

Friday 10th October 2025









Dear Parents,

World Mental Health Day takes place every year on 10th October and serves as a global reminder to pause and think about the importance of good mental health and the need to prioritise and protect it. It is also a moment to recognise that mental health is a constant companion though it can often slip to the edge of our attention depending on what is happening within and around us. There will be times when we feel stronger and others when we feel uncertain or just plain stretched. I think we all recognise these seasons; not a sign of weakness but rather a natural part of being human, and perhaps something that quietly unites us all.

This year's global theme focuses on access to mental health services in catastrophes and emergencies. While our country experiences relative stability and privilege, anyone who has faced mental health challenges will know that it does not recognise privilege or circumstance. It touches us all; from those around the world currently facing the most unimaginable hardship to those living in comfort and opportunity. What varies is not the need for care, but the access to it, and that is what this year's World Mental Health Day is trying to raise awareness of.

There are times for all of us when life feels a little heavier or when perspective becomes that little bit harder to find. Like many people, I am reminded from time to time how necessary it is to pause, to rest, and to allow space for perspective. None of us are immune to the pressures of life and we all move through seasons that are lighter and others that are more demanding. The work of good mental health lies in learning how to navigate both seasons. No matter how much we remind ourselves of the need for a bit more balance in our lives, that balance doesn't usually announce itself to us, instead it has to be chosen and protected, often in small, deliberate ways, which can be particularly challenging when life is so full.

For children, the pace of modern life can feel equally demanding. The days are full, distractions are everpresent, and expectations of self and from others can be high. Amid this busyness, children need opportunities to slow down, to play without pressure, and to be creative for its own sake. Time spent outdoors, reading, drawing, or simply talking about their day is never wasted.

Good mental health also depends on connection; when children feel known, listened to and understood, they are more able to cope with difficulty, and when they see the adults around them handle challenge with balance and honesty, they learn that emotions are not things to be fearful of but things to be curious about, named and understood.

You may have come across the idea of Dunbar's Number, a theory developed by Professor Robin Dunbar at Oxford University through his research into the social brain. His work began with primates and, while not without its critics, offers a compelling argument which makes sense to me at least: we may meet and know hundreds of people, but our sense of wellbeing depends on the smaller circle of relationships that truly matter.



It is within those relationships that we find stability and meaning. Good mental health takes shape not through sudden or dramatic change but through the steady work of connection, the daily acts of noticing, listening, and forgiving, both ourselves and others. For children, this begins with the example of the adults around them. The more they see us live with steadiness and compassion, the more they learn that calm is possible, even (and perhaps especially) when life is not simple.

Have a good weekend when it comes.

Best,

Damien Walshe Headteacher

Janie Walle





Pastoral Update

It has been another busy and positive fortnight for pastoral life at Saint Christina's. Last Thursday, we were delighted to welcome back Andrew Bull, Director of Education and Schools at andResilience, who delivered his second parent talk on children's mental health and wellbeing. This session focused on practical strategies for helping children take ownership of their own resilience, from regulating emotions and building coping mechanisms to developing independence and confidence. It was a hugely valuable opportunity to reflect together on how best we can support children in growing their long-term emotional wellbeing.

We have also introduced two new enhancements to our pastoral provision:

- **Pastoral activities:** The Wellbeing Ambassadors have created a colourful, child-friendly poster that now sits in every classroom. This allows children to sign themselves up for activities that help them slow down and reset, alongside those highlighted by teachers through our weekly temperature checks.
- Wellbeing Hub: We are trialling two new boxes, one labelled "I would like to talk to an adult" and another "I would like to talk to a Wellbeing/Inclusion Ambassador." These give children a simple, low-barrier way to ask for support, especially if they may not yet feel confident approaching someone directly.





We are also pleased to share some highlights from the recent UNICEF pupil questionnaire, completed by children across the school. The results were overwhelmingly positive: the vast majority of children told us they feel safe, that they belong here, and that adults listen to them and will help if they have a worry. Children also said they enjoy being at school, feel positive about their learning, and appreciate the way we celebrate different backgrounds and cultures. These findings reflect the strong, caring ethos that runs through our community and the sense of pride children take in being part of Saint Christina's.

