# Christ the King School Newsletter

**To Flourish**
**To Grow**

Dear Families,

Greetings and welcome back it is wonderful to see everybody back at school for face-to-face learning. We are all ready for another positive year of working in partnership with you all to support the ongoing development and talents of all our students at CTK. I have visited each class and have loved listening to the many experiences the students have enjoyed during their break.

Students have expressed how eager they are to reconnect with their friends, get to know their new teachers and of course engage themselves in their learning! The teachers have designed their classrooms to be engaging and welcoming. Our Year 6 Senior class is eager to take on leadership roles in the school.

## Welcome to our community!

It was also wonderful to see how well the new Reception students and other new students to our school have settled in. I would like to warmly welcome our new students and their families to the CTK community.

Welcome also to our new staff: Ms. Rebecca Pynor to Year 1 and Ms. Ashleigh Parker to the role of Japanese teacher.

## COVID update

We are all aware of the easy transmission of COVID and at CTK we are ensuring that we are following protocols. Personal hygiene and the hygiene standards in our school is critical to reducing the risk of infection. At CTK, all children and staff will need to continue to:

- wash their hands regularly, particularly after using the toilet and before eating
- avoid spreading infections to others by staying home if they are unwell
- cover a cough or sneeze with a tissue or elbow
- year 3-6 students are encouraged to wear masks in classrooms

SA Health encourages parents to provide children with their own personal, labelled and named drink water bottles. These can then be refilled at the drink fountains or water taps, rather than children drinking directly from the taps.

Parents will need to maintain social distancing when in the school yard and to wear masks.

All these measures are put into place to take care of each other and remain safe. If your child does contract COVID, please notify me immediately: hcard@christking.catholic.edu.au or alternatively contact the front office.

If a case does occur within a class, that class year level will be notified of the actions which need to be taken.

**Cont...**

**Term 1 Issue 1**
**18th February 2022**

**IMPORTANT DATES**

**Please note that the school is required to comply with COVID safe practices and that school events may be cancelled at short notice according to SA Health direction**

| IMPORTANT DATES | |
|---|---|
| 10th March | P & F Meeting |
| 14th March | Adelaide Cup<br>Public Holiday |
| 15th March | Tuesday<br>Pupil Free Day |
| 23rd March | AGM |
| 30th March | School Board |

| 2022 Term Dates | |
|---|---|
| Term 1 | 31 Jan —14 April |
| Term 2 | 2 May—8 July |
| Term 3 | 25 July—30 Sept |
| Term 4 | 17 Oct —16 Dec |

**Christ the King SCHOOL**
**126 Dunrobin Road**
**Warradale SA 5048**
**Phone 08 81983100**
**info@christking.catholic.edu.au**
**www.christking.catholic.edu.au**

Instagram

We're On Facebook!

**Out of School Hours Care**

CAMP AUSTRALIA

**Phone: 1300 105 343**
**0452 247 971**
**www.campaustralia.com.au**

# From the Principal (cont.)

## ITC agreement

I realise that there is a copious amount of notices that go out to parents, but this is important information required by the school. Please bring to your attention the ICT agreement and read through the guidelines. In particular, the use of devices. Many children received Smart Watches during the break. Smart watches, like any other device needs to be used respectfully. We ask that all Smart watches are turned to school mode and not in use during the day by students. We will be monitoring this use and if further protocols need to be put into place with regard to Smart Watches, we will inform the community.

## Term 2, 2022

This year in Term 2, I will be taking Long Service Leave. There will be an Acting Principal appointed to Christ the King School for this term. I am taking this time to pursue aspects of my Higher Degree Research Study. An announcement will be made later this term about the appointment of an Acting Principal.

## Parent/Teacher Exchange

The start of the school year was interrupted by COVID restrictions and thus our three-way conversations were disrupted by the hybrid return to school. Therefore, we would like to invite you to engage in a parent/teacher exchange. Further information will be coming out to you all to let you know how you can book in a time to have a conversation about your child and 2022 with your class teacher. If we are unable to have these conversations face to face, the class teachers will conduct these by phone.

## AGM and School Board Nominations

We currently have four positions on our School Board and current members are able to be renominated or new members are welcome. If you are interested in becoming a School Board member, please come and collect a nomination form from the front office, if you would like a nomination form to be emailed to you, please let the front office know. All forms will need to be returned to the front office by 7th of March.

