

Newsletter

Weekly news at St Christopher's



Dear Parents,

As we come to the end of our first half-term, I can scarcely believe how quickly the time has flown by! It has been a wonderfully busy and vibrant six and a bit weeks, filled with energy, enthusiasm, and the introduction of some exciting new elements that have already started making a positive impact on our school community.

One of the half-term highlights has been the arrival of David, our new school counsellor, who led Monday's assembly with a fun and thoughtful message about keeping a healthy mind. He talked about the importance of balance in everything, even when it comes to things you love - like his funny example of *carrots!* He even used a balloon to get the point across. Curious? Ask your children - they've got the inside scoop! David has been working his way around all the classes, introducing himself to the pupils and getting to know everyone. I'm delighted to say that he's been a real hit with the children! He's brought such warmth and openness to the School, and it's clear that the pupils are already feeling comfortable approaching him. However, David jokes that while the children are getting to know him, many seem to remember his dog Hendrix's name far better than his own! Hendrix, who sometimes joins him at school, has certainly become something of a celebrity here. While we hope that David will eventually get the same level of recognition as his four-legged friend, we are incredibly grateful to have him as part of our team, supporting the emotional and mental wellbeing of our pupils.

We've also introduced Zones of Regulation this term. The Zones of Regulation is a system designed to help children better understand and manage their emotions. The framework uses four colour-coded "zones" to represent different emotional states.

- The **green zone** represents a calm, focused state, ideal for learning and interacting.
- The **blue zone** is for when children might feel

tired, sad, or not as energetic as usual.

- The **yellow zone** is a heightened state of alertness, often when children are excited, anxious, or starting to feel frustrated.
- The **red zone** is for more intense emotions, like anger or extreme excitement, when they might need some extra help to calm down.

By helping children identify which "zone" they're in at any given time, we're equipping them with the tools to manage their emotions more effectively. This in turn supports their ability to focus, learn, and build stronger relationships. We've already seen some fantastic early results, and we believe it will be an invaluable part of our pastoral provision as the year progresses. We introduced the Zones to ensure that children have the language and understanding to talk about how they're feeling and to recognise when they might need help or time to calm down. This initiative is all part of our ongoing commitment to creating a nurturing and supportive environment where children feel safe, heard, and understood.

Today, we held our Harvest Assembly, which was a truly joyful occasion. The entire school came together to celebrate and give thanks, and it was heartwarming to see the children singing and participating with such enthusiasm. It's always a special time of year,

and this assembly was no exception. We are incredibly proud to have already sent off the generous donations from our community to Living Well, who were deeply appreciative of your kindness and support. We are hoping before Christmas to be able to give continued support.

As we head into the half-term break, I want to thank you for your continued support and engagement with the School. It has been an exciting and busy start to the year, and I hope that you and your families can relax and recharge over the break. A special mention to Mr. Davis and Ms. McLaren, who will be celebrating their wedding over the break — we wish them a wonderful day and all the best for the future!

Mr Carter

Head Teacher



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Empowering Future Innovators: Join Us in Inspiring Our Pupils Through STEM

As part of our commitment to fostering a passion for STEM (Science, Technology, Engineering, and Mathematics) among our pupils, we are reaching out to invite you to share your unique experiences and insights in an upcoming school assembly or workshop.

Your involvement can make a significant impact on our pupils by:

- 1. Inspiring Future Innovators:** Hearing about real-world STEM careers can ignite students' interest and encourage them to explore paths they might not have considered.
- 2. Bringing Learning to Life:** By sharing your journey, you can help students see the practical applications of their studies and the exciting possibilities that lie ahead.
- 3. Encouraging Curiosity:** Your stories can spark questions and discussions that deepen students' understanding and appreciation for STEM fields.
- 4. Building Community Connections:** Engaging with our students fosters a sense of community and shows them the diverse paths that education can lead to.

Whether you're an engineer, scientist, programmer, or work in a related field, we would love for you to consider volunteering for a brief presentation or leading an interactive workshop. This is a fantastic opportunity to inspire the next generation and help them envision their own futures in STEM.

If you're interested or would like more information, please contact Mrs Morris and Mr Chowdhury via mail@stchristophersthehall.org.uk who will be more than happy to talk you through how you could encourage and inspire our pupils.

