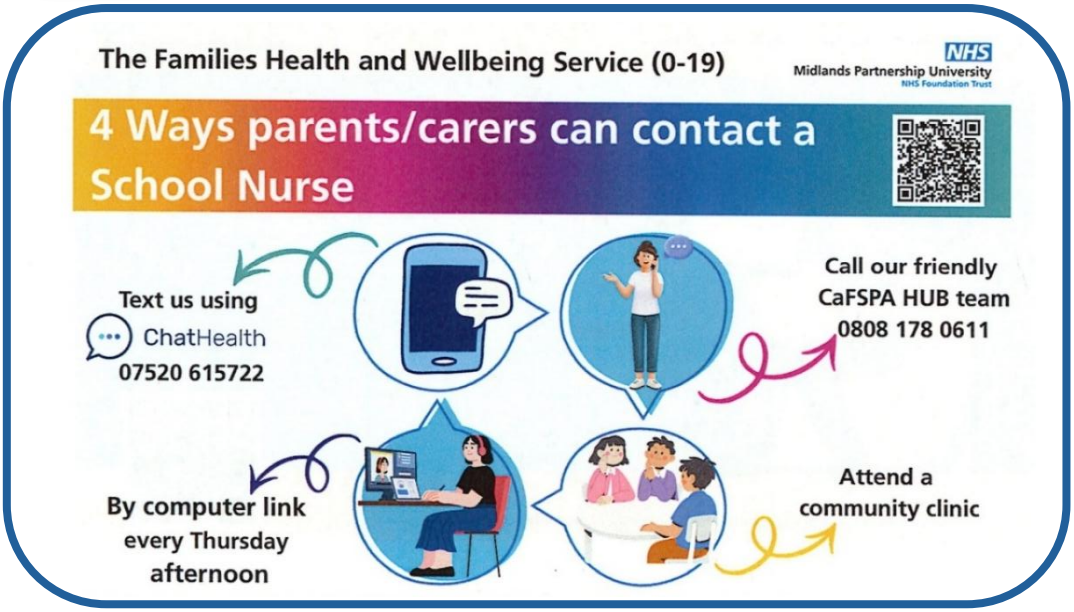
Nut Free

A reminder to all that Christ Church is a nut free school. The school kitchen is nut free and we need to ensure that children do not bring any foods that contain nuts into school. This includes chocolate spread sandwiches. Please check the labels on any foods that you pack in a lunch box and find alternatives if items contain any type of nut. **We need to safeguard the children in our care.**

CHRIST CHURCH C.E. FIRST SCHOOL







CHRIST CHURCH C.E. FIRST SCHOOL



Stafford Family Hub

Winter 2026

Stafford Family Hub
Faraday Road Stafford
ST16 3NQ
01785 854700
familyhubadminstafford@staffordshire.gov.uk

Silkmore Family Hub
Exeter Street, Stafford
ST17 4EG

BEST START IN LIFE — Family Hub Staffordshire

Staffordshire County Council
Family Hub Sign In

MONDAY



Tea and Toast

Silkmore Family Hub
Monday mornings
8.45 am - 10.00am

Silkmore Family Hub Exeter Street
Stafford ST17 4EG

Come and have a cuppa and a chat within a friendly welcoming environment. All welcome and FREE.
For more information call: 01785 854700

Physiotherapy (Mini Movers) Stafford Family Hub
8.30am-12.30pm
Appointments only

Midwife Clinic Stafford Family Hub
8.30am - 4.30pm
Appointment only
Emergencies 01782 672300
Community office 01785 230839

Health Visitor Clinics - Silkmore Family Hub
9.00am - 4.30pm
Appointments only
Development Reviews and clinic appointments
All health visitor enquiries: 0808 178 0611

North Staffs Mind - Stafford Family Hub
8.30pm - 4.30pm Monday Wednesday
Thursday Friday
Appointment only
1:1 Therapy for Children and young people
Call our support line on 0300 102 1234
Call our Infoline on 0300 123 3393

MONDAY

MPWR Home Ed group Stafford Family Hub
2pm - 3pm
To book on call Danni Fulford
Mobile: 07950 489918
Email: info@mpwrgroup.co.uk

MiniMe Mindfulness Stafford Family Hub
2.15pm - 3.00pm
Parent and Pre-school group Age 2 1/2-4yrs
*****Booking Required*****
16th/23rd/30th November
https://minime-minfulness-staffordforkids.io/term/9
Email www.minimemindfulness.co.uk

Andy's Man Club Stafford Family Hub
7:00pm - 9:00pm
Find out more: info@andysmanclub.co.uk
Website:www.andysmanclub.co.uk

ANDYSMANCLUB are talking groups for men to

HELP YOU through those storms
#ITS OK TO TALK
Can't make the full 2 hours?
Just DROP IN for a chat