The questionnaire also gave us some areas to keep strengthening, such as making sure every child feels fully valued for who they are, and helping children to see even more clearly how their voices shape decisions. Our School Council and Wellbeing Ambassadors will be working with us on these next steps as we continue to build on our pastoral foundations.

Mr Burke - Assistant Head (Pastoral)

Belonging@SCS - Parent Talks

Thank you to everyone who responded to last week's message about our parent talks. I'm delighted to continue developing this programme at Saint Christina's and would love to hear from anyone who might be interested in delivering a talk, or who knows someone outside our community who could share something engaging or inspiring.

If you'd like to get involved or suggest a speaker, please contact me at dburke@saintchristinas.org.uk

Mr Burke - Assistant Head (Pastoral)



Rights Respecting Bronze School

I am delighted to announce that Saint Christina's has officially been awarded the UNICEF UK Rights Respecting Schools Bronze: Rights Committed Award. This is the first step on the journey towards becoming a fully accredited Rights Respecting School and recognises the work we have already done to place children's rights at the centre of school life.

Being a Rights Respecting School means that we are committed to ensuring that every child knows their rights, understands them, and experiences them in their daily lives here at school. It also means that we continue to nurture a culture where every child feels valued, respected, and empowered to have a voice in their community.

Rights
Respecting
Schools
UNITED KINGDOM
Unicef
Bronze
Rights Committed

Our next stage will be working towards the Silver: Rights Aware Award, where we will continue to build on this strong foundation. This will include making rights more visible across our curriculum, policies, and community, and ensuring that both children and adults can confidently make links between what we do at Saint Christina's and the UN Convention on the Rights of the Child.

Mr Burke - Assistant Head (Pastoral)

Rights Respecting Bronze School

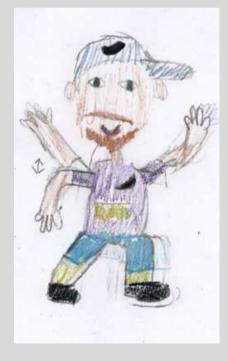
This Sunday, I'll be taking on the Royal Parks Half Marathon in support of St John's Hospice. The hospice does such incredible work in our local community, and I'm very proud that we as a school continue to strengthen our partnership with them.

If you would like to support, our JustGiving page can be found here:

St John's Hospice - JustGiving.

Thank you so much for your generosity and encouragement; it really means a lot.

Mr Burke - Assistant Head (Pastoral)







6C Update

In last Friday's assembly, we focused on the theme of Curiosity. We discussed the Guinness World Records book and how so many of the strange and wonderful records in it came from people who were curious and asked questions.

We explored how curiosity helps us learn and grow, even when things seem puzzling, like with optical illusions, which remind us to look deeper and question our first impressions.

Children have been encouraged to visit our Curiosity Display and add to our Wonder Wall, which is now full of fascinating facts, thoughtful questions, and imaginative ideas.

In today's assembly, we turned our attention to Creativity. We officially launched our Doodle Wall, a new space where children can express themselves artistically and share their own drawings.

It's been fantastic to see the children already using their creativity to brighten our school environment!

Mr Raveney - Director of Sport

Eco update - Vermicomposting!

The Eco Committee met for the second time this term, and it was a very exciting start as we explored our brand new vermicompost, a layered compost bin filled with worms that help break down food waste. We ordered 2kg of red compost worms, who are now busy exploring their new home. Once settled, each worm can eat up to half its body weight a day, which means our colony could process up to 7kg of food waste a week, though we're aiming for a steady 3-4kg to start.

This will make a big difference as every classroom now has its own food waste bin for fruit and vegetable snacks. We're looking forward to seeing how much we can reduce our waste together. If anyone has tips, tricks, or prior experience with vermicomposting, we'd love to hear from you as this is a brandnew journey for us.

Ms Randle - Sustainability Lead







School Council Update

The School Council have had a busy and exciting start to the year! So far, they have held three meetings and even led an assembly to explain their roles and how they represent pupil voice across the school.

