

December 2021

# THE PEAKE POST

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### Message from the Head Teacher

As we come to the end of a challenging and difficult year in school, I want to thank you all for your support, patience and understanding.

In the midst of our teaching and learning, preparation for our festivities, assessments, enrichment activities, and community activities, we are mindful of the need to reflect on the true meaning of Christmas. People all over the world will be celebrating the birth of Jesus Christ and sharing in the joy that this brings.

We continue to adapt our practice and procedures and are sorry for any inconvenience that this entails. I cannot promise that the spring term will be any less complex, but I am confident that we will rise to that challenge.

I would just like to wish you all a very happy, healthy and relaxing Christmas. Please take care, stay safe and enjoy time with your friends and families.

Miss Z.J.Linington

# STAFF NEWS

At the end of term, it is always with mixed emotions that we say "Goodbye and thank you" to some of our staff as they move on and "welcome" or "congratulations" to others as they join us or are promoted to new posts.

## **Goodbye and thank you to:**

*Mrs Brown, Teaching Assistant  
Miss Black, Year 6 class teacher  
Mrs Rowley, Family support worker  
Mr Walker, SENDCo*

## **Hello and welcome to:**

*Ms Rook, Assistant SENDCo until Easter 2021  
Miss Whitby, Teaching Assistant,  
Miss Whiting, Teaching Assistant*

## **Additional roles and responsibilities:**

*Miss Butchard, Acting Interim SENDCo  
Mrs Ranger will be covering the form tutor duties for  
6LB.*

# Key news

## **Subject Consultation Evenings 10, 12 and 18 January**

*Please book an appointment with your child's subject teachers to discuss their attainment and progress during the first term of school. Appointments will take place via video calls and can be booked via our parents evening booking system:*

***<https://edwardpeake.schoolcloud.co.uk/>***

*Further details on how to book your appointments and how to access the video calls are in a letter that accompanies your child's end of term report. A video guide is also available on our school website:*

***<https://www.edwardpeake.beds.sch.uk/parents/parents-evening-booking-system/>***

*Bookings open at 8am on Wednesday 5 January and close at midday on Monday 17 January. If you require any assistance in booking your appointment please contact the school office.*

# THANK YOU!

Covid 19 protective measures have required all schools to increase the level of cleaning over the last term. Our wonderful cleaning team have gone above and beyond to make sure our school can stay open. We want to send them a very special thank you!

Mr Darvill  
Mrs Dennis  
Miss Freedman  
Mr Jakes (Site agent)  
Mr Magee  
Miss Mowbray  
Mrs Presland  
Miss Ranger  
Mr Sabio Jimenez  
Mrs Shaddock  
Mrs Vale



Thank You!

# Uniform reminders

*Uniform should always be practical and hard wearing and provide children with proper protection from the British weather throughout the year. Pupils should come to school with an appropriate coat particularly in the winter months. Hoodies are not acceptable in place of a coat.*

*Skirts must be at least knee-length. Tight fitting and skater skirt styles are not acceptable. Children grow throughout the school year and a skirt that was an appropriate length and fit at the start of the school year may not be so as the school year continues.*

*Tights must be plain black or grey. Tights should not be patterned.*

*Trousers should be grey, black or dark blue. They should be a tailored fit. Tight-fitting, skinny fit trousers, jogging bottoms or leggings are not acceptable.*

*Shoes should be formal in style, medium cut (meaning below the ankle) and leather or leather like. They should be robust and have appropriate fastening: velcro straps, laces or buckles. Ballerina shoes, trainers, boots or canvas shoes are not acceptable footwear.*

*All hair below shoulder length should be tied up. Large and excessive hair slides and headbands (for examples JoJo bows) are not acceptable. Pupils should not have dyed hair. Pupils are not permitted to wear makeup: nail varnish or false nails.*



# Safeguarding tips



THE  
SAFEGUARDING  
ALLIANCE

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## Christmas **SELFie** Safety *Tips*



Think before you post



Don't share images of gifts



Remember your surroundings



Think about what you are wearing



Do you have permission to share



Don't share personal information



# Safeguarding tips

## MAKE THE MOST OF THE ONLINE WORLD THIS CHRISTMAS

### 1 EAT, DRINK AND BE MERRY

Budding bakers will relish helping out in the kitchen with some tasty festive treats. Spend some time together researching child-friendly Christmas recipes online (the BBC Good Food site is an excellent place to start), and then you and your little elves can rustle up gingerbread santas, marshmallow snowmen or reindeer shortbread. The only thing that's more fun is eating your creations afterwards!

