



Welcome to CCJ

We have had a wonderful first week back at CCJ, where Kestrels have had 9 new chick classmates. They have caused great excitement across the whole school and every class will have the chance to meet them before they leave us next Friday. Also, a huge welcome to Maryam and Queen Esther in Y5, Bea in Y4 and Tobyn in Y3, it is so wonderful to welcome you all to CCJ. Lots going on as always this term, so please look ahead at the diary dates as we would love you to join us for sports day, class assemblies and the museum!

Mrs Osborne



Free School Meals

Families who receive certain benefits may be eligible for free school meals. Your child is eligible for free school meals if you're in receipt of Universal Credit or have a low annual earned income. For more information and to see if you eligible follow the link [HERE](#)

Along with free school meals, this will also entitle you to free CCJ uniform and help towards trips, clubs and music lessons.

Take Ten



Benefits of listening to music:

Recent research suggests that music engagement not only shapes our personal and cultural identities but also plays a role in mood regulation. Listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory. In TAKE 10 we listen to music to help us feel calm, regularly the children will hear 'relaxing music' as they come in to see me but not all children find piano music or sounds of the waves relaxing! Sometime we put on jazz, rock, reggae, heavy metal, classical or dance. Not only can music calm your nervous system via your hormones, but it can also help ease stress by influencing your biological processes. For instance, the tempo of the music you're listening to can automatically slow down or speed up your heart rate, blood pressure and breathing, Try listening to different types of music with your family, it will really help lift your mood!

Listening and sharing music and songs together as a family is a really lovely experience and creating your own family playlist provides a wonderful opportunity to talk, share and have fun together. Try swapping your finished playlists with friends and other families.

Have a lovely weekend!
Mrs Eatwell



Weekly Celebration Certificates



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

This week's winners are:

Starlings	<i>Bella</i>
Swallows	<i>Ethan</i>
Woodpeckers	<i>Cayden</i>
Robins	<i>Bea</i>
Wagtails	<i>Matthew</i>
Jays	<i>Toby</i>
Puffins	<i>Dylan</i>
Kingfishers	<i>Maryam & Fletcher</i>
Kestrels	<i>Ethan</i>
Falcons	<i>Jacob</i>



Newsletter

Learning to live
LIFE
in all its
Fullness

Our value this term: **Courage**

@CCJDownend

christchurchjuniors@sgmail.org.uk

Kimi's Spectrum Colour Walk for The National Autistic Society

Kimi and his family would like to say a huge thanks for all the donations to Kimi's walk. He had a great time and were also joined by other people who wanted to take part.

He was really motivated by the amount he had raised and definitely had to push himself for the last part! He came straight home to a foot bath!

If you would still like to donate his just giving page is <https://www.justgiving.com/page/kimiscolourwalk>

Well done Kimi! That is great achievement! We hope you enjoyed your footbath at the end! ☺



Year 6 Diary Dates

We will keep these updated as and when we get the information.

June

Mon 3rd & Tues 4th – Y6 Activity Days
Wed 5th – Fri 7th – Y6 Deanfield Residential
Mon 17th – Mangotsfield Parent Info Evening
Thurs 20th – Winterbourne Parents Info Evening
Thurs 27th – Downend Parents Info Evening
Fri 28th – Downend Transition Day
Fri 28th – Mangotsfield Transition Day

July

Mon 1st – Mangotsfield Meet the Tutor Evening
Tues 2nd – Winterbourne Transition Day 1
Wed 10th – Winterbourne Transition Day 2
Wed 17th – Y6 Performance 1
Thurs 18th – Y6 Performance 2



CCJ University Lunchtime Club
This runs every lunchtime – everyone is welcome!

Next week's activity is chalk art!

Children can come and show their creative side by decorating the area outside the library and earn a sticker.

CCJ dates for your diary

April

Tues 30th – Deanfield Payment 3 Deadline

May

Mon 6th – Bank Holiday

Thurs 9th – Wagtail Class Assembly, 9am
Mon 13th to Thurs 16th – Y6 SATS
Thurs 16th – Worship Leaders Christian Aid Cake Sale
Thurs 23rd – Woodpecker Class Assembly, 9am
Thurs 23rd – Lower Band Sports Day (PM)
Thurs 23rd – LB Roman museum (3.20pm)
Fri 24th – CCJ University morning
Fri 24th – Upper Band Sports Day (PM)
Fri 24th – End of term 5
Fri 31st – Deanfield Final Payment Deadline

June

Mon 3rd – Start of Term 6

Mon 3rd & Tues 4th – Y6 Activity Days
Wed 5th – Fri 7th – Y6 Deanfield Residential
Fri 14th – INSET DAY

July

Wed 17th – Y6 Performance 1
Thurs 18th – Y6 Performance 2
Tues 23rd – End of Term 6