In recent meetings, the Council have:

- Planned ideas to bring to the staff meeting on 1st December, giving children a direct say in school decisions.
- Begun researching playground nets and posts to help reduce lost balls (Mr Hirst is looking into this with Mr Steve).
- Discussed playground games, including a new sign to remind everyone when football is allowed.
- Suggested rotating meeting days so that everyone can attend, even if they have clubs.
- Agreed to invite different teachers to future meetings, Mr Burke joined the most recent one!
- Reviewed the Pupil Voice survey results, which were very positive, and discussed how we can make Saint Christina's even better.
- Planned to lead an assembly before Anti-Bullying Week, focusing on friendship, kindness, and where children can go for support (friendship stop, worry boxes, quiet corners, and our wellbeing ambassadors).
- Suggested a litter-picking day for all classes to help care for our environment.
- Asked to check that every class has enough noise-blocking headphones.
- Discussed starting a Cooking Club, which proved to be a very popular idea!
- Agreed that children can bring in board games for wet play, as long as we can find a suitable storage space.

The School Council are doing a fantastic job representing Pupil Voice, well done to all our councillors for their thoughtful ideas and enthusiasm!

Mr Hirst - Deputy Head





Enrichment Challenges:

Following the launch of the challenges earlier on this term, there is good news about the Challenges:

Key Stage One Challenge is the most popular challenge!

15 children from Year 2 took part, and 13 children from Year 1 took part.

Out of these children, the winners so far are Catharina, Chloé, Islay, Jack, Alp, Aria, Haluk, Riko, Rami, Asiya, Sophie, Nikita and Theo.

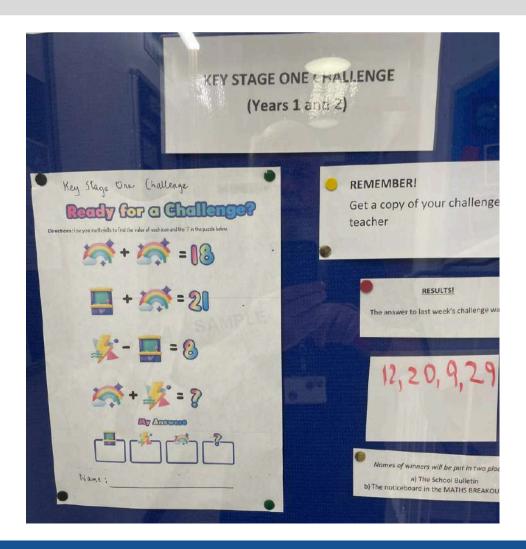
The runners up are Illy, Azuha, Ananya, Kenta, Luna, Keishi, Evaan, Sia, Yosef, Amaya, Lily, Ulysse, Diana and Abbas

The answers to this challenge were 12, 20, 9, 29

Congratulations go to everyone for taking part!

Our new challenge went up earlier on this week...let's see how everyone does!

Fr Rudolf - Teacher in charge of Enrichment





Autumn mobile making in Nursery

This week in Nursery, we made a large Autumn mobile using a special branch we collected from Primrose Hill during Forest School last year. The children enjoyed gathering autumn treasures such as leaves, conkers, and acorns from the playground and from home. They practised their fine motor skills using hole punches and strengthened their hand-eye coordination as they threaded wool through each leaf. It was a big collaborative task, with lots of teamwork as they helped one another to hold and thread the leaves. Our beautiful mobile is now hanging in the classroom as a celebration of Autumn!

Ms Randle - Nursery Class Teacher









Celebrating Black History Month in Reception

As part of our learning for Black History Month, Reception has been thinking about how we are all special, unique, and different. We read 'Mixed' by Arree Chung and 'The Magic Hair Swap' by Rochelle Humes, which helped us talk about the importance of celebrating what makes us who we are and respecting what makes others different too.

At the playdough table, the children created red, blue, and yellow characters from Mixed, then later explored mixing colours to make new ones like orange, purple, and green.

The children also learned about Jean-Michel Basquiat, a famous Black artist known for his bold use of colour and symbols. Inspired by his work, they created their own vibrant pastel artwork at the easel.

We also read 'The All-Together Quilt' and explored how quilts can tell stories and bring people together. After learning about Faith Ringgold and Harriet Powers, the children designed their own hexagon pieces to represent something special about themselves. These will be combined into a class quilt to celebrate creativity, collaboration, and community.

Ms Williams - Reception Class Teacher















Year 1 Autumn Buddies

Year 1 and Year 4 have continued their learning from our visit to Primrose Hill by using the treasures we found, colourful autumn leaves, conkers, seeds, and twigs, to create beautiful pieces of artwork. It was a wonderful way to celebrate God's creation and to show our creativity as we turned signs of autumn into something new and imaginative. We used what we had learned in Science about the changing seasons and in Geography about our local area to inspire our ideas.

