



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.'

'I am the way, the truth and the life'.

John 14.6

Friday 21st April 2023

Headteacher's news

Welcome to the summer term, we have a very busy term ahead and what a lovely first week we have had this week in school. It has been wonderful to have you all back in school with the added bonus of the lovely weather this week. This week's Newsletter is a whopper so grab a brew and some cake before you read this one.

To all our families who have been and will be celebrating Eid this weekend a very special Eid Mubarak from our school family to yours. We hope you have a wonderful time celebrating with your families.



On Wednesday Alders went to a cricket festival at Bacup cricket ground. Whilst there the children learnt new skills and practised skills, they already had on 10 different activities.

The children enjoyed trying all the activities and encouraged one another to keep trying when it was tricky. We had a fantastic morning.

Willow's class had an AMAZING time at Tatton Hall on Wednesday 19th April. For the whole day, the children were in role as Victorian servants and by the end of the day the Lady of the house said that she would employ them all. The day consisted of many activities from scrubbing the floors, to making scones and learning how to make the luxurious beds. Finally, we had a tour around the grand state home and found out many interesting facts. Our class were impeccably behaved and we thoroughly enjoyed the day.



On Thursday Alders had their class trip to the Imperial War Museum in Manchester. The children enjoyed finding out new information about World War 1 and enjoyed asking the guides questions about the artefacts. The children enjoyed the activity zones and had lots of fun whilst there.





Final week to order your Year 6 Leavers hoodies.

Year 6 leavers hoodies are now available to order. These can be purchased through the attached link <https://stpauls2023.secure-decoration.com/>

If you wish to order a hoodie for your child, please note that the cut-off date is **28th April** for all orders. Payments and orders can only be taken through the website link, not school. Many thanks go to Mrs Bissett for organising these again this year.

St. Paul's Awards.

	<u>Learner of the week</u>	<u>Topic award learner of the week</u>	<u>Value winner</u>
Amazing Acoms	Wilf	Ollie	Amelia
Awesome Ashes	Ethan M	Sophia	Joseph
Super Sycamores	John-Paul	Rupert	Ethan
Outstanding Alders	All Alders Class	Jake	Marley
Enchanted Elms	Ivy	Annie	Ava R
Marvellous Maples	Sebastian L	Willow	Raphie
Dazzling Elders	James T	Bella	Ruby
Wonderful Willows	All Willows Class	Brooke	Alice
Mighty Oaks	Stanley	Freya S	Jasmine
Budding Blossoms			

Parent helpers

We have a number of trips coming up over the summer term and wondered if any of you would like to come and join us. We currently would love for volunteers to come to the Science Festival at Preston Uclan on Thursday 18th May.

If you are interested in volunteering for this or other events, then please email school@constablelee.lancs.sch.uk

Pupil Leaders



A big green THANKYOU from the Green Team! On the last week of term, we asked the children to collect as many bags of rubbish as they could as part of the National Keep Britain Tidy campaign. We collected 163 bags of rubbish across the week! This is amazing that so much rubbish was cleared from our local area making it safer for wildlife animals and plants but also it saddens us that this amount was collected. Going forward from this the Green Team are contacting our local MP and council to request more bins around our school path.





Student Voice



Thank you to all who supported our cake sale. Student Voice Leaders choice to spend the money raised on resources to support their learning in class. They selected and ordered the resources that each of the classes requested, and this week have organised and delivered them to each class. Thank you again for your support.

Union Strikes

As many of you are aware none of our teachers have been striking for their own pay increase. They have been striking regarding the cuts to educational funding which then impact on them, their teaching and what we can provide as a school for all our children. The unions have given two more dates for strike action to take place.

	Thursday 27 th April	Fri 28 th April	Sat 29 th April	Sun 30 th April	Mon 1 st May	Tuesday 2 nd May	Wednesday 3 rd May
Amazing Acorns	Class open to all	INSET DAY School - Staff training day.	Weekend	Weekend	Bank Holiday Monday	Class open to all	Class open to all
Awesome Ashes	Class open to all					Class Closed Union Strike	Class open to all
Super Sycamores	Class open to all					Class open to all	Class open to all
Outstanding Alders	Class open to all					Class Closed Union Strike	Class open to all
Enchanted Elms	Class open to all					Class open to all	Class open to all
Marvellous Maples	Class Closed Union Strike					Class Closed Union Strike	Class open to all
Dazzling Elders	Class Closed Union Strike					Class Closed Union Strike	Class open to all
Wonderful Willows	Class Closed to Yr5 Class open to Year 6. Year 6 Teacher in school					Class Closed AM to Yr5 & Yr6	Class open to all
Mighty Oaks	Class open to all					Class open to all	Class open to all
Budding Blossoms	Class Closed					Class Closed	Class open to all





PTA News

Celebrate Kings Coronation - Thursday 4th May 2023

👑👑 We are having our celebration for the King's Coronation on Thursday 4th May 3:15pm - 4pm in the school hall. There will be activities such as jam jar tombola/games/Cakes and so much more!!! To make this event a success we need YOU!!

