



**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 19<sup>th</sup> December 2022

### Headteacher News

What an amazing and heart-warming term we have had!

On Wednesday our junior pupils absolutely blew us all away with their fantastic Carol Concert. It was such a pleasure to have all our parents and carers back in school and church for our children to share the Christmas story and the importance messages it holds. Thank you to all the KS2 team for all their hard work in putting together such a memorable service.

Thank you to all the parents who have supported school this week, whether that be walking down to church for the Carol service or coming on the panto trips this week. We simply wouldn't be able to run these things without you giving up your time and we very much appreciate it.

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.



Thank you to our budding musicians who performed in our guitar concert playing Christmas Carols on Friday morning. They were amazing and very talented guitarist - some only starting lessons in September! We're very proud of each of you!

Thank you to all the children who entered our non-fiction book review competition. Congratulations to Jonah from Maples who received his prize in today's celebration worship. The book reviews will be displayed in the library next term for everyone to read.





**\*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](http://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 - 15<sup>th</sup> January 2023**

### **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.

### **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.





### 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 3 <sup>rd</sup> January	INSET - Staff training - School closed for pupils
Wednesday 4 <sup>th</sup> January	INSET - Staff training - School closed for pupils
Thursday 5 <sup>th</sup> January	School re opens for the Spring Term

Please do check our website regularly for school updates

### Pupil Leadership

This week Oaks, Willows and Elders have all been busy creating cards to spread throughout our local community. We hope to spread a little cheer with their talented artwork and lovely messages to local care homes and our church parish. Thank you to all of those involved in this lovely gesture.



This week it was Student Voice's worship where they had organised an adult appreciation week. This included 'High five an adult' day, writing thank you messages and the all important chocolate treat on Friday. Student Voice also updated the school on their plans for the future including a cake sale to raise money for school and a charity fun run. More information to follow on the Student Voice website page.





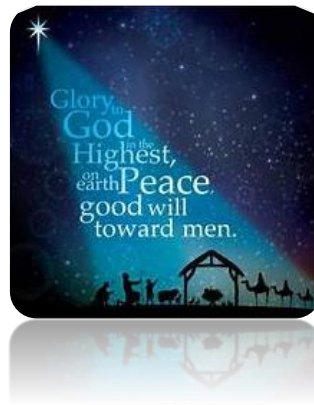
### PTA

A massive thank you to everyone who contributed by donating items and buying raffle tickets for our Christmas hampers. We raised an amazing £553!! A draw was done live this week on the PTA Facebook page and all winners have been contacted.

We are truly grateful for your continued support over the past year and on behalf of the PTA committee, I would like to wish all parents, carers and staff a very Merry Christmas and a Happy New Year!

Kath McArragher (PTA Chair)

### Reflective Friday



### Free swimming session.

Rosendale Leisure trust have very kindly given access a free swim for a child with a full paying adult. The vouchers can be used at Marl Pits Leisure Centre & Whitworth Swimming Pool from Monday 19<sup>th</sup> December 2022 - 2<sup>nd</sup> January 2023.





## 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



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

TUESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

WEDNESDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

THURSDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

FRIDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2023

SUNDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier · Kinder · Together



## 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](http://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.

**NOS National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022



# 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](http://www.rltrust.co.uk/community/haf)  
FOR FURTHER INFORMATION PLEASE CALL: 01706 237780  
OR EMAIL: [RossendaleGroupWork@lancashire.gov.uk](mailto:RossendaleGroupWork@lancashire.gov.uk)

**21  
DEC**

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

[lancashire.gov.uk](http://lancashire.gov.uk)



**Lancashire**  
County Council 





*Hope you have a wonderful Christmas filled with love,  
laughter and magical memories to treasure.  
We look forward to seeing what wonderful things 2023  
has to bring us.*

*Mrs. Charlesworth and the team at St Paul's*