As we worked with our buddies, we showed curiosity when exploring the different textures and colours of nature, collaboration when helping each other design our artwork, and commitment as we carefully created and shared our finished pieces. We talked about how every leaf and conker is unique, just like each of us, and how we can all use our gifts to make the world more beautiful. We loved taking photos of our creations and letting our creativity shine while celebrating the wonder of God's world.

Ms Higgins, Ms Khalique and Ms Farquhar - Year 1 and 4 Class Teachers









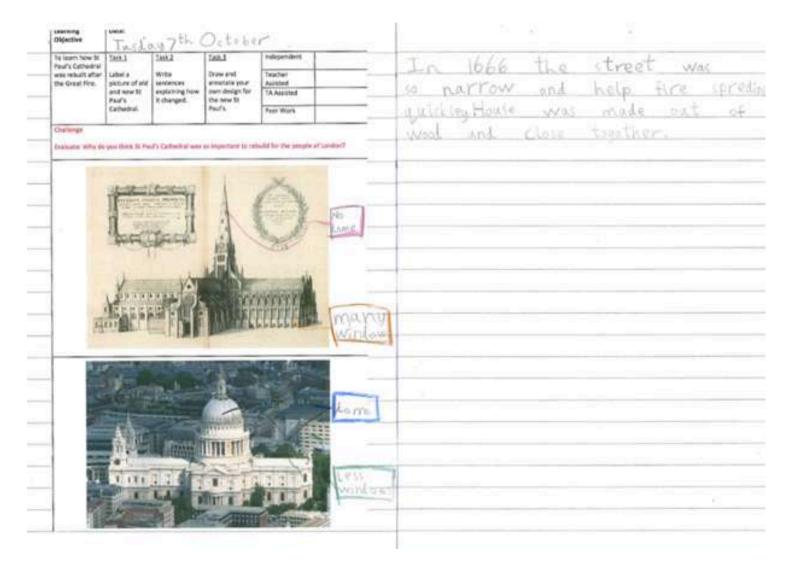


Year 2

This week in History, we explored how London has changed since the Great Fire of 1666. The children enjoyed comparing what the city looked like then and now, noticing how changes such as wider streets, brick buildings and the creation of a fire service made it much safer.

We also thought about how the Great Fire is remembered. The children looked at Samuel Pepys' diary, the Monument and the rebuilding of St Paul's Cathedral, and shared their ideas about why this event is still significant nearly 360 years later. They gave thoughtful reasons about what we can learn from the fire and why it is important to keep telling its story today.

Mr Burke - Year 2 Class Teacher





KS1 Story Club

'The Dinosaur that Pooped the Bed' by Tom Fletcher and Dougie Power: It is a very funny story and I like when the dinosaur poops. I don't want my room to be like that room. It tells us we should tidy our rooms. - **Child in Year 1 MK**



KS1 STEM Club

This week in KS1 STEM Club, our young scientists explored the exciting world of robotics through the inspiring picture book Emma Ren: Robot Engineer. The story sparked lots of curiosity and conversation about how robots work and what engineers do.

After reading, the children became engineers themselves - experimenting with programming Bee-Bots! They learned how to give simple instructions, debug their code, and navigate fun challenges. It was a brilliant session full of creativity, teamwork, and problem-solving.

We're so proud of our future coders and can't wait to see where their STEM journey takes them next!

Ms Farquhar - Head of STEM





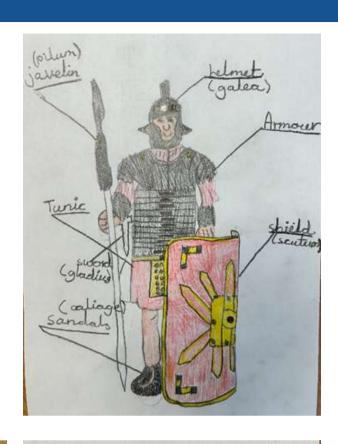




Year 3 Explore the Fascinating World of the Romans

This week, Year 3 have continued exploring the fascinating world of the Romans. Their key focus has been understanding why the Roman army was so successful in building and maintaining such a vast empire. Using secondary sources of evidence to find out, the children have been investigating what made Roman soldiers so effective, from their armour and discipline to their clever organisation and strong leadership. They really enjoyed researching various websites using their Chromebooks and looking at information books on the Romans and produced some fantastic work.