Thank you for considering this opportunity to make a lasting impression on our students. Together, we can encourage them to dream big and pursue their passions in STEM.



Words of the Week

Our words of the week over half-term, which we have shared in assembly, are:



Pre-Prep: *Amiable*

Prep: *Enlighten*

Why not make learning new words fun this half-term? Here are some simple games to help your child use these words at home:

- 1. Word Treasure Hunt:** Hide objects or notes around the house with clues using the word "amiable" or "enlighten." For example, "Find the next clue by showing your most amiable smile!" or "This clue will enlighten you on where to look next!"
- 2. Amiable Compliments:** Challenge your child to give as many friendly (or amiable) compliments to family members as they can during the day. It's a great way to practise kindness and learn the word!
- 3. Story Time with a Twist:** Read a favourite book together and pause when you reach a moment where a character is acting amiably or being enlightened. Ask your child to explain how the words fit.
- 4. Dinner Discussion:** Over a meal, ask your child to enlighten the family about something new they learned that day.

These activities will help make the words stick while keeping things playful and engaging!

Social Media

If you are not following us on social media, you are only getting half the story!



You can follow us at [@stchristhehall](https://www.instagram.com/stchristhehall) on Insta and X, as well at [@stchristhehallspport](https://www.facebook.com/stchristhehallspport) to get all the inside info from school life! You can also now follow us on Facebook where we have St Christopher's School Group.



Emailing teachers

REMINDER: - ALL emails to teachers should use the mail@stchristophersthehall.org.uk



It is very likely that emails will not get to their destination if you email teachers directly.



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Year 4 Trip to Knole Park

Last Wednesday, Year 4 ventured towards Sevenoaks and back in time to visit the Knole Park estate for a series of fun and immersive Stone Age workshops.

The children took part in an introductory activity which helped them learn that most of our understanding of history took place in the last five hundred years. The Stone Age is recognised as beginning over 2.5 million years ago!

Each class split off to take part in a work-shop.

- Stone Age foods, tools and arts;
- Stone Age clothing;
- Archaeology and excavation;
- Shelter and home building.

children had a fun packed day which was carefully watched by the tens of deer that wandered around the National Trust Grounds.

The pupils said:

- *'I liked holding the tools, like the heavy stone axes and we learnt that they held some tools together using dried tree sap (amber).'*
- *'I learnt that they used many types of animal skins and furs to make clothing, including roe deer fur which was very warm.'*
- *'I learnt that we can learn so much about people's lives from what they leave behind by inferring and being detectives. What will people learn about us from what we throw away?'*

The children were an absolute delight and had a fantastic day. Well done, Year 4!



The



Sport and PE

What a fantastic morning of cross country running! On Saturday 12th October, 12 pupils from Years 5 & 6 competed in the Bromley Primary School Cross Country, which took place at Crystal Palace Park. This year, over 1350 runners from schools across the borough took part in what was an extremely competitive race. The 1800m course, which was mainly parkland, tested the runners endurance and it was great to see all the pupils coming through the finish line tired but full of a sense of achievement. All the runners should be extremely proud of their performances and a special mention to the Year 6 Girls' team, who finished 5th (out of 24 schools) in the borough. We look forward to sending out details for the

Year 3 & 4 event which will take place in the new year.



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Black History Month

This October, we have been proud to celebrate Black History Month at St Christopher's. This year, we wanted to focus on highlighting and celebrating the achievements of black and mixed heritage contemporary role models.

Our first week's focus was the music industry, where Capital radio presenter, DJ, and music producer Mistajam spoke to us about how he forged his incredible career. During our second week, we focused on sports, when three players from Crystal Palace Football Club (Chris Richards, Maxence LaCroix and Ashleigh Weerden) came in to discuss their achievements in their field. This week's focus for Black History Month was 'The Arts – Musical Theatre'. We were treated to inspirational interviews with actors Kiera Haynes and Micha Richardson, who both have starred in *Mrs Doubtfire in London's West End*. *These performers kindly gave their time to talk about: their heritage, career highlights, role models, representation in The Arts and advice to children who might like to enter the industry.*



Kiera Haynes



Micha Richardson

Throughout the month, children have also enjoyed: several assemblies, form times, books by black authors and illustrators, Afro-Caribbean inspired dishes at lunchtimes and a BHM focused book sale (in collaboration with Beckenham Bookshop).

