



Saint Christina's

Pre-Prep and Prep School
for boys & girls aged 3-11

Bulletin

Friday 31st January 2025

Dear Parents,

This week, an article in [THE i PAPER](#) caught my eye. It focused on the ways parents can help their children develop emotional intelligence. EQ is something that's always fascinated me (if you haven't read [Daniel Goleman's](#) seminal work on the subject, it is worth a glance), and I've witnessed both its absence and abundance throughout my life. My own parents, perhaps the most resilient and thoroughly decent people I know, have EQs that are off the charts. I've seen how their ability to connect with people and sit with tricky emotions whilst approaching life with compassion has been a guiding force in my own journey. EQ therefore isn't just something you learn; it's something you experience and model.

This idea was central to our assembly this week. I spoke to the children about kindness to self and what that might look like. We often talk about our own Golden rule - being kind to others, but I challenged them to reflect on how they treat themselves when things go wrong. For example, if a friend messed up, they might say, "It's ok, you'll do better next time." But when it's our own mistake we are often much harsher. I shared with the children that I'm a repeat offender in this regard and it's something I try to work on too.

We talked about how being kind to ourselves isn't about ignoring mistakes but about recognising them as opportunities to grow and improve without being overly critical. This is particularly important in a school context where mistakes are an integral part of the learning process.

In the same assembly, our new wellbeing ambassadors spoke authentically and with great excitement, about the promise of being part of our new Wellbeing Hub, how it might help others and provide a space for children to reflect, recharge, and find support. As a community we have just partnered with the charity **andResilience**, who will work closely with the Wellbeing Hub and support us on our journey to reframe the mindset and narrative around Mental Health and resilience.

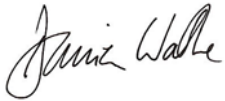
Building on this, I've been reflecting on how we ensure every child feels seen, heard, and valued. After speaking with parents and consulting closely with Paula Geary, I am delighted to share that we are introducing Inclusion Champions as part of the Wellbeing Hub. These ambassadors will aim to ensure that every child's voice is heard, including those whose neurodiversity may sometimes mean they experience the world differently. They will play a key role in cultivating empathy, inclusion, and a sense of connection across our school community.

I'm also keenly looking forward to our upcoming staff training on metacognition. Helping children think about their thinking will be an essential part of our evolution at Saint Christina's. When children reflect on how they learn and how they feel during the process, they develop greater self-awareness, adaptability, and resilience. These skills not only help them in their academic work but also prepare them to navigate life's challenges with thoughtfulness and confidence.

We share the same fundamental goal: to help your children grow into confident, emotionally intelligent learners, grounded in self-awareness, resilience, and empathy. I'll sign off with the words of Jack Kornfield, the American Buddhist monk credited with bringing the mindfulness movement to the USA. He had this to say: *"If your compassion does not include yourself, it is incomplete"*.

Have a good weekend when it comes.

Best,



Damien Walshe
Headteacher

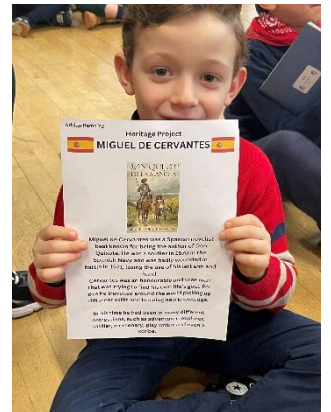
International Day Fundraiser

We just want to say a massive thank you to everyone for helping us raise money for our Sister School in Mumbai. Your generosity will make such a big difference to the children there, and we're so proud of how our school came together for this.

Altogether, we raised an amazing £346!

Thank you again for your support – we couldn't have done it without you!

From the Caritas Ambassadors (Alice, Beatrix, Phillipe, Betsy, Pia) and Charity Prefects (Edda, Aoife and Yumi)



Year 6 Wellbeing Ambassadors

This week, our Year 6 children who applied to be Wellbeing Ambassadors have completed a series of Wellbeing training sessions. These sessions focused on developing the skills needed to support younger children and promote emotional well-being across the school.

In Lesson 1, children explored the concept of mental health and how the Wellbeing Hub provides a safe and welcoming space for everyone.