Ms Sephton - Year 3 Class Teacher







What made the Roman anny so successful." The Roman army helped the Roman empire expand and comquer large was of land. The solders was well-trained and disciplined. Historians believe that a combination of intense training, new and improved weapons, knowledge of their enemies and strict organisation were the masons of their success. At its larged it is thought that the Roman army, was three half a million soldiers. This was huge compaired to the other armies at that time, with is why the Roman urnly is sometimes though to be the largest in the The A oman army was very well organ isled. It cowas called a legion. It consisted of 5,000 men was common a legion. It comessed or 5,000 mills and was common aded by an officer called a legitle. The soldies of the legion were called legionaries. The Roman army was very well egypped. The typical Roman legionary had the following equipment:

A long specie called a pillum.

A short smooth lesigned for stabing called a long curved shield called a scutum metal helmet called a galea A metal chest called a lorse a segmentato Leather boots or sandals with metal stude on the solos salled saligae Every volder know that precitic job and letters, such made them work together like a well-villed machine



Year 4

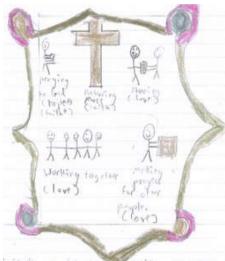
This week, our Year 4 children have been exploring the theological virtues of faith, hope, and love in their Religious Education lessons. Through thoughtful discussion, storytelling, and reflection, they've discovered how these virtues can guide their actions and attitudes in everyday life.

To bring their learning to life, the children created beautiful "Virtue Mirrors" - artistic representations showing how they can reflect these virtues in their own words and deeds. Each mirror is a unique expression of how they strive to live with kindness, trust, and optimism, whether by supporting a friend, believing in themselves, or showing love to their families.

Their work is a shining example of how spiritual learning can inspire real-world compassion and character. Well done, Year 4!

Ms Farquhar - Year 4 Class Teacher













Year 5 Philosophy What Is Freedom?

In our Year 5 Philosophy lesson this week, we explored a fascinating question: "What is freedom?" The children discussed what it really means to be free and discovered that there are different types of freedom. These include:

- Physical freedom the ability to move or travel where we wish
- Financial freedom the ability to buy what we want
- Thinking freedom the ability to make up our own minds about what is right and wrong
- Behaviour freedom the ability to behave in different ways

We also talked about how freedom comes with responsibility. Having freedom means making the right choices and considering how our actions affect others. True freedom isn't just about doing whatever we want; it's about using our choices wisely and respectfully.

Our young philosophers showed thoughtful ideas and great listening skills, reminding us that understanding freedom helps us all to become caring, responsible members of our community.

Ms O'Leary - Year 5 Class Teacher









Year 6

Year 6 have spent time developing their metacognitive understanding. For each of the thinking moves the children came up with some synonyms and sentences starters to use when they are using them to further developing the quality of their work. For instance, when they are justifying, they can use these sentence starters to help them: "my reasoning is..." "I can prove that..." "I think that I am probably right because..." The quality of their spoken and written language is already developing.



J JUSTIFY (give reason, argue)

- > ...because...
- > My reason is...
- > I think I am probably right because...
- I know my answer is correct because...
- I'm certain of this because...
- > The reason _____ is true is...
- > One reason this makes sense is...
- > I can prove that...
- > There is proof that...
- My reasoning is...
- I can justify my opinion...
- Please would you justify...?
- ➤ I definitely believe that ______ because...
- > The idea that _____ makes perfect sense to me because...
- I am persuaded/convinced of this because...
- I'm confident in my position because...
- There are many arguments which verify this, for example...
- My justification/rationale for saying this is...
- > That is a valid statement because...
- > The grounds for this are...
- It is possible to justify...
- > _____ can be justified...

The focus in Maths has been on fractions, decimals and percentages, while in English the focus has been on exam technique for comprehension. In grammar, we looked at coordinating adjectives. The children have completed online mock tests in English and Maths this week in preparation for their exams. In History we have been learning about the Battle of Britain and the children are carrying out a deep dive project into the planes, pilots and radar thinking about which element they think was the most significant to Britain's successful.

