



# CHRIST CHURCH CofE VC JUNIORS

Value – Engage – Inspire – Create

Email: [christchurchjuniors@sgmail.org.uk](mailto:christchurchjuniors@sgmail.org.uk)

Twitter: @CCJDownend

Newsletter 29

1<sup>st</sup> May 2020

Term 5 Value: Courage

## This Week from CCJ .....

### Jenny Urquhart – Local Bristol Artist!

I was incredibly excited to meet (from 2m!) the artist Jenny Urquhart this week when she came to deliver a piece of her beautiful artwork to me ahead of my birthday next week. I told her that one of our work packs had included her work and she offered to kindly share some colouring sheets and Youtube tutorials with me to share with you! She said she would love to see some of the art you create inspired by her or using her resources, so please do get in



touch with me at [pippa.osborne@sgmail.org.uk](mailto:pippa.osborne@sgmail.org.uk) if you have a go at some art inspired by her over the coming weeks. AMAZINGLY, if you watch her tutorial and then enter her competition, then she will be selecting a winner to meet her, have a 1:1 tutorial with her and also go for a hot air balloon ride!! Find her Bristol base tutorial at

<https://www.youtube.com/watch?v=k9icsvZTM->

Mrs Osborne



### Whizz Kids

Flo & Zac (Y5/Y3) were on BBC Lifelines Programme this week. The TV appeal made over £75,000 for the charity!! Thank you to all the families in our school community who watched and also kindly donated. Well done Flo & Zac!

**Whizz-kidz**  
move a life forward

### IDEAS TO KEEP YOU BUSY!

Create your own wordsearch! Here is a link to a template:

<https://www.makeawordsearch.net/>



Create your own 20 second song to wash your hands to!

TEACH A FAMILY MEMBER HOW TO FLOSS!



Do a 30-day Lego Challenge.

<https://free-printable-30-day-lego-challenge-instant-download/>



Draw a map of your local area! Label the areas you like the most!

Do something kind for someone. Compliment them, help them with something...



Find a photograph or picture, of a person, place or object and sketch it!

Invent something! Plan and draw out a plan of something new! What will it be? ... get thinking!

Tweet the pictures on our Twitter feed @CCJDownend or send us any ideas that you have, we would love to share them with everyone!! Email them to [christchurchjuniors@sgmail.org.uk](mailto:christchurchjuniors@sgmail.org.uk)

### CCJ Challenge a Teacher!

This week....

Izzy challenged Mr Desmond to do a pretzel twist!!

Anna challenged Miss Rendell with a hula hoop trick!

Molly challenged Mr Debley to do the toilet roll challenge...

WATCH OUT THE PICTURES & VIDEOS ON OUR TWITTER PAGE!

Who do you think performed it better? Who will be next? Send your challenges to:

[christchurchjuniors@sgmail.org.uk](mailto:christchurchjuniors@sgmail.org.uk) along with permission to put the photo or video onto twitter





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## The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.



First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Finally, use the following script or take inspiration from it to form your own mini-lesson:

"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too).

Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions"

This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

Try having the kids focus on one emotion at a time, such as anger, and discuss how the shaken verse settling glitter is like that emotion.

## Times Tables Rock Stars

The boys are the CHAMPIONS. With a great effort from the girls too, but well done to the boys! I hope Mrs Groves is ready for her forfeit... watch out for it on Twitter next week!!

NEXT WEEK'S CHALLENGE....



## ★ Star of the week ★

This certificate is awarded to

**Izzy Sowden!**

doodletables

Signed

**Mr D**

Date

**01.05.20**



## A bit of fun....

Can you guess who these adorable staff members are?? You will have to wait until next week for the answers...!

1



2



3



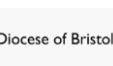
Did you correctly guess who last week's cuties were?

1. Mr Desmond 2. Mrs Knott 3. Mrs Cleave

## Doodle Spell



Don't forget to login to Doodle Spellings every day to earn some stars! Doodle will total up the stars during the 14 Day Challenge and the class with the highest total (across the UK) will win the prize. 'Little and often' is a great way to improve your spellings and there are lots of fun features and games on Doodle to help you!







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## My parents are keyworkers....

I am writing to tell you about my mum and dad who are keyworkers.

My Mum is a physiotherapist who works at the BRI. She looks after patients with breathing problems like COVID. She has taught all the doctors and nurses about special breathing machines. She helps people to walk and exercise again after they have got better from the COVID.

My Dad works for Brunel Care working with their computers. He has helped all the old people in the care homes by keeping the care workers able to do their job by having their IPADS and helping people to work from home with their computers.

On a Thursday night at 8 o'clock I go outside and clap for my Mum and Dad and all the other Keyworkers. I worry about my Mum and Dad but I am happy they help others.

Kind regards

Noah Buchan Starlings Class

Thank you Noah's Mum & Dad, and all our keyworkers for all that you are doing! ☺



## MISS RENDALL'S CHALLENGE

Hopping one on leg and with your sole of your other foot on the ball, can you keep the ball moving for 30 seconds? Your foot must not leave the ball!

Or

Set up 5 shoes in a straight line, which are all 5 steps apart. Number them 1,2,3,4,5. Start at 1, dribble to 2, then back to 1. Then to 3, back to one. Then to 4 back to 1. Then to 5, back to one. Can you do it in under 45 seconds? Why not try your weak foot too!

## THANK YOU!

Thank you to some amazing volunteers from Downend Cricket Club who kindly came and mowed the school field for us this week. The cricket pitch always looks so fabulous so we are thrilled they came and took time to make ours look neat and usable. Downend Cricket club is at the heart of our local community, in normal circumstances, it provides coaching for juniors and a cricket team for under 11s. You can also subscribe to a social Membership and a monthly lottery (top prize £250). Currently, it is also doing take-away Sunday lunches. You can find them on Facebook under "Downend Cricket Club Hub". Thanks to Ms Roseblade for making this happen!



## NEWS FROM CHRIST CHURCH, DOWNEND

Hello everyone, we've seen lots of news on the twitter feed from CCJ, its great to see you are all getting on with learning and fun as best as you can. We are very thankful for the new ways we have to communicate and do Church too. This week Belinda and Jack did a CCI Collective Worship on YouTube and on Facebook. The Messy Church at Christ Church Downend facebook page has been active too with some lovely fun films. Look out next week for a puppet sketch from Lucy and Bert, a craft to make, a Bible story and a recipe time. Last week there was a film for making cornflake crispie cakes. And we were so inspired by the CCJ pass the loo roll film we are about to release the Christ Church Messy Church Loo Roll film this afternoon. It will go on the YouTube channel and the Church and Messy Church Facebook pages ! Hope you enjoy it. Also later today you will be able to download a wordsearch and craft from the Church website to do and make. See the attached picture and go to [www.christchurchdownend.com](http://www.christchurchdownend.com) to find these resources.

I am sure it has been a challenging and at times very worrying time for many of us, so we are praying for you all, as you juggle home school, working from home and all the other aspects of our new daily routines. If you would appreciate prayer for a specific need for you or your family then do please message me on [children@christchurchdownend.com](mailto:children@christchurchdownend.com) it would be my privilege to pray for you and stand with you right now.

Love from Helen at Christ Church

