



# SCHOOL NEWS

**Our Motto:**  
Believe & Achieve

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

## Prayer

This week Blackburn Diocese have launched the "year of prayer" with different themes to pray for each week. Peace, is the initial topic and our GIFT group have written this prayer:

Dear Lord,  
We pray for the world and for all those who can't be at home because of wars. We pray for our local community and those who are homeless that they may find some peace this Christmas time. Please help them to stay warm and safe. Help us to be grateful for what we have and to live in peace with our families, without falling out and arguing.  
Amen

Please click to find out more  
about our school

[Facebook](#)

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

John 10:10

## Little Explorers

Little Explorer's enjoyed a visit to the library on Monday. They listened to some Christmas stories, made a Christmas tree craft and then chose some books to bring back to school.



## Jellybeans

Jellybeans had lots of fun at their Christmas party. They had fun playing pass the parcel, singing Christmas songs and dancing to the music with the balloons.

Then they had a special visit from Father Christmas!

Thank you all for your continued support and we look forward to welcoming you all back on Thursday 16th January.



## Year 1

Year 1 have really enjoyed creating their own Christmas tree decorations and hot chocolate reindeer ready for this afternoon's Winter Wonderland. We are all very excited!



## Upcoming Dates

Wednesday 11th December	9.45-10.45am	EYFS/KS1 Dress Rehearsal
Thursday 12th 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)
<b>Friday 20th December</b>	<b>2.00 pm</b>	<b>School closes for Christmas</b>

## Letters Home

Whole School—School Closure 4th December

## Sports and Social Clubs

Monday	Guitar Lessons KS2	Lunchtime
Tuesday	Archery Games KS1 & KS2	3.20-4.20pm
Tuesday	Choir	3.20-4.15pm
Wednesday	Spanish Club-All Years	8.00-8.45am
Thursday	Girls Football After School Club KS1 & KS2	3.20-4.20pm
Friday	Brass Club	3.20-4.15pm

## Derian House

We are supporting Derian House Children's Hospice again this year by selling their Jolly Jingles. These will be on sale in the school office and cost £3.00 each. We are limiting sales to one per child, but will try to get more stock if they are popular and sell out.



Can we ask that your child brings the correct money or is prepared to make a donation beyond £3, as no change can be given.

## RECYCLE YOUR CHRISTMAS TREE

Rainbow Hub will collect & recycle your real Christmas tree to save you time & hassle  
Collecting Friday 10th - Sunday 12th January 2025

To book your tree collection, please scan the QR code or visit:  
<https://www.rainbowhub.org>

We will be collecting trees in the following postcode areas:  
PR1, PR2, PR4, PR5, PR6, PR7, PR8, PR9, PR25, PR26, WN6, WN8, L39, L40, BL6

With thanks to our event sponsors:

01704 823276 [rainbowhub.org](https://www.rainbowhub.org) [e.parish@rainbowhub.org](mailto:e.parish@rainbowhub.org)

### RAINBOW HUB

Every day is a life changing day

Rainbow Hub,  
Salt Pit Lane, Mawdesley,  
Ormskirk, L40 2QX

## Admission to Primary School 2025 is now open.

If your child is in their last year of pre-school/nursery you can now apply for their primary school place at: [www.lancashire.gov.uk/schools](http://www.lancashire.gov.uk/schools).

It's quick and easy to do and you will receive email confirmation of your application.

The closing date for primary applications for September 2025 is 23.59pm on 15th January 2025.

### SCHOOL ADMISSIONS PRIMARY

## APPLY NOW!

at [lancashire.gov.uk/schools](http://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](http://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](http://lancashire.gov.uk) or scan the QR code.

**Lancashire County Council**

## School Spider App

Please make sure you have downloaded our School Spider App, and remember to check it regularly, to avoid missing important information sent out from school.

Thank you.





## South Ribble and Chorley Family Hub SEND Drop-in event

A drop-in session for parents, carers, professionals and anyone supporting a child or young person with a Special Educational Need and/or Disability or on the pathway.

Meet services, groups and organisations supporting young people with SEND and find out about what support there is for children with additional needs.

Tea & coffee, hot chocolate and Christmas snacks provided.  
Christmas activities and quiet space available for children.

Parking at the



ADHD North West  
Supporting Families



Plus many more...

**West Paddock Family Hub,  
Leyland, PR25 1HR**

**Date: 11th December 2024**

**Time: 9.30am—12.30pm**

LANCASHIRE  
**FAMILY  
HUB  
NETWORK**

Lancashire  
County Council

# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

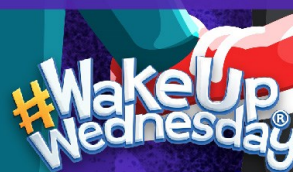
Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### 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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



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