Our AGM will be held on Wednesday March 23rd March at 6:30pm followed by a School Board meeting the following week with existing and the new school board on 30th March at 7.00 pm. More information and reminders about the AGM will be circulated to the community. Becoming a School Board member involves attending meetings twice a term and being a part of discussions and decisions which support the vision of the school. It is a great way to be involved in the CTK community.

## Parents and Friends……we need you !!!

We are also looking for people who are interested in a P&F group. We especially need a P&F coordinator, this can be an individual role or a shared role position. If you are interested, please fill out a nomination sheet which can be collected at the front office or if you are interested and would like to know more, please email me or call through to see me and have a chat. The first P&F meeting will be Thursday 10th March at 7.00pm and we invite parents to attend and start to plan community events for CTK. The aim will be to establish and connect a supportive and friendly community beyond the classroom. All nominations to be returned to the front office by 7th of March.

## School Uniform

The importance of maintaining a high standard in wearing the uniform is highly regarded at CTK. It is important to develop in our students a feeling of pride in themselves and their school, and a sense of personal tidiness and presentation. Our School uniform presents an identity to the community. Please note that when you enrol your child/ren at Christ the King School you agree to accept the school standards with regard to uniform and personal presentation. Parents are asked to ensure that students wear the correct uniform each day, including school socks, school bag and hat. If you would like a copy of the uniform requirements relating to school uniform, please contact the front office for a copy.

I look forward to an exciting and fulfilling term of learning with your children and working in partnership with the school community.

Blessings,

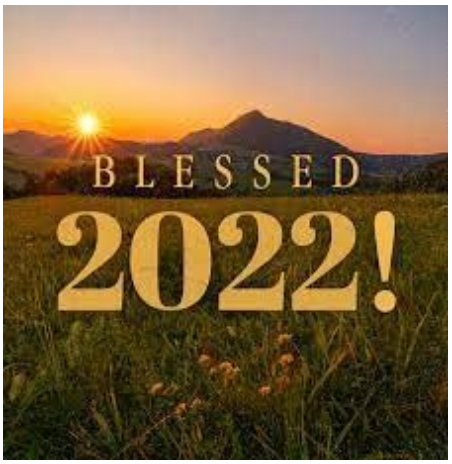
Helena

**Christ the King School**

*To Flourish To Grow*

RAISING HEARTS AND MINDS

# From the APRIM




Welcome to our new year. It has been an unusual year and has presented many challenges but also opportunities for growth.

However, some things never change. I have once again experienced the joy of meeting new students and families, to hear wonderful and exciting holiday stories and all about new additions in the form of siblings and pets. Children are a great blessing for us all and I look forward to the joy they bring to us in 2022.

One of the challenges that faces us at this time is gathering for masses ad prayer as a whole school. We hope that soon we will be able to gather and continue to pray that in the near future family members will also be able to join us. We traditionally celebrate Masses on the first Friday of each month and particularly enjoy having family members pray with us.

**Lord Jesus, I ask for Your help as we begin this new school year.**

**Allow us to experience Your presence in the many blessings You put before us. Open our eyes to the new challenges and exciting opportunities that this new school year brings.**

**Open our hearts and minds to new friends and new teachers. Give us a generous spirit to be enthusiastic with all my learning and courage to accept new opportunities.**

**Help us to be attentive to my all and let us experience Your presence in new friends.**

**Jesus, inspire us to do my best this year!**

**Amen**

**I DON'T KNOW ABOUT THAT…I'M NOT A CATHOLIC!**

Sometimes new members of our community feel a little reluctant to attend Masses or Liturgies because they are not sure what happens during them. They are concerned they won't know what to say, when to stand up or even the words to our songs. I would like to reassure you that there is no need to worry.

Just as our students go to Mass and Liturgies for the first time and realise they just need to join in and learn as they go along I hope our new family members will join us and feel the same. Being respectful and joining in takes no prior knowledge and gives you the gift of a short time in the day to just 'BE'.

Each year parents, grandparents and other relatives will catch me and begin with…

"I know this is a dumb question but…" and we go on to have a great chat about what, why and how we do our prayer, mass, liturgies. Grandparents often enjoy clarifying why, or sharing how it is different to their school mass, prayer, chapel. There are no dumb or unusual questions, even the occasional questions are welcome because I get the opportunity to learn along with you.

During the year I will write about some of the church traditions, sacraments etc. and other points prompted by some questions from our community.