In Lesson 2, they practised active listening and empathy skills, learning techniques to help children feel heard and supported.

In Lesson 3, they discussed the importance of boundaries, confidentiality, and knowing when to seek adult help. Together, they created a 'Help Ladder' to guide their responses when approached with concerns.

On Friday, the Wellbeing Ambassadors introduced themselves during assembly and explained their role, as well as highlight the purpose of the Wellbeing Hub. From next week, the Wellbeing Hub will officially open, providing a space for children to visit if they are in need of support. Our Ambassadors are looking forward to making a positive difference in the school community.

Mr Burke



NSPCC Speak Out, Stay Safe Assembly

On Wednesday, Key Stage 1 and Key Stage 2 children took part in the *NSPCC Speak Out, Stay Safe* assembly, an important session about children's rights and staying safe.

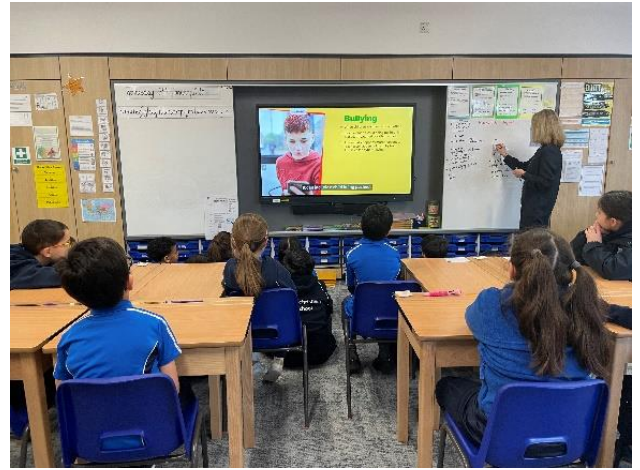
Key Stage 1 focused on understanding five ways a child can be hurt, that it is never a child's fault, and who they can talk to for help.



Key Stage 2 explored different types of abuse, the importance of seeking support, and knowing their right to be kept safe.

Both groups were introduced to Buddy, the NSPCC's friendly speech bubble mascot, who reminded them that they should always speak out if something doesn't feel right. The children also learned about Childline, including the helpline number and how to access support when needed.

Mr Burke – Head of KS1 and Year 2 Class Teacher



HSBC Economic Education Morning

On Friday, HSBC delivered online financial literacy sessions for children in Years 1 to 6 as part of our *Economic Education Morning*. Each session was designed to help pupils develop their understanding of money, budgeting, and making informed financial choices.

Year 1 and 2 took part in *The Birthday Party*, where they planned a celebration, kept track of their spending, and made budget-friendly choices. This activity introduced them to recording and managing money in a simple and engaging way.

Year 3 and 4 explored *The Super Supper Challenge*, which combined budgeting with healthy eating. The session encouraged them to think about financial decisions and the difference between needs and wants.

Year 5 and 6 focused on *Fraud and Your Money*, learning about common types of banking fraud, including phishing, smishing, and vishing. They discovered how to spot red flags, make payments safely, and create strong passwords.



This was a fantastic opportunity for children to develop essential financial skills in a practical and engaging way.

Mr Burke

Cooking Club



In the past few weeks, the children have had fun making broccoli soup, Spanish omelette, and have also been creative in making threaded chicken sausage spaghetti, showing great hand-eye coordination skills. Through cooking, they have learned new techniques, felt different textures, and enriched their sense of taste and focus.

Mrs Edina – Reception Class TA

Yoga Club

In Yoga Club, the children learned how to slow down, regulate their bodies and emotions, improve their focus and concentration, and stay present and connected.

They enjoyed mastering different poses and singing some favourite songs while acting out the poses.

The children were also introduced to simple meditation techniques and practised breathing with a breathing ball, focusing on inhales while expanding the sphere and exhales while compressing it.





Mrs Edina – Reception Class TA

Year 1 planting

Year 1 have been making the most of our outdoor learning area this week. We enjoyed clearing the flowerbeds and removing the weeds before planting some bulbs.

We are excited to watch them grow over the next few months. We are looking forward to learning more about plants in science later in Year 1!



