



ST. PAUL'S
CHURCH OF ENGLAND
PRIMARY SCHOOL

WEEKLY NEWSLETTER

ENGAGE - INSPIRE - ACHIEVE

From the words of St. Paul... 'Encourage one another and build each other up'.

'Silent night, Holy night, all is calm, all is bright'

Friday 2nd December 2022

Headteacher News

This half term has been very busy, but very special. It has been an absolute pleasure having so many of you back in school, attending our parents' evenings, workshops, open evenings... With the final two weeks of term almost upon us there are so many events that we are looking forward to, helping to create lots of wonderful memories for our school family

Dates for your diary for the Autumn term ...

Tuesday 6 th December	Elms and Maples Watching the production of Matilda at Alder Grange
	Elders, Willows and Oaks Watching the production of Matilda at Alder Grange
	Elms Flute performance for parents 1.30 -2.00pm
Wednesday 7 th December	Infant Nativity 1:30pm and 5:30pm- more details to follow
Tuesday 13 th December	Infant children to the pantomime
	Junior Christmas dinner
	Lower juniors Christmas party
Wednesday 14 th December	Junior Carol Service 9:30am at St. Paul's Church
	Upper Junior Christmas party Please bring Party clothes in a bag to change into.
Thursday 15 th December	Junior children to the pantomime
	Infant Christmas dinner
Friday 16 th December	School closes for the end of Autumn term holiday
Thursday 5 th January	School re opens for the Spring Term

Please do check our website regularly for school updates





This newsletter comes with a 'Brew and biscuit alert' You might want to make yourself a warm drink and grab something sweet... This newsletter contains lots of information!

Non-fiction November

Thank you to all those who have contributed to our reading celebration display in the school library. Mrs Ormerod will draw out the special prize draw winner this next week. Watch this space... will it be you?

Young Minds

A huge 'Thank you' to everyone who gave so kindly to the 'Hello Yellow' young minds day. You have raised a wonderful £140 to support this very worthy charity. Thank you, Mrs Todd, for organising this day.

St Paul's Sports news

A huge Thank you to Mr Rush, Mrs Lee and the Rossendale Sports Leaders for all your hard work to create lots of fabulous memories and sporting events this term. As the term comes to an end afterschool football training comes to an end for now, as we are now on our winter break until the end of January.

We now move to indoor sports (Basketball/Badminton/Dodgeball) competitions, which are coming up in the Spring term throughout January. Thank you, Mr Rush, for your commitment to all sports, giving all our children the experience, and ability to try as many sports as possible.

Winter virus information

We currently have a high number of pupils and staff who have been off sick with suspected flu-like symptoms. Symptoms of influenza (flu) can include fever, an aching body, dry cough, headache, sore throat, diarrhoea or tummy pain, feeling sick and being sick. Despite school being cleaned daily using antibacterial solutions and the use of antibacterial soap and hand gels available for all to use freely. It is that time of year and many schools and people across the valley are suffering with the virus.

To reduce the spread of infection it is important to keep children with any symptoms of flu-like illness away from school until they have fully recovered, are free of symptoms and have not had a fever for at least 24 hours.

We are still encouraging good respiratory hygiene i.e., covering their nose/mouth with a tissue when coughing or sneezing, discarding tissues after use and washing hands with soap and water, it is important to reduce the risk to others.

It's that time of year...

As part of our winter preparation, I would like to inform you that we take Health and Safety very seriously in school and in the unfortunate event of extreme weather; we will aim to remain open. If we have to close school due to dangerous weather conditions, we will update our school's **Twitter page @StPaulsCESch at the earliest opportunity.** We will also update our PTA Facebook page, our school website and we will inform BBC Radio Lancashire.

Whilst waiting around our school grounds in your cars we would ask that you turn off your car engines in order to help to keep the air around school cleaner.





Elm Class Flute Concert

We are having a flute concert on Tuesday 6th December 2022 at 1:30pm until 2:00pm. This is to showcase what the children have been learning over Autumn term during their flute lessons.

Infant Nativity

Tickets will be distributed on Monday for the infant Nativity. Please ensure you have your tickets with you for the Nativity performance, as we will need to check these at the door. Everyone will need their own ticket (including children) due to fire regulations. Anyone without a ticket, unfortunately will not be able to come into school to watch the event.

