



SCHOOL NEWS

Our Motto:

Believe & Achieve

Our Mission Statement:

Through Jesus we love, learn and grow

Prayer

Today's prayer reflects this half-term's Christian Value of Trust.

Thank you, Heavenly Father, for the assurance that as we trust in you, submit to your ways, and seek your guidance, you will lead us on a straight and purposeful path.

With gratitude and love, we commit ourselves to you, trusting that you are always by our side. In Jesus' name, we pray.

Amen

☆☆☆ SHINING STARS ☆☆☆

Nursery Nora Harvey

Reception Karlie

Year One Rosie

Year Two Claudia

Year Three Amelia Hugh

Year Four Maia

Year Five Francesca Sophia

Year Six Sophia Theo

WINNING HOUSE THIS WEEK

RIBBLE

Please click to find out more
about our school

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

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

John 10:10



CERTIFICATES



Bronze certificates are awarded for gaining 50 house points.

BRONZE

Year 6	Alex Cr Rohan	Thomas T Robin	Freddie	Archie
Year 3	Seth Jenson	Henry Oliver	Freddie Peter	Hugh
Year 2	Leo Charlotte	Sophia Maisie	Joseph	Cassie

Eco Council

Miss Slater is launching the Eco Council! If children are interested in being a member of the Eco Council and helping to make our school more environmentally friendly, they should produce a poster suggesting ideas of what children and staff can do around school to help our environment.



This poster could include ideas like picking up litter, recycling and switching lights off, and must be completed by Monday 20th January. The children will then present these in their class and their classmates will vote for their representatives.

The Eco Council members will be announced during next Friday's Achievement Assembly.

Reception

Over the past two weeks, Reception Class have been looking at the story 'The Bog Baby'. Last week, we discovered our very own Bog Baby in our outside area. We took care of him in the class but the following day he had gone! We set to work straight away to create missing posters that we could talk about and display around school. Today we received a call from Mrs Kent to say that she had seen something near the pond that matched the Bog Baby's description.

We were delighted when we found him near the pond knowing that he was back where he belongs!



Year 6

Here are some lovely photos of Year 6's DT project, which they finished this week.

They enjoyed designing, making and evaluating their own fairground rides.

They used their scientific knowledge of circuits and electricity to make their rides move like a real fairground ride and some even had working lights and ticket booths!

They have done an amazing job and shown fantastic problem solving and team working skills - well done year 6!



Year 2

DT

This week, Year 2 have enjoyed completing their 'dips and dippers' topic. Jo in the kitchen tasked the children with creating a new dip which could be added to the school lunch menu. They used their design and cutting skills to create their own dips!



SODA

Year 2 enjoyed their SODA morning today.

Parents joined the children in having fun in the classroom whilst playing lots of games.



Lunchtime Welfare Vacancy

We currently have a vacancy for a lunchtime welfare assistant. If you would like to be part of our friendly team, please phone or call into the school office for more information. Thank you.



PTFA Show

This year's show is **Trial and Error** and, as always, performances will sell out quickly.

Please remember to return your ticket requests along with payment as soon as possible, to avoid disappointment.

Raffle Prizes-PTFA Shows

We would be most grateful of donations of either £1 or any gifts towards the raffle prizes at this year's show.

Thank you.



LIVE

PARENT/CARER WEBINAR

'KNOW YOURSELF, GROW YOURSELF'

Children's Mental Health Week is in February and this years theme is 'Know Yourself, Grow Yourself.'

Join our webinar designed to empower parents and carers! Discover tools to help children and young people build self-awareness, strengthen emotional resilience, and foster meaningful conversations about mental health and wellbeing.

When:
FEB **Thursday 13th February, 6pm -7pm**

Join Our Webinar!
Our webinar is open to all young people and parents/carers of students who attend our allocated schools and colleges.

Register now using the link below or simply scan the QR Code to secure your spot!

<https://forms.office.com/e/NzqAqbP3bk>

To attend please sign up before 5.00pm Wednesday 12th February.

SCAN ME

COMPASSBLOOM@COMPASS-UK.ORG 01772 280123
@COMPASSBLOOM
UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF

Compass BLOOM

CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

HELLO. WE'RE NEW HERE!

We support young people who struggle with:

- MILD TO MODERATE ANXIETY
- LOW MOOD: SADNESS. LOW MOTIVATION
- DIFFICULTY MANAGING EMOTIONS
- DIFFICULTY ADJUSTING TO CHANGE AND TRANSITION

MENTAL health MATTERS

COMPASS BLOOM IS NOW IN YOUR SCHOOL

WHO WE ARE
Compass Bloom are a Mental Health Support Team. We are an early intervention and prevention service. We support children with mild to moderate anxiety and low mood.

WHAT WE DO

- Assemblies about emotional wellbeing
- Small group emotional wellbeing workshops
- Parent/Carer advice and guidance bookable via this link [CLICK HERE](#) or visit: bit.ly/Parent_Carer_Consultation

COMING SOON

- 6 - 8 week 1:1 interventions for anxiety and low mood
- Referrals are taken via the Senior Mental Health Lead in your school

MORE INFORMATION
We will gradually be introducing our full offer over the next few months. For more information about our service, visit our website and follow us on social media.

compassbloom@compass-uk.org
01772 280123

FOLLOW US ON OUR SOCIALS!
[f](#) [x](#) [in](#) @compassbloom

Scan me

Upcoming Dates

