

FRI 6TH DECEMBER 2024



ISSUE 13
CORPUS CHRISTI
CATHOLIC SCHOOL

FROM THE CO-HEADTEACHERS

Dear Parents and Carers

I am writing on behalf of the Governing Board to share with you that, from January 2025, Mrs Connery will be reducing her working days from five to three days a week. Her role as co-head teacher will remain unchanged and she will remain as an equal partner in headship with Mr Coyle. As such, she will continue to be available to parents who wish to meet her, by appointment, and she will continue to be the school's Designated Safeguarding Lead.

Mrs Connery's reduced work pattern has been considered and approved by Governors and should have minimal impact on the day-to-day running of the school. We have an amazing team of staff and a highly effective SLT which has enabled the Governors to make this decision.

We all hope you are enjoying the school's festive events and are looking forward to a well-deserved Christmas break after a long autumn term. See you at the Christmas Fair!

Yours Miranda Sawyer
Chair of Governors

Next week Nursery and Reception children will perform their annual Christmas Nativities for parents, and we are looking forward to seeing you at these. On the final week of term, we will also hold our annual Carol Service which is a personal favourite of the staff and a chance for our junior children to perform. Do not forget that the children's Christmas lunch will take place on Thursday 19th December, and we gratefully receive donations of soft drinks and fruit drinks for use on that day.

DIARY DATES TO REMEMBER

Sat 7th Dec	FOOTBALL MATCH CANCELLED DUE TO WATER LOGGED PITCHES 12 Noon - 4pm Christmas Fair
Tues 10th Dec	9.15am Years 1 & 2 Nativity Performance 2pm Years 1 & 2 Nativity Performance
Wed 11th Dec	9.15am EYFS Nursery & Class 1 Nativity Performance
Thurs 12th Dec	9.15am EYFS Nursery & Class 2 Nativity Performance
Mon 16th Dec	Year 1 & 2 Trip to Ritzy Cinema School Choir singing at the Senior Citizens lunch Corpus Christi Church Hall 7pm Carol Service - Years 4, 5 & 6
Tues 17th Dec	Yr 5 & 6 Trip to Tate Britain
Thurs 19th Dec	Christmas Jumper Day Christmas Lunch EYFS, Years 1 & 2 Christmas Craft morning with parents
Fri 20th Dece	End of Term - School Closes at 2pm
Mon 6th Jan 2025	INSET DAY School Closed to Children
Tues 7th Jan 2025	Spring Term - Children Return to School

**CHILD OF THE WEEK FOR THE WEEK ENDING
29TH NOVEMBER 2024**

NURSERY	Helay M
CLASS 1	Elijah L
CLASS 2	Miles V
CLASS 3	Rozie M
CLASS 4	Anna C-J
CLASS 5	Kayden C M
CLASS 6	Freddie F
CLASS 7	Otis A
CLASS 8	Jorge P J
CLASS 9	Sol P L
CLASS 10	Joseph N
CLASS 11	Finn G
CLASS 13	Jasmine Q G
CLASS 13	Liam Q
CLASS 14	Jacob O-G

**ATTENDANCE
MON 2ND DEC - FRI 6TH DEC 2024**

CLASS	%
8	100
11	100
10	99.5
12	99.5
3	98.9
5	98.9
4	98.8
9	98.7
6	97.7
N	96.5
1	96.2
7	95.8
2	95.6
14	94.7
13	90.7

Congratulations to Classes 8 & 11 on their 100% attendance. Whole school average 97.4%

Wellbeing News

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY
Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the resources already available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look nice and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

LACK OF PERSONALISATION
Mental health or wellbeing apps are useful tools in the short-term, teaching users several helpful habits to manage their condition - such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique - and children especially will grow and develop in different ways - these apps struggle to tailor themselves to user's individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

PLACE RESPONSIBILITY ON CHILDREN
Some apps add the words 'kids' or 'children' to their titles or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of 'Your child is going to be better off if you're here'. It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DATA SECURITY
As with any other app - not just those for mental health and wellbeing - it's wise to check out the privacy policy before downloading it. Some of these organisations may share data with third parties for numerous reasons (such as targeted advertisements), and it's a user's responsibility to ensure that they're comfortable with sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

DISREGARDING APPROPRIATE SUPPORT
Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy in theory, it's not addressing the root of the problem. A child should always try managing their symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

IN-APP PURCHASES
Many apps will provide their most basic features for free but will require you to pay for other aspects - such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP
Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT
Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a health source, such as their GP - or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY
Look into the app's terms of service - especially its privacy policy. Do as you would first, then go over it with the child who is considering using the app to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an informed decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION
Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such things. These can be a good problem-solving tool - such as a child getting stressed about approaching exams - or if you're currently waiting for professional support. Nonetheless, it's important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert
Dr Claire Buthel-Jones is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024

We are delighted to announce that Corpus Christi School has been selected to be a partner in Lambeth's Mental Health Support Team. This will mean that we can access early intervention for families who may need support. If you would like to find out more, please contact Mrs Smart or come along to the Parent Wellbeing Working Party Meeting (all are welcome) on 13.12.24 at 2:30 pm. The Junior children are busy completing their wellbeing surveys which should build towards our Wellbeing Award evidence bank. Infant parents please look out for the link to the homework survey and the supporting explanation of how to complete it in the email from your child's class teacher this week.

