



Natural Disasters at the UB museum

I was blown away yesterday by the quality and diversity of the exhibits at the Upper Band natural disasters museum! All five of the Upper Band classes had carefully planned, researched and made their exhibits and the children were on hand to demonstrate and to answer questions. I saw volcanoes exploding, Lego tsunamis, working earthquake models and a huge range of explanation and advice regarding natural disasters. I am so impressed with the thought and effort that has gone into every one of the exhibits and thank you to all the parents who supported the projects at home or by coming in to our museum.

Thank you too for all the dress down day donations today, which have all gone towards the cost of CCJ University morning. It has been so lovely to hear the joy and excitement this morning from forest school to Warhammer, netball to the library visit! Please do have a look at all the suggestions we have made for free or low cost activities during half term which also can add to the CCJ University hours. My personal favourites are the festival of light around Bristol for another few nights and also the Chinese new year celebrations that are being held at Wai Yee Hong in the Eastgate centre tomorrow. I hope you and your families have a good half term and we look forward to welcoming everyone back on Monday 19th February. *Mrs Osborne*



Bristol Rocks!

Are you looking for things to do in Bristol this Half Term? Find places to visit, parks, walks, events and activities going on in Bristol over half term, so you can spend less time searching and more time having fun. Go to the Bristol Rocks website where so many activities are listed and explained! [Bristol Rocks!](#)

Kitchen News

We are so excited to see more and more children enjoying our yummy school dinners. However, we still think some children are missing out on the delicious food and we would like to encourage them to try the dinners. We have put together a small questionnaire to get yours and your children's feedback on the menu, what they like and what they don't like etc. Please take the time to complete these questions, as this will help us to hear your thoughts and in turn add more popular choices to the menu for the children!

<https://forms.office.com/e/Kwvf4fuuRy>



Weekly Celebration Certificate



Each week, one pupil from each class is awarded a celebration certificate for going above and beyond.

This week's winners are:

Starlings	Thea
Swallows	All Swallow Class
Woodpeckers	Freddie
Robins	All Robin Class
Wagtails	All Wagtail Class
Jays	Max
Puffins	All Puffin Class
Kingfishers	Codey
Kestrels	Kino
Falcons	Eliza

Puffin Class Cake Sale

As part of their PSHE project from this term, Puffins are going to be running a CCJ themed cake sale to raise money for school. This will be held at breaktime on **Thursday 22nd February**. Cakes will be available to purchase for the following prices; £1 for a slice of cake, 50p for cupcake and 30p for a small cupcake.

Puffin class are planning to bring in cakes to sell however any cake contributions from children in any other class too will be greatly received. Please remember, we are a nut free school.



Take Ten Physical Exercise & Mental Wellbeing



There are many studies which have shown that doing physical activity can improve mental health. Here is some information I have shared directly from the charity Mind.

Physical activity can help with:

- Better sleep – by making you feel more tired at the end of the day
- Happier moods – physical activity releases feel-good hormones that make you feel better in yourself and give you more energy
- Managing stress, anxiety or intrusive and racing thoughts – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times
- Better self-esteem – being more active can make you feel better about yourself as you improve and meet your goals
- Reducing the risk of depression – studies have shown that doing regular physical activity can reduce the likelihood of experiencing a period of depression
- Connecting with people – doing group or team activities can help you meet new and like-minded people and make new friends.

Have a lovely weekend, Mrs Eatwell



World Thinking Day

World thinking Day is celebrated annually on 22nd February by all Scout and Guide organizations around the world. It is a day when they think about their "sisters" and "brothers" in all the countries of the world, the meaning of Guiding, and its global impact.

Therefore, your child is welcome to wear their Brownie/Guide/Cub/Scout uniforms to school on this day to mark the occasion. For all other children it is normal CCJ uniform.

Road Safety

We have had several reports from parents this week who have seen a few Y5 or Y6 children on scooters being very dangerous on the roads around school. We have also had several children come off bikes or scooters on the way to school due to the wet/slippery conditions. Some of the children are also not wearing helmets either which is really dangerous, especially when they are scooting/cycling on the main roads.

If your child travels to school alone, please do ensure they are being safe, wearing a helmet and not playing dodge between cars in the middle of the roads, as we would be devastated if someone was seriously hurt travelling to or from school.

Thank you for your cooperation.

Spotlight on



Children will be taking part in an activity in school this week. See what sorts of new skills they might be trying:

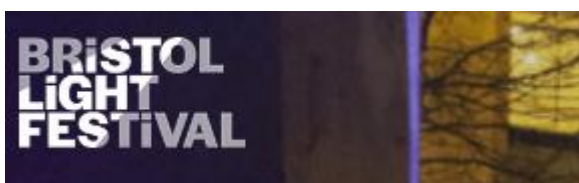
Art - 2 groups	Lego	Downend library trip	Board games	Gardening
Scratch on iPads	Watercolours	Warhammer	Pompom making	Pancakes
Poland day	Mrs HV's Book Club	Netball (netball team only)	Making puzzle books	Forest school

There is also lots on in and around Bristol this half-term for free.

Click on the link to find out more.

Children can get a sticker in school by telling their teacher what they did during half-term!

