



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 26th March 2021

Headteacher News.

As we reach the end of Spring term, I would like to take this opportunity to thank you all for everything you have done to support our school, all the staff and most importantly the little people in our lives. I hope you all have a lovely Easter break and manage to get some time with your families to rest. Parents, please make sure you also get some time for yourselves. You most definitely deserve it!

I would also like to take this opportunity to thank all the staff at St Paul's. I am bursting with pride to be surrounded by such an amazing, hard-working and supportive team. I am sure you will all agree, they have done their absolute best to ensure your children feel safe, happy and secure as we re-opened our doors to all pupils. It has been lovely to have our St Paul's family back together.

Just a reminder, we will be returning to school on Monday 12th April and all pupils should wear their school uniform. **On your child's PE day, they should come to school dressed in their school outdoor PE kit.** Our full uniform list can be found on our website at <https://stpaulsrawtenstall.co.uk/>. Please visit your child's class page on our website for their PE days.

A week of hope and reflection

On Tuesday, the whole school took part in a one-minute silence to reflect on the last year and to mark the beginning of lockdown. We said prayers and reflected on how the last year has impacted on our lives. Every child also created a 'Bag of Hope' which are going to be given out to people across the valley. These contained the following items: balloon - to let your troubles float away, candle - there is light at the end of the tunnel, plaster - everything will get better, paperclip - so you can hold things together, peg - hang on in there, star - to keep on shining and a feather - to lighten your load.

All children also made Easter cards which will be distributed across the valley including our local residential homes. We hope they make people smile as much as they made us smile.



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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.

PTA News

A massive thank you to everyone who bought raffle tickets for our Easter hamper raffle, we raised an amazing £325. The draw was done on Wednesday on our PTA Facebook page and winners have all be contacted.

We hope you all have a fantastic Easter break and thank you for your continued support.

Kath McArragher (PTA Chair)

Polite Reminder

Please do not park in our staff car park, Alder Grange car park, the bus area or in front of our neighbours driveways to drop or collect your children from school. Please ensure you use our ring road drop off zones 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.



Easter Orienteering Trails:

See attached flyer for more



Pendle Forest Orienteers and Rossendale School Sports Partnership have teamed up to, again, bring you some more trails to have a go at as a family. This time around we are bringing you an Easter Egg Hunt and have joined with Rawtenstall Market so that every child that completes a trail can receive a treat.

The **Easter Orienteering Trails** all begin and end at **Rawtenstall Market**. There are three trails for you to try, complete one, two or all three over the holidays and return your answer sheet to the Market where you will receive a treat for all of your effort!

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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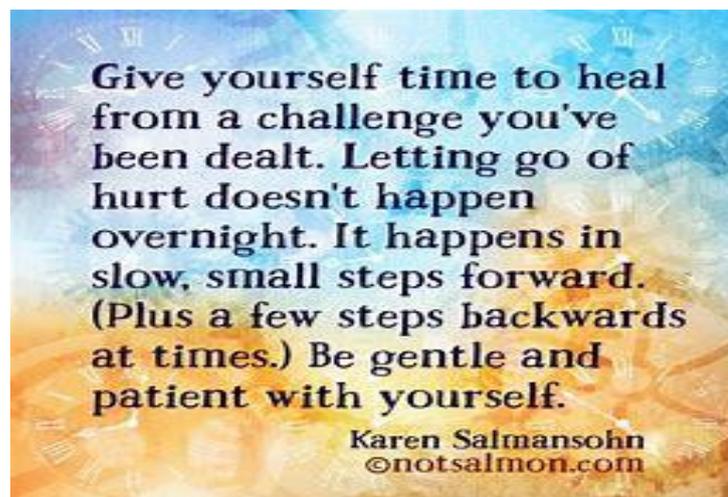
Dates for your diary...

Monday 12th April - School re-opens / FULL SCHOOL UNIFORM except if it is your PE day,
PE kit to be worn on PE Days.

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

Thursday 13th May - RECEPTION CLASS ONLY - Vision Screening

Reflective Friday



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!



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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

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



ACTION FOR HAPPINESS



www.actionforhappiness.org

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

Happier · Kinder · Together



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HANDS



FACE



SPACE