Smartphones

You may be interested to see the latest wellbeing flyer above from The National College about mental health apps on smart phones and how safe they really are. Also, you may want to watch: Swiped- The School that Banned Smartphones on Channel 4 next Weds Dec 11 at 8pm. It is hosted by Emma and Matt Willis, they run a 21 day experiment with medical experts including Dr Chatterjee, about what happens when you take phones away for 21 days from a group of Y8 children.

As always if you have any concerns about your child's or your family's wellbeing, please contact Mrs Smart, our senior mental health lead, ksmart@corpus-christi.org.uk if you would like any further information or a chat. Or come along to our wellbeing Wednesday open mornings 9:00 - 10:30am.

If you have any concerns regarding the welfare and safety of any child at Corpus Christi School, please do not hesitate to contact one of our Safeguarding Officers. Any issue will be dealt with in the strictest confidence.

Mrs J Connery, Mr R Coyle, Mrs K Smart, Mrs S Cole or Ms S Ruiz

PARENTS' ZONE

First Strings Experience

This week Year 1 children performed a superb concert to showcase their learning with the Royal Academy of Music teachers. Many thanks to all the parents who were able to attend this musical extravaganza.



Nutcracker

The Du Boisson Dance Foundation proudly presents The Nutcracker with students from West London School of Dance and London Vocational Ballet School and an ex pupil from Corpus Christi School this Sunday 8th December.

This year celebrates 29 years of presenting The Nutcracker across theatres in London.

Be transported to Christmas Eve and join Clara, the Nutcracker and friends as they celebrate this festive season danced to Tchaikovsky's sumptuous score. Choreographed by Anna du Boisson and hailed as one of the best productions in London, with tickets starting at £25, [Book now by clicking here.](#)

Primary School Application for September 2025

You can now apply online for your child's Reception place in Primary School for the term September 2025.

If you are a resident in Lambeth please follow [this link](#) to complete the e-admission online form. If you live outside the borough, please contact your local council.

The e-admission must be completed by WEDNESDAY 15th JANUARY 2025.

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Mrs J Connery, Mr R Coyle, Mrs K Smart, Mrs S Cole or Ms S Ruiz



Christmas Fair Saturday 7th December 12 noon - 4pm

We are all looking forward to our wonderful Christmas Fair tomorrow Saturday 7th December. Our Parents' Association have been working hard to ensure the fair is a success and will raise much needed funds for the school and your children. If you have bought tokens to spend at the fair, these can be collected from the school office before the day of the fair to beat the queues at the door. Santa Grotto tickets are also ready to collect.

We welcome parents, friends and family to join in the festivities tomorrow. Music, mulled wine, mince pies, cakes, Fr Christmas, lots of activities for children, bargains to be had, tombola's, fantastic raffle, friendly faces and much more!

Thank you to all parents who have, over the past few months, helped prepare, make, bake and provide goodies for our Christmas Fair. For all the amazing raffle prizes, many of them donated by our families and friends.

Raffle tickets

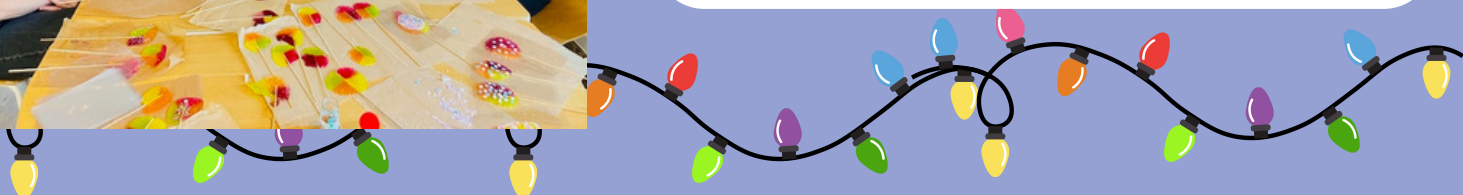
Thank you to everyone who have bought and returned raffle tickets. More will be available at the fair. Please do try your luck and hopefully win one or some of our amazing prizes.

Cakes & Home Produce

Please bring your home-made treats, cakes and biscuits to the stall tomorrow morning.



The Elf's were very busy today, sorting toys, books and cuddly toys getting them ready for the Toy Stall. Parents were also busy decorating lollies for your children to buy.



PARENTS' ASSOCIATION



Christmas Raffle

Good luck at the raffle tomorrow, more tickets are available at the fair.

**1st Prize £300 Cash Prize, sponsored by Bespoke Windows
2nd prize 2 x Tickets to Tottenham Hotspur Vs Man United
3rd Prize Christmas Hamper worth £200
Plus many, many more amazing prizes**

More tickets can be bought on the day of the fair.

International Food Hall

The International Foods are served in the Church Hall and there will be a wonderful array of different dishes, savoury and sweet, from around the world. No need to have lunch before coming to the fair, pop along to the hall and enjoy the company of friends and family over a lovely cooked lunch. Mulled wine, Irish Coffees, soft drinks will also be available.

Thank you to the PA helpers for promoting the International Food Hall this year and they have received a great response from volunteers to set up the hall, cook, serve and help clearing up at the end.

There is no parking allowed in the Church Garden to unload any items. Access to the Church Hall is only through the gate behind the Church kitchen, this will be sign posted, or through the school playground. Do not access via the hall doors within the Church porch, thank you.

There will also be a BBQ for you to enjoying.