Mrs Ellisdon - Year 6 Class Teacher



Sport Update

This week, Year 5 have completed the first week of their two-week intensive Swimming course. The children thoroughly enjoyed their sessions, spending time refining their techniques across a variety of strokes. It's been wonderful to see the progress they've made already; their confidence and endurance have really improved! The children will continue with the sessions next week, and we look forward to seeing even more development in the pool.

On Monday, the Year 3 and 4 football team took part in three competitive matches against Trevor Roberts School. The team performed brilliantly, securing two victories and one narrow defeat. There were some excellent goals throughout the afternoon from Adrian (x2), Noah, Herb, and Raphael. Although the team started slowly in the first match, they bounced back strongly to record 2–0 and 3–2 wins in the remaining games.

Special congratulations to our Star Players: Adrian, Milan S, and Nathaniel, who all showed fantastic effort and teamwork.



On Wednesday, our Year 5 and 6 classes enjoyed their interhouse Football competition at Regent's Park. Each team played four matches, showing great determination, collaboration, and sportsmanship throughout the afternoon. Congratulations to Saint Francis, who were the overall winners, and to Harry and Philippe, who finished as top goal scorers. A big well done also to Harry, Mina, Raphael and Ari were awarded Star Players for their effort and attitude.





This week, during our Football lessons, Years 1–4 have been focusing on shooting. We've been working on developing the children's technique and encouraging them to strike the ball with greater power and accuracy through a variety of fun, challenging activities. In our Netball sessions, children have been developing their understanding of the game, learning rules, positioning, and teamwork. The Year 3 class in particular continue to impress, showing real progress in their understanding of spacing and passing.







Date	Against	Team/ Year	Venue
Wednesday 15 th October	Cavendish	Year 5/6 Girls Football	Away

Mr Raveney - Director of Sport



Music Update

Year 5 Ukulele Course

Year 5 have been learning to play the ukulele this term. Most of the class are complete beginners although some have experience which has been very helpful. We have perfected three chords and switching between them, and this week started learning "Let it be" by The Beatles, with some adding a fourth chord and singing along too! Well done Year 5!



Composer of the Month

For the month of October we will be exploring the music of Wolfgang Amadeus Mozart. Our Music Prefects Akari and Finn have already updated the board and it's ready to receive children's thoughts on music of Mozart's that they have listened to.

Here is some recommended listening for the month of October (these are also available on the KS2 Google Classrooms):

Eine kleine Nachtmusik (arrangement for string quartet)

Rondo alla turca (for piano)

The Queen of the Night's aria (from the opera "The Magic Flute")

Symphony No. 40 (for orchestra), first movement

Clarinet Concerto, second movement

Ave verum corpus (for choir)



Choir Performance for Open Morning

The Junior and Senior Choirs (Years 3-6) will be performing as part of Open Morning on Wednesday 15th October. For this performance they will need to wear their full smart school uniform including blazers. This means that children who have PE on a Wednesday will need to bring their PE kit with them in a bag, to change into.

Please encourage your child to learn the words which will be handed out, and to practise using the recordings on the choir Google Classrooms. We are looking forward to a wonderful performance!

Instrumental lessons

If you are interested in finding out more about instrumental lessons for your child, you will find information and the application form at the link below. Please feel free to contact me (ebryant@saintchristinas.org.uk) if you have any questions or would like further information.

Instrumental lessons at Saint Christina's

Mrs Bryant - Director of Music



(FROM 10 MONTHS -TO 30 MONTHS)

FROM THE MOMENT THEY ARE BORN, BABIES BEGIN EXPLORING THE WORLD THROUGH THEIR SENSES.

TOUCH, MOVEMENT, SOUND, AND SMELL PLAY A CRUCIAL ROLE IN THEIR DEVELOPMENT. THIS MULTI-SENSORY EXPERIENCE NOT ONLY HELPS THEM MAKE SENSE OF THEIR SURROUNDINGS BUT ALSO PROVIDES A FUN AND ENGAGING WAY TO LEARN.

LED BY EDINA, A QUALIFIED EARLY YEARS EDUCATOR WITH 10+ YEARS EXPERIENCE INCLUDING ROLES AS BABY ROOM LEADER AND DEPUTY MANAGER.