WHEN THE SNOWMAN BRINGS THE SNOW...

### 2 THE OLD SONGS ARE THE BEST?

We've all had that Christmas compilation CD that was almost perfect. If it wasn't inexplicably missing one of your best-loved tracks. In this era of music streaming, however, your little helpers can assist you in compiling a definitive playlist of all your favourite seasonal songs – no more pinning for The Pretenders or wishing for Wizzard.

### 3 DECK THE HALLS

There's no such thing as 'too many' Christmas trimmings! Let your child channel their excitement into some creative crafting, and you'll make memories as well as your own DIY decorations. There are loads of step-by-step guides online (including video walkthroughs on YouTube) for seasonal showpieces like paper plate angels, handprint wreaths and cupcake wrapper Christmas trees.

### 4 A WINTER'S TALE

Everyone enjoys a story at this time of year: after all, the whole celebration is based on an engrossing yarn. Sites such as Audible are an excellent way of entertaining excited young ones, with classics like Dickens' *A Christmas Carol* and seasonal short stories by Enid Blyton alongside more contemporary Christmas tales by the likes of Tom Fletcher, JK Rowling and Ben Miller.

### 5 BROUGHT ME SOME CORN FOR POPPIN'

Snuggling up against the winter weather with the family (and a generous helping of chocolates) to enjoy a well-loved movie is a delightful Christmas tradition. The usual streaming services have some classic candidates on offer: *Home Alone* and *The Santa Clause* are on Disney+, while Amazon Prime has *Elf* and *The Grinch*, and Netflix goes with *The Princess Switch* and *The Christmas Chronicles*.

### 6 GUESS WHAT I FORGOT?

Friends and family pitting their wits against each other on Zoom, Teams or Skype really took off during lockdown, so why not revive the tradition over the holidays? Your questions could be on the biggest news, sport and showbiz stories of 2021, or be Christmas themed, or you could stick to classic general knowledge. Ideal for those days between Christmas and New Year.

### 7 A WORLD OUTSIDE YOUR WINDOW

From turkey on the beach in Australia to roller-skating to church in Venezuela, Christmas is celebrated in a variety of ways worldwide – curious youngsters might enjoy discovering other nations' festive traditions online. Google's Santa Tracker is a brilliant (and free) starting point, with games, activities and animations to help children enjoy learning as they count down to the big day!

### 8 THE NEAR AND THE DEAR ONES

Between time constraints, distance, the weather and Covid precautions (or a combination of all four) for many families it just won't be possible to physically spend time with everyone they'd ideally like to this Christmas. Video calling technology, of course, takes some of the sting out of the disappointment by virtually transporting loved ones into your living room.

### 9 KIDS FROM ONE TO 92

If Santa's brought your young ones a console this year (or they already had one), it's a perfect excuse for some quality time while they gleefully trounce you at FIFA or Mario Kart. Digital versions of traditional board games like Monopoly and Cluedo are available on most platforms, too; get the whole household together for a modern take on some old-school family fun.

### 10 CAN'T WAIT TO SEE THOSE FACES

People used to express their gratitude for a thoughtful Christmas gift with a thank you card or a dutiful phone call. Not in the digital age: now your relations can see first-hand on video calls how delighted the children are with their presents – and even how they look in that slightly questionable hand-knitted pullover.

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National  
Online  
Safety®  
#WakeUpWednesday



# Safeguarding tips

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## Online Safety Tips

# FOR CHILDREN WITH NEW DEVICES

The current generation are the first children to grow up in a world where digital devices are the norm. Recent studies have found that 88% of British 12-year-olds have a smartphone. Four out of ten 6-year-olds own a tablet. And almost two-thirds (64%) of children aged 8-11 use a games console. It's now rare to find a child who doesn't regularly use internet-enabled technology. Each new device means exciting new corners of the digital world to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips to help you guide your children in enjoying new digital devices safely and responsibly.

### 1. ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!).

### 2. SET UP PARENTAL CONTROLS

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't unintentionally do something they shouldn't.

### 3. PAY ATTENTION TO AGE RATINGS

One of the first things children want to do with a new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.

