



# Newsletter

Learning to live  
**LIFE** in all its  
Fullness



Our value this term: Humility

@CCJDownend

christchurchjuniors@gmail.org.uk

## Life in all its fullness at CCJ

Thank you to everyone who gave us feedback during the parents' evenings about our new school vision. We also worked with children, staff and governors and I am delighted to say that our new school vision is now 'Learning to live life in all its fullness'. At the top of this newsletter, you can see the beautiful artwork that Mrs Eatwell has created to represent our new vision.

This is a week where I have been so proud of the children and our amazing staff team for the incredible experiences and achievements that have been taking place at CCJ. We truly have seen children experiencing life in all its fullness this week. We've had two excellent nativities, the choir performed at William Court residential home, the School Council interviewed the leader of South Gloucestershire Council, the boys' and girls' football teams excelled in local matches, all children took part in CCJ University morning and today's X-Mas Factor talent contest was wonderful. A huge congratulations to all the acts (including our newly formed staff band) and well done to Eva and Poppy who the School Council selected as the winners. Check out our @CCJDownend page on X (formerly Twitter) to see what's been going on!

*Wishing you and your family a very Merry Christmas and a Happy New Year.*  
Mrs Osborne



**CCJ on X**  
Follow us:  
**@CCJDownend**



## Home Activities...

### Why not go 'Elf Spotting'?

There is a GIANT fifteen-foot elf hiding around Bristol this Christmas - scan this QR code for more details:



### Get Christmas crafting!

Scan this QR code for lots of ideas for crafts that you can make at home with the kids this Christmas!



### Year 6 - mad about science?

Designed for children who are 11 and older, the annual Christmas Lecture from the Royal Institution is all about Artificial Intelligence.



**Tell your teacher after Christmas for a sticker in your book!**



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## Christmas Time



Christmas is traditionally a time of celebration, eating, drinking, spending time with family and friends, and generally enjoying the festive spirit. However, for those who struggle with a mental health condition, the yuletide season can be an especially difficult time.

Whether it's the financial strain that accompanies gift buying, the cold and dark winter nights, or the reality of spending Christmas alone, there can be a number of triggers for mental health problems during the holiday season.

First of all, it's important to recognise that if you're struggling over the Christmas period, you are far from alone. Mental health issues at Christmas affect more of us than you might think.

Everything seems to be heightened and more intense at Christmas – from the music and lights to the traffic and crowds. All of the above is daunting for most people, but can be even more intense if you struggle with anxiety.

People with social anxiety disorder may find the prospect of having to make an effort to see people, in person or over video, overwhelming. If you struggle with panic disorder, you may find that the intensity and frequency of your panic attacks increase at this time of year. Generalised anxiety disorder, which affects every 6 in 100 according to recent [anxiety stats](#) can mean that all of your usual worries are intensified during the festive period, and you may find that you're anxious about a huge range of issues, meaning that you're unable to relax.

There's no doubt about it; Christmas can be stressful. Cooking, buying presents, keeping children entertained, decorating your home, cleaning up after family gatherings – the list of tasks is endless. For people who struggle with chronic stress, this time of year can be overwhelming and exhausting.

There's also the added pressure of financial worries and feelings of guilt if you can't afford to buy your children or loved ones the presents that they really want. Christmas also comes at the end of the year, so if you've had an especially difficult one, perhaps with the loss of a job or other financial difficulties throughout the year, this may have added further pressure to the idea of buying presents.

Social media can also play a role in exacerbating your stress during the holiday season, as comparing yourself to others' seemingly 'perfect' Christmas Days can leave you feeling like a failure for not having the best decorations, tree, food or presents.

Overall, the festive season can be a major catalyst for stress, which is why it's so important to recognise the symptoms as early as possible.

Many of the social pressures of Christmas, fuelled by social media and the perception that we have to have an amazing time, can also lead to sense of emptiness or loneliness. We don't even have to be on our own to feel these things.