We need volunteers on the day, Cakes on the day & jam jars filled with goodies for the tombola (details on letter that has been sent out by email but please ask if unsure about these) 👑👑

Thank you all for your continued support!

Kath McArragher (PTA chair)



Coronation Celebration
Thursday 4th May 2023
3:15pm - 4pm

Dear parents and carers

The PTA invites you all to our King's Coronation Celebration on **Thursday 4th May at 3:15pm - 4pm in the school hall.**

The celebration promises to be a fun filled event with lots of games to play and treats to win and buy. Details of the various games and stalls can be found via posters, newsletters and the PTA Facebook page. Please note all children need to be accompanied by a responsible adult.

There are several ways you can help make this event exciting and help raise money for our children in school. All your support either at the event or via the following donations are greatly welcomed.

Volunteer - We need volunteers to help before, during and after the event. If you can help us for just 1 hour you will be helping raise money for your own children's school. Please contact a member of the PTA committee by email or Facebook or leave your contact details in the school office. We can't run successful events without your help.

Jar Tombola - Please donate jars filled with goodies, for example sweets or craft items (or anything else, the more variation the better!). Please leave the filled jars in the school reception by Tuesday 2nd May. For every jar you fill please enter your child's name into the box provided and one lucky name will receive a box of Celebrations. This draw will be on Wednesday 3rd May. Empty jars can be left for other people to collect and fill.

Cake Stall - We are looking for cake donations on the morning of Thursday 4th May to be sold later at the Celebration Event. Please no cakes containing citrus, nuts or sesame due to allergies in school.

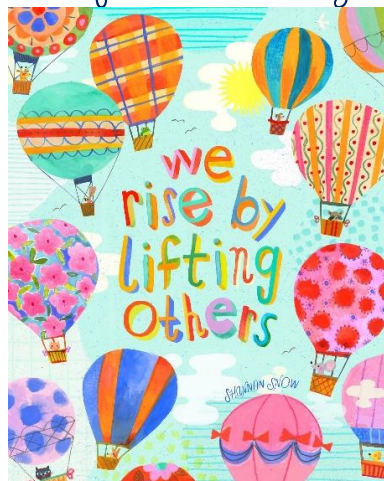




Dates for your diary for the summer term ...

21 st /22 nd	Eid Celebration
Tuesday 25 th April	Class Photographs - Please wear full uniform today - bring PE/Forest kits to change into
Thursday 27 th April	Teachers Strike action
Friday 28 th April	-INSET day School Closed to pupils -Cut-off date for Year 6 Hoodies
Monday 1 st May	Bank Holiday - school closed
Tuesday 2 nd May	Teachers Strike action
Thursday 4 th May	PTA Coronation event
Saturday 6 th May	King Charles III Coronation
Monday 8 th May	Bank Holiday - School Closed
Tuesday 9 th May	KS2 SAT's week
Friday 12 th May	Ice Lolly Friday - Each Friday until the end of the term
Monday 15 th May	KS1 SAT's week
Thursday 18 th May	Ascension Day
Monday 22 nd May	Walk to school week
Sunday 28 th May	Pentecost
Monday 29 th May - Monday 5 th June	Half Term Break - School Closed
Monday 5 th June	School re-opens Year 6 - Positive Footprints - Career sessions
Thursday 8 th June	EYFS New parents meeting 6pm
Monday 12 th June	Phonic Screening week

Reflective Friday





Action for Happiness

Active April

Let's find ways to get moving and stay active and healthy.

Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

TUESDAY



4 Eat healthy and natural food today and drink lots of water

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

FRIDAY

SATURDAY

SUNDAY

1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together





At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about **HOW TO COMBAT ONLINE BULLYING**



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5767 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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*Wishing you all a wonderful weekend
filled with fun and laughter.*

Mrs Charlesworth