### 4. KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

### 5. HAVE 'THE MONEY CONVERSATION'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.

### 6. DISCOURAGE DEVICE DEPENDENCY

Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are fun, too. And the device will still be there when they get back.

### 7. EXPLAIN SECURE WIFI NETWORKS

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

### 8. LIMIT SCREEN TIME

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you set a screen-time limit, helping your child to stay fresh and focused so they can perform well at school.

### 9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES

Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

### 10. TURN LOCATION SETTINGS OFF

It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.

### 11. STAY AWARE OF THE SURROUNDINGS

It's common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, young people have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

### 12. BE THERE IF THEY NEED TO TALK

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.

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[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

[@natonlinesafety](https://twitter.com/natonlinesafety)

[f/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.12.2020

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# Pupil support

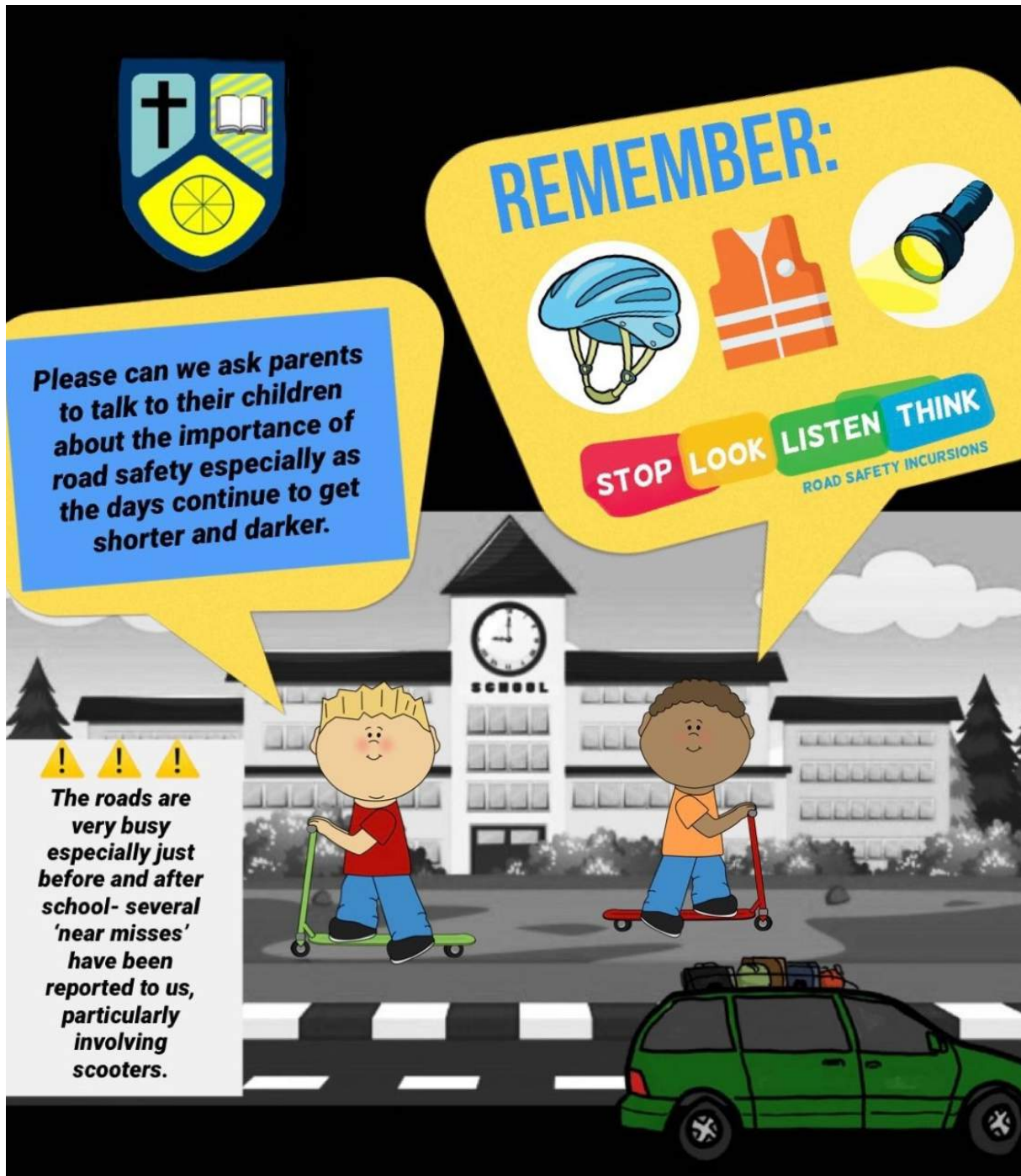
## A guide to the festive season

for parents and carers of children with autism



Accept difference. Not indifference.

