



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 16th April 2021

Headteacher News.

Welcome back! I hope you have all had a lovely Easter break and managed to get some rest and enjoyed both the sunshine and the snow! The children have had a great first week back in school and it has been lovely to see them all back in their school uniforms. Just a reminder that your child should come to school on their PE days wearing their PE kit. Please ensure this follows our uniform policy of a blue or black tracksuit and a white t-shirt.

We are looking forward to sharing all the amazing things happening in school throughout the summer term. Remember to check your child's class page for weekly newsletters and updates.

September 2021 Starters

Congratulations on securing your school place for September. Over the next couple of weeks, we will be working hard to ensure the transition for your child is as smooth as possible. You will shortly be receiving further information in the post. We are looking forward to welcoming your child to our school family.



Music Lessons

Lancashire County Council music lessons are starting again in school. **Limited places have become available.** (** ONLY KS2/Juniors - FOR GUITAR**). If you are interested in your child receiving guitar or recorder lessons within school time, please email: secretary@constablelee.lancs.sch.uk for further details and prices. Children must bring in their own instruments for these sessions.

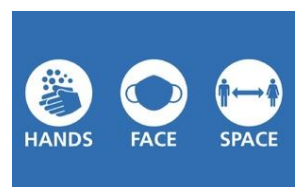
*****Price increase warning - from September 2021 - Prices will increase to £6.00 per lesson.*****

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.



#staysafe #bekind #wearamask

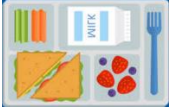




Polite Reminder

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.



***** School Meals - Price increase warning. From September 2021 price will increase by 5p to £2.35 per day (£11.75 per week).*****

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.

Dates for your diary...

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

Thursday 13th May - RECEPTION CLASS ONLY - Vision Screening

Reflective Friday



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Action for happiness: Active April

Keeping active is a great way to boost our mental wellbeing. So this month we're encouraging everyone to get moving and get outdoors as much as possible. Whatever your circumstances or physical limitations, you can find your own ways to be a bit more active. We don't need to run marathons - there are simple things we can all do to take care of our bodies, like unplugging from technology, reconnecting with nature and getting more sleep!

Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Commit to being more active this month, starting today	2. Listen to your body and be grateful for what it can do	3. Spend as much time as possible outdoors today	4. Have a day free from TV or screens and get moving instead	5. Eat healthy and natural food today and drink lots of water	6. Turn a regular activity into a playful game today	7. Do a body-scan meditation and really notice how your body feels
8. Get natural light early in the day. Dim the lights in the evening	9. Give your body a boost by laughing or making someone laugh	10. Turn your housework or chores into a fun form of exercise	11. Be active outside. Dig up weeds or plant some seeds	12. Set yourself an exercise goal or sign up to an activity challenge	13. Move as much as possible, even if you're stuck inside	14. Make sleep a priority and go to bed in good time
15. Relax your body & mind with yoga, tai chi or meditation	16. Get active by singing today (even if you think you can't sing!)	17. Go exploring around your local area and notice new things	18. Make time to run, swim, dance, cycle or stretch today	19. Have a 'no screens' night and take time to recharge yourself	20. Spend less time sitting today. Get up and move more often	21. Focus on 'eating a rainbow' of multi-coloured vegetables today
22. Regularly pause to stretch and breathe during the day	23. Enjoy moving to your favourite music. Really go for it	24. Go out and do an errand for a loved one or neighbour	25. Get active in nature. Feed the birds or go wildlife-spotting	26. Try a new online exercise, activity or dance class	27. Take an extra break in your day and walk outside for 15 minutes	28. Find a fun exercise to do while waiting for the kettle to boil
29. Meet a friend outside for a walk and a chat	30. Become an activist for a cause you really believe in					

ACTION FOR HAPPINESS **Happier · Kinder · Together**



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