



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 9th December 2022

Headteacher News

What an amazing and heart-warming week we have had! On Tuesday, our Junior classes were lucky enough to be invited to watch the dress rehearsal of 'Matilda' performed by Alder Grange pupils. It was lovely to see so many familiar faces with lots of our past pupils taking part. Elm's children then showcased their incredible, newly acquired flute skills with a concert for our parents and carers. I know Miss Cowgill and Mrs Blake were extremely proud. Well done Elms!

On Wednesday our Infant pupils absolutely blew us all away with their fantastic Nativity performances - our first 'live' show with an audience since 2019. It was such a pleasure to have all our parents and carers back in school for our children to share the Christmas story and the importance messages it holds. Thank you to the Mayor and Mayoress, Mrs Anne Cheetham and Mrs Dorothy Jones for joining us during our afternoon performance and your kind words. If you were lucky enough to see the children in action, I am sure you will agree they were phenomenal and we definitely have some budding actors and actresses in the making! Thank you to all the EYFS and KS1 team for all their hard work in putting together such a memorable day. It has been lovely reading all the emails we have received from parents and carers sending thanks to our team. These have been shared amongst our staff and really mean a lot.





Scarlet Fever

You will be aware that there has been a significant increase in the number of cases of children having Scarlet Fever, above that of seasonal expected levels. The early symptoms of Scarlet Fever include sore throat, headache, fever, nausea and vomiting.

After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and be pale around the mouth. This may be accompanied by a bright red 'strawberry' tongue. If you think you, or your child, might have Scarlet Fever:

- contact your GP or NHS 111 as soon as possible
- make sure that you or your child take(s) the full course of any antibiotics prescribed. Although you or your child will feel better soon after starting the course of antibiotics, you must complete the course to ensure that you do not carry the bacteria in your throat after you have recovered
- stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection. **Please report any cases of diagnosed Scarlet Fever to us.**

You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues should be disposed of immediately.

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.**

Please can we also remind parents and carers to ensure your child comes to school in appropriate clothing, especially as we are experiencing cold weather. This includes a warm coat, hat and gloves and appropriate footwear. Please note, wellies cannot be worn inside school. Please ensure all items of clothing are clearly labelled.





Dates for your diary for the Autumn term ...

Tuesday 13 th December	Infant children to the pantomime (school uniform to be worn)
	Junior Christmas dinner
	Lower juniors Christmas party
Wednesday 14 th December	Junior Carol Service 9:30am at St. Paul's Church (All welcome)
	Upper Junior Christmas party Please bring Party clothes in a bag to change into.
Thursday 15 th December	Junior children to the pantomime (school uniform to be worn) Infant Christmas dinner
Friday 16 th December	School closes for the end of Autumn term holiday 1:35pm
Thursday 5 th January	School re opens for the Spring Term

Please do check our website regularly for school updates

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 deadline - 15th January 2023

Pupil Leadership

In this week's mindfulness class, we had over 40 very excited year 3 and year 4 children come to join us to create stress balls. We spoke about what the word stress means then we reflected upon times in our lives where we could feel stressed. After each child made their own stress balls (with the help of our mental health ambassadors) we then practiced using them. Each child was then able to take them home to use when they find useful.



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)

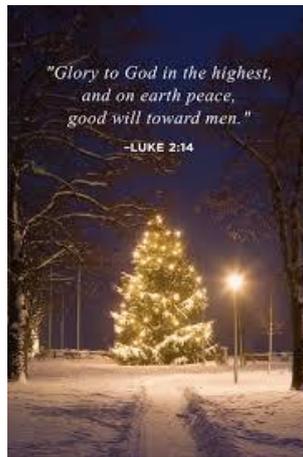
St Paul's Awards.

	<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



*"Glory to God in the highest,
and on earth peace,
good-will toward men."*

-LUKE 2:14

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



Lancashire
County
Council 



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 entralls 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 interests: 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 even 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 these 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 SEND, 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.



Sources: <https://www.bbc.com/news/technology-55209595>
<https://www.nhs.uk/news/2019/07/20190719-social-media-mental-health>



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



Hope you have a lovely weekend.

Mrs. Charlesworth