# ROAD SAFETY





# Job vacancies



**Edward Peake**  
C of E (VC) Middle School

## we're hiring!

### Job Vacancies

- SENDCO
- TEACHER OF ENGLISH/  
GENERAL STUDIES
- SAFEGUARDING &  
PASTORAL MANAGER
- PASTORAL BEHAVIOUR  
SUPPORT WORKER
- CLEANERS

### Apply Today:

**Take a look at our  
school website or  
alternatively use  
the link attached  
to this post**

# Parent information

## The Big Draw

As part of our reward system pupils gain credits for excellent, work, effort and contributions. For every 10 credits received the pupils will gain a raffle ticket that is then entered into The Big Draw at the end of watch full term to win a £25 Amazon voucher.

Autumn 2021 winners are:

**Year 5 - Jayden**

**Year 6 - Daniel**

**Year 7 - Cian**

**Year 8 - Noah**

Remember you have to be in it to win it!



**Congratulations**



# COP 26 COMPETITION

Edward Peake has entered a Central Bedfordshire Council competition focusing on the themes from COP26. We have reached the final stages of the competition.

Staff shout out to Mrs Burr and Mr Duffy for organising such a wonderful range of creative work.





# COP 26 COMPETITION





# Environmentally aware

Edward Peake pupils have been working really hard to actively promote the use of recyclable materials. This is part of our vision to support the environment and reduce our use of single-use plastic.

We have made the following commitments:

- Promoting reusable water bottles and lunch containers.
- Encouraging the use of electronic information rather than paper copies.
- Removing plastic bottles from the school lunch orders.
- Using environmentally friendly packaging.

Mrs Burr has worked with a group of pupils to take part in the plastic free movement. The pupils enjoyed an interactive assembly and shared ideas with fellow environmentalists.



## TENSE AND RELEASE

### MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

# BREAKFAST CLUB

**Did you know that Edward Peake has a Breakfast Club?**

Daily from 7.30am - 8.30am

**Did you know that the Breakfast club is staffed by pastoral and support staff who can help with homework or just be there if you need to speak to anyone?**

**Did you know that Breakfast Club serve a choice of tasty breakfast options every morning?**

Choose from cereals, toast, fruit and hot and cold drinks\*

**Did you know that if your child is entitled to Pupil Premium Funding, Breakfast Club is free to attend?**

If you are interested, please contact the School Office to register and book your child a place  
(£5.00 registration fee, £3.00 per session)



\*subject to availability

**LIVE LOVE LEARN**



# READING AT EPMS

The English department is delighted to report on the successes of the re-launch of Accelerated Reader this term. Pupils have enjoyed setting up and accessing their very own personalised reading profile, searching for recommended books appropriate for their reading level and personal interests, completing computerised quizzes on books they have read and tracking what they have read. We are incredibly proud to report that we have had pupils reading millions of words this term and taking quiz after quiz.

We have also been very excited to have launched another fantastic reading programme: myON - the enhanced digital library housing over 7,000 digital books. Pupils have been enjoying the many fantastic features MyON has to offer: reading on their favourite digital device, listening to audio versions and using the built-in close-reading tools to interact fully with the texts. We look forward to utilising the programme more fully across all subjects in the new year.

“The more you **read**  
the more **things** you know.  
The more that you **learn**  
the more **places** you’ll go.”  
-Dr. Seuss

# Enrichment

All pupils in years 5 and 6 took part in a fantastic enrichment activity at Edward Peake: a virtual, interactive workshop entitled 'Become a story-making superstar with Andy Jones and Olaf Falafel!'

The event consisted of a presentation from Andy Jones with lots of fun and engaging activities, as well as an illustration workshop from Olaf Falafel. Pupils had the opportunity to ask questions during a Q+A session.

Pupils learnt how to create their own stories and even helped Andy to write one during the session. Olaf taught them how to draw some of the monsters he drew for his and Andy's book.





