



# Corpus Christi Catholic Primary School

*We live our lives like Jesus*



Newsletter 24th January 2025

Dear Parents and Carers.

This year we are focusing on developing our oracy skills which means we are learning to talk and talking to learn. One important focus has been on respectful but active listening—during the week Mrs Burnett and Mrs Comerford worked with a group of children to hear about their thoughts about the school and I had the pleasure of teaching Starlings class. We were all very impressed in how well the children listened to each other, built on other children's ideas and because they had listened so well were able to respectfully challenge other's views. You may have noticed your child/ren using their oracy skills at home and hopefully improved listening at least!

Miss Clark

**Candlemas—11am Sunday 2nd February** - The school will be joining the Parish for the celebration of Mass at Corpus Christi Church. During Mass, our class and school candles will be blessed reminding us that Jesus is the Light of the World.

All families are invited to join us - it would be lovely to see the children in their school uniform taking part in the ministries of Sunday.

This week, we have added messages of hope to the doors of the Church and explained to the children why Pope Francis has declared a Jubilee Year, Pilgrims of Hope



***“By our actions, our words, our patient efforts to sow seeds of beauty and kindness wherever we find ourselves. We want to sing of hope and reawaken in every heart the joy and the courage to embrace life, to the Full.”***

***Pope Francis***

Corpus Christi Catholic Primary School

Part of Edith Stein Catholic Academy Trust

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## Healthy Eating, Lunches and Snacks in School

As we approach the mid-point of the year, I thought it would be helpful to gently remind parents of our school expectations around healthy eating, lunches and snacks. We are blessed that our children come from diverse home background, cultures and ethnicity and know that food is a really important part of any culture. We also recognise that some children are “fussy eaters” or have to avoid eating certain foods on health grounds and therefore these are guidelines about the food we would expect to see in school. They are here to help parents and ensure health and equality for all children.

**Water**— it is scientifically recognised that concentration, being ready to learn and behaviour improves when children drink water throughout the day. Children are encouraged to bring a bottle of water to school every day. This should be water and not squash.



**Snacks**—children in Reception, Year 1 and 2 will be offered a piece of fruit every day. This is provided free.



**In KS2 (Years 3, 4, 5 and 6)** children may bring a piece of fruit or vegetables (e.g. carrot or cucumber stick/slices, mange-tout peas)

**NO sweets, chocolate, crisps or biscuits should be sent in as a break snack.**

**Lunches**— A nutritionally balanced school dinner is available for all children every day. Early Years and KS1 classes are entitled to a free school meal under the Universal Free School Meals

Scheme.

Some KS2 children that are entitled to Free School Meals (available for pupils entitled to the Pupil Premium Grant or those who are on certain visas which means they have no recourse for public funding) may request a free school meal each day. Other KS2 children may have a school meal at a cost of £2.68 per day. Caterlink can ensure any child with an allergy or special dietary needs are safely catered for.

**Packed lunches**— whenever possible we would encourage a packed lunch to be balanced with a range of food groups. These may include:

- \* At least one portion of fruit and or vegetable (this could include dried fruit)
- \* Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- \* A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- \* A starchy food such as bread, pasta, rice, noodles.
- \* Dairy food such as cheese, yogurt, fromage frais.
- \* A smoothie or yogurt drink
- \* A bottle of water
- \* A biscuit not coated in chocolate
- \* Crisps (baked or other low fat options if possible) or other snack such as savoury crackers, breadsticks etc.



**Packed Lunches should avoid:**

- \* Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- \* Sausage rolls and pre-prepared snack pot type meals should only be included occasionally
- \* No fizzy drinks
- \* **Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.**

Staff will not be “checking” lunch boxes.

## Head Lice

### Top Tips and Advice for Parents

We all know how frustrating it is to find headlice and nits in our children's hair and it is important that when a parent finds headlice they are treated. **During half term please can all parents make a determined effort to treat headlice so we can get on top of it.**

#### Are Head Lice and Nits the same thing?

Head lice are the tiny grey or brown insects that are found in the hair. The lice are about the size of a small seed (e.g. sesame seed) and cling to the hair staying close to the scalp which they live off. These lice lay eggs which take from 7 to 10 days to hatch. Each new hatchling can take up to 10 days to be fully grown.

Nits are the empty shells left after lice have hatched. It looks very much like dandruff but as it clings to the hair it makes it very difficult to brush out.