- Start a daily gratitude list: Every day, list five things in your life that you are grateful for or happy about. Focusing on the positives can help to lift your mood and put you on course for a more positive long-term mind set
- Volunteer: Despite what you might think, there is lots going on around your local community at Christmas that doesn't require you to be part of a big family. Volunteering in the community, at a homeless shelter or care home for example, is one of the best ways to connect with other people and boost your confidence
- Be around people: When you're feeling lonely, making plans can be the most difficult thing to try and do. But as social beings, our self-esteem receives a timely boost when we interact with each other. If you feel able to, put some time in with a friend you really value
- Stay active: Physical activity can really help with keeping your mood positive – whether you like walking, cycling, playing football...
- Not feeling festive? That's okay! There can be all sorts of reasons why some of us don't feel festive. It's okay to feel how you feel – you're not the only one!
  - Get enough sleep: Sleep is vital for our wellbeing. Try not to skimp on it – even on Christmas Eve!
- Give yourself space: If it's all getting a bit hectic, take time out to be in nature, listen to your favourite music, read an uplifting book – or just be in the moment.
- Aim for regular meals: Keeping a healthy routine, with plenty of water, fruit, veg if you can, will help keep stress at bay. Try whatever's realistic for you and be kind to yourself if you have 'off' days.
- Stay supported: It's easy to feel lonely at Christmas when we're bombarded with images of happy families. Stay connected to your sources of support.

*Looking forward to seeing you all in January 2024!, Mrs Eatwell*



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## Kitchen Team

We are delighted to welcome our new kitchen staff to CCJ. Kim Hotchkins has joined us as Kitchen Manager and Krystle Thomas has joined us as Kitchen Assistant. Our kitchen team work incredibly hard to ensure that every child is fed and that everyone's dietary needs are catered for and they always do this with a smile on their faces! We also want to say a big thank you for a delicious and very successful Christmas Dinner last week! There were a lot of very happy children and staff! Thank you ladies! If you see them around school, please say hello!



## Term 3 PE Days

These are the allocated PE days for next term. Please ensure that your child has suitable CCJ PE kits in school on these days. Football kits are not uniform.

	Indoor	Outdoor
<b>Starlings</b>	Mondays	Tuesdays
<b>Swallows</b>	Mondays	Tuesdays
<b>Woodpeckers</b>	Thursdays	Mondays
<b>Wagtails</b>	Wednesdays	Fridays
<b>Robins</b>	Wednesdays	Fridays
<b>Puffins</b>	Fridays	Thursdays
<b>Jays</b>	Fridays	Thursdays
<b>Kingfishers</b>	Thursdays	Mondays
<b>Falcons</b>	Tuesdays	Wednesdays
<b>Kestrels</b>	Tuesdays	Wednesdays

## Premier Holiday Camps

There are still spaces available for next week's sports camps! For more information or to book a place go to their website [www.premier-education.com](http://www.premier-education.com) or scan the QR code.



## 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:

<b>Starlings</b>	<i>Oliver</i>
<b>Swallows</b>	<i>Owen</i>
<b>Woodpeckers</b>	<i>Luca</i>
<b>Robins</b>	<i>All of Robin Class</i>
<b>Wagtails</b>	<i>Laila</i>
<b>Jays</b>	<i>Oliver</i>
<b>Puffins</b>	<i>Sonny</i>
<b>Kingfishers</b>	<i>Divine</i>
<b>Kestrels</b>	<i>Teddy</i>
<b>Falcons</b>	<i>Henry</i>

## Salvation Army

As always, we like to help families that may be struggling financially, especially at this time of year. We have very kindly received gifts from The Salvation Army that have been distributed to our families in need.

We would like to say a huge thank you to The Salvation Army for their very kind donations. We know what a difference this will make to our families and we are very grateful!

## CCJ dates for your diary ...

Fri 15<sup>th</sup> – End of Term 2

**January**

**Tue 2<sup>nd</sup> – INSET DAY**

**Wed 3<sup>rd</sup> – Children back to school**