Ms Higgins – Year 1 Class Teacher

KS1 Story club

Oi Frog by Kes Gray : I like this story because it is funny! There is lots of rhyming in it. I think you should read this story because you will enjoy the ending. **Pupil in Year 2**



Year 2 International Mass

Last Friday, Year 2 led a special International Mass, celebrating the diversity and togetherness of our school.

The children introduced the Mass in different languages, before sharing prayers, readings and hymns, reminding us how special it is to be part of a global community. Their singing was beautiful and full of joy, making the Mass even more meaningful.

Thank you to everyone who helped make it such a memorable event.

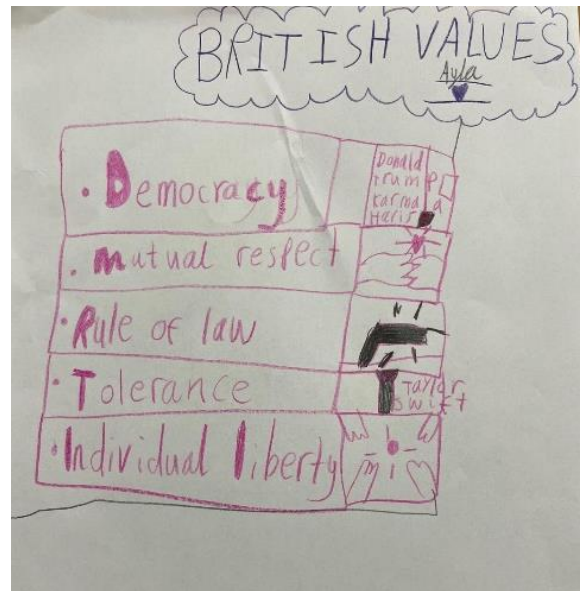
Mr Burke - Head of KS1 and Year 2 Class Teacher

Fundamental British Values in Year 2

Year 2 explored Fundamental British Values in an exciting lesson this week. The children learned about democracy, respect, tolerance, individual liberty, and the rule of law, discussing how these values shape our community and the wider world.

As part of the lesson, they created colourful and informative posters to represent each value. Their creative work shows how they understand and can apply these principles in their daily lives. Feel free to ask our Year 2 children all about British Values—they'd love to share what they've learned!

Mr Burke – Head of KS1 and Year 2 Class Teacher



Year 2 Explore the USA with Google Earth



On Tuesday, Year 2 went on an exciting adventure in their Geography lesson using Google Earth to explore the diverse landscapes of the USA. The children visited places like Montauk Point Lighthouse in New York, the beaches of Redondo in California, and the deserts of Duck Creek Village in Utah.

They worked hard to describe what they could see and thought about how these places were similar to or different from each other. The children also compared the landscapes to those in the UK and shared which location they'd most like to visit.

It was a brilliant lesson full of curiosity and enthusiasm. Well done, Year 2!

Mr Burke – Head of KS1 and Year 2 Class Teacher

Heritage Week: Year 5 Explores Indian Art!

During Heritage Week, Year 5 children have been diving into the vibrant world of Indian art! As part of their Art lessons, they learned about the intricate beauty of Rangoli patterns and the traditional art of Henna designs. Inspired by what they discovered, the students created their own colourful Rangoli artwork using paper, and even experimented with designing Henna patterns inspired by nature. It's been a fantastic opportunity to celebrate creativity and learn about Indian culture.

Ms O'Leary – Year 5 Class Teacher



Art in Year 5

In Year 5, children explore a variety of exciting painting techniques to enhance their creative skills. They dive into the world of *wet-on-wet*, where watercolour paint is applied to a wet surface, allowing colours to blend and flow seamlessly, inspired by the dreamy effects seen in Monet's masterpieces. They also experiment with *resist* using crayons, where the wax repels the watercolour, creating striking patterns and textures.



Blotting and *bleeding* techniques let them manipulate the paint, adding depth and spontaneity to their artwork. Finally, *layering* helps them build rich, detailed paintings, creating a sense of dimension and movement.



