



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'.

Friday 22nd January 2021

Headteacher News.

It gives me great pleasure to inform you that Mr & Mrs Todd has given birth to a beautiful baby girl. They are both safe and well and enjoying lots of love and attention from her big brother and sister.

It's that time of year... winter weather is upon us, which does bring ice and snow.

Please ensure that when driving and walking in our school grounds that you drive slowly around the ring road and walk with care to prevent you from slipping.

As part of our winter preparation, we regularly check the weather forecast and this weekend I am hoping that the sun is here to stay.

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, please note that the decision is never taken lightly.

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.

Free school meals.



For any parents, whose circumstances have changed and think their child(ren) maybe entitled to Free School Meals, please can an application form be completed. Parents can apply electronically via the link below or can complete a paper application form.

Registering for the Free School Meal service also means the school will receive additional funding for your child, which is called Pupil Premium.

https://lancashire-self.achieveservice.com/service/Free_school_meals_and_pupil_premium

Please note that younger siblings of pupils who are already entitled will not automatically qualify for Free School Meals. If a family's circumstances have changed and cease to be entitled to qualifying benefits, the elder children will be protected but any new children will not qualify. This is why Pupil Access Team require applications completing so they can properly assess new sibling's entitlement.



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Home Learning

Following government guidance, we plan to continue to host our daily check - in via zoom and deliver our learning via our learning grids which will be supplemented by high quality video content such as Oak Academy, White Rose Maths and BBC Schools. In addition to this, we will provide daily learning materials for your child to complete at home. These can be found at <https://stpaulsrawtenstall.co.uk/home-learning-2/>

This week all our staff would like to say a huge WELL DONE to all the parents at home. Whatever your personal circumstances, we think you are doing an amazing job. Please do not worry if your child has stayed up late, if they have played too long on the x-box and not done all their work. That's fine. You have to do what is right for you and your family. Be kind to yourself. The world is hard enough right now. We know our pupils as **safe, loved and cared for** and that is the most important thing at the moment. **Please do not let school work put any extra pressure on you** when you are trying to hold down jobs, earn a living and keep your child/ren safe.

Please be kind to yourselves. We are all facing uncertain times and we are all doing the best we can. We know how difficult it is to work from home and try to home teach children of different ages. **Do what works best for you and your families.**

The little people in our lives are the most important and if they are struggling, please do not feel guilty if you need to switch off. Go for a walk, read a book, listen to music, laugh and try to embrace this time together.

Their happiness, safety and well-being is paramount to us right now.

If you are having difficulties with IT such as one laptop between two/three children or require additional internet please let us know as we can allocate free internet for families who cannot access the internet.

If you require access codes please email school@constablelee.lancs.sch.uk and we will alert your class teacher.



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Actions for Happiness

How can we start this New Year happier? Things have certainly not been easy over the last year, and we are still in difficult and uncertain times. The best way to try to handle our difficult emotions and experiences is by focusing on what we can control. This month, we're encouraging everyone to focus on small steps to try to boost happiness - for ourselves and others around us - to spread kindness and hopefully inspire others to do the same.



ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi</p>				<p>1 Find three good things to look forward to this year</p>	<p>2 Make time today to do something kind for yourself</p>	<p>3 Do a kind act for someone else to help to brighten their day</p>
<p>4 Write a list of things you feel grateful for in life and why</p>	<p>5 Look for the good in others and notice their strengths</p>	<p>6 Take five minutes to sit still and just breathe</p>	<p>7 Learn something new and share it with others</p>	<p>8 Say positive things to the people you meet today</p>	<p>9 Get moving. Do something physically active (ideally outdoors)</p>	<p>10 Thank someone you're grateful to and tell them why</p>
<p>11 Switch off all your tech 2 hours before bedtime</p>	<p>12 Connect with someone near you - share a smile or chat</p>	<p>13 Be gentle with yourself when you make mistakes</p>	<p>14 Take a different route today and see what you notice</p>	<p>15 Eat healthy food which really nourishes you today</p>	<p>16 Get outside and notice five things that are beautiful</p>	<p>17 Contribute positively to a good cause or your community</p>
<p>18 Focus on what's good, even if today feels tough</p>	<p>19 Get back in contact with an old friend you miss</p>	<p>20 Go to bed in good time and give yourself time to recharge</p>	<p>21 Take a small step towards an important goal</p>	<p>22 Try out something new to get out of your comfort zone</p>	<p>23 Plan something fun and invite others to join you</p>	<p>24 Put away digital devices and focus on being in the moment</p>
<p>25 Decide to lift people up rather than put them down</p>	<p>26 Say hello to a neighbour and get to know them better</p>	<p>27 Challenge your negative thoughts and look for the upside</p>	<p>28 Ask other people about things they've enjoyed recently</p>	<p>29 Use one of your personal strengths in a new way</p>	<p>30 Count how many people you can smile at today</p>	<p>31 Write down your hopes or plans for the future</p>

ACTION FOR HAPPINESS







www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Sports Desk Challenge - #21minutechallenge

Rossendale School Sports Partnership have put together a number of resources to help our children and families stay active during this lockdown. To support this, they have launched the 21 minute challenge. The aim is to take part in at least 21 minutes of continuous exercise every day, whether it is going out for a walk, taking part in a home learning task from school, playing out with siblings or completing a Joe Wicks workout. We are encouraging our school and home learners (and their families) to take part and log their daily activities. Please follow the home learning links on our school website for the activity log. It would be amazing to see as many of our families getting out and being active.



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Reflective Friday



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