



Saint Christina's School Bulletin

Friday 29th April 2022

Dear Parents,

We have had the most wonderful week at Saint Christina's and have so much to share with you in the bulletin today.

The whole school donned their tracksuits and trainers on Wednesday to take part in the Sports for Schools Fitness Challenge - I was very impressed with everyone's motivation and the children gave it their all. We had a truly inspirational talk by Fred Afrifa, who taught us all to 'keep moving forward!' – No matter what. We must use this attitude in all aspects of our lives, not just sport! [Here is a link to the race he showed us!](#) You can read the full report in the PE section below.

It was fabulous to listen to the excited Reception children as they headed out for their trip to London Zoo yesterday. The children told me that they loved the animals, especially the penguins!

Learning in classrooms has also been as vibrant as ever this week – you will be able to read about the annual Junior Maths Challenge the older children have competed in. Year Six have shared interesting and well-researched projects looking into comparisons of the role of food in the celebrations of different world faiths.

I am sure you will enjoy reading the bulletin with full details of the things I have highlighted above and much more.

Wishing everyone a happy and peaceful Bank Holiday weekend,

Simon Hirst
Deputy Head

Reception Classes visit London Zoo

Yesterday, Reception had a wild time at the zoo! We had fun with a hands-on workshop where we were able to explore different animal categories. We sorted, measured and felt the difference between animals with scales, fur and feathers. We had lunch with the penguins and also happened to meet some monkeys, lions, tigers and reptiles along the way!

Miss Nunes & Miss Higgins – Reception Class Teachers



Year 4 RE

In Year 4 we have been rejoicing and celebrating the resurrection of Christ. The word Alleluia is associated with joy and is especially favoured in Paschal time, the time between Easter and Pentecost. During this time, the word is added widely to verses and responses associated with prayers, to antiphons of psalms, and, during the Octave of Easter and on Pentecost Sunday, to the dismissal at the end of Mass. Did you know that our staff led mass on Friday had the word Alleluia said/sung out 26 times?

The children in Year 4 got creative and innovative using their body parts to spell out the word Alleluia.

Ms Fernandes



Year 3 Earth Day Posters

Year 3 celebrated Earth Day, which takes place every year on April 22nd. It is a day to raise awareness of how we can look after our planet.

It reminds us that we all need to make changes to our lifestyle if we want to protect our planet and our futures. We created some eye-catching posters.

Ms Sephton – Year 3 Class Teacher



Other Faith work in Year 6

As part of their studies in Other Faiths, Year 6 complete a comparative piece of work where they research a particular aspect of several different faiths. In previous years, they have looked at services, prayer and charity to the poor. This year they looked at the place which food occupies in some of the world faith celebrations. They compared their work and held a snowballing session where they gleaned additional information of interest about foods and faiths. They also produced posters, which summarised some of what they have learnt.

Here are some of their posters, which will go on display in the school at a later date:

CHRISTMAS



Merry Christmas

The fact that Turkey came from a luxurious treat to a common food probably means it symbolises prosperity and good fortune because families usually eat Turkey together or with friends during the time that Jesus was born, probably love, hope and affection.



TURKEY →

Chanukkah



During Hanukkah, Jews traditionally eat oily, fried, sweet, round foods. Latkes (potato pancakes) is an example of something they would eat during Hanukkah. They eat this because back when the Jews defeated the Greeks, there was a jug of oil which would only light a candle for a day, the candle miraculously stayed lit for eight days! The oil in fried food and latkes represents that jug of oil and the miracle represents the cycle of 8 days. I think that the latkes and fried food symbolise hope and justice as the oil lasted for eight days and also resilience and strength and a miracle.

DAY 8



Diwali

HAPPY DIWALI



The reason why candy and laddu are sugar foods is because Diwali is a celebration of Lord Krishna's return after their exile for 14 years. There was a festival lights hung around houses and probably party food. I think that this celebratory sweet food symbolises their return and victory as they had come back from war victorious.

CONCLUSION

OBON

Obon: Obon is a festival when you bring back your ancestors. This is similar to Mexico's Day of the Dead.

Food: Somen Noodles- Somen are thin and long noodles. The meaning is to keep happiness thin and long.