#### How can my child catch head lice?

Head lice are spread by head-to-head contact where lice climb from the hair of an infected person to the hair of someone else. Head lice only affect humans and cannot be passed on to animals or be caught from them.

Have a look under a good light, such as a lamp or the natural sunlight by sitting at a window or going outdoors.

Wash the hair using ordinary shampoo and apply plenty of conditioner, before using a wide-toothed comb to straighten and untangle the hair (this makes it easier to divide the hair into sections and fasten off the hair that is not being worked on.

Use a 'nit' comb to detect the presence of lice and nits, (you can pick one of these up from your local chemist). Using the comb, go through each section of the hair. Make sure the teeth of the comb slot into the hair at the roots, with the bevel-edge of the teeth lightly touching the scalp.

Draw the comb down to the ends of the hair with every stroke, and check the comb for lice. Clean the comb after each stroke by dipping the comb in a cup of water, or use a paper towel to remove eggs, lice and/or nits.

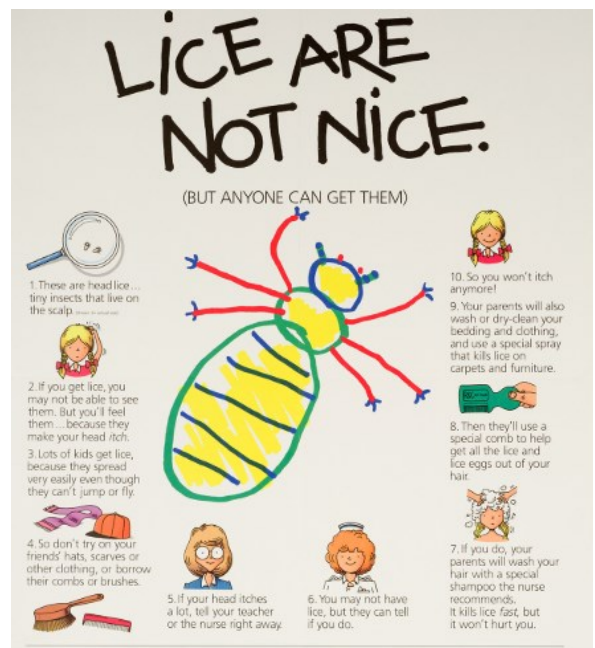
Work methodically through the hair, section by section, so that the whole head is combed through. Look through each section of the hair for attached nits (lice eggs) and live lice.

Rinse out conditioner and repeat the combing procedure.

If using lice killing products it is important to remember that these are pesticides. If you choose to purchase an over-the-counter treatment, follow the directions carefully. Consult your pharmacist or doctor if your child has allergies, asthma, epilepsy, pre-existing medical conditions or has lice or nits in their eye brows or eyelashes. Never use an over-the-counter treatment on or near the eyes.

According to NICE Guidelines, (2016) there is no need to treat (wash at high temperature or fumigate) clothing or bedding that has been in contact with lice, as the lifespan of a head louse is very short (12–24 hours) once it is detached from a human head. However, washing pillows and stuffed toys could help in the prevention of your child getting head lice/nits again.

Repeat the procedure on days 3, 6, 9, 12 and 15, so that you clear young lice as they hatch, before they have time to reach maturity (and start laying new eggs). Even under the best of conditions, a few lice or nits may be missed. Use a comb to check the hair every day; it can take up to 14 days for one infestation to clear, and then check regularly afterwards. Seeing a nit or two the next day does not necessarily mean a reinfestation. However, be sure to remove them immediately. Please Remember: A regular check of your child's hair will help to control head lice. If additional nits are discovered at least 3-5 per day, this may be a sign that live lice may still be on the head. Screen safely and regularly.



## Extended Family Voucher scheme

Following the school-led distribution of Family Vouchers for families of children eligible for free school meals, the extended Family Voucher scheme is now open.

The scheme is open to low-income families with children who do not qualify for benefits-related free school meals and therefore did not receive a voucher from their school this winter. Their total household earned income, in the month before applying, needs to be £1,800 or less. Eligible families will receive a £50 voucher for each eligible child.

The scheme will remain open until Friday 28 February 2025. Due to limited funding, the Household Support Fund Family Vouchers may close earlier than this, if all the funds have been given out.

To find out more about who is eligible to apply, and how to make your application for a payment, visit [www.portsmouth.gov.uk/householdsupportfund](http://www.portsmouth.gov.uk/householdsupportfund) and follow the link to the application form.

