



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 5th February 2021

Headteacher News.

We have made it through another week and are very nearly at the end of another strange half term. Please can I thank you all for your continued support and kind words. We really do appreciate it and it is a real boost for all our staff. Well done to all of you who are juggling home learning, working from home and providing the best you can for your children. It has been lovely to see the examples of learning which have taken place at home and it has been delightful to walk around school seeing all your children's faces and hearing the sounds of laughter whilst on their Zoom sessions with their class teachers. Please contact your child's class teacher via their class email address if you are still struggling to access the Zoom sessions.

You may be aware that another announcement was made this week to confirm that schools will continue to only remain open to critical worker and vulnerable children families until **8th March at the earliest**. Therefore, our online learning and daily Zoom sessions will continue after the half term break.

Children's Mental Health Week 2021 - Express Yourself

Week: 1st - 7th February is Mental Health Awareness week and the theme was 'Express Yourself'.

Today children both at home and in school wore various outfits in a range of colours which showed how we express our feelings. It was great to see the children via Zoom and in school engaging and displaying self-expressions, and that we have been able to celebrate a diverse range of emotions. We have been completing lots of different mindfulness activities this week and will continue with this through to next week as well.



Wellbeing afternoons

Each week, every class will be taking part in a wellbeing afternoon. The activity will be different each week and each class will be taking part. This gives the children the opportunity to have some fun and also take part in different activities each week. We know how intense it can be for some of the children at school and those of you at home. You are all working really hard, so we thought it might be nice, during this strange and difficult time to take part in this. If you are at home, you can join in whenever you want to fit it into your weekly schedule.

****On Friday 12th February we will be having a film afternoon**.** If your child would like to bring in a treat to enjoy whilst watching the film, then they can do so, but **please ensure there are no citrus or nut products.**

Don't forget to check the class newsletters via the school website for updates on the theme for the wellbeing afternoons each week.



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ASDA foundation ASDA community

Children that are eligible for free school meals and not attending school are currently provided with a £15 food voucher from the Government to cover food costs .

Asda Community Champions have sent schools a weekly Meal Plan and shopping list which gives families ideas of how to spend £15 or less to make nutritious meals during this time. We thought this was a great idea to share with ALL OUR FAMILILES.

Asda have also sent through an Activity pack to provide some fun activities for our children to do at home. I've attached both of these for you to look at.

You can download or print off the activity pack at home, this is the link.....

asda.com/creating-change-for-better/better-communities/community-champions



Free school meals.



Are you entitled?

For any parents/carers, 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.

Winter Weather

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. 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](https://twitter.com/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.



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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. We have also been allocated a small number of laptops from the DfE which we can loan to families. Please note, this will be based on your family's circumstances and needs.

If you require access codes or feel your family may be eligible for a laptop, please email school@constablelee.lancs.sch.uk and we will alert your class teacher.



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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.

Dates for your diary...

Friday 12th February - Wellbeing Film afternoon at home and in school

Monday 15th February - Half Term holiday week

Monday 22nd February - School re-opens for vulnerable and critical care worker children.

Reflective Friday



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Action for happiness: Friendly February We all need each other more than ever right now!

This month let's focus on reaching out to connect with others and doing our best to be a good friend. Our acts of kindness and connection ripple out and impact so many more people than we realise - and they also boost our own happy hormones too! In stressful times people around us may be feeling the strain, so let's try to keep calm, take time to listen and show compassion.




ACTION CALENDAR: FRIENDLY FEBRUARY 2021




| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|--|
| 1 Send someone a message to say how much they mean to you | 2 Ask a friend how they have been feeling recently | 3 Do an act of kindness to make life easier for someone else | 4 Organise a virtual 'tea break' with colleagues or friends | 5 Show an active interest by asking questions when talking to others | 6 Get back in touch with an old friend you've not seen for a while | 7 Make an effort to have a friendly chat with a neighbour |
| 8 Share what you're feeling with someone you really trust | 9 Thank someone and tell them how they made a difference for you | 10 Look for the good in people, even when they frustrate you | 11 Send an encouraging note to someone who needs a boost | 12 Focus on being kind rather than being right | 13 Send a friendly message of support to a local business | 14 Tell your loved ones why they are special to you |
| 15 Smile at the people you see and brighten their day | 16 Check in on someone who may be struggling and offer to help | 17 Respond kindly to everyone you talk to today, including yourself | 18 Appreciate the good qualities of someone in your life | 19 Share a video or message you find inspiring or helpful | 20 Make a plan to connect with others and do something fun | 21 Actively listen to what people say, without judging them |
| 22 Give sincere compliments to people you talk to today | 23 Be gentle with someone who you feel inclined to criticise | 24 Tell a loved one about their strengths that you value most | 25 Thank three people you feel grateful to and tell them why | 26 Give positive comments to as many people as possible today | 27 Call a friend to catch up and really listen to them | 28 Make uninterrupted time for your loved ones |



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS







www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/friendly-february



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