



# Eccleston St Mary's C of E Primary School

Newsletter 8 | 24th October 2024

# SCHOOL NEWS

Our Motto:  
Believe & Achieve

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

## Prayer

Lord, We give thanks for the learning that has taken place in school this term. We remember how lucky we are to be able to meet with our friends each day and find out new knowledge. Keep us safe as we go off on our half term break today. May we have fun times with our friends, siblings and grown ups.

Amen

**COMEDY BINGO**

WE RAISED A FANTASTIC  
**£353**

THANK YOU TO EVERYONE WHO  
ATTENDED AND THE LOCAL BUSINESSES  
FOR THEIR SUPPORT

Logos: Caffe Manna, HESKIN FABRICATIONS, BEN ROSE, Allens Allen, Sleep On It, AVA ROSE, Village, ECCLESTON DRY CLEANING CENTRE

Please click to find out  
more about our school

[Facebook](#)  
[Twitter](#)

'I came to give life - life in  
all its fullness.'

John 10:10

## Year 4



It's been a busy week in Year 4, starting off with a visit to Verdes for pizza making on Monday. The class then designed and made their own quesadillas using many different cookery skills including slicing, grating and observing. The smell around school made everyone else hungry!



They have finished off the week, with science experiments to understand what happens to the food we eat in our digestive system.



Schools  
**GET READY FOR BBC  
CHILDREN IN NEED  
2024!**

Friday 15th November

### St. Mary's School Council are holding a **Bandana Competition!**

Design your own bandana and wear it to school on the day.

Pay an entrance fee of £1 to enter



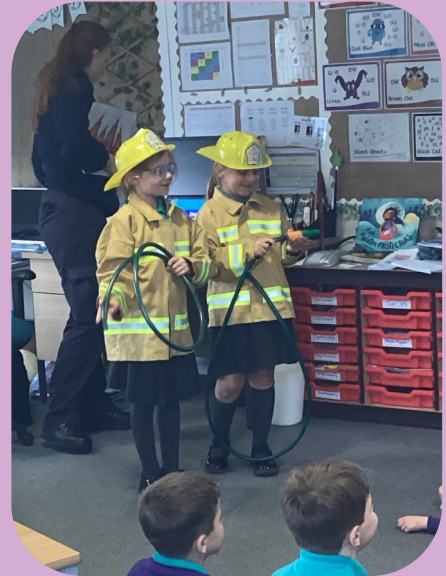
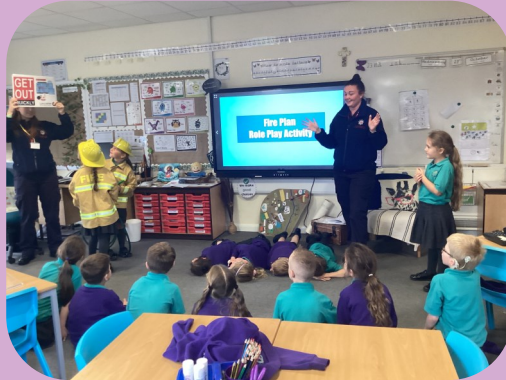
You can wear any Children in Need merchandise on the day for a donation to Children in Need.



## Year 2

Year 2 had a visit from the Fire Service this week.

They all learnt what to do if they have a fire at home and also how to stay safe on Bonfire Night.



## Forest School Y1 & Y2

Y1 and Y2 had an autumnal experience in Forest School this week, cooking marshmallows, surrounded by the fallen leaves.



## Poppy Appeal 2024

Unfortunately, due to unforeseen circumstances, there is no coordinator to distribute poppies for the Poppy Appeal in Ecclestone this year. Therefore, we won't have poppies or associated merchandise, for sale in school this November. We have been assured that they should be back with us for the 2025 Appeal next year.



## GIRLS FOOTBALL AFTER SCHOOL CLUB

JM COACHING ACADEMY



A GIRLS ONLY FOOTBALL DEVELOPMENT GROUP

THE COURSE WILL RUN ON THURSDAYS FROM

3:20PM – 4:20PM

14th November | 21st November | 28th November | 5th December | 12th December

5 Sessions of Football for £30.00

This course is for girls of all age and abilities.

The course will take place at Eccleston St Marys Primary School either outdoors or indoors so please wear appropriate footwear and clothing.

This course has a limited number of spaces allocated on a first come, first serve basis.

To book your place please visit our website [www.jmcoachingacademy.co.uk](http://www.jmcoachingacademy.co.uk) head to the **BOOK NOW** page, scroll to **THE SPORTS HIVE** section to find **AFTER SCHOOL CLUBS** and click the **BOOK A PLACE** button.

This will then take you to our booking page where you can register your child to our club.

alternatively follow the link below to book directly

<https://jm-coaching-academy.classforkids.io/term/38>

When payment has been received your Childs place will be guaranteed.

FOR FURTHER INFORMATION

[WWW.JMCOACHINGACADEMY.CO.UK](http://WWW.JMCOACHINGACADEMY.CO.UK)

EMAIL-JM\_COACHING@OUTLOOK.COM

CALL/TEXT - 07896 030716

@JMCOACHINGACADEMY



## ARCHERY GAMES AFTER SCHOOL CLUB

JM COACHING ACADEMY



CREATIVE AND FUN ARCHERY GAMES

THE COURSE WILL RUN ON TUESDAYS FROM

3:20PM – 4:20PM

12th November | 19th November | 26th November | 3rd December | 10th December

5 Sessions of Archery Games for £30.00

This is a fun and engaging version of Soft Archery using creative games as featured at our holiday clubs.