Bristol Light Festival



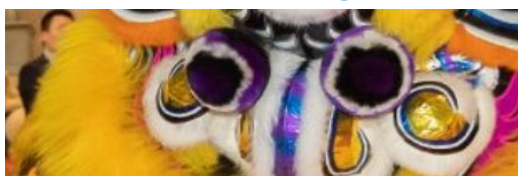
Until 11th February

Lunar New Year



10th February

Bristol Museum Dragon Festival



17th and 18th February

Crafts at Downend Library



Monday 12th February 10:30am to 11:30am



CHILDREN'S MENTAL HEALTH WEEK (5th - 9th February 2024)

This week your children all took part in a kindness workshop assembly. During the assembly our CCJ children were taught about the **importance of kindness, the science of kindness and the impact it has on their physical and mental health and wellbeing**. This is something we feel really passionate about at CCJ.

The School of Kindness is part of the 52 Lives charity. 52 Lives aims to change people's lives and spread kindness with the help of almost 100,000 supporters around the world. What began as some weekly school kindness workshops has grown into a whole suite of projects and resources to help schools encourage kindness and, most importantly, help children to understand the effect kindness can have on themselves, on others and on the world. **The School of Kindness aims to spread kindness and empower children by helping them to realise that the little choices they make every day have the power to change people's lives, improve their own health and well-being, and ultimately change the world.** We just need to choose kindness at every opportunity. <https://schoolofkindness.org/>

Earlier this week, your child came home with the **Randoms Acts of Kindness Challenge** (11th-17th February during half term). We're inviting children to take part in our five-day Kindness Challenge to celebrate Random Acts of Kindness Week. **Please give your completed sheet to reception FAO: Mrs Eatwell after half term.** Each day, they will be tasked with doing a specific kind activity and writing about how they felt when they did it. Not only will they be helping other people, they will also be helping themselves...because when we're kind it improves our own physical and mental health. Whether we're being kind to others, the environment, or ourselves, there are so many little changes we can make day-to-day that have such a big impact! This also ties in great with the **smartie challenge to fill a smarties tube with 20ps. Don't forget, the children can earn their 20p coins through doing extra chores, helping out and spotting ways in which they can support others.**

Kindness can make the world a safer and happier place, and even has physical health benefits. The smallest actions can have a big impact; after all, kindness is contagious! Not only does kindness benefit the people around you, but it helps you feel happier, too. You can single-handedly make your environment a better place just by being kind!

Mrs Eatwell





Thank you from The Bristol Baby Bank

The Baby Bank Network Bristol team would like to say a huge heartfelt thank you to the staff, pupils and parents at Christ Church CofE VC Junior School for your generous donations of toiletries for mums and babies to our Santa's Sack Appeal 2023. With your support we raised £16,922 from our Santa's Sack Appeal - our most successful appeal to date!

Through the Big Give Christmas Challenge we raised £10,985, plus £1,850 of additional donations, and we estimate over £4,087 worth of gifts in kind such as toiletries and toys. Thanks to your generosity, we can continue to provide essentials to help keep children safe and well, ease the burden on families across Bristol, and relieve some of the anxiety that comes with having a newborn. It costs us on average £20 to provide a toiletries pack for a mum and newborn including essentials such as; nappies, nappy cream, baby wipes, toothbrushes and toothpaste, soap, shampoo, moisturiser, breast and maternity pads. We support around 160 families per month (more over winter), and gave our 1,301 toiletry packs for mums and babies in 2023. Baby Bank Network Bristol is 8 years old, and in that time we have helped over 8000 families! In the wake of the Covid-19 pandemic and the cost of living crisis, the need for our service is increasing. In 2023 we supported 1,852 families, a 19% increase on 2022 when we supported 1,559.

To find out more about our work read our latest Impact Report on our website. www.babybanknetwork.com

INSET Days 2024/2025

INSET days for 2024/2025 have now been agreed. These are also in line with Christ Church Infant School.

Monday 2nd September 2024

Friday 25th October 2024

Friday 31st January 2025

Monday 24th February 2025

Friday 20th June 2025

JOIN DOWNEND'S YOUTH CRICKET TEAM

UNDER 9 (Y3/4) - SOFTBALL UNDER 11 (Y5/6) HARBALL WINTER NETS
CURRENTLY AT HANHAM WOODS ACADEMY (MONDAY/FRIDAY) CONTACT
COLIN ORR FOR MORE DETAILS ON: COLIN.ORR25@GMAIL.COM



CCJ dates for your diary

February

Fri 9th – End of Term 3

Mon 19th – Start of Term 4

Wed 21st – Return Smartie tubes!

Thurs 22nd – Y6 Deanfield/SATS Parents meeting

Thurs 22nd – Puffin's cake sale

Thurs 22nd – World Thinking Day (Cubs/Brownies)

March

Wed 6th – St George's Concert (Y5)

Thurs 7th – World Book Day

Mon 11th – Roman Trip (*Woodpecker, Swallows & Starling*)

Tues 12th – Cross Country Festival

Thurs 14th – Roman Trip (*Robins & Wagtails*)

Fri 22nd – Shepton Mallet Prison Trip (Y5)

Mon 25th – Easter Service

Thurs 28th – INSET DAY

Thurs 28th – End of Term 4

April

Mon 15th – Start of Term 5