Pantomime trip

We are all very excited about the pantomime trip to King George's Hall to watch Jack and the Beanstalk. As we will be watching the morning performance and our arrival back at school will be after lunchtime, children are asked to bring a packed lunch to school on that day. If your child is in receipt of free school meals, this will be provided by Mrs Hindle.

The infant pantomime trip will take place on - Tuesday 13th December.

The junior pantomime trip will take place on - Thursday 15th December.

Junior Carol Service

You are invited to join us on Wednesday 14th December for the Junior Christmas Carol Service at St Paul's Church at 9.30am. All parents and carers are very welcome to attend.

Infants Christmas Party

Wednesday 14th December the Infants will have their 'Winter Wonderland Party' in Forest School. Please wear Forest school kit and if you have a Christmas Jumper that you don't mind your child getting dirty in then they are very welcome to wear that too. Please do not go out and buy a Christmas jumper especially for this event.

Lower Juniors Christmas Party

This will be taking place on Tuesday 13th December after the Christmas lunch. Further information about party food will be making its way over to you in the next few days from your class teachers. Please can children bring their own plate of food (sandwich, crisps, chocolates, sweets) this is due to allergies within school. **Just a reminder no citrus, nuts or sesame seeds.** Please wear your party clothes or Christmas jumpers all day unless your class teacher informs you otherwise.

Upper Unit Christmas party

This will be taking place on Wednesday 14th December in the afternoon. As the Carol service is in the morning, children are invited to bring their party clothes in a bag to get changed into in the afternoon. Further information about party food will be making its way over to you in the next few days from your class teachers. **Just a reminder no citrus, nuts or sesame seeds.**





CLOSING DATE COMING SOON - PLEASE DO NOT LEAVE IT TOO LATE TO APPLY

Starting Reception in 2023

For families living in the Lancashire area who require a primary school place in September 2023 you can now apply online via Lancashire's online system at:
www.lancashire.gov.uk/schools

This is a quick and easy way and offers an email receipt of all submitted applications. Please ensure that you hit the 'submit' button when you are ready to send in your completed online application. You must apply even if you have siblings at your preferred school or academy.

The closing dates for applications for September 2023 are at 11.59pm on:

Primary applications - 15th January 2023

Pupil Leadership

One of the many things I am proud of here at St. Paul's is ensuring that our children have a voice in all we do. This week, I have met with our pupil council who have spoken on behalf of their class about things that they would like to include this year, things that they would like to change, events they would like to take part in, fundraising activities, an Eco challenge for all children, staff and families at home. Thank you to Mrs De Boutemard and the Pupil Council for putting forward Absolutely fabulous ideas and a wonderful debate about Golden time.

This week in Mindfulness club, we practiced different breathing techniques and spoke about when we could use them. We then all made a breathing wand to help us to visualise and focus our breathing.



Attendance/Holiday information

Attendance to school this year is **compulsory**, and all children must attend every day unless they are ill or have symptoms of Covid.

We are unable to authorise any absences that are not illness related unless in exceptional circumstances. There is a 'Leave of Absence' form available from the school office, however, we would ask that all holidays are taken within the holiday periods and not in term time, to avoid a fine from Lancashire County Council. A holiday list for this academic year is on our [school website](#).

To enable us to safeguard our children, may we request that if your child is absent from school you, please telephone the school on 01706 215893 by 09:00am to inform us. If we have not received a call, a member of our office staff will call you to ensure that your child is at home and is safe.





PTA

Thank you, for all the Christmas hamper donations, last week. We've made 14 large hampers for the raffle.

Tickets can be purchased on ParentPay for £1 each. We'll draw the winners on Monday 12th December at 7pm on Facebook live.

🎄🎄 Also for anyone entering our Your School lottery before 10th December 2022 will also be entered into the draw for the chance to 'Win a PS5 Bundle'. This incredible prize includes a PS5 (disc edition), extra controller, 3 amazing games, an official PlayStation Pulse headset, and loads more goodies - as well as a 43" 4k Ultra HD Smart TV to play it on!

These prizes are on top of the usual cash prizes 🎄🎄

😊 Good luck everyone 😊

Thank you for your continued support.

Kath McArragher (PTA Chair)

St Paul's Awards.