**SACRAMENT OF RECONCILIATION**

The Sacrament of Reconciliation preparation will commence in the coming weeks. Parents of students who enrolled in Term 4 2022 are invited to attend the Parent Session on Wednesday 2nd March at the St Joseph's Church Hall. If a current student in Yr5 would like to join the programme please contact me to discuss the enrolment process and the ongoing programme.

Parents of students in Yr.4 will be invited to enrol for the 12 month programme commencing in Term 4 2022.

**Teresa Pascoe**
**APRIM**

# From the Library

Welcome to another year of great reading and learning.

Our library is an active hub open before school, classes visiting, scheduled learning and borrowing each day. It is also open for activity and borrow on a couple of lunchtimes a week.

## BORROWING PROCEDURES

Each class has a specific borrowing day when their class teacher will visit the Library with their students. Students and parents are also able to borrow and/or return before school **Mon-Thus 8.30-8.45.**

- Students in R-2 borrow 2 books at a time
- Students in 3-5 borrow 3 books at a time.

Parents who wish to borrow may do so on their child's name. (Robyn Dingle or myself will assist parents to borrow over their child's limit.)

## LIBRARY BAGS

Each student from Reception to Yr 2 is required to use a library bag when borrowing. A bag capable of holding a picture books is recommended.

- A **lined** library bag is preferable to guard against leaks, spills and squashed fruit.

We use a separate bag to the communication bag to avoid any confusion between class books and readers and Library books. Having 2 separate bags allows parents and students to easily locate and return books etc. to the Library and not accidently into the class library and reader boxes.

## HEADPHONES

Each student from Years 2-6 require a set of headphones. These are used to support individual one to one learning on IT devices, enhances focus, allows online testing to take place and aids the production of creative pieces-recording, filming, editing etc.

It is recommended that **OVEREAR** headphones are provided as 'earbud' type headphones are uncomfortable (even painful), do not tend to cut out background noise effectively and are easily lost or left plugged into a device.

Students are **unable** to use BLUETOOTH headphones in a school setting as the logistics and time of turning on/off Bluetooth, finding the matched device and staying connected dramatically decreases the successful testing and learning of the student.

**Teresa Pascoe**

**Teacher/Librarian**

# Curriculumn Corner

Returning to school can be an uncertain time for many students, especially when we return in different circumstances. **Madhavi Nawana Parker** from Positive Minds Australia has some great tips for parents during this uncertain time.

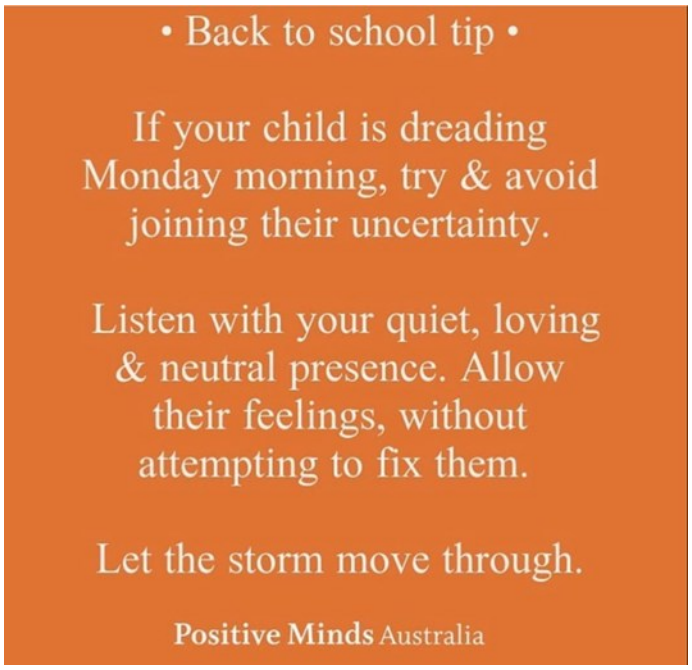
*It's only natural for children to feel reluctant about returning to school after a break. Even if school is one of their favourite places, remember often, so is home.*

*If your child is starting school or pre-school for the first time, they may fear the unknown. A little like you would, starting a new job or going to a party where you know few, if any people.*

*It might show up in tears or anxiety - and it might also show up as an increase in tricky behaviour.*

*It's hard not to hit the panic button when a child starts commenting negatively or anxiously about school. Why wouldn't you? You love your child and want them to be okay. You want them to have a smooth transition.*

*A big challenge for us as parents is, children often show their reluctance in ways that worry and trigger parents. Children are still maturing, so they are more emotional and clumsy with their words and actions. This can make it hard to respond constructively, calmly and without over reassuring them. It's easy to join in their chaos.*




