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Key Dates - Special Charity and PTA Dates:

<u>28th November</u>: Mufti Day – please donate a new small gift or item for our Secret Santa (collections running until 2nd December) in the blue trug by the gate at drop-off and pick-up.

5th December: Pre-loved Christmas Jumper shop



<u>7th December</u>: Secret Santa day at school (see PTA flyer for more information) – please can these be new, unused gifts.



10th December: Festive Fun Saturday! (see PTA flyer for more information)





A message from Mrs Pearson.

This year, there will be children and adults facing Christmas without a loved one, many for the first time.

Every year roughly 41,000 children from the age of 5 will experience the death of a parent, sibling, grandparents or friend. While grief never fully goes away, there will be times when emotions are much more heightened than others, and when the sense of loss can feel greater.

Christmas - the season which celebrates love and family-time - is most certainly one of these times. It doesn't matter whether your special person died a few weeks, months or years ago, you may struggle to cope with your grief at Christmas.

Here are some ways to help you and your child to cope with grief at Christmas...

- 1. Try to be sensitive to everyone's needs as everyone in the family will have different ways of grieving.
- 2. Give children (and yourself) permission to look forward to and enjoy Christmas, to smile and have fun.
- 3. Give yourself permission to not be OK.
- 4. Talk as a family about how you are all feeling about Christmas.
- 5. Be kind to yourself and if things become too much, find a way to take time out.
- 6. Make plans for Christmas that will suit everyone's needs.
- 7. Take time to remember your loved one.

Grieving can trigger some really powerful feelings for everyone - anger and jealousy towards those who haven't lost someone or sadness and loss because that special person has died.

Children may want to talk about this or they might show you through their behaviour- may be becoming more withdrawn or short tempered. By listening to your child, you are telling them that their feelings are natural and they are not alone. Some bereaved children will want to do something to mark the fact that their relative isn't there while others may prefer not to. Some will want to keep the same Christmas traditions that they had before their loved one died, others will want to do something completely different or start a new tradition.

The most important thing is not to assume you know what they want to do, but instead talk and ask them. No two people will experience grief in the same way.

Remember to look after yourself and each other during this Christmas period. If things become a bit too much then find a way together as a family to take some time out.

Our Children's Talents and Interests

Continuing on from our celebration of our children's talents and interests outside of school, we have been able to celebrate:

Neve – Year 4 – for conquering the zip wire at Butlin's in Bognor!

Katie – Year 2 – for her fantastic gymnastic skills on the trampoline!

Chloe – Year 3 - for taking part in the Remembrance Parade with her Brownie group and also for doing brilliantly in Swimming and earning her 25 metres certificate

Laila – Year 3 – for achieving second place in her Taekwondo competition, with some great sparring and flying kicks!

Harrison – Year 5 – for achieving his Black Belt in Karate

Dolly-Rae and Delilah (Reception and Year 2) – for winning the Guy Fawkes night Guy competition at Caterham Dene Fireworks

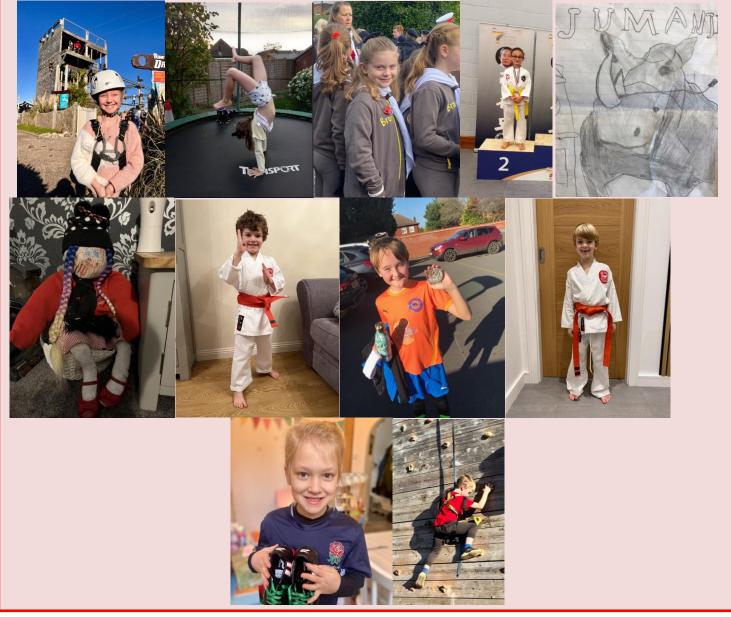
Beau – Year 1 – for achieving his Orange Belt in Karate

Connor – Year 5 – for achieving the MOTM medal for defending well and great teamwork in his football team

Nye – Year 2 – for his great Karate skills; working towards his Orange Belt

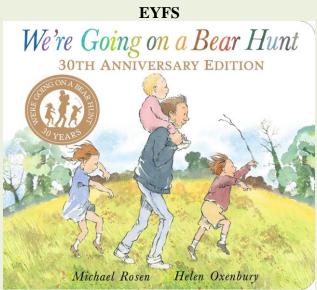
Maddie – Year 2 – for being awarded the 'green laces' for excellent sportsmanship and teamwork Louie – Year 1 – for conquering the climbing wall whilst on holiday

Lottie - Year 5 - for her fabulous drawing and sketching skills.