CHRIST CHURCH C.E. FIRST SCHOOL

TUESDAY

Midwife Perinatal Clinic Stafford Family Hub
8.30am - 4.30pm
Appointment only
Emergencies 01782 672300
Community office 01785 230839

Health Visitor Clinics Stafford Family Hub
8.30am - 4.30pm
Appointments only
Development Reviews and clinic appointments
All health visitor enquiries: 0808 178 0611

ESOL Resettlement Families - Stafford Family Hub
8.30-2.30pm
English as a Second Language
For more information contact....
Telephone 01785 278770
Email communitylearning@staffordshire.gov.uk
Facebook Staffordshire Community Learning

Well Baby and School Nurse DROP IN
Stafford Family Hub
1.30pm - 3.30pm
Do you need to get baby weighed. Do you need any baby related advice and support? Do you need to speak to a Health Visitor about your school age children 5-19?

To speak to the Health Visiting Team please contact them on: 0808 1780611



TUESDAY

Staffs Nappy Bank and multiples group
Stafford Family Hub
1.00pm-2.30pm
The Staffordshire Cloth Nappy Library are trying to make cloth nappies accessible to as many families as possible

The Group meet up 2nd Tuesday of the month
Email Vicki and the team on
contact@staffsnappylibrary.co.uk

MiniMe Mindfulness Silkmore Family Hub
After school club
3.20pm - 4.20pm
*****Booking Required*****
https://minime-minfulnessstaffordforkids.io/term/7
Email www.minimemindfulness.co.uk

MiniMe Mindfulness®
Mindset Mentoring 4 Kids

Arts for Wellbeing Stafford Family Hub
5.30pm - 6.30pm
*****Booking Required*****
Ages 9-14 yrs Tuesdays 5.30pm-6.30pm

Email rachelwellcreative@gmail.com
Facebook: Well Creative Youth project CIC
Call: Rachel Rock 07496602996

WEDNESDAY

Jump into Parenting Stafford Family Hub

Baby Sensory
9.30am-10.30am
From bubbles to lights, fabric to music, all your babies senses will be given the opportunity to develop and learn through fun play with mums and dad's
Suitable from birth to active crawling
Wednesday 9.30-10.30am
❤️ £5 50 first child, £3.00 sibling

Baby Massage
11.00am - 12.00pm
This 5 week Baby Massage course helps to help reduce colic, constipation & wind, improve sleep patterns, strengthen muscles & increase blood flow.
Suitable from birth to beginning to crawl.
❤️**£30.00 per course**

Baby Yoga & Music
11am - 12pm
This 5 week course combines singing, movement, and includes a make & take activity.
Suitable from 8 weeks to crawling
❤️**£40.00 per course**

Mixed Age Messy Play
1.00pm - 2.30pm
Lots of Messy play for your little one to explore. From paint to spaghetti they can develop their senses through play.
Suitable from 3mths to preschool
❤️ **£7.00 first child, £4.50 sibling**

Booking required
https://bookwhen.com/jumpintoparenting

CONTACT Jo on 07341 482582 FOR NEXT DATES

CHRIST CHURCH C.E. FIRST SCHOOL

WEDNESDAY

Health Visitor Clinics Silkmore and **Stafford Family Hub**
9.00am - 4.30pm
Appointments only
Development Reviews and clinic appointments
All health visitor enquiries: 0808 178 0611

Childminders Group
Silkmore & Stafford Family Hub
9.30am - 12pm
Stay and Play. A group for childminder's children to meet socially and play.

Midwife Clinic Stafford Family Hub
8.30am - 4.30pm
Appointment only
Emergencies 01782 672300
Community office 01785 230839

Dance with Lauren - Stafford Family Hub
9am - 12pm
A SEND activity club
Contact Lauren 0731101782 672300
Email: marshmallow.dance @outlook.com
*****Booking required*****

Family Hub Staffordshire



Facebook
for updates and information for Stafford and Silkmore Family Hub
Find us on Stafford Family Hub

THURSDAY



Tea and Toast
Stafford Family Hub
Faraday Rd ST16 3NQ
Monday mornings
9:15am - 11:00am
Free session for parents, carers and their children

Silkmore Stay and Play Silkmore Family Hub
9.00am - 10.30am

Term time only for 0-5 Years, a fun session of singing, rhyming, and themed activities. £1 per family snack provided.