*When children are anxious about transitions like returning to school, they often suck the adults who care for them right into their anxiety.*

*It's important to balance being there for your child, listening, empathising and allowing their tough feelings, without adding fuel to the fire. Spending too long talking, planning and trying to resolve difficult feelings can sometimes be counter - productive.*

*You can show you care through your warm and loving presence, by hearing them out and reflective listening...and then it's usually time for mood enhancers. Too much listening, talking and empathising can exacerbate worry too. Mood enhancers include human connection, play, movement, sport, nature, music, gratitude, art, flow, love and laughter.*

## Christ the King School is on social media

Have you joined our Facebook and Instagram pages?

This is a great way to stay up to date with school activities, student's learning, special occasions, and daily life at CTK.

Follow our pages here –

https://www.facebook.com/ChristtheKingSchoolWarradale/

Instagram - @christthekingschool5046

**Emma Henrich**

**Leader of Learning and Inclusion**

# Wellbeing

Wellbeing

## Managing feelings about starting school- from the Raising Children Network- raisingchildren.net.au

Starting school can be a big change for your child, and they might feel a bit anx
ious as well as excited. Letting your child know that you think they'll go well at school can help them feel positive.
Here are ideas for managing mixed feelings:

- Give your child plenty of love and support. Be excited and enthusiastic about your child starting school. This sends your child the positive message that school is exciting and that they'll cope and have fun.
- If the topic of school comes up during everyday activities with your child, use this as an opportunity to start a conversation. But follow your child's lead – too much talk about school might make your child feel more anxious.
- Read a children's book about starting school with your child. Reading books about school together can help you talk with your child about their feelings. You could try Starting school by Janet and Allen Ahlberg, or Starting school by Jane Godwin and Anna Walker.
- Try to see your child off to school with a happy, confident goodbye – and plan something nice for yourself too, like coffee with a friend. Even if you're feeling sad or worried, it can help to keep these feelings from your child.
- When your child starts school, it's a big change in your family life. It's normal if you feel a little worried or sad too. Sometimes it helps to talk with other parents about how you're feeling. Other parents might also have helpful tips for preparing and starting school.

## Children's feelings about returning to school after COVID-19 isolation or lockdown- Raising Children's Network -raisingchildren.net.au

If children have time away from school because of COVID-19, they might have mixed feelings about returning. For example, they might be excited and eager to get back to face-to-face learning and see their teachers and friends. They might also feel uncertain, worried or anxious about catching up on learning, fitting back into friendship groups and coping with a school routine. If your child has strong emotions about returning to school, give your child plenty of love and support at home. These ideas might also help:

- Be confident and enthusiastic about your child going back to school. This sends your child the positive message that they'll cope and have fun when they get back into the school routine.
- Talk and listen to your child's feelings about returning to school, and let them know that their feelings are OK. For example, 'Yes, it will be great to see Hartley again', 'You can see how much the vegie patch has grown' or 'It's OK that your brother is excited and you're nervous'.
- Let your child know it's OK to feel nervous or uncertain about returning to school, but reassure them that they'll get through it. For example, 'It's OK to feel unsettled – it's another big change', 'A lot of kids will be feeling the same as you' or 'The teachers will tell you what to do'.
- Help your child reconnect with their classmates. For example, you could organise a playdate in the park , or practise lunch time conversations.
- Give your child some control. For example, ask what they want for school lunch or what they want to do after school.
- Practise breathing exercises or muscle relaxation activities with your child. These can help if your child is feeling very anxious.

# From the School Office

## Student Medical Information

All medication and medication plans should now have been returned to the Office. If you have not yet supplied your child's medication for this year, could you please do so as a matter of urgency.

Please ensure all medication supplied is in date until the end of 2022. If your child no longer requires the medication, please advice the Office in writing. Thank you.

## Ambulance Cover

Parents of students with on-going health needs or pre-existing medical conditions, are urged to take out their own ambulance cover.

The school ambulance cover, through CCI Insurance will only apply in the case of an accident.

Pre-existing medical conditions such as asthma, diabetes, epilepsy etc are not covered by school insurance.

Some families may incur significant costs in the event an ambulance is called if they do not have cover.