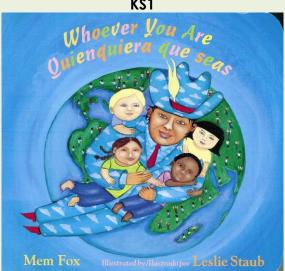
A Reading Community

This week, Mrs Sills- Fir Class teacher and Early Years Lead - has shared her recommendations. They will be displayed in the front Reception and please do speak to an office member if you would like to borrow one - all are welcome to!



Author: Michael Rosen Illustrator: Helen Oxenbury

A family embark on an exciting adventure to find a bear. On their journey, the family encounter many different terrains. They slide down a grassy slope, splash through a deep cold river, sludge through thick oozy mud, stumble through a deep dark forest, and walk through a swirling snowstorm. The family eventually reach a narrow, gloomy cave where they come face to face with a bear, who chases them all the way back home. A great book for Early Years with lots of repetition.



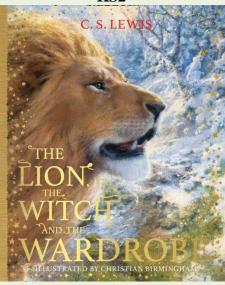
Author: Mem Fox Illustrator: Leslie Staub

Every day all over the world, children are laughing and crying, playing and learning, eating and sleeping. They may not look the same. They may not speak the same language. Their lives may be quite different from each other. But inside, they are all alike. Stirring words and bold paintings weave their way around our earth, across cultures and generations and remind children to accept differences, to recognize similarities, and -- most importantly--to rejoice in both

KS1

A Reading Community ... Continued...

KS2



Author: C S Lewis

 When the Pevensie children - Peter, Susan, Edmund and Lucy - step through a wardrobe door in the strange country house where they are staying, they find themselves in the land of Narnia.
Frozen in eternal winter, Narnia is a land of snow and pine forests, and its creatures are enslaved by the terrible White Witch.

In other news...

Attendance Notice:

Just to remind parents/carers that if they take their children out of school without authority, they will be liable to receive a penalty notice. Currently the amount payable under a penalty notice is £60.00 per parent/carer per child if paid within 21 days. Thereafter the amount increases to £120.00 if paid between 21 and 28 days. If the penalty notice remains unpaid after 28 days, the Local Authority will consider a prosecution in the Magistrates Court. Please note that penalty notices are issued per parent/carer per child so a family of two parents and two children will receive 4 penalty notices.

School Packed Lunches:

A polite reminder, that we are a Healthy and Nut Free school, so please could packed lunches consist of the below:

- A healthy, balanced range of food
- Nut free
- No chocolate bars or sweets BUT chocolate biscuits are acceptable

School ties:

We have noticed an increase in children not coming to school in ties, and borrowing them from the office. If your child does borrow a tie, please can you ensure that it is returned to the school office. School ties can be easily purchased via our school website or the office and are £4.95 each.

Sacred Heart Parish Christmas Fair

Sunday 27th November 2022, 10:00AM – 2:00PM Sacred Heart Parish, Centenary Hall, Essendene Road, Caterham CR3 5PA.

Come and join the festive spirit. We will have Father Christmas, Toys, Cakes, Gifts, Beauty, a Grand Draw, Snacks, Teas & Coffees, Tombola, Arts & Crafts, Mulled Wine and much more!

All proceeds will be shared between several charities including, The Westway Centre and the SVP (support for local needs). Admission is Free!



St. John's Church Christmas Fair

Saturday 3rd December in the Church Hall from 10am until 2pm. There will be many stalls including gifts, Christmas crafts and cards, cakes, homemade produce, toys, games, books and DVD's, raffle, chocolate tombola and refreshments. Hot lunches will start at 12pm. Entry is free. In other news...

Become a teacher!



NEW YEAR, NEW CAREER?

TRAIN TO TEACH IN 2023 WITH GLF SCHOOLS TEACHER TRAINING



The influence of a great teacher extends well beyond the classroom into the future.

Register now for one of our upcoming get into teaching events and discover a career where everyday you work with the entrepreneurs, innovators and craftsmen and women of tomorrow.

To find out more about our online information events and school experience opportunities this December click <u>HERE</u> or scan the OR code



www.glfscitt.org

If you have any questions please email our team at info@glftt.org