These hands-on experiences introduce students to the magic of watercolour and the endless possibilities of creative expression

Ms O'Leary – Year 5 Class Teacher

Year 5 and 6 HSBC Workshop

Year 5 and 6 took part in an engaging online workshop with HSBC, learning how to identify and prevent fraud. The session covered various types of scams, including impersonation fraud, identity theft, and social media scams. The children explored real-life examples of phishing emails and fraudulent SMS messages designed to create panic and pressure victims into revealing personal details.

Through interactive activities, the children also designed their own scam scenarios, gaining a deeper understanding of scare tactics, suspicious links, and misleading phone calls. The workshop emphasised key safety measures, such as recognising fake websites, using secure payment methods when shopping online, and protecting PINs from ATM fraud.

A vital takeaway? Banks will never ask for your PIN or request that you transfer money to a different account. By staying alert and informed, the children in Year 5 and 6 are now better equipped to protect themselves and their families from financial scams.

Mrs Ellison – Head of KS2 and Year 6 Class Teacher

Year 6

The children in Year 6 have worked hard to prepare the whole school Mass this week. 2025 is a Year of Jubilee. The children explained that Pope Francis has called this Jubilee Year 'Pilgrims of Hope'. It's an invitation to renew our hope, a hope which comes from knowing that God loves each one of us, whoever we are. Pope Francis asks us to be signs of hope for others. We know that the world is facing many challenges...but we are one of millions of people who are joining together in the Jubilee year, to bring the light of hope and the message of God's love to every part of the world! Pope Francis says:

"By our actions, our words, the decisions we make each day, our patient efforts to sow seeds of beauty and kindness wherever we find ourselves, we want to reawaken in every heart the joy and the courage to embrace life to the full."

The children learnt the official Pilgrims of Hope anthem and sang it to open the Mass.

In Geography this week the children have been learning all about the Grand Canyon. They have looked at its location, how it was formed and the process of erosion. Some brilliant fact files and posters were created.

Curious Questions are a huge highlight of our week in Year 6. Great discussions are had each week in class, and it has been so wonderful to witness critical thinking skills being developed so well. The most recent question was: Imagine you were in a fictional society. What laws would you come up with and what would be the consequences for breaking these laws?

The Rules

Some of the rules I would create are:

- **Jobs:** When you finish university, you are obliged to get a 'Mock' job that follows at least one of the courses you have studied in university. This is a short-termed job that helps you to revise what you have learnt. After this job, you may choose whether to take on a job from this list **Doctor, Lawyer, Teacher, Politician, Fireman (or woman)** or you may choose to continue with the job you already have. This is to ensure that all people who want to be a doctor, lawyer etc, receive special training that properly shows them how to look after patients, teach children, make decisions, extinguish fires and give trials. This is to make sure that all people working in these fields utterly completely know what they're doing. If you don't get training for these jobs, and go straight into it, you will be asked to start your career training all over again and you will be fined £75. **After all, we don't want a doctor who thinks the cure to cancer is to eat 10 apples a day or something silly like that. Do we?**
- **Education:** Children must start Primary school at the age of 3 and must start secondary school at 12 instead of 11. This last year at Primary school allows them to catch up with any important work they haven't finished throughout the years. It is also a chance for them to ask their teachers any questions to do with topics or exercises they haven't understood. The teachers would then explain it to them and help them to practise those activities. This would ensure that children going to secondary school would fully understand what they had learnt in their previous school and knew what the teachers were talking about. However, if you don't follow these rules you will have to stay for another 2 years in the school recapping on what you have already learnt about. **We don't want a child to be behind in class and not be able to catch up. It wouldn't be nice for the child, their parents or the school they attended, would it?**
- **Government:** The government would comprise of a president, who led the country, a prime minister, who made decisions and a pre-president, who oversaw decisions and decided who would be entering the Parliamentary groups after the elections. There would also be a team of ministers for each subject (e.g. Transport, Healthcare) and an overall head for that subject or field. In each team of ministers there would be a Head of Subject which basically was a bit like a team manager, an Office Manager, who dealt with the accounts, money and financial progress of that subject, a Project Manager, who was in charge of the projects, ambitions and decisions of the team, three field agents, who went around the towns and cities putting into action what the team had discussed, a checker, whose job was to make sure what they had done in the city was functioning properly, and a deputy who gave feedback and sent messages about the projects and decisions

