



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

## Headteacher News.

I cannot believe we are about to enter our final week of the Spring term. It has certainly been a strange term but one which has been filled with bravery, perseverance and a whole bucket full of determination from everyone. The children have all settled back into school life and I know all the staff have loved having all the children back together. We have had another busy week filled with lots of fun and exciting learning opportunities.

**We will be finishing school on Friday 26<sup>th</sup> March** for the Easter break. Please see below for your child's staggered home collection times.

Please can we remind parents of children who attend BYT on Friday that it will close at 5.00pm. Mrs Wootton has sent additional information for parents of children who attend BYT.

Bubble number	Name	Collection time
1	Acorns - Miss Cavaney Ashes - Miss Pounder	1.30pm
2	Sycamores - Miss Fielding Alders- Miss Cowgill	1.40pm
3	Elms - Mrs De Boutemard Maples - Miss Karimdad Blossoms- Mrs White	1.30pm
4	Elders - Mrs Nolan Willows - Mrs Cooper Oaks - Mrs Lee	1.40pm

## 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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## Lockdown Local Heroes

We are absolutely overwhelmed with the amount of donations we have received for the Raft Foundation and Rossendale Hospice. Thank you so much for your help in supporting these local charities who make a difference to lives every single day. **If you still want to make a donation for Raft, please drop this off in the school office entrance hall on Monday. Likewise, you can still make a donation to Rossendale Hospice via your Parent Pay.**



**Wow!!!** We have collected **£200.27** so far for the Hospice



It has been lovely to see all the children dressed as their local lockdown heroes-they have worn their outfits with pride. There have been a few tears amongst our staff as we have listened to their reasons for choosing their heroes.



## **PTA News**

The draw for the Easter hampers is next week (22<sup>nd</sup> March). Do not forget to get your raffle tickets on Parent pay by Sunday 21st to be in with a chance of winning one of our fantastic hampers. We will be drawing the winners live on Facebook on Wednesday 24th March. Good Luck everyone.  
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)



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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.

### 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](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...

Wednesday 24<sup>th</sup> March- Easter Lunch Special Menu

Friday 26<sup>th</sup> March- Finish for Easter - please refer to the newsletter for your child's finishing times

Monday 10<sup>th</sup> May- Tempest Photography- 'Class' 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				

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



**ACTION FOR HAPPINESS**



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

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

**Happier · Kinder · Together**



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