## Vacancies

**Are you looking for a change of role in 2025 or do you know anyone who is?**

**Foundation Governors—we are looking to appoint 2 Foundation Governors.** Our governors work as a team, in close co-operation with the headteacher and all the staff. Foundation governors share the responsibilities of all governors:

- Ensuring clarity of vision, ethos and strategic direction;
- Holding the headteacher to account for the educational performance of the school and its pupils, and the performance management of staff; and
- Overseeing the financial performance of the school and making sure its money is well spent.

In addition to this, foundation governors are appointed specifically to ensure:

- that the religious character of the school is preserved
- that the school is conducted in accordance with its trust deed
- that the religious education curriculum is in accordance with the Bishop's policy for this Diocese

**The school would benefit from people with business, project management and health and safety skills/experience.**

Further information can be found on our website— <https://www.corpuschristi.portsmouth.sch.uk/governors-2/> or from the Diocesan Website—<https://www.casoportsmouth.org.uk/recruiting-governors->



★ **Thank you to our amazing staff.** ★

★ Teach Portsmouth needs your help to recognise a **school superstar** in the Teach ★

★ Portsmouth Awards 2025. ★

★ If you know a teacher, teaching assistant, volunteer, headteacher (and other senior team members) ★

★ who have gone above and beyond the call of duty for you, nominate them in the people's choice ★

★ award category. ★

★ All you need to do is visit the Teach Portsmouth [website](#) to nominate an individual in your school. ★

★ Share their full name, school and a supporting statement. ★

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# GOOD SHEPHERD

- BUMBLEBEES — LIDIA
- LADYBIRDS — EDWIN
- OWLS — RAMANA
- HEDGEHOGS — DONALD
- BADGERS — FREADES
- DOLPHINS — ELLA
- ORCAS — DOLLIE
- STARFISH — ANNA
- THE ARK — BENTLEY
- KINGFISHERS — DANIEL.D
- KESTRELS — EBEHI
- STARLINGS — KACPER



- BUMBLEBEES — ARTHUR
- LADYBIRDS — JO-ANNE
- OWLS — NATHANIEL
- HEDGEHOGS — RILEY
- BADGERS — NOLA
- DOLPHINS — ELISA
- ORCAS — SERAH
- STARFISH — OLIVER
- THE ARK — MICHAEL
- KINGFISHERS — ADON
- KESTRELS — TEDDY.S
- STARLINGS — ISLA



## BRONZE:

Jonnelle (Badgers)  
Phillip, Elsie, Kaitleen & Carter (Starfish)



## SILVER:

Betsy (Orca's)

# GOLDEN BOOK

Nola (Badgers) - Good History learning

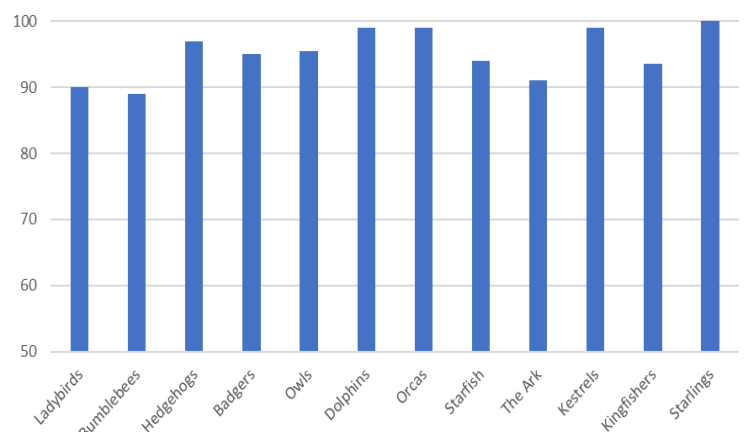
Martha & Harry (Owls)  
Good History learning

## Attendance

Well done to Starlings for 100% attendance - excellent! Followed closely by Dolphins, Orca's & Kestrels with 99% attendance! Great work!

Just a reminder lessons start from 8.45am, the front gate opens at 8.35am. Every moment a child is late = missed learning. Children that are on time start the day settled, relaxed and ready to learn. Children that arrive late are often embarrassed and/or take a while to settle into their day. Late arrivals cause disruption within the class which has an effect on everyone, this can also result in missed lunch orders.