Thank you for all of your support. We are looking forward to continuing to have a diverse and well-represented curriculum, not only during October, but embedded throughout our year – ensuring that all of our pupils feel represented and celebrated.

Harvest trip to Living Well

On Friday, the School Council Representatives from each class, the Head Pupils, alongside Mrs West, Mrs Shivers and Miss Leaf, visited the Living Well Food Bank. We travelled there by minibus, which was a fun experience, especially for the younger members who hadn't been on one before! The children, from Pre-prep to Prep, enjoyed this opportunity very much. They delivered all of the generous donations from St Christopher's to Emily, who on Thursday, delivered a wonderful assembly to explain the importance of donations and what Living Well do for the local community. All of the children then enthusiastically helped to sort all of the items that we delivered into crates, so that Emily and her team could create the vital food bags, for those in need. The children were able to



see how much effort and teamwork is needed to make this charity successful, and are eager to return with more donations soon! We are so pleased to support this charity and hope to continue doing so in the future.



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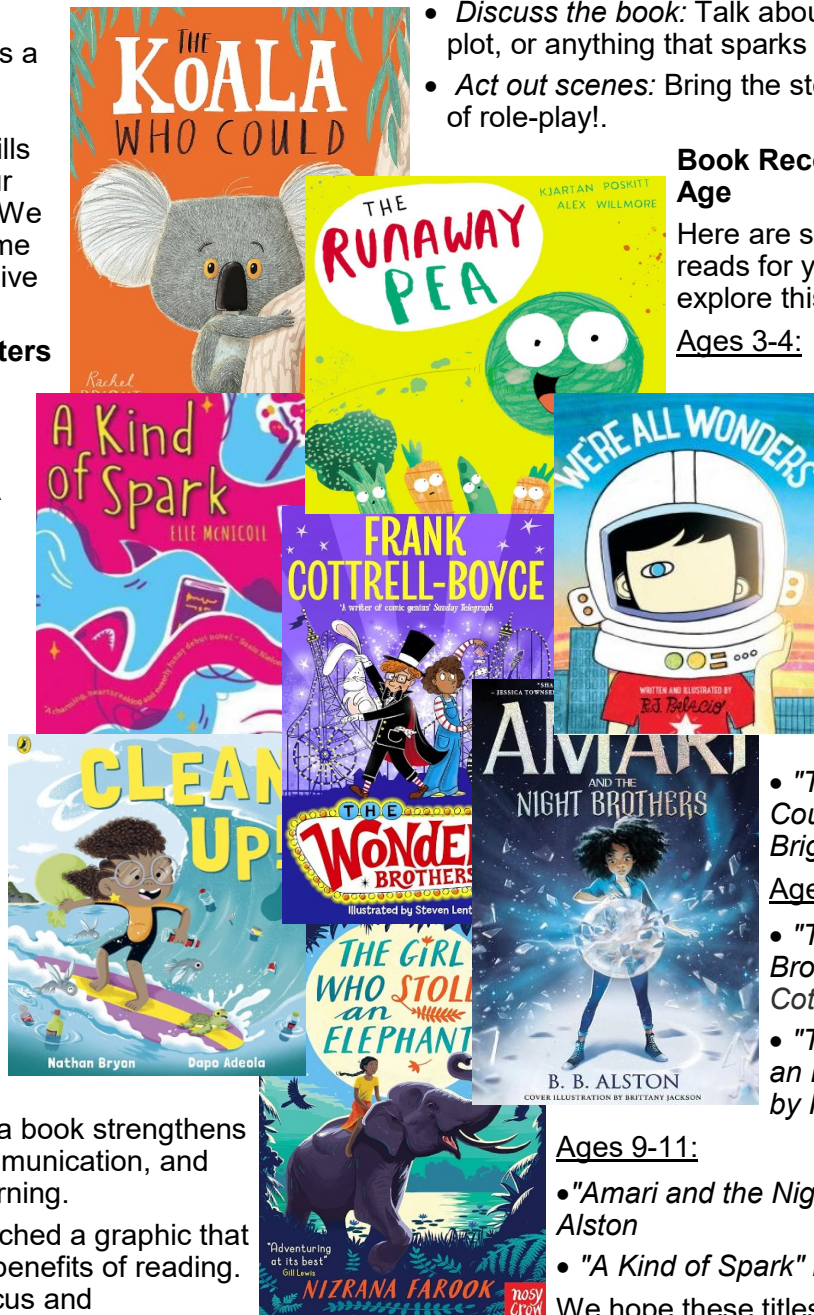
Half-Term and the Power of Reading

As we approach half-term next week, it's a wonderful opportunity for children to relax, recharge, and enjoy some well-deserved rest. However, there's one piece of homework we encourage everyone to focus on over the break – **reading**. Reading is a gateway to imagination, knowledge, and skills that will benefit your child for a lifetime. We suggest finding some time every day to dive into a good book!