Ohagi: Ohagi is eaten because they are old that most of your ancestors would have known. They also have machi inside. The machi symbolises good harvest. Ohagi is also said to keep all the demons away for a safe journey for your ancestors and to keep yourself safe.

Shojin Ryori (aka Buddhist Ryori): This food is all vegan because Buddhist monks believed that killing animals for human purposes is wrong. Some examples of shojin ryori is vegetable tempura, tofu, rice.

Foods that are avoided: vegetables that are bitter, pungent food such as garlic and onion, meat and fish.



SHAVUOT

Shavuot: Shavuot is a Jewish festival that celebrates the revelation of the Torah.

Food/Drinks: Milk- Milk is drunk because it nourishes the people directly.

Siete Cielos (seven heavens): This is a seven layered bread that represents Mt Sinai (a mountain in Egypt).

Cheesecake: Cheesecake is a popular food eaten during Shavuot as it contains dairy.

Dairy is always eaten/ drinke during Shavuot.



RAMADAN

Ramadan: Ramadan is a muslim celebration where muslims fast, pray and reflect.

Food: Most food that are eaten are healthy so that the nutritional needs of the body are met even when you are fasting.

Dates: Muslims believe that Prophet Muhammad broke his fast with dates and camel milk. Also, it is high in various nutrients like fibres and sugars.

Keema Samosa: This is a samosa filled with minced mutton and spices. This is the most popular Ramadan food. This got very popular in India in the 14th century, after traders from central Asia brought them into India.

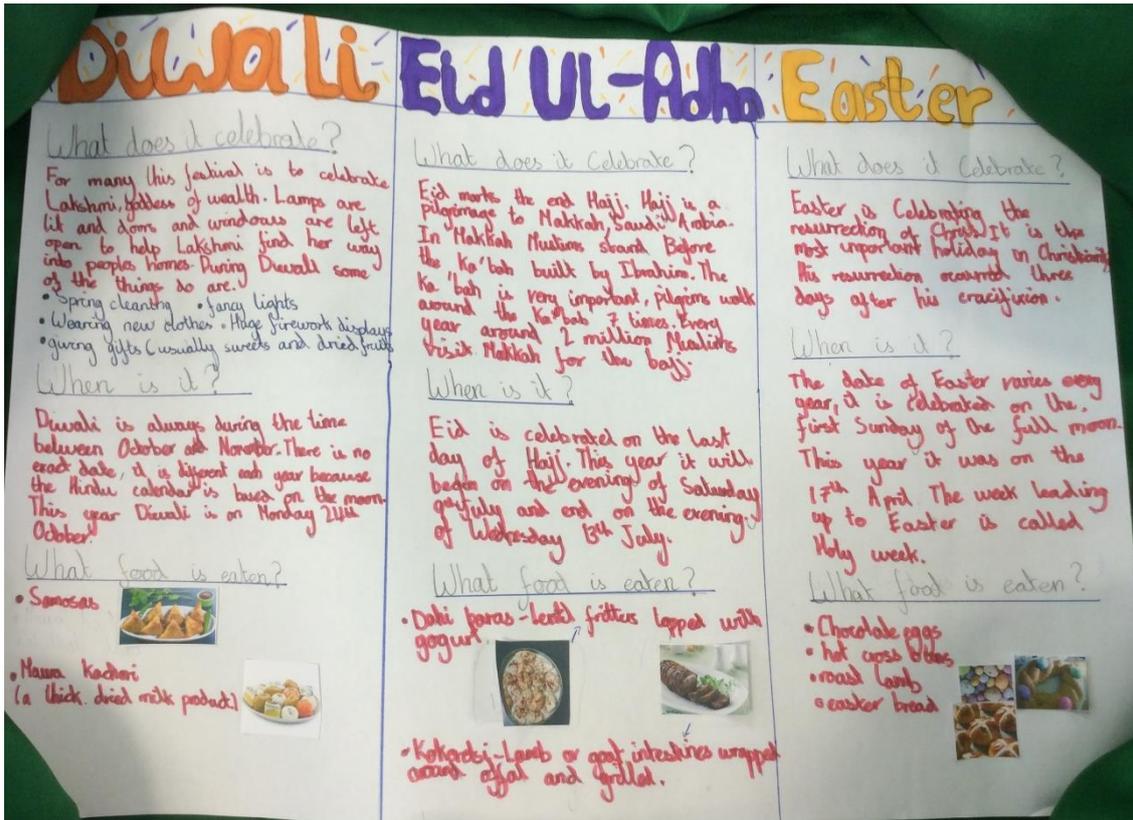
Habits that are avoided: eating to fill them up before bed is avoided because it can cause digestive issues. Due to this, most people will wait until the morning to eat.




