



**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'.*

*'When I'm afraid, I put my trust in you'*

*Psalm 56.3*

Friday 11<sup>th</sup> September 2020

### Headteacher news

This week has been such a joy to have our school fully open to all our children. It has been great to see our new reception children settle in so well. We offer a very warm welcome to those who are new to our school family this term. Please speak to your class teacher if you have any questions about our school, rules and routines.

### Staff news

It gives me great pleasure to inform you that our school family is extending again. From all the staff and Governors, we would like to give huge congratulations to Mrs Todd and Mrs Gull and their families on the wonderful news of their upcoming new arrivals. We can't wait to meet them. ☺

We're aware that some parents have not been receiving emails from the school over the summer period as they were going to email junk folders. Please can you check your junk folder and ensure that any school emails have been read and actioned. We may need to communicate a significant amount of important information over the next few weeks and months and it is crucial that all parents are receiving this information. Updated information can also be found on our school website, PTA Facebook and our school Twitter page.

### Starting Reception in 2018 or moving onto high school

For families living in the Lancashire area who require a primary or secondary school place in September 2018 the means of application is via Lancashire's new 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 2018 are at 11.59pm on:

Secondary applications - 31<sup>st</sup> October 2020

Primary applications - 15<sup>th</sup> January 2021



*#staysafe #bekind #wearamask*





## Important updated information regarding coronavirus.



As you are all aware there is a current peak in Rossendale. We have many staff, parents, grandparents and children who enter our school grounds who have underlying health conditions. Due to the large numbers of people on our playgrounds, despite our staggered start and collection times, **it is extremely important that all adults wear masks at drop off and collection times to avoid spreading the virus further.** If this is not adhered to, we will have no other option than to further spread out our opening and closing times and install the one-way system again and close off the ring road to all traffic. **Please be responsible and help everyone in our school family to stay safe!**

If anyone in your school becomes unwell with a new, continuous cough or a high temperature, or has a loss of, or change in, their normal sense of taste or smell (anosmia), they must be sent home and be advised to follow the [guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#). This sets out that they must:

- self-isolate for at least 10 days
- arrange to have a [test to see if they have coronavirus \(COVID-19\)](#)

### Self-isolation and testing

We have received a document from the government in which they ask us to pass on specific information to you as parents. This information is as follows:

*If a pupil, student or staff member develops one or more of the main coronavirus symptoms, only they should be tested. There is no need for their households to have a test, unless they are also symptomatic. Unless a pupil, student or staff member has one of the three main coronavirus symptoms (a high temperature, a new, continuous cough, the loss or change of their sense of taste or smell), they should only be tested if instructed otherwise by the local authority, health protection team or their GP. As schools and colleges across England return, pupils and students may feel unwell for example with a sore throat, stomach upset or a headache. These pupils and students don't need to book a test but may need to stay off school or college and seek medical advice through their GP or pharmacist as usual.*

We also need to ask you to be prepared for the eventual scenario where we have to send a class or even Key Stage bubbles home. This will be the case if we are advised to by Public Health England following a confirmed COVID19 case within school. If this happens, we cannot send pupils home with the rest of the school population so we will have to ring you and ask you to come and collect your child. We are aware that this is not ideal, but we cannot risk the further transmission of the virus once we know it is potentially present.

If a class/year group is sent home, this will be for a period of 14 days from the onset of the case - we will confirm the specifics of the case with Public Health England and provide a letter giving you these details. Your child will need to self-isolate and work will be provided for them via Oak Academy. Government advice is that your household does not also need to self-isolate because your child is a "contact" not a "case". The situation changes if your child begins to develop symptoms.



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### School grounds

We realise how difficult it can be to park close to school, especially on wet days however please be mindful of the same parking etiquette on school grounds. Do NOT park in the disabled spaces or in our STAFF carpark even when dropping off and collecting for BYT and be respectful to our neighbours by not blocking their driveways or leave your engines running. We must all play a part in keeping our children safe. We would encourage as many of you to walk or cycle to school.

### Dinner Money

The cost of our daily lunch is £2.30. This allows you to ensure that your child has a choice of well-balanced meals each day. Payment should be paid via Parent Pay in advance at a charge of £11.50 per week however this week the cost for school lunches is £6.90.

### Free school meals and pupil premium

Your child will get free school meals if they're in Reception class, Year 1 or Year 2. You will however still need to register with us if you are in receipt of any of the following benefits as your child's school can get extra funding, called pupil premium. Children in years 3, 4, 5 or 6 could also be entitled to free school meals.

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

If you require further information, please contact our school office.

### Attendance/Holiday information

Attendance for the last school year was 97% which is good.

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 9.15am 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.

### Dates for your diary...

Monday 26<sup>th</sup> October - Half Term holiday week

Friday 9<sup>th</sup> October - Hello Yellow Well-being day

Monday 2<sup>nd</sup> November - Staff training day - School closed

Tuesday 3<sup>rd</sup> November - Children return to school from half term break



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**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. September is our self-care month. Understanding that self-care is not selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month we're encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.