# AUTHOR VISIT

Our Year 5 pupils had an amazing visit from Piers Torday this morning, inspiring them to create their own stories and teaching them about issues such as climate change and animal extinction. Full feedback will be in the next issue. The photographs will give you a flavour of the fantastic event.



# CBC Holiday and Food programmes 2021



**Book now for free holiday fun this winter!**

**In Central Bedfordshire**

**Booking is now open for our free holiday activities and food programme for children and young people aged five and upwards.**

Have fun and make friends as there are activities to suit everyone including sports and games sessions, craft and creative activities.

Our sessions are inclusive so are suitable for children with special education needs and disabilities (SEND), and we'll also be running a series of activities that are specifically for children with SEND.

You will need to have registered before you can book an activity. Register here:  
[www.centralbedfordshire.gov.uk/school-hols-food](http://www.centralbedfordshire.gov.uk/school-hols-food)

- There are opportunities to see a pantomime, go bowling or play laser tag
- Make Christmas crafts or take part in sports and games sessions
- All children taking part get a free lunch and snacks throughout the day

The Holiday Activities and Food programme is for children eligible for benefit related free school meals. This is a requirement from the Department for Education who are funding the programme.

**To book activities visit:**  
[www.centralbedfordshire.gov.uk/holiday-activities](http://www.centralbedfordshire.gov.uk/holiday-activities)

Central Bedfordshire Council have a wide variety of inclusive activities available across CBC including days at Whipsnade Zoo, Woburn Safari, theatre trips, holiday clubs in schools and sports provision as well as specialist SEND activities.

All of the activities organised are funded by the DfE and are specifically for any child in the county that is in receipt of benefits related free school meals.

<https://www.centralbedfordshire.gov.uk/school-hols-food>

[https://www.centralbedfordshire.gov.uk/directory/81/school\\_holiday\\_activities\\_and\\_food\\_programme?page=1](https://www.centralbedfordshire.gov.uk/directory/81/school_holiday_activities_and_food_programme?page=1)



# Wellbeing support

## Food banks

- **Biggleswade Baptist Church** – [www.bbchurch.org.uk](http://www.bbchurch.org.uk) or call 01767 312667
- **Preen (Biggleswade)** - [www.facebook.com/PreenCIC](https://www.facebook.com/PreenCIC) or call 01767 600332
- **Dunstable Foodbank** – [www.dunstable.foodbank.org.uk](http://www.dunstable.foodbank.org.uk) or call 07874 200056
- **Leighton Linlade Community Foodbank** - [www.lhblackhorse.org.uk](http://www.lhblackhorse.org.uk) or call 01525 381129

## Looking after yourself

The pandemic is a worrying time and it is natural to feel overwhelmed. You may feel lonely, low, worried, anxious, or be concerned about your health or that of those close to you. These are all common reactions to the difficult situation we face.

The NHS website Every Mind Matters has lots of advice, tips and guides on how to deal with stress and anxiety. [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

## Tips for looking after your mental health

- **Stay connected** – keep in touch with your friends and family by phone and video call if you cannot meet them
- **Be active** – physical health can have a big impact on how you feel. Simply going for a walk can help lift your mood.
- **Get your sleep** – good quality sleep makes a big difference to how you feel mentally and physically
- **Focus on the present** – try not to worry about what might happen in the future, focusing on the present can help manage your feelings
- **Help others** – helping someone else can help you as well as them, it can give you focus and purpose

## Need help right now?

There is always someone you can talk to. The following websites and helplines may be helpful to you.

- **NHS** – call 111
- **Samaritans** – [www.samaritans.org](http://www.samaritans.org) or call 116 123
- **MIND** – [www.mind-blmk.org.uk](http://www.mind-blmk.org.uk) or call 0300 330 0648
- **Bedfordshire Wellbeing Service** - <https://bedfordshirewellbeingsservice.nhs.uk> or call 01234 880400
- **Shout Crisis** (text line) – text Shout to 85258
- **Silverline** (older people helpline) – call 0800 470 8090
- **Child and Adolescent Mental Health Support (CSMHS)** – <https://camhs.elft.nhs.uk> or call 01234 310800 (north) or 01234 893300 / 01234 893301 (South)
- **CHUMS** (children and young people) – <http://chums.uk.com> or call 01525 863924
- **Kooth** - [www.kooth.com](http://www.kooth.com)
- **National Domestic Abuse Helpline** 0808 2000 247. If you suspect domestic abuse and don't want to reveal your identity, call CrimeStoppers on 0800 555 111 or complete an online form at <https://crimestoppers-uk.org/domesticabuse>
- Information and support for carers is available from **Carers in Beds** <https://carersinbeds.org.uk/> or call 0300 111 1919