	<u>Learner of the Week</u>	<u>Our Topic Superstar</u>	<u>Our school Value Champion</u>
Amazing Acorns	Evelyn	Charlie	Thea
Awesome Ashes	Noah L-W	Amelie	Ayan
Super Sycamores	Honey	Charlotte	Ava
Outstanding Alders	Louis	Evie H	Marley
Enchanted Elms	Ruby P	Elise	Frederick
Marvellous Maples	Raphael	Liam	Benjamin B
Dazzling Elders	Charlotte A	Charlie	Emma
Wonderful Willows	Freya	Oliver K	Benjamin T
Mighty Oaks	Hadia K	Jasmine	Amelie L
Budding Blossoms	Learner of the week	George H	





Reflective Friday



Action for happiness

Living by our school values.

Each month, as part of our work based on our school values and to inspire practical actions for a happier and more caring society; our classes work through the action for happiness calendars. This month 'Do Good December' we're encouraging you to complete small acts of kindness.

December Kindness 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
5	6	7	8	9	10	11	
Give a gift to someone who is homeless or feeling lonely	Leave a positive message for someone else to find	Give kind comments to as many people as possible today	Do something helpful for a friend or family member	Notice when you're hard on yourself or others and be kind instead	Listen wholeheartedly to others without judging them	Buy an extra item and donate it to a local food bank	
12	13	14	15	16	17	18	
Be generous. Feed someone with food, love or kindness today	See how many different people you can smile at today	Share a happy memory or inspiring thought with a loved one	Contact an elderly neighbour and brighten up their day	Look for something positive to say to everyone you speak to	Give thanks. List the kind things others have done for you	Ask for help and let someone else discover the joy of giving	
19	20	21	22	23	24	25	
Contact someone who may be alone or feeling isolated	Help others by giving away something that you don't need	Appreciate kindness and thank people who do things for you	Congratulate someone for an achievement that may go unnoticed	Choose to give or receive the gift of forgiveness	Bring joy to others. Share something which made you laugh	Treat everyone with kindness today, including yourself!	
26	27	28	29	30	31		
Get outside. Pick up litter or do something kind for nature	Call a relative who is far away to say hello and have a chat	Be kind to the planet. Eat less meat and use less energy	Turn off digital devices and really listen to people	Let someone know how much you appreciate them and why	Plan some new acts of kindness to do in 2023		

ACTION FOR HAPPINESS

Happier · Kinder · Together









HO HO HO!
**Santa's
Crafthouse!**

Children and Family
**Wellbeing
Service**

Lancashire
Adult Learning

**LET US SPREAD SOME
CHRISTMAS CHEER!**

It's that wonderful time of the year when we start getting ready for celebrations, holidays and family time.

Let Lancashire Adult Learning work
With you and your families to get
ready for the festive period!

Our talented teachers would like to come and teach your families some simple and effective craft skills to make fun and exciting decorations for the festive period - make this a personal celebration like no other!

Whether you celebrate Christmas or not - this is a great event to spend time together and learn as a family.

Tuesday 13th December at 4:15pm-5:45pm
The Zone, Old Fire Station, Rawtenstall BB4 8EW
Please email RossendaleGroupWork@Lancashire.gov.uk
to book on or call 01706237780.

We understand not all communities celebrate Christmas, and that's ok - why not ask for more information about Winter Crafts workshop!

lancashire.gov.uk



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Online Safety

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 of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or warn that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert
Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEMH, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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Christmas family fun day!

SUITABLE FOR AGES 0-19 (25 FOR SEND)

- Christmas crafts - Christmas gifts - Christmas themed play - and so much more..

THE ZONE, THE OLD FIRE STATION, BURNLEY ROAD, RAWTENSTALL, BB4 8EW.
WALK-INS WELCOME! THOSE ELIGIBLE FOR FREE SCHOOL MEALS (BETWEEN RECEPTION AND YEAR SIX) PLEASE BOOK THROUGH HAF:
www.rltrust.co.uk/community/haf
FOR FURTHER INFORMATION PLEASE CALL: 01706 237780
OR EMAIL: RossendaleGroupWork@lancashire.gov.uk

21 DEC

12:30PM	- FOR HAF LUNCHES.
1-4PM	- FOR CHRISTMAS FUN, CRAFTS AND MEETING FATHER CHRISTMAS!

lancashire.gov.uk



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Hope you have a lovely weekend.

Mrs. Charlesworth