SITES USED

<https://ramadan.com/blog/ramadan-foods/>

<https://torway.com/what-is-shavuot/#:text=Popular%20Shavuot%20foods%20include%20cheesecake,Sima>



Fr Rudolf Loewenstein – Year 6 Class Teacher

Mathematics at Saint Christina’s

Today a group of children from Years 4, 5 and 6 sat for the annual Junior Mathematics Challenge. This is a national competition run by the United Kingdom Mathematics Trust (UKMT) and is primarily aimed at children who are in Years 7 and 8. However, children who are in lower years may also compete, and girls from Saint Christina’s have always fared well in this competition in the past, progressing into the next round in most years.

Typical problems from this year’s paper included questions on proportion, shapes, ratio and counting squares.

Most children found the paper quite challenging, with a number of children admitting that ‘the questions really made me think!’

The girls from Year 4 responded very well to the challenge, being keen to see just how many problems they could solve.

Results will not be made known for a few weeks yet, so watch this space...

NB. In a week or so’s time, one or two of the specimen problems from this year’s JMC will be published in the School Newsletter, but we have to wait before we may legitimately do this.

I would direct anyone who is interested to explore the UKMT website...

Fr Rudolf – Teacher in charge of Mathematics

PE Update

It was lovely to have top athlete Fred Afrifa visiting Saint Christina's on Wednesday. He is an upcoming 100m sprinter who is a national gold medallist. Each class took part in a fitness session performing a variety of different exercises linked to being a sprinter, which the children have been practising during their PE lessons. The children performed with great energy and enthusiasm and really enjoyed the fitness session.

At the end of the day, Fred then led an assembly where he spoke about his journey to becoming a top sprinter. The assembly was very insightful and he shared some stories from when he was younger and challenged the children to 'Always look forward'. The children then had an opportunity to ask him some questions about what it is like to be a professional sprinter. Here are a selection of photos from the afternoon.



Thank you so much for your support with the event and thank you to those who have already returned the sponsorship forms or sponsored online. We have another week to collect any remaining sponsorship money so please do send this into me in a clearly marked envelope. There is also an option to fundraise online by visiting: www.sportsforschools.org and clicking on the button "Set up a Fundraiser Page".

A large proportion of the money raised will be used to contribute towards sports equipment and resources for the school. Thank you for your generosity and a huge well done to the children for all their efforts. It has also been lovely to have some positive feedback from the children and parents about how much the children enjoyed the afternoon.



Sports Captain Review of the afternoon:

On Wednesday 27th April, Fred Afrifa came to our school. He is a professional sprinter and has won over 100 races!

In turn, each class from Nursery to Year 6 came down to the hall to do four different exercises: spotty dogs, star jumps, push-ups and mountain climbs. These exercises will help us with not only fitness but also sprinting. After the fitness circuit, he showed us two videos one of him winning a 400m sprint race and one of him on Ninja Warrior. He also told us about how his sprinting coach always told him to 'Keep moving forward'.



We really enjoyed his visit to us and will always remember his advice to keep moving forwards.





It has been great to see the children getting back into the swing of cricket this term. There are several fixtures coming up over the next few weeks, and there are still a few spaces available at the after school cricket clubs should any other children wish to sign up. This week we have had a focus on the fielding aspects of the game and it has been good to see the children develop their catching skills, spending time working on their ground fielding, overarm, and underarm throws.

In the younger classes we have started to think about some of the sports day races and events, and this term we have a focus on athletics and striking games aimed at developing the children's running, jumping and throwing skills, while developing their hand eye co-ordination. The EYFS and KS1 sports days take place on the morning of the 17th June at Primrose Hill Park, and the KS2 sports day takes place the following week on the afternoon of the 24th June at the Regents Park running track.