Smoking Cessation Clinic Silkmore Family Hub
9.00am - 4.30pm
Weekly appointment clinic by **EVERYONE HEALTH.**
If you are a Staffordshire resident and smoking tobacco, we are here to support you over 12 weeks, providing FREE Nicotine Replacement therapy (NRT) Vapes and prescribed medicine*
Give us a call on **0333005 0095 or **text 'QUIT'** to **60777** to start your smokefree journey! *eligibility criteria applies**

Staffordshire Baby Bank Stafford Family Hub
9.30-11.00am
Staffordshire Baby Bank was set up to support parents, families or care givers across the county with essential items provided by public donations.
Fill in the referral form to ask for baby items you need by scanning the QR code
For more information email:
staffsbabybank@gmail.com

THURSDAY

Health visitor Baby Clinic Silkmore Family Hub
Drop in
9.30am - 11.30am
Do you need to get baby weighed. Do you need any baby related advice and support? Do you need to speak to a Health Visitor?
Drop in Sessions, No appointment required.
To speak to the Health Visiting Team please contact them on: 0808 1780611

Parenting Support Sessions Stafford Family Hub
1st Thursday of each month
10:00am-12:00pm
Free Support Sessions for Parents in Staffordshire
For more information please contact
sctsp.org.uk/community-family-support

MiniMe Mindfulness Stafford Family Hub
12.30pm -1.30pm Social Time
1.30pm-2.30pm Mindfulness
*****Booking Required*****
https://minime-minfulnessstaffordforkids.io/term/7
Email www.minimemindfulness.co.uk

Crisis Resilience Fund Stafford Family Hub
CRF DROP IN
Need help with your income, savings and debt
Drop in or email.....
staffordshirecrf@staffordshire.gov.uk

Chill Out Club - Stafford Family Hub
5.00pm-10:30pm
Adults 4:45pm-6:15pm
Juniors 6:30-8:00pm
Seniors 8:00pm-9:30pm
To find out more and book www.chilloutclubs.com
Social Media: @chilloutclubs
Call: 08003686968 or 01543 753434

CHRIST CHURCH C.E. FIRST SCHOOL

FRIDAY



Midwife Clinic Stafford Family Hub
8.30-4.30pm
Appointment only
Emergencies 01782 672300
Community office 01785 230839



FRIDAY

Tots Play - Stafford Family Hub
Action Tots
10.00am - 10.40am
A mixture of activities including balance bikes, sensory, music and exploration play. For more information and to book please visit www.totsplay.co.uk/stafford

Social Tots
11.00am - 11.40am
A mixture of activities including baby yoga, sensory and exploration play. For more information and to book please visit www.totsplay.co.uk/stafford

Discovery Tots
12.00am - 12.40am
A mixture of activities including baby yoga, sensory and exploration play. For more information and to book please visit www.totsplay.co.uk/stafford

MiniMe Mindfulness Stafford Family Hub
SEND group
4pm-5pm

5 to 8 yrs parents welcome

*****Booking Required*****
https://minime-minfulnessstaffordforkids.io/term/7
Email www.minimemindfulness.co.uk







CHRIST CHURCH C.E. FIRST SCHOOL

Stafford Family Hub

****NEW****

SENSORY ROOM

ONLY £2 per hour

To book call 01785 854700 or email

familyhubadminstafford@staffordshire.gov.uk



AUTISM INCLUSION TEAM

"The Autism Inclusion Team is delighted to offer free, supportive sessions for parents and carers of children with an autism diagnosis - including those not yet referred to our service. "

•Autism and Masking Tue, Nov 3rd 9.30am
•Reducing Barriers to Education Tue, Nov 3rd 1.00pm
•Girls and Autism Tue, 1st Dec 10.00am
•Understanding Autism Mon 15 March, 9.30am
•Raising Self-Esteem in Autistic children and young people Mon 15th Mar 11.15am
• Autism and Emotional Regulation Mon 15th Mar 1.30pm
•Autism - reducing Barriers to Education, Thurs 18th Mar 10.00am
•Autism - Transition to Adulthood, Thurs 25th Mar 9.30am
•Understanding Self-Harm in Autistic Children and Young People, Wed 23rd June 9.30am
• Autism and Eating Wed 23rd June 12.00pm
•Girls and Autism Wed 23rd June 1.30pm

PLEASE BOOK VIA EVENTBRITE

Parent/Carer sessions 2026-2027 by Autism Inclusion Team | Eventbrite





WE NEED YOUR HELP!

Want to get involved?

Can you spare any time?

Ask at your local Hub...