**ACTION CALENDAR: SELF-CARE SEPTEMBER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>7</b> Remember it's ok not to be ok. We all have difficult days <b>14</b> Talk kindly to yourself like you would to someone you love <b>21</b> Remind yourself that you are loved and worthy of love <b>28</b> Accept your mistakes as a way of helping you make progress	<b>1</b> Remember that self-care is not selfish. It's essential <b>8</b> Notice the things you do well today, however small <b>15</b> Find a caring, calming phrase to say to yourself when feeling low <b>22</b> Look at photos from a time with happy memories <b>29</b> Write down three things you appreciate about yourself today	<b>2</b> Be willing to share how you feel and ask for help when needed <b>9</b> Avoid saying 'I ought to' or 'I should' to yourself <b>16</b> Notice what you are feeling today, without any judgment <b>23</b> Let go of other people's expectations of you today <b>30</b> You matter. Remember that you are enough, just as you are	<b>3</b> Free up time in your diary by cancelling any unnecessary plans <b>10</b> Give yourself permission to say No to requests from others <b>17</b> Leave positive messages for yourself to see regularly <b>24</b> Ask a trusted friend to tell you what they like about you	<b>4</b> Forgive yourself when things go wrong. We all make mistakes <b>11</b> Aim to be good enough, rather than perfect <b>18</b> Don't compare how you feel inside to how others appear outside <b>25</b> Release yourself from inner demands and self-criticism	<b>5</b> Plan a fun or relaxing activity this weekend and make time for it <b>12</b> Let go of being busy. Allow yourself to take some breaks today <b>19</b> Get active outside and give your mind & body a natural boost <b>26</b> Find a new way to use one of your strengths or talents today	<b>6</b> Focus on the basics: eat well, exercise and go to bed on time <b>13</b> Make time today to do something you really enjoy <b>20</b> No plans day - make time to slow down and be kind to yourself <b>27</b> Take your time. Make space to just breathe and be still

**Self-care is not selfish. You can't pour from an empty cup**

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)  
 Learn more about this month's theme at [www.actionforhappiness.org/self-care-september](http://www.actionforhappiness.org/self-care-september)  
 Keep Calm · Stay Wise · Be Kind

**PTA**

We would like to say a huge welcome back to existing parents/carers and all those who are new to our fantastic school. This year will obviously be very different from previous years with regards to events, but we will keep you all updated in the weekly newsletters and on our Facebook page.

In the meantime, don't forget we still have our clothing recycling box, this is still being collected regularly and is an easy and safe way for us to raise some funds for the school.

We have also registered with AmazonSmile, we've been looking at ways to try to raise money for our PTA and came across AmazonSmile. It's a great way for us to raise money purely on donations from Amazon when you shop with them. It doesn't cost you any extra, but you do have to link your Amazon account to it and choose St. Paul's School PTA to start generating donations from your purchases.

For more information please see the post on our Facebook page (St Paul's Rawtenstall PTA) or you can contact us by email at [stpaulsrawtenstallpta@gmail.com](mailto:stpaulsrawtenstallpta@gmail.com)

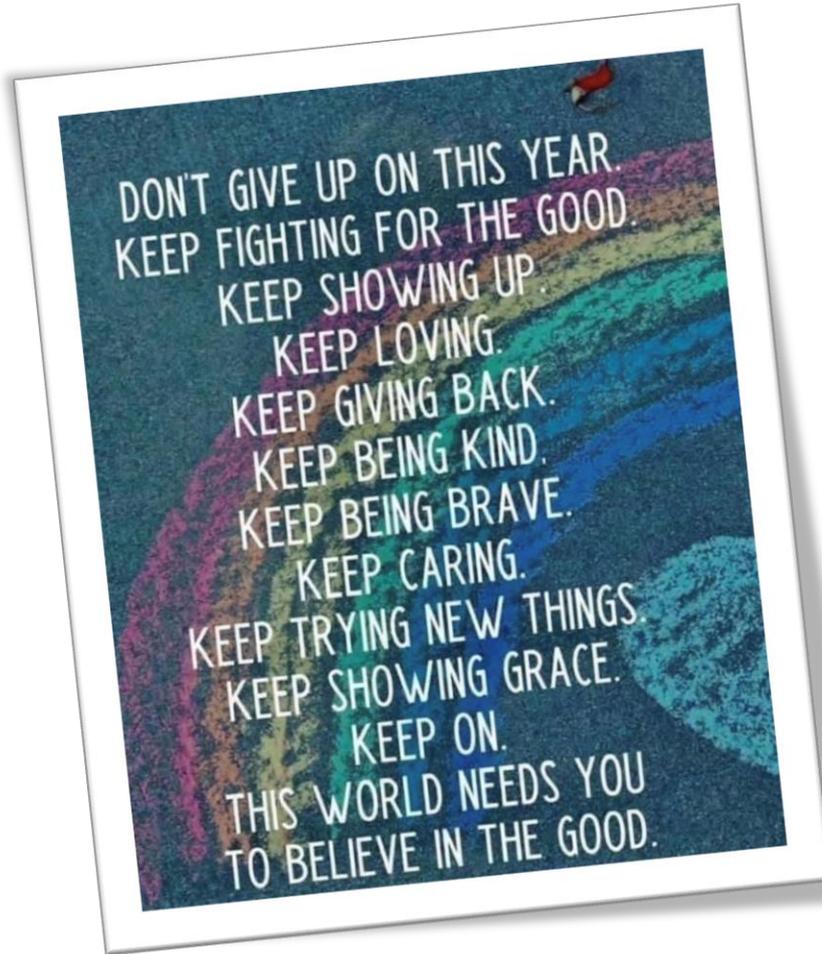
We look forward to a great year ahead!  
 Kath McArragher (PTA chair)



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Reflective Friday



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