VENUE:THE ART'S HALL, SAINT CHRISTINA'S SCHOOL, 25 EDMUND TERRACE

SATURDAY 8TH & 29TH OF NOVEMBER 2025

TIME: 10:45AM - 11.30AM

NW8 7PY

PRICE: £10 PER CHILD CASH ONLY

PLEASE ENSURE YOU ARE PRESENT WITH YOUR CHILD FOR THE DURATION OF THE SESSION

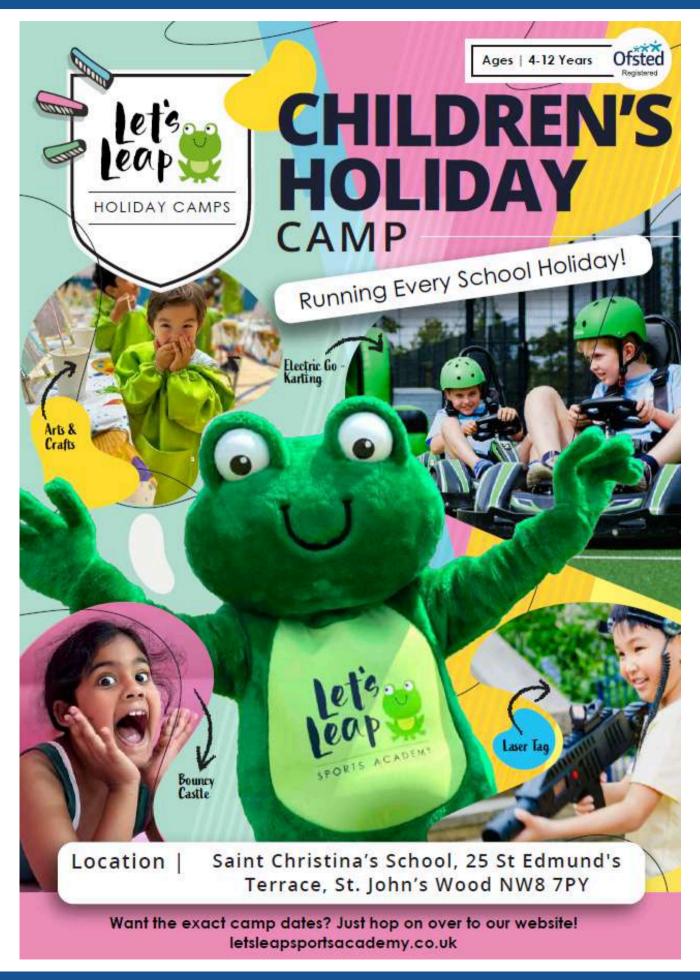




PLEASE BOOK YOUR SPACE VIA THE EMAIL ADDRESS BELOW:

RETESIE@GMAIL.COM











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.

Healthy Snack

A quick reminder that Saint Christina's is a Healthy School! Please ensure that all breaktime and pre-club snacks are **fruit or vegetables only**. Thank you for helping us keep our school community healthy and energised!

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

You are warmly invited to join Sunday Mass, which is held in the Chapel at 10:00am.



Dates for your diary

Monday 13th October

• Parent Teacher Meetings Week (Nursery - Year 5)

Wednesday 15th October

- Open Morning (9.15 am 11.30 am)
- Year 5 and 6 Girls Football (Away)

Thursday 16th October

Year 6 History Trip

Friday 17th October

- Drama Workshop (Reception Year 3)
- House Poetry Competition
- No Mass
- Monster Mash Disco PM

Friday 17th October
SCHOOL CLOSES AT USUAL TIME FOR THE END OF HALF TERM

(Let's Leap Holiday Camp Running at Saint Christina's - see flyer for more info)

Monday 3rd November CHILDREN RETURN



Monday 3 rd
November

• Year 6 A & Year 5 A Girls Netball (Away)

Tuesday 4th November

 Individual Photographs (children to wear full winter uniform)

Wednesday 5th November

- Art Workshops (Year 2 and Year 6)
- Year 1 Parent Coffee Morning (9.00 am) (details to follow)

Thursday 6th November

- Year 5 History Trip
- Year 3 & 4 Inter-house Netball Fixture

Friday 7th November

- Anti-Bullying Assembly led by School Council
- Year 2 Mass (2.45 pm)

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/