



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 12th March 2021

Headteacher News.

I cannot begin to explain how lovely it is to have all our school family back together. The corridors have been filled with sounds of laughter and lots of learning taking place. A special thank you this week to all our staff in school who have made the transition for all children returning as calm, happy and as safe as possible. Our aim for this week was for all children to leave each day with a smile on their faces and I think we have definitely achieved that.

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.

Lockdown Local Heroes

On Friday 19th March, we are holding a 'Local Hero' day. We are inviting children and staff to come to school dressed as someone who is a hero in their eyes. This could be a member of their family, a friend, a member of school staff, someone who has worked all through the pandemic, NHS workers- the list is endless. We are looking forward to the children sharing their reasons for why they have chosen that person as 'their hero'.

Within our local community, we are extremely fortunate to have lots of charities who work tirelessly to support others. With this in mind, we would like to help two charities in particular who we know have really helped lots of our families at St Paul's over the past 12 months. These are 'The Raft Foundation' and 'Rossendale Hospice'. We are asking that on Friday, if you are able to help, that you bring items for Raft into school. This can include items such as corned beef, tinned potatoes and tomatoes, long life milk, jam, toothpaste, soap sanitary pads and nappies (particularly sizes 5 and 6).

We are also asking for a donation towards the hospice, again only if you are able to. This can be done via your Parent Pay account (from Tues 16th March) or by bringing cash into school. Your child's class teacher will have a pot for the money which will be quarantined for 72 hours. It does not have to be lot. Even if it is a tin of beans and 50p. Every little donation will make a huge difference.

Thank you for helping us with supporting these amazing charities.



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Life Education Van

This week we have been really fortunate to welcome the Life Education Team into school to work with the children at this most critical of times as they return to school after lockdown. Every class has taken part in their 'Life Education' session. The children have had lots of fun. Thanks to your kindness the team have been able to work with the children on health and wellbeing ideas, stress relieving techniques, mindfulness and coping strategies. It really has been invaluable. They also had a surprise visit from 'Harold' the giraffe. Thank you for your contributions towards this. Without your help, it would not be possible to fund this event. **It is not too late to make your contribution via Parent Pay if you have not already done so.**



Eco/ Science Week

We have had a very busy week in school with our Eco and Science week. There have been lots of amazing activities and learning opportunities taking place such as using jars to create candle holders, making recycled paper, planting grass seed caterpillars, learning about famous scientists and planning and carrying out lots of experiments. Special thanks to Miss Cowgill and Mrs Smith for organising this.



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PTA News

Welcome back! It's been lovely seeing all the children back in school this week.

Our Easter bunnies have been very busy putting together 3 wonderful Easter hampers. For a chance to win simply visit ParentPay where tickets can be purchased now for £1 per ticket. Entries will close on Sunday 21st March. We'll draw the winners on Facebook on Wednesday 24th March.

Also 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.

Thank you all for your continued support!
Kath McArragher (PTA chair)

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.

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.

Free school meals.



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.



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Dates for your diary...

Wednesday 24th March- Easter Lunch Special Menu

Friday 26th March- Finish for Easter at 1:35pm

Monday 10th May- Tempest Photography- 'Class' school photos

Thursday 13th May - RECEPTION CLASS ONLY - Vision Screening

Reflective Friday

**WHEN LIFE PUTS
YOU IN TOUGH
SITUATIONS, DON'T
SAY "WHY ME"
SAY "TRY ME"**



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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 dayofhappiness.net	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>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p> 			

ACTION FOR HAPPINESS







www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/mindful-march



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