CHRIST CHURCH C.E. FIRST SCHOOL

WORKING IN PARTNERSHIP WITH

Hearts and Hands - Supporting employed who find themselves in financial stress. Managed solely by volunteers & give free food parcels out every week. Surplus food is collected from supermarkets and distributed to 10 surplus food rescue tables outside volunteers houses, anyone can come and take the items.
Contact : 07564 686240 Email: admin@heartshands.uk

CYMPH - Children and Young People mental health service
Working with children and young people and their families
For more information: participation@mpft.nhs.uk

Everyone Health - Everyone Health is a national organisation supporting communities across the country to improve health and wellbeing.
For more information: everyonehealth.co.uk/contact-us

Tiny Happy People - CBeebies Parenting /helpful information
Parent and carer support. You'll find articles from those who understand the ups and downs of growing a little person, including pre-school tips, language learning, ideas for creative activities, inspiration to keep your child happy and entertained, and how they support your child's development.
For more information: https://www.bbc.co.uk/tiny-happy-people/articles/z6c9y9q

Staffordshire Women's Aid
Providing vital help to women, men and children affected by domestic and sexual abuse across Staffordshire.
Helpline: 0300 330 5959
For more information: dropin@staffordshirewomensaid.org

Waste Savvy Staffs - This is a campaign run by the County Council to encourage residents to reduce, reuse and recycle more across Staffordshire. Providing Staffordshire residents with the knowledge and motivation to reduce, reuse or recycle. From saving and reusing tech, bikes, toys, household items, medical care equipment and paint to working with community groups to save items from waste whilst raising money.
For more information contact: 0300 111 8000 Email: wastesavvy@staffordshire.gov.uk

HAF project holiday activities and food programme - The Department for Education provides fund for this initiative. It delivers inclusive activities and a hot meal over the school holidays for children aged 5 – 16 years who are eligible for benefit related school meals. Local organisations are funded to develop a timetable of enriching activities where children will get the opportunity to try new things, work on arts and crafts, cookery and sport. Children who are not eligible may still attend if there are places.
For more information contact: https://www.staffordshire.gov.uk/Education/Educational-awards-benefits/Holiday-activities-and-food/Holiday-Activities-and-Food.aspx

Period Power - an organization dedicated to breaking down the stigma surrounding feminine hygiene. It supports women and girls to ensure that safe and sustainable menstrual products are accessible to all menstruators and providing access to menstrual products and education on women's health.
For more information contact: https://theperiodpower.org/

Young Minds - UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.
For more information contact: 0808 802 5544 (weekdays 9.30-4.00) Email: parents@youngminds.org.uk OR ymenquiries@youngminds.org.uk

Love It Again Staffs - They are on a mission to give unwanted goods a second life whilst helping the planet and supporting the local community by providing affordable access to everyday items. Voluntary organisation
For more information Contact : 07944 322667 Email: loveitagainstaffs@gmail.com

There is No Planet B - The initiative seeks to raise public awareness about the urgent need to act against climate change, reducing the carbon footprint, adopting a more sustainable lifestyle and education on how we can all help.
For more information: noplanetbstafford@hotmail.com

SENDIASS - Staffordshire Family Partnership- They provide an impartial and confidential service on matters relating to a child or young person's special educational needs or disability from birth to 25 years.
For more information contact : 01785 356921 OR 07891 599 662
Email: sfps@staffordshire.gov.uk
Website: SEND IASS - Staffordshire Family Partnership

Staffs Nappy Bank - Working in partnership - Staffordshire Baby Bank, Stafford Salvation Army, Staffordshire Cloth Nappy Squad and Stafford Family Hubs.
The Staffordshire Cloth Nappy Library are trying to make cloth nappies accessible to as many families as possible.
The Group meet up 2nd Tuesday of the month 12pm–2pm at Stafford Salvation Army, Faraday Road ST16 3NQ
Email Vicki and the team on contact@staffsnappylibrary.co.uk

CHRIST CHURCH C.E. FIRST SCHOOL

Family Hub Staffordshire

BEST START IN LIFE | FAMILY HUBS

Parenting Workshops

Practical advice, support and tips for you and your family

Join our friendly and informal **online workshops**, designed to give you the knowledge and confidence to support your child's health, development and wellbeing.

Wednesday 30th September
5.30 – 6.45pm

Understanding Child's Behaviour
Explore why children behave the way they do and learn positive tips and strategies to support them.



Monday 12th October
10.00 – 11.30am

Healthy Teeth
Find out how to care for your child's teeth, with practical tips on brushing, diet and keeping little smiles healthy.



Thursday 5th November
10.00 – 11.15am

Starting Solids
Learn about when and how to introduce solid foods, what to offer and top tips for a positive experience.



Monday 16th November
4.00 – 5.15pm

Looking After Ourselves
A supportive session on your own health and wellbeing, with simple ideas to help you feel your best.



Thursday 3rd December
1.00 – 2.15pm

Fussy Eating
Get practical advice and strategies to help with fussy eating and encourage a healthy, balanced diet.



Thursday 17th December
10.00 – 11.15am

Eating Well for Less
Learn how to cook healthy, tasty meals on a budget, with tips, ideas and simple recipes.



All sessions are FREE!

Scan the QR code to book your place

Spaces are limited, so book early to avoid disappointment



All sessions are online

For more information call 01827 475222