



# CTK WEEKLY

## DATES FOR THE DIARY

### FEBRUARY

**3rd** - After School Clubs finish

**3rd** - Year 5 Class Assembly @ 2.30pm.

Parents welcome to attend.

**10th** - The Ark Class Assembly @

2.30pm. Parents welcome to attend.

**14th** - END OF TERM 3

**24th** - START OF TERM 4

**24th** - Year 3 Class Assembly @ 2.30pm.

Parents welcome to attend.

### MARCH

**2nd** - Year 2 Class Assembly @ 2.30pm.

Parents welcome to attend.

**5th** - WORLD BOOK DAY

(more details to follow)

**6th** - PTA Quiz Night (6 - 8pm)

(more details to follow)

**9th** - FS Class Assembly @ 2.30pm.

Parents welcome to attend.

**16th** - Year 2 Class Assembly @ 2.30pm.

Parents welcome to attend.

**23rd** - Year 1 Class Assembly @ 2.30pm.

Parents welcome to attend.

## ATTENDANCE

The Ark (RB) - 90.5%

FS - 94.7%

Class 1 - 86.8%

Class 2 - 85.2%

Class 3 - 94.5%

Class 4 - 98.1%

Class 5 - 97.5%

Class 6 - 88.9%

Whole School - 92.2%

Target - 96%

**The winners get an extra 10mins  
play next week!**

## HEADS UPDATE

We are always looking at new ways to motivate our children at CTK whether it be through incentives, encouragement, rewards or just a pat on the back so that they feel valued for the effort they put in. Children go above and beyond sometimes, especially with homework or specific leadership duties in school and I really enjoy seeing how they take on extra responsibility and independence.

The house points system has been a great success (even though I broke the marble jar the other day!! Oops!) and has instilled a sense of value in the children if they do the right thing and work hard.

On Monday I am going to announce to the pupils a new incentive to be carried out on a class basis. The children are currently collecting Read Beads for the number of times they read at home. These are then added up and the class with the most beads in KS1 and KS2 gets applauded in assembly. These beads will now be added up every two weeks and the winning classes will get a non-school uniform day the next day (Tuesday).

Mr Humphries is also adding new dynamics to our lunchtime in the hall.

The table that shows the best manners, is the quietest and politest during the week, get to sit on a top table. This table has juice for the children and tablecloth and treats that they can choose. Recognising this good behaviour is yet another way we promote positivity in the school.

Next week we will announce the winners of our Chaplaincy Project to raise awareness of Catholic Social Teaching in the school. This is a way of supporting our environment and looking after the living things in our school grounds. Pupils were asked to design a symbol to go with our statement and whilst we will display all the entries, a winner will be announced next week.

Our Playtime friends take on the task of training the Year 2 playtime friends next week. They do such a good job on the KS2 playground that I wanted to empower them to spread their skills and train younger children who will hopefully do the same on the KS1 playground. Whilst our staffing ratios on the playground is excellent and keeps the pupils safe, our Playtime friends provide the smooth running of activities.

So many things happening that ensure your children enjoy coming to school.

## VACANCY - MDSA 12.00 – 1.00pm Term time only (38 weeks)

We are currently seeking an enthusiastic, confident and reliable person to supervise the children whilst eating their dinner or packed lunches and during their playtime. The successful candidate will also be calm and organised. A first aid qualification is ideal but not essential.

Interview dates will be advised at a later date. However, if you do not hear from us within one month of the closing date your application will have not been successful.

## School Lunches W/C 3rd FEBRUARY (Week 1)

	MAIN	VEGETARIAN	SIDES	PUD
MONDAY	Chicken Korma	Quorn Korma	50/50 Rice (df) (gf) & Veg (df) (gf)	Strawberry Fruit Ice Smoothie
TUESDAY	Sausages (df)	Vegetarian Sausages	Mashed Potatoes, Baked Beans (df) (gf) & Vegetables (df) (gf)	Toffee Sponge & Custard
WEDNESDAY	Roast Chicken	Cauliflower Cheese	Yorkshire Pudding, Roast Potatoes (df) & Veg (df) (gf)	Chocolate & Vanilla Swirl
THURSDAY	Meatballs in Tomato Sauce (df) (gf)	Vegetarian Meatballs in Tomato Sauce (df) (gf)	Pasta (df) & Veg (gf) (df)	Jam Roly Poly & Custard
FRIDAY	Harry Ramsdens Cod Fillet (df)	Cheese & Tomato Pizza	Garden Peas (df) (gf) and Oven Chipped Potatoes (df) (gf)	Cookie

## PACKED LUNCHES FROM HOME

Here at Christ The King, we want our children to grow and develop with a healthy attitude towards food that equips them for an active life. The information below is designed as a guide to help you make your child a healthier lunchbox.

### What is a healthy packed lunch?

**1. Starchy Foods**  
Base each meal on a starchy food, such as bread, potato, rice, pasta, yam. Starchy foods give energy, fibre, vitamins and minerals.



**2. Meat and Alternatives**  
Protein foods build muscles and provide minerals:

- Lean meats, (chicken or ham)
- Cheese and Eggs
- Meat alternatives (tofu or tempeh)



**Be Careful!**  
Meat products such as sausage rolls, sausages and chipolatas, pies and pastries, fried foods should not be included more than once a fortnight.

Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.

**3. Milk and Dairy Foods**  
Include a dairy product or dairy alternative, such as fromage frais or tzatziki. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.



**4. Fruit and Vegetables**  
Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

**Aim to include at least one portion of fruit and one portion of vegetable or salad.**




### Practical Tips for a Healthy Lunchbox

- Vary the contents of the lunchbox daily.
- Involve your child in preparing their lunchbox.
- Wash your hands before handling food.
- To keep food fresh, make sure it is stored properly.
- Keep different breads in the freezer.
- Try a variety of different breads in sandwiches.
- For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.
- Always try to add a little salad to a sandwich.
- Make a lower-fat salad Dressing by mixing it with some low-fat yoghurt.

**NOT ALLOWED**



**JUST A LITTLE ....**



.....but not everyday!

*We hope this may have just provided a few good ideas.*



## ‘Smart’ Watches and Mobile Phones



Please note that, although we encourage children to wear watches to school, please do not allow your child to wear a ‘smart’ watch, or any watch that has the same functionality as a mobile phone or PC, on the school site.

Additionally, please can I remind parents that mobile phones are not permitted in school. The only exception to this ruling is when it has been agreed that a child is permitted to walk some distance to and from school, and the parent feels that they should have one for contact in an emergency. On arrival, the phone should be handed in at the school office, who will return it at the end of the school day. The school accepts no liability for loss or damage while on school premises, and if it has been found that a phone or smart watch is being used inappropriately on school grounds, it will be confiscated.

The above stipulations are a child protection requirement of the school and your compliance is requested for the safety and well-being of the school community.

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