



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'.

'Love your neighbour as you love yourself.'

Luke 10

Friday 13th January 2023

Headteacher's news

Happy New Year and welcome back. I hope you have all had a lovely relaxing break and are looking forward to the exciting term ahead as much as I am. This half term our worship value will be 'Respect'. The children will be learning about what it means to show respect. How to respect themselves and others and how to respect and value others opinions.

Forest Class and Bike Shelter

We're getting giddy as we finally come to the end of our building project. Many of you have been guessing what the new build is on our school field. The children some time ago requested an Eco build forest school class. This has been in process since 2019 and was greatly delayed due to the pandemic. We can't wait for the final trimmings and ground works to be finished so we can start to use it throughout the day. Currently the infant BYT is based in there before and after school.

In addition to the build the ECO leaders and Sports ambassadors requested to have a bike shelter so that we can help to reduce the number of cars on the road, reduce emissions and remain active. Once the roof is on we are encouraging children and staff to cycle to school. However, you will need to wear a helmet and have lights on the front and back of your bikes and a lock to fasten your bike up so that you and your bike are safe and secure.

Year 2 SAT's Parent information session

Parents of year 2 pupils in Miss Fielding and Miss Gribben's class are welcome to join us for a KS1 SAT's information sharing meeting on Monday 6th February at 9.15pm in school.

If you wish to join us please show your interest by emailing your name and pupils name to school@constablelee.lancs.sch.uk

Communication

As a school, we work hard to ensure important messages reach home. Each week we send home a school newsletter. In addition to this, each class teacher also writes a class newsletter which informs you of learning which has taken place that week, any upcoming important dates and any important information which is appropriate to your child's class. We are currently in the process of updating our website. If there is something that you think would be helpful to know that we can add to our website, please let us know by emailing school@constablelee.lancs.sch.uk.





It's that time of year...

Despite it being the start of the Spring term we still take Health and Safety very seriously in school. 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.

St. Paul's Pupil Voice

The G.I.F.T (Growing in faith together) team have met to discuss our value for this half term. The value of Respect and how we have seen 'Respect' around school. The G.I.F.T team have been great in suggesting stories and songs for worship, have read prayers in worship and supported the planning and evaluating! You are all amazing! Thank you for all you do! ☺

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Reflective Friday





St. Paul's Awards.

	Learner of the week	Topic award learner of the week.	Value winner
Amazing Acorns	Harry	Ollie	Jacob
Awesome Ashes	Hannah	Aurora	Emilia
Super Sycamores	Jacob	Ruben	Hugo
Outstanding Alders	Isla	Marley	Jake
Enchanted Elms	Annie	Kane	Ava. W
Marvellous Maples	Brayden	Bethany	Levi
Dazzling Elders	Scarlett	Aqsa	Mac
Wonderful Willows	Sebastian	Ben T	Anabelle
Mighty Oaks	Lucas	Lottie	Harry
Budding Blossoms	Sama		

From next week we will start to award the class with the best attendance in school again. Try your best to be on time and in school every day. It might just be your class! 😊

Dates for your diary for the Spring term ...

Thursday 5 th January	School re opens for pupils
Thursday 19 th January	Chinese New Year - Lunch
Tuesday 31 st January - 2 nd February	Life Education Bus
Monday 13 th February - Friday 17 th February 2023	School closes at the end of the day for half term break.
Monday 20 th February	School re opens





Action for Happiness

Happier January -

If you look for reasons to be unhappy you will find them. If you look for reasons to be happy, you'll find them too. 😊

Happier January 2023

SUNDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

MONDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

TUESDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

WEDNESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down



THURSDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today



FRIDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside



SATURDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently



ACTION FOR HAPPINESS

Happier · Kinder · Together



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 HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (provided they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only contact online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5767 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent fighting their battles for them. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





Wishing you all a lovely weekend filled with fun and laughter.

Mrs Charlesworth

Parents and Carers,
tell us about your
experience of using
childcare in Lancashire



Scan the QR code or visit:
lancashire.gov.uk/childcare

lancashire.gov.uk/childcare >>>>

Lancashire
County Council 