## CTK Uniform

Our Uniform Shop is closed until further notice and is taking **online orders only.**

Online ordering information can be found on the Skoolbag app. Your order will be collated and delivered to your child's classroom for them to bring home. For further information on uniform requirements please click on the following link

https://www.christking.catholic.edu.au/enrolment/our-uniform

***Instructions on how to install the Skoolbag App can be found later in this newsletter.***

**$1 Ice blocks in the Café Tuesday Lunchtime**

**Term 1 & 4**

**Playgroup will return on**

**Monday 28th of February**

# From the School Office

SCHOLASTIC

# Book Club

A very warm welcome to all our new CTK students and their families, and welcome back to all our veterans as well!

Twice a term, your child(ren) will receive an "all-ages" catalogue from Scholastic Book Club. Book Club is run by volunteers at CTK to promote a love of reading and as a fundraiser for our library. Every purchase adds resources to our school library: 20% of your purchase is returned to CTK as credit to spend on Scholastic materials of our choice for our library.

It is easy to order. The **Book Club** **LOOP** platform for parents allows you to pay by credit card. Your child's order is submitted directly to school safe and sound and the books will be delivered to class. You can place your child's order at **scholastic.com.au/LOOP** or using the **LOOP** app, which can be downloaded from the App Store or Google Paly.

By default, all purchases are sent home via the classroom. However, the **LOOP** system does have a tick box allowing parents to mark their purchases as gifts. If you do this, your purchase will be held for you in the school office so you can sneak it home. Look for the tick box at the top of the order form near your child's name.

Last date to order is 21st February 2022.

A very big thank you to Samaneh (Sonia's mum in Year 1)

who will continue to be our volunteer Coordinator this year.

# Year 6

At Assembly this week, Mrs Helena Card introduced the Senior Class 2022 to the school community.

**School Captains for Semester 1:**

**Luke, Emma and Charli**

**Samaritan Leaders—Environment**

**Charlie, Harper and Abby**

**Samaritan Leaders—Sport**

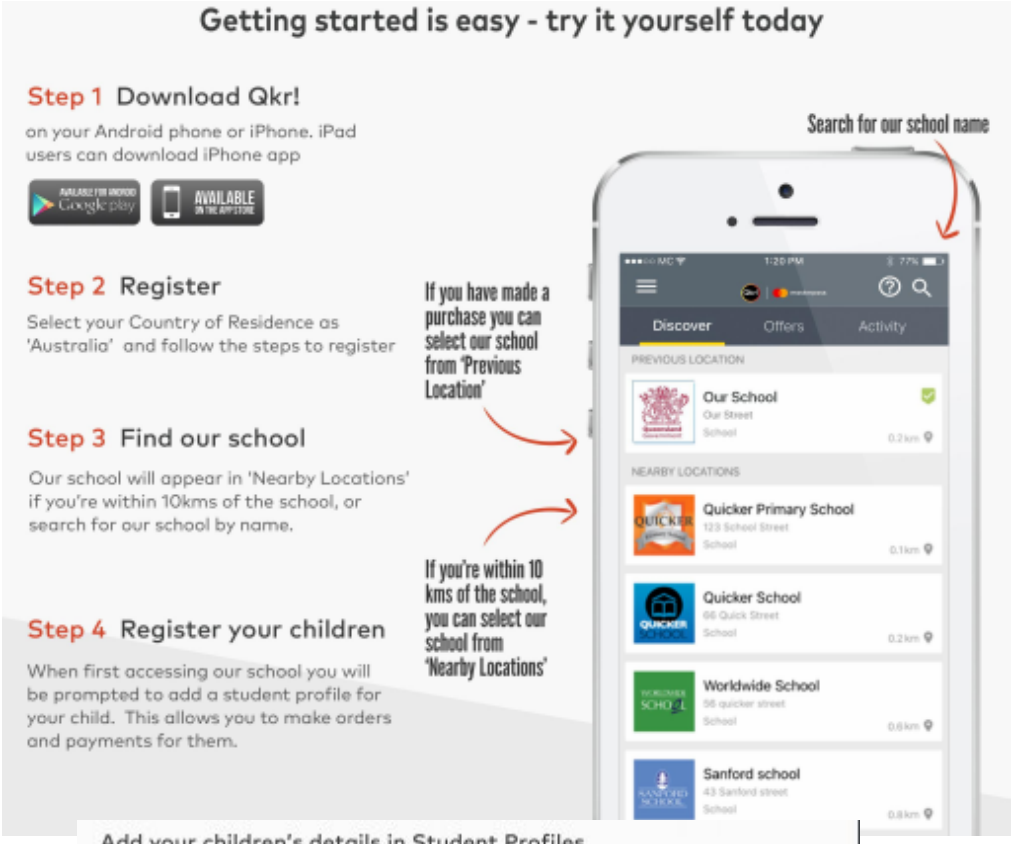
**Zak, Adam, Connor, Jobe, Joshua & William**

