



SCHOOL NEWS

Our Motto:
Believe & Achieve

Our Mission Statement:
Through Jesus we love, learn and grow

Prayer

From our Year Six Leavers:

Dear God,

Thank you for our wonderful journey through primary school. Sorry if we sometimes took our teachers and time here for granted. Please help us on our transition to High School and help us to make new friends, Amen

From our GIFT group

O Lord,

Bless us all, keep us safe throughout the summer holidays as we do lots of different activities with our families and friends. We ask that everyone has a good time whether they are at home or go away. Please help us get ready for a new school year and help us to work hard and have a great time in our new classes.

Amen



'I can do all things through Christ who strengthens me.'

Phil 4:13

Please click to find out more about our school

[Facebook](#)

[Twitter](#)

Mrs Latham

Mrs Latham would like to thank everyone for their cards, presents, kind words and good wishes on her retirement.

She has been overwhelmed by everyone's generosity and how lovely it was to see so many people at her farewell assembly.



Infants

All the infants enjoyed an ice-lolly treat on Monday afternoon.



Year 5

A HUGE well done to the Year 5 Orienteering team who won the Chorley Sports Partnership Orienteering Competition on Wednesday evening. They competed against 13 schools in collecting 8 markers set out around Astley Park using a map. Working in pairs, they showed excellent teamwork and perseverance in finding all the points as quickly as they could. What an excellent way to finish the school year. Go Team St Mary's!



Returning to School in September-Information

Please remember there will be a change to our school hours on our return to school in **September**. School will open in the morning at 8.45am for an 8.50am start and all children will finish the school day at 3.20pm except for Little Explorers who will finish at 3.15pm.

If you experience any issues booking **ACE Club** on the **School Spider App** when we return on Tuesday 3rd September, please be assured you can still bring your child to our breakfast club or use the after school club. You can phone school and leave a message for Mrs Gates on the answer phone and she will book your child onto the system.

This also applies to booking and choosing school meals. If you experience any difficulties before the first day back, we can help your child choose from the menu in class and put their order onto the app.

Letters Home

Whole School— Head of Governors End of Year Letter

Whole School—Mrs Birchall's End of Year Letter

Summer Holiday Activities in Chorley & South Ribble

Please see the link below for events taking place in Chorley and South Ribble this summer.

<http://www.lancashire.gov.uk/events>



School Dinners

Due to rising food costs we have been advised by Lancashire County Council that the price for school meals will increase to **£2.70** in September.

Please remember to pay any outstanding dinner arrears before we break up for the summer holidays.



ARE YOU WORRIED ABOUT A CHILD WHO MAY BE BEING NEGLECTED...

If you are a young person, you can contact 2-10pm, 365 days a year.

Phone on 0800 51 11 11

Text on 07786 51 11 11

Email: talkzone@lancashire.gov.uk



NSPCC

If you are an adult or professional,
call 0300 123 6720



For more information

www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/neglect/



Lancashire Family Hubs

For more information, scan the QR code or visit www.lancashire.gov.uk/children-education-families/family-hubs/



Holiday Activities and Food Programme (HAF)

For more information, scan the QR code or visit <https://www.lancashire.gov.uk/children-education-families/school-holiday-activities/>

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College