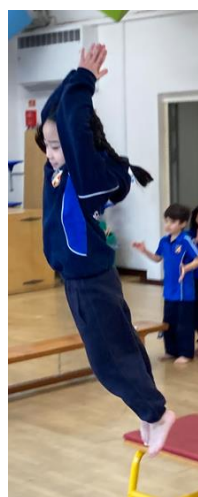
PE Update

This week Year 4 have begun their intensive Swimming sessions, and I have been hugely impressed by the children's efforts and attitudes. The children have evidently improved their Swimming techniques this week focusing on front crawl, back stroke and the butterfly dolphin kick. The children have represented the school so well and the swimming teachers have been hugely complimentary of the children's focus and performances.



The Year 3 and 4 Netball teams put in a fantastic effort on Monday into excellent victories against Ivy House School. Both teams played some brilliant Netball passing and moving the ball effectively whilst showing great strength and determination in defence preventing the opposition from scoring any goals in both games. All the players involved should be proud of their performances, but special congratulations must go to Oliver and Angelo who were awarded star players for their excellent shooting during their matches.

It has been lovely to see children enjoying their Gymnastics sessions Year 1 have really impressed me with their improvements as we have explored a variety of jumping techniques from a range of heights.



On Thursday the Year 5 and 6 children enjoyed their Inter House Football competition with some very competitive matches played in an excellent spirit. Well done to the overall winners Saint Cecilia. A special well done must go to Harry and Alex who were the leading scorers in the competition and to Edda, Finn, Philippe, Pia, Raphael and Hugo who were nominated star players from the competition.



Upcoming fixtures

Date	Opposition	Team	Time
Monday 3rd February	Village Prep Away	Yr5 and 6 team Girls Netball	16.00-17.00
Wednesday 5th February	St Margaret's Away	Yr6 A and Year 5 A Girls Netball	15.15-16.15
Monday 10th February	Ivy House Home	Yr5 and 6 Football Mixed	15.30-16.30

Mr Raveney - Director of Sport

Music Update

Year 5 have been making excellent progress with **chair drumming** - this is where you use a normal chair in place of a drum kit, and build up real drum kit skills with sticks which can then be transferred to the real thing. So far we have spent lots of time practising component rhythm patterns, and this week managed three whole songs including "Another one bites the dust" and "Smooth operator". Well done year 5!

On Wednesday KS2 were treated to an amazing performance from Mr Thomas, our new brass teacher who introduced them to the Trumpet, French horn, Trombone and Tuba. The children were fascinated and asked some excellent questions, as well as being a wonderful audience for the inspiring music. **We are very pleased and excited that Mr Thomas will be teaching at Saint Christina's from after half term!** To find out more about lessons and for the online application form, please use the following link or QR code. Short trial lessons will also be available - please email me (ebryant@saintchristinas.org.uk) if you are interested.



Brass Lessons available!

We have a new Brass teacher starting at Saint Christina's after half term, who will be able to give lessons to pupils in KS2 on Trumpet, Trombone and other Brass instruments. There will be a demonstration for KS2 pupils in an assembly next Wednesday, when Mr Thomas will show the children the instruments and hopefully inspire them with his fantastic playing.

Singing Teacher!

We have a new Singing teacher in school, Miss Hannah Baker, who is wonderful with children and has already made a good impression on those pupils having lessons. Singing is fantastic for children, and while we do plenty of singing in class and as a whole school, individual lessons can help develop technique and confidence.

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To find out more about instrumental/singing lessons at Saint Christina's or to sign your child up for lessons, please visit the application form via the link or QR code, where you can find all the details.

<https://forms.gle/zjKAAFGyYa1EeAj9>



Mrs Bryant – Director of Music



February Tech Camp

17th- 21st February

Dive Into the **ULTIMATE** Tech Activities!



Virtual Reality



Minecraft



Media Madness



Coding & Robotics



Book Now!



www.nextthing.education

NOTICES and REMINDERS

Nut Free School

We have a number of children and staff in the School who have serious nut allergies. Please will you ensure that you do not give your child any nuts or nut products (e.g., Nutella) to bring into School.

