



**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 5<sup>th</sup> March 2021

### Headteacher News.

You will have hopefully received your back to school information via your Parent Pay account. We appreciate that there is a lot of information to digest so thank you for spending the time to read through the information carefully to enable us to keep everyone as safe as possible and provide a smooth transition back to school.

It is really important that you continue to follow the current government's lockdown guidelines whilst outside of school. This is vital to keep everyone in our school family as safe as possible. We politely ask that you do not mix with other families unless they are part of your support bubble. We really want to try to avoid any closures of bubbles which would result in your child having to complete their learning at home again. Thank you for your help and understanding.

We are asking that children continue to come in their **own clothes until after the Easter holidays**. Please ensure these are clean clothes every day. This will also hopefully give you additional time to get their uniform together as I am sure many of your children will have had a growth spurt over the last few weeks. This also means they can come to school after Easter in their summer uniform, weather permitting. Fingers crossed for lots of sunshine this summer.

We would like to thank you for all of your support during this difficult period. The kind words many of you have shared with us have been really appreciated by staff and have lifted spirits across school. We appreciate the difficulties you have all had to face whilst your children have completed their learning at home and know that many of you have supported this whilst also working. Likewise, we know that the families of our children currently in school have faced difficulties with many of you working on the front line. A heartfelt thank you goes out to everyone.

I would also like to say a huge thank you to all our staff in school. Without them, none of this would have been possible. They have worked tirelessly to ensure they provide the best for your children both in school and at home. I could not be prouder to be part of such an amazing team.

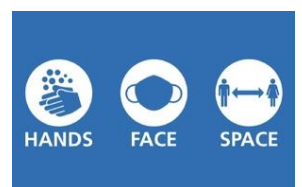
Our staff and children currently in school cannot wait to have all our school family back together on the 8th March and hopefully begin to return back to some form of normality. Parents- you did it!

### Updated Contact Details

Please can we ask that you ensure the school office have your most up to date contact details including any change of addresses. Please also remember to update your ParentPay account with any changes. We are aware that some parents are not receiving texts or emails due to the contact details being incorrect.



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### Polite Reminder

Please do not park in our staff car park, Alder Grange car park or the bus area to drop or collect your children from school. Please ensure you use our ring road drop off zones or during busy periods, you may need to park on Hollins Lane and walk to school.

Please can I also remind parents that **smoking is not permitted** anywhere on our school grounds including the ring road. This also includes the use of electronic cigarettes. **We continue to request that parents and carers wear masks whilst on the school grounds unless you have a medical exemption, including BYT parents.** This is to protect all our school family.

I have also been informed that some children are arriving late. As you are aware, we are following the government's advice by having staggered start and finish times. It is important that your child arrives and is collected at the correct time which I have added again below for your information. We cannot keep external doors open whilst waiting for children to arrive for safety reasons. Thank you for your support and understanding.

Class & Teacher	Start time	Finish time
Acorns - Miss Cavaney	8.40am	3.00pm
Ashes - Miss Pounder	8.40am	3.00pm
Sycamores - Miss Fielding	8.50am	3.10pm
Alders - Miss Cowgill	8.50am	3.10pm
Elms - Mrs De Boutemard	8.40am	3.00pm
Maples - Miss Yates	8.40am	3.00pm
Elders - Mrs Nolan	8.50am	3.10pm
Willows - Mrs Cooper	8.50am	3.10pm
Oaks - Mrs Lee	8.50am	3.10pm
Blossoms- Mrs White	8.50am	3.00pm

### World Book Day

It was lovely to see everyone dressed up yesterday for World Book Day. Class teachers were also really impressed to see the outfits which the children were wearing at home. I know the children in school enjoyed the activities and I cannot wait to see what the children at home completed. Do not forget to send photographs of your day to your child's class email.

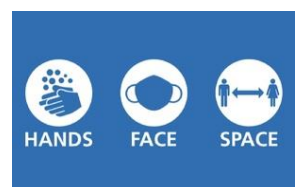
### Life Education Van

On Wednesday 10<sup>th</sup>, Thursday 11<sup>th</sup> and Friday 12<sup>th</sup> March, we will be visited by the Life Education team. However, due to social distancing restrictions, things will look a little different this year. Unfortunately there will be no parent sessions and we will not be able to visit the van. However, the team will be coming into classrooms across school. Full PPE will be worn and social distancing will be maintained. The Life Education team are a charity and our annual visits do rely on parental donations. With this in mind, **we are asking for a contribution of £4** (via ParentPay) in order to support the visit and the children's learning in PSHE which can be made via your ParentPay account. Thank you in advance.

There will also be an opportunity for your child to buy a 'bendy pencil' from the Life Education Team. If your child would like to purchase one, please bring £1 into school and these can be ordered via your child's class teacher.



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## Free school meals. **\*\* Change in circumstances\*\***



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](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.

## Dates for your diary...

Monday 8<sup>th</sup> March - all children to return to school

Wednesday 10<sup>th</sup>, Thursday 11<sup>th</sup> & Friday 12<sup>th</sup> March - Life Education will be in school working with all children

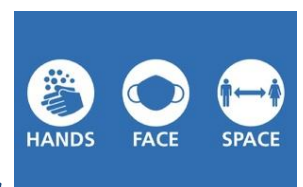
Monday 10<sup>th</sup> May- Tempest Photography- school photos

Thursday 13<sup>th</sup> May - RECEPTION CLASS ONLY - Vision Screening

## Reflective Friday



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## Action for happiness: Mindful March

Let's take the time to pause, breathe and really take in what's all around us. This month we're encouraging you to take some time to look within. Learning to be more mindful and aware can do wonders for our well-being in all areas of life - like the way we eat, the things we notice or our relationships. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future - so we get more out of the day-to-day. It can also help us identify what we're grateful for, which has been proven to help boost your happiness levels!




# ACTION CALENDAR: MINDFUL MARCH 2021




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness <a href="http://dayofhappiness.net">dayofhappiness.net</a>	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p><b>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</b></p> 			

ACTION FOR HAPPINESS







[www.actionforhappiness.org](http://www.actionforhappiness.org)

**Happier · Kinder · Together**

Learn more about this month's theme at [www.actionforhappiness.org/mindful-march](http://www.actionforhappiness.org/mindful-march)



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