Attendance for week commencing 13th January 2025



# CYBER PROTECT WEBINARS



SOUTH EAST  
**ROCU**

REGIONAL  
ORGANISED  
CRIME UNIT

## The Digital Dilemma: Keeping Children Safe Online

January 23rd, 28th, 30th

February 3rd, 6th, 10th, 12th, 13th



**TICKETS ONLINE:**



Eventbrite: Police - South East Cyber

### FREE WEBINAR FOR PARENTS & CARERS

run by Police Cyber Protect teams

Hints and tips to secure your family  
online, covering cyber risks and scams in:

**Gaming**



**Social Media**



**Email**

### TO BOOK YOUR SPACE:

Click [here](#), scan the QR code

or search online for "eventbrite police southeast cyber"




DON'T LET IT BE **GAME OVER**  
**LEVEL UP** YOUR ONLINE SECURITY

## Dates for your Diary

Monday 27th January	MHST Parent Workshop: Supporting Friendships
Thursday 30th January	School Nurse Clinic ( <i>appointment only</i> )
Monday 3rd February	Yr R 'People who help us' non-school uniform day
Tuesday 11th February - Friday 14th February	Yr 6 Runways End Residential
Monday 17th February - Friday 21st February	HALF TERM - school closed for all children
Monday 24th February	INSET Day - school closed for all children
Monday 10th March	World Book Day celebrations ( <i>non-school uniform</i> )
Thursday 20th March	School Nurse Clinic ( <i>appointment only</i> )
Monday 24th March	Dolphins & Yr 4 Orca's Marwell Zoo Trip
Wednesday 26th March	Starfish & Yr 3 Orca's Marwell Zoo Trip
Monday 7th April - Monday 21st April	SCHOOL HOLIDAYS - school closed for all children
Thursday 1st May	Yr R Staunton Farm Trip
Monday 5th May	BANK HOLIDAY - school closed for all children
Friday 23rd May	INSET Day - school closed for all children
Monday 26th May - Friday 30th May	HALF TERM - school closed for all children
Tuesday 3rd June	Owls & Yr1 Hedgehogs HMS Victory Trip
Wednesday 4th June	Badgers & Yr2 Hedgehogs HMS Victory Trip
Friday 4th July	INSET Day - school closed for all children
Wednesday 23rd July - Tuesday 2nd September	SUMMER HOLIDAYS - school closed for all children

## PE Days – Spring Term

PE Days – Spring Term				
Monday	Tuesday	Wednesday	Thursday	Friday
Dolphins yr3.4 (Mrs Kelly)	Starfish yr3.4 (Mrs Hassana)	Bumblebees yrR (Mrs Miles)	Kestrels yr5.6 (Mrs Precious)	Owls yr1.2 (Ms Martinez)
Orcas yr3.4 (Mr Clark)		Ladybirds yrR (Miss Longyear)	Starlings yr5.6 (Mrs Gosney)	Hedgehogs yr1.2 (Mrs Thiba)
		Owls yr1.2 (Ms Martinez)	Kingfishers yr5.6 (Miss Dawson)	Badgers yr1.2 (Miss Elsom)
		Hedgehogs yr2 (Mrs Thiba)	Dolphins yr3.4 (Mrs Kelly)	Kestrels yr5.6 (Mrs Precious)
		Badgers yr1.2 (Miss Elsom)	Starfish yr3.4 (Mrs Hassana)	Starlings yr5.6 (Mrs Gosney)
			Orcas yr3.4 (Mr Clark)	Kingfishers yr5.6 (Miss Dawson)

# MHST Parent Workshop: Supporting Friendships

Come along to the MHST Parent Workshop on:

**Monday 27th January 2025**

**2pm – 3pm**

**Corpus Christi Primary School**

We will look at the importance of building connections in childhood, alongside normalising that friendships will change and evolve over time.

Hopefully, parents/carers will come away with tips for encouraging their child's friendships, and how to support them in managing conflicts.



## Free support for you and your family

Every Family Hub is a one stop shop with free advice, activities and more

Paulsgrove

Northern Parade

Buckland

Milton Park

Somerstown



To view the online Family Hub, scan the QR code or visit [www.portsmouthfamilyhubs.co.uk](http://www.portsmouthfamilyhubs.co.uk)



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Portsmouth SEND Local Offer



## Local Offer On Tour

St. Michael & All Angels' Church, Paulsgrove

Wednesday 12 February

10am – 12.30pm

Learn about the services that support children and young people up to the age of 25 years old with Social, Emotional and Mental Health (SEMH) needs.



Get your ticket online today!

SEMH support event

Get your ticket today!

Visit [portsmouthlocaloffer.org/ontour](http://portsmouthlocaloffer.org/ontour)