This week the Year 5 and 6 football teams worked extremely hard against a strong St Mary's. The girls put in a fantastic performance despite the heavy downpours, and played very well as a team. We narrowly lost overall but the teams gave it their all and were a credit to the school. Lottie and Amelia were nominated the players of the game in the Year 5 match, and Marta was awarded player of the game in the Year 6 match. There were some other excellent performances and Sloane and Lily scored some great goals. I look forward to more football fixtures next year, and I am so pleased with the progress and improvements made in such a short space of time.

Finally, huge congratulations must go to the Year 5 Netball A team who ended up coming 2nd place in the local Schools Netball league. This is a fantastic achievement and hopefully we can build on this for next year. A huge well done to those girls in Year 5 who have played in the school fixtures this year.

It was lovely to see so many Year 4 and 5 girls attending the before school netball club this week, which is a great opportunity for us to prepare for next year's League which will begin in September.

Saint Christina's Upcoming fixtures/events

Monday 9th May Year 6 Cricket V St Christopher's (Home Primrose Hill)

Wednesday 18th May Year 5/6 Cricket v St Margaret's (Away)

Wednesday 8th June Year 5/6 Cricket v Sarum Hall (Away)

Wednesday 22nd June Year 5 Cricket v St Mary's (Away)

Monday 27th Year 6 Cricket v St Mary's (Away)

Monday 4th July Year 6 Cricket Tournament (Away)

Mr Raveney – Director of Sport

History in Year 6

Year 6 have just started a History Unit, learning about the Ancient Mayan civilization. To do this, Mr Gloag kick-started the unit by having Year 6 research essential facts about the History and Geography of the Ancient Mayan kingdoms, with the aim of summarising their information in the form of posters. The posters that are really well produced will go on display in the school!

Interesting facts to whet your appetites include:

No one knows for sure why this civilisation faded out...

They were very bloodthirsty and had human sacrifices

They created a complex ball game which historians think was one of the earliest team sports in the world

The civilisation was based in what is now South West Mexico

Fr Rudolf – Year 6 Class Teacher

Year 2 Mini Beasts Hunt on Primrose Hill

To learn about local habitats in Science, the Year 2 Classes headed out to Primrose Hill yesterday to look for mini beasts. Thanks to a first rate tip-off from Ms Randle, we found the best spot in the whole park!

We were delighted to find huge worms, centipedes, millipedes, slugs and spiders of all sizes. All the children were diligent and focussed mini beast hunters – well done Year 2!

Mr Hirst – Deputy Head / Year 2 Class Teacher



Class Photographs

We will be having class photographs taking place on the morning of Tuesday 3rd May. Please ensure that your child is looking smart in their full summer uniform with long hair neatly tied back.

Thank you.

REMINDERS

Illness

Please keep your child at home if they are unwell, or not fully recovered from a period of illness. If a child is sent to school unwell, it causes unnecessary distress to the child and they may pass infection on to their peers and staff. We would like to kindly remind parents that pupils with vomiting and/or diarrhoea should not return to School until **48 hours after the last episode**. Thank you for your co-operation.

NUT FREE SCHOOL

We have a number of pupils 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. Thank you for your co-operation.

EPIPENS

If your child needs an EPIPEN in school, please ensure that one is given to your child's Class Teacher and a spare is given to the School Office. It is the responsibility of the parents to ensure that EPIPENS are regularly updated and ready to use in case of an emergency.

Break Snacks

Please remember to give your child a healthy snack for the morning break: fresh or dried fruit or vegetables only please (no yoghurt drinks, cheese dips or manufactured fruit snacks). The school does not provide fruit for the morning break.

Late collection of children

Children who are collected late at the end of the school day or after a club will be sent to Homework Club and parents will be charged accordingly. Homework Club runs from Monday to Thursday from 3.30-5.00pm and costs £13 per session. A late fee of £40 will be charged if children are collected after 5.00pm.

Extra-Curricular Morning Clubs

Please ensure that your child arrives on time for the extra-curricular morning clubs. Teachers await their arrival at the Main School Entrance and children arriving late delays the start of the club. Thank you for your co-operation.

Warmer weather

Please ensure that your child is wearing sun protection in the warmer weather. Children should also bring their sports caps to school to wear at playtimes for extra protection. Thank you.