# Information for parents/carers

## Medicines and injuries

All medicines sent in to school must be clearly named and labelled. Only medicines prescribed by a doctor will be permitted in school, and a School Medicine Record form must be completed by the parent/carer to give consent for the medicine to be administered. Children who suffer injuries or who are suffering from an illness may require a PEEP (Personal Emergency Evacuation Plan) when they return to school. Please contact the main office who will be able to issue further guidance on this.

## Keeping in touch

Don't forget to check the school websites for daily updates, the latest news articles and upcoming event information. Twitter is our main social media channel. Thank you to all members of our community who are following our wonderful school.

Visit our school Twitter page to see news items, photographs of our wonderful community and daily updates.

Follow us @EdwardPeake

Visit the school YouTube channel for key videos and information

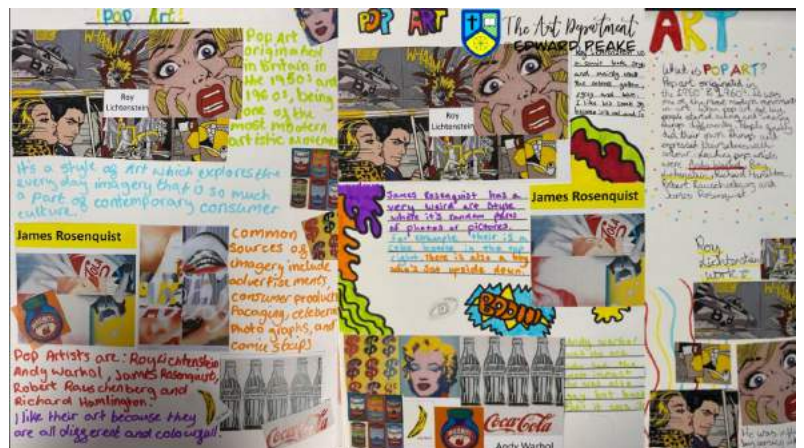
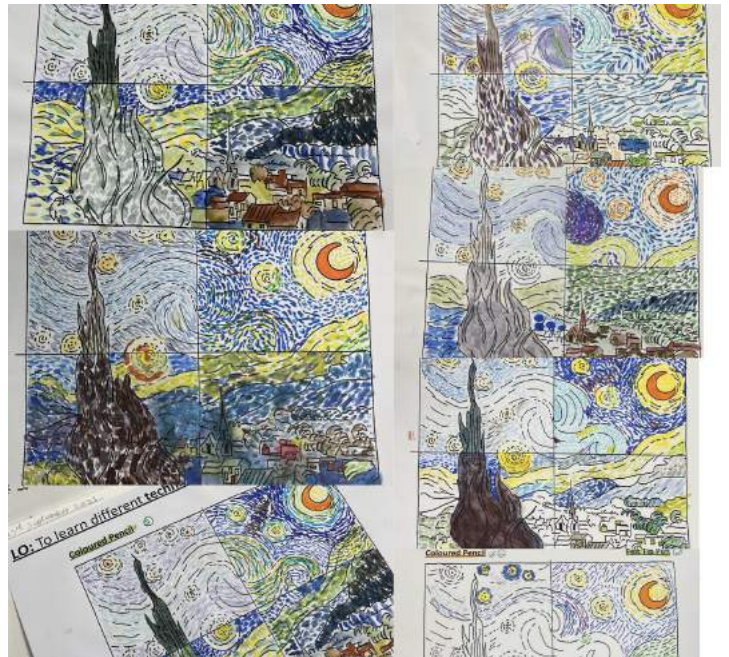
[https://www.youtube.com/channel/UCTOrvP\\_wKMrceb8pFbXNgeA](https://www.youtube.com/channel/UCTOrvP_wKMrceb8pFbXNgeA)



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# Creative learning at Edward Peake





# Creative learning at Edward Peake

Year 5 pupils taking part in Ancient Greek Day which included live performances, story telling and interactive workshops. Thank you to Mr Duffy for organising such a wonderful event.