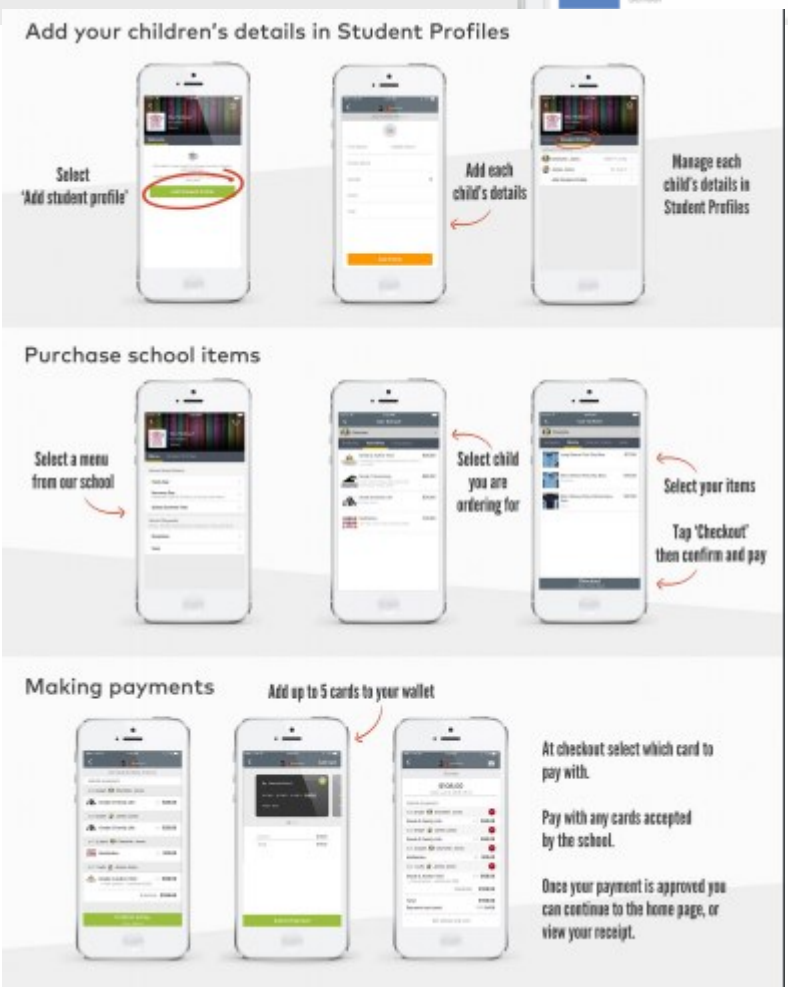
**Samaritan Leaders—Social Justice / Liturgy**

**Biilly and Peyton**

Qkr! (pronounced 'quicker') is a secure and easy way to order and pay for school items from your phone at a time and a place that suits you. The app is available on Android phones, IPhones & IPads.

**If you have Qkr! already you will need to update your child's profile for 2022 You will receive a prompt once you open the app to do this.**

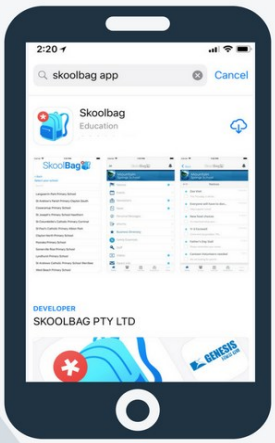


**Skoolbag App is a way the school will communicate with you. Please install it on your Andriod or IPhone to keep informed with what happening at CTK School.**

# Stay informed with the SkoolBag App

The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and **all** school communications.




## 1 Download the app

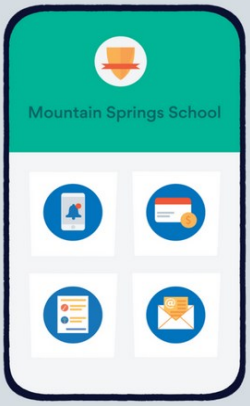
Search for the free SkoolBag app in the Apple App or Google Play Store

## 2 Create an account

Sign up in seconds with your email address

## 3 Add your school

Search for your school and add your subscription groups




SkoolBag

# Community Notes