Why Reading Matters

Encouraging children to read is about much more than just literacy. A good book can transport them to different worlds, improve their comprehension skills, and expand their vocabulary. It's important to help your child find books they can enjoy on their own, but it's equally vital to share reading time together. Whether you're reading aloud, taking turns, or simply discussing a story afterward, sharing a book strengthens bonds, fosters communication, and builds a love of learning.

To help, we've attached a graphic that outlines the many benefits of reading. From improving focus and concentration to fostering empathy, the reasons to make reading part of your daily routine are endless.



Ways to Share a Book with Your Child

- *Read aloud together:* Make it a nightly ritual or a cosy weekend activity.
- *Take turns reading:* If your child is able to read independently, alternate pages or chapters.
- *Discuss the book:* Talk about the characters, plot, or anything that sparks curiosity.
- *Act out scenes:* Bring the story to life with a bit of role-play!

Book Recommendations by Age

Here are some exciting new reads for you and your child to explore this half-term:

Ages 3-4:

- "We're All Wonders" by R.J. Palacio
- "The Runaway Pea" by Kjartan Poskitt and Alex Willmore

Ages 5-7:

- "Clean Up!" by Nathan Bryon and Dapo Adeola
- "The Koala Who Could" by Rachel Bright and Jim Field

Ages 7-9:

- "The Wonder Brothers" by Frank Cottrell-Boyce
- "The Girl Who Stole an Elephant" by Nizrana Farook

Ages 9-11:

- "Amari and the Night Brothers" by B.B. Alston
- "A Kind of Spark" by Elle McNicoll

We hope these titles spark your child's imagination and make their reading time both enjoyable and meaningful.

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SCA



November is proving to be a busy month for the SCA with lots of activities planned for parents and children.

Tickets are now on sale for The Parents' and Teachers' Curry and Quiz, due to take place on Friday 15th November between 7-10 pm and tickets can be bought from www.scasales.co.uk Tickets are limited so please do buy them now! Do join us for a night of fun and laughter. Tickets are £15pp to include a curry. Teams of maximum of 10 people and single players are very welcome and will be teamed up on the night.

The Silent Auction will also open on Monday 4th November where parents will have the opportunity to bid for one of the exciting events kindly donated by the teachers. The Auction close will take place on the night of the quiz and is expected to conjure up some fun competitiveness!

Finally, the SCA are pleased to announce the SCA Christmas Fair will take place on Saturday 30th November between 12pm-3pm, and is a fantastic way to go into December and those fun final weeks at school. More details to follow.



Parent Partnership: English and Maths and how we teach it

You are invited to some live Parent Education sessions on Maths and English for Reception to Year 6 at St. Christopher's The Hall on the evening of Thursday, 21st November.

These interactive sessions offer a unique chance to experience how we make learning engaging for your child. You will gain valuable insights into the techniques we use to teach Maths and English, helping you better support your child's educational journey.

Last year, 100% of parents found the sessions helpful, with many praising its engaging presentations and useful strategies to support learning at home.

As this is a live-only event, we encourage you not to miss it! We're working to find a time that suits most parents and appreciate your understanding as we aim to maximise participation. Please fill in the short link [here](#) stating your preferred time for the session. We will go with the majority.

Allergy reminder:

Please do not send in snacks which contain nuts or sesame seeds.



What's Happening After Half Term

🔔 Wednesday 6th November

- Pre-Prep Open Morning for parents (08:15-09:00)
- Grandparents' Tea
 - Reception - Year 2: 9.45 - 10.45am
 - Years 3 & 4: 1.15 - 2.15pm
 - Years 5 & 6: 2.45 - 3.45pm

🔔 Friday 8th November

- Year 2 trip to The Tower of London