Absences

If your child is absent from school due to illness, please ensure that you email your child's Class Teacher or email/telephone the School Office before 8.30am. If your child is absent from school and we have not been contacted by a parent by 9.30am, the school will contact you to find out the reason for the absence.

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. 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 TA's who have to come to the office to collect the items. Thank you in advance for your support in this matter.

Dates for your diary

Date	Event
Monday 2 nd May	<ul style="list-style-type: none"> • BANK HOLIDAY – SCHOOL CLOSED
Tuesday 3 rd May	<ul style="list-style-type: none"> • Class Photographs – AM • Year 5 & 6 School Journey Meeting for parents via Zoom at 4.30pm
Friday 6 th May	<ul style="list-style-type: none"> • Mass led by Year 2
Monday 9 th May	<ul style="list-style-type: none"> • Year 6 Cricket Fixture – home game
Monday 9 th to Wednesday 11 th May	<ul style="list-style-type: none"> • Year 3 & 4 Residential Trip
Wednesday 11 th May	<ul style="list-style-type: none"> • Year 5 Debate Competition at South Hampstead High School– 4pm-7pm
Friday 13 th May	<ul style="list-style-type: none"> • Mass led by Year 5
Tuesday 17 th May	<ul style="list-style-type: none"> • Stay and Play for Nursery children and parents – 9.15am – 10.00am
Wednesday 18 th May	<ul style="list-style-type: none"> • Saint Rafaela Feast Day • Year 5 & 6 Cricket Fixture – away game
Thursday 19 th May	<ul style="list-style-type: none"> • Pupil to be 'Headteacher for the Day' (Quiz Night Auction Winner)
Friday 20 th May	<ul style="list-style-type: none"> • First Holy Communion – Year 3
W/C Monday 23 rd May	<ul style="list-style-type: none"> • Year 5 & 6 Residential Trip to Buxton
Friday 27 th May	<ul style="list-style-type: none"> • Year 5 & 6 return • Joan of Arc House Mass led by Year 3 & 4 • SCHOOL CLOSES FOR THE HALF TERM HOLIDAY
Monday 6 th June	<ul style="list-style-type: none"> • Pupils and Staff return • Year 6 Cycle Training – all week
Tuesday 7 th June	<ul style="list-style-type: none"> • Story Sharing Session for Nursery children and parents – 9.15-10.00am
Wednesday 8 th June	<ul style="list-style-type: none"> • Year 5/6 Cricket Fixture – away game
Friday 10 th June	<ul style="list-style-type: none"> • Mass led by Year 4
Thursday 16 th June	<ul style="list-style-type: none"> • Jubilee Celebrations – children may wear red, white & blue clothing to School

Friday 17 th June	<ul style="list-style-type: none"> EYFS & KS1 Sports Day – AM
Wednesday 22 nd June	<ul style="list-style-type: none"> Year 5 Cricket Fixture – away game
Friday 24 th June	<ul style="list-style-type: none"> KS2 Sports Day – PM Mass led by Year 1
Monday 27 th June	<ul style="list-style-type: none"> Year 6 Cricket Fixture – away game
Tuesday 28 th June	<ul style="list-style-type: none"> KS2 Production for Year 3 & 4 Parents – details to follow
Wednesday 29 th June	<ul style="list-style-type: none"> KS2 Production for Year 5 & 6 Parents – details to follow
Friday 1 st July	<ul style="list-style-type: none"> Buddies Mass led by Year 6 & Reception
Monday 4 th July	<ul style="list-style-type: none"> Class Change Over Year 6 Cricket Tournament – away game
Thursday 7 th July	<ul style="list-style-type: none"> Prize Giving – KS2
Friday 8 th July	<ul style="list-style-type: none"> Year 6 Leavers’ Mass SCHOOL CLOSES FOR THE SUMMER HOLIDAY – timings TBC
Autumn Term 2022	
Thursday 1 st September	<ul style="list-style-type: none"> Staff INSET
Friday 2 nd September	<ul style="list-style-type: none"> Staff INSET Teacher/Parents Meetings – AM TBC
MONDAY 5th SEPTEMBER	<ul style="list-style-type: none"> PUPILS RETURN – Children may wear summer uniform

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

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