This course is for children of all age and abilities.

The course will take place at Eccleston St Marys Primary School either outdoors or indoors so please wear appropriate footwear and clothing.

This course has a limited number of spaces allocated on a first come, first serve basis.

To book your place please visit our website [www.jmcoachingacademy.co.uk](http://www.jmcoachingacademy.co.uk) head to the **BOOK NOW** page, scroll to **THE SPORTS HIVE** section to find **AFTER SCHOOL CLUBS** and click the **BOOK A PLACE** button.

This will then take you to our booking page where you can register your child to our club.

alternatively follow the link below to book directly

<https://jm-coaching-academy.classforkids.io/term/37>

When payment has been received your Childs place will be guaranteed.

FOR FURTHER INFORMATION

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## Upcoming Dates

School closes for pupils for half-term on Thursday 24th October  
(Staff INSET day—Friday 25th October)

Monday 4th November	1pm-1.30pm	Flu Vaccines in School
Tuesday 5th November	9.30-10.30am	School Nurse YR & Y6 NCMP
Friday 8th November	9.30-11.00am	School Open Day
Thursday 14th November	10.00-3.00PM	Y6 Boys& Girls Football Tournament (Westway, Chorley)
Friday 15th November	All Day	Children in Need
Friday 15th November	9.15am	Year 3 Class Worship (Please join us)
Tuesday 19th November	9.05am	Open the Book
Friday 22nd November	9.00am	Start of the Day Activity Y1 (Please join Us)

## Dates for your Diaries

As December is a busy time for everyone, we want to share some important dates for you to add to your diaries. These dates can also be found on our website.

Friday 6th December	4.00pm	Winter Wonderland (Please join us)
Wednesday 11th December	9.45-10.45am	EYFS/KS1 Dress Rehearsal
Thursday 12 December	All Day	Christmas Jumper Day
Thursday 12th December	2.00pm & 6.00pm	EYFS/KS1 Performance (Please join us)
Friday 13th December	Whole School	Pantomime-Cinderella (Blackburn)
Friday 13th December	12.30pm	Christmas Lunch
Monday 16th December	9.30am	KS2 Dress Rehearsal
Monday 16th December	6.00pm	KS2 Performance (Please join Us)
Tuesday 17th December	9.30am	KS2 Community Performance (Please join Us)
Tuesday 17th December	2.00pm	KS2 Performance (Please join Us)
Thursday 19th December	9.30am	KS2 Party Day
Thursday 19th December	1.00pm	KS1 Party Day
Thursday 19th December	5.30pm	Carol Service St Marys Church (Please join us)
Friday 20th December	2.00 pm	School closes for Christmas

## Letters Home

Whole School—New Autumn/Winter Lunch Menu

KS1 & KS2—Girls Football After School Club

KS1 & KS2—Archery Games After School Club

## Head Lice

As we have had a number of cases of head lice reported recently, please can everyone check their child's hair over the half-term and treat appropriately if required?





# St Mary's School Open Days



You are warmly invited to visit our school on the following days:-

**Friday 8th November**                      **9.30am to 11.00am**

**Tuesday 3rd December**                **1.30pm to 3.00pm**

During these sessions you will be able to visit each of our classrooms whilst lessons are in progress and speak, not only to staff, but to the pupils too.

Staff and governors will be on hand to guide you around and answer any queries you may have. Mrs Birchall, our headteacher, will also be available to speak to you should you have anything you wish to discuss.

**We believe our school is a very special place where children are happy in their learning and have a full range of activities to enjoy.**

We look forward to welcoming you. No booking is required, please just turn up.

**SCHOOL ADMISSIONS PRIMARY**

## APPLY NOW!

at [lancashire.gov.uk/schools](https://lancashire.gov.uk/schools)

**School and Academy places September 2025**

You must apply if your child has a 4th birthday between 1 September 2024 and 31 August 2025.

You must apply even if an older brother or sister is already at the school, or the school is linked to your child's nursery.

If you're a non-Lancashire resident apply through your own local authority.

Please read the admission criteria for your chosen schools on the website or get a copy from them.

**CLOSING DATE**  
**15 JANUARY 2025**

[lancashire.gov.uk](https://lancashire.gov.uk) >>>>

**School transport** 

Need transport to school? Please don't forget to check your eligibility for free transport. Search 'school transport' at [lancashire.gov.uk](https://lancashire.gov.uk) or scan the QR code.



**Lancashire**  
County Council 

**SCHOOL ADMISSIONS SECONDARY**

## APPLY NOW!

at [lancashire.gov.uk/schools](https://lancashire.gov.uk/schools)

**School and Academy places September 2025**

You must apply if your child is in their last year of primary school (year 6) from September 2024.

You must apply even if an older brother or sister is already at the school.

If you're a non-Lancashire resident apply through your own local authority.

Please read the admission criteria for your chosen schools on the website or get a copy from them.

**CLOSING DATE**  
**31 OCTOBER 2024**

[lancashire.gov.uk](https://lancashire.gov.uk) >>>>

**School transport** 

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**Lancashire**  
County Council 

# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

## 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 works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

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