Items left in the front office

Please ensure that your child has everything they need for the school day before they arrive in the morning: e.g., snacks / PE Kit / musical instruments. Items are regularly being left in the office by parents and carers throughout the day and, whilst they will do everything they can to help you, this causes disruption not only to the office staff but also to the children, Class Teachers and TAs who have to come to the office to collect the items. Thank you in advance for your support in this matter.

Sunday Mass

Just a reminder to everyone, you are all invited to join Sunday Mass, which is held in the Chapel at 10.00am

Dates for your diary	
Monday 3rd February	<ul style="list-style-type: none"> • Year 4 Swimming this week • P4C (Philosophy for Children) workshops (Rec to Y6) • Year 5 and 6 Netball Fixture (Away) • Individual 11+ Meetings for Year 5 Parents
Tuesday 4 th February	<ul style="list-style-type: none"> • Year 3 and 4 Interhouse Football
Wednesday 5th February	<ul style="list-style-type: none"> • Parent/Child Learning Reviews – Reception to Year 6 • Individual 11+ Meetings for Year 5 Parents • Year 6 A and Year 5 A Girls Netball Fixture (Away)
Thursday 6th February	<ul style="list-style-type: none"> • Parent/Child Learning Reviews – Reception to Year 6 • Year 5 and 6 PJ Movie Night
Friday 7 th February	<ul style="list-style-type: none"> • No Mass • Year 1 and 2 PJ Movie Night
Monday 10th February	<ul style="list-style-type: none"> • Individual 11+ Meetings for Year 5 Parents • Year 5 Netball Tournament (Home)
Wednesday 12 th February	<ul style="list-style-type: none"> • KS2 Music Assembly

Thursday 13th February 2025
SCHOOL CLOSSES AT USUAL TIME FOR HALF TERM

Monday 24th February
CHILDREN RETURN

Wednesday 26 th February	<ul style="list-style-type: none"> • KS1 Music Assembly • Year 5 Netball Tournament
Thursday 27th February	<ul style="list-style-type: none"> • 11+ Information Meeting for Parents with children Year 3 – 5 (Information to come)
Friday 28 th February	<ul style="list-style-type: none"> • Year 5 Mass
Monday 3 rd March	<ul style="list-style-type: none"> • Year 3 and 4 Mixed Football (Home) • Westminster Junior Citizenship Scheme for Year 6
Tuesday 4 th March	<ul style="list-style-type: none"> • Interhouse Pancake Challenge
Wednesday 5 th March	<ul style="list-style-type: none"> • Year 5 and 6 Girls Football (Away) • Year 6 Netball Tournament (Away)
Friday 7 th March	<ul style="list-style-type: none"> • Year 6 Lent Mass
Monday 10 th March	<ul style="list-style-type: none"> • Year 5 A and B Netball Fixture (Away)
Tuesday 11 th March	<ul style="list-style-type: none"> • Year 5 and 6 Mixed Football Fixture (Home)
Wednesday 12th March	<ul style="list-style-type: none"> • Open Morning
Friday 14 th March	<ul style="list-style-type: none"> • Year 1 St Patrick Mass
Monday 17 th March	<ul style="list-style-type: none"> • Year 6A and B Netball
Tuesday 18 th March	<ul style="list-style-type: none"> • Year 5 and 6 Cross Country
Wednesday 19 th March	<ul style="list-style-type: none"> • Year 3 Coffee Morning

Thursday 20 th March	<ul style="list-style-type: none"> • Year 6 Girls Football Tournament
Friday 21 st March	<ul style="list-style-type: none"> • Year 3 First Reconciliation • Nearly New Uniform Sale
Wednesday 26 th March	<ul style="list-style-type: none"> • KS2 House Quiz
Thursday 27 th March	<ul style="list-style-type: none"> • Year 5 and 6 Cross Country
<p>Friday 28th March SCHOOL CLOSSES AT MID DAY FOR THE END OF TERM</p> <p>Wednesday 23rd April CHILDREN RETURN</p>	

ABOVE TIMES/DATES ARE SUBJECT TO CHANGE

Please note: Policies can be found on the School Website – please click link below:

<https://www.saintchristinas.org.uk/our-school/policies/>