# Christmas Jumper Day 2021





# Christmas Jumper Day 2021



**FUNDRAISING**

**WE RAISED**

**£355.65**

**FOR CHILDREN**

**IN NEED!**



*LIVE LOVE LEARN #TEAMPEAKE*



# KEY DATES

**05.01.22**

Term starts

**10.01.22, 12.01.22 and 18.01.22**

Parent subject consultation evening

**07/02/22-11/02/22**

Children's Mental Health Awareness Week

**14/02/22-18/02/22**

Half term

**01/04/22**

Term ends



# At the heart of Christmas



## *Christmas message from the Church of England*

*But Mary treasured all these words  
and pondered them in her heart.*

*Luke 2.19*

In 2020, many of us experienced a Christmas when so many of the ways we traditionally mark the season were suddenly denied to us.

This year, of course, we hope and pray that many of the familiar experiences that help Christmas come alive return to our homes, our churches and communities. But whatever else December brings, it will offer us an opportunity to enter more deeply into the joyful mystery that lies at its heart: God becoming human in the birth of Jesus Christ.

Inspired by readings from the Gospels of Luke and John read at so many Christmas services, At the heart of Christmas is an invitation to everyone to discover – or rediscover – the good news of God's saving love as revealed in the birth of Jesus. It is also a challenge to each of us to ponder in our hearts – as Mary did – what the extraordinary events of the first Christmas might mean for us now and in the years ahead.

At the heart of Christmas is a deliberately simple and open theme – one that we hope can be used by local churches to invite their communities to share in celebrating the good news of Christmas in a whole variety of ways, whatever the prevailing circumstances.

The message is designed to work alongside a wide range of local, diocesan and national initiatives and activities – supporting and highlighting the many ways churches help their communities connect with the heart of Christmas through thick and thin, year in, year out.

*LIVE LOVE LEARN #TEAMPEAKE*

# At the heart of Christmas



## Useful websites



<https://linktr.ee/churchofengland>

## At the heart of Christmas



**At the heart of Christmas: our 2021 Advent and Christmas reflections**

Join us for our At the heart of Christmas Advent and

<https://www.churchofengland.org/our-faith/what-we-believe/advent-and-christmas/heart-christmas-our-2021-advent-and-christmas>

*Starting on Christmas Eve and continuing daily until the Epiphany (6 January), twelve contributors share something that lies close to the heart of Christmas for them, bringing the theme to life through a mixture of personal story, Bible reading, reflection and questions to ponder.*



*Christmas to me, means time to spend  
with loved ones!*

*A time to be with family, to be grateful for what we have and  
celebrate all that is good in our lives.*

*Calm, quiet and a time of reflection*

*Family, friends and that Christmas 'tingle' at  
the Christmas Eve Service.*

*A chance to stop and  
spend quality  
time with family and  
friends.*

### **At the heart of Christmas**



*Spending time with  
family and friends, and  
eating chocolate for  
breakfast (a family  
tradition!)*

*Christmas is a  
time to spend with  
loved ones,  
reflecting on how  
much there is to  
be grateful for.*

### **Staff reflections**

*A time to rejoice and  
relax with those  
that are dear to you.  
Ultimately, I believe that  
Christmas should be a  
time to forgive and  
forget.*

*Spending time with  
loved ones and  
being reflective on  
the past year.  
Making wonderful  
memories.*

*A time to come together with family, spend some quality time*

*without the worry of interruption.*

*Also a moment to take time to reflect, share traditions and memories. It is also a time to catch up with those we care about, no matter where they may be.*

*Christmas is a time for reflection on the year that has passed, a time to be grateful for the people that we have around us and a reminder to always look for and appreciate the joy in our lives.*

*Spending quality time with family and loved ones.*

### **At the heart of Christmas**

*A magical time with loved ones.*



*Spending time with my family.*

*Rest and recharge for the year ahead.*

*Being with those I love, and remembering those no longer here.*

### **Staff reflections**

*Christmas symbolises the end of a year and the beginning of a new mindset and new area of growth for the next year. Christmas symbolises a time for fresh starts as well as a gathering of old friends and family to be in one another's company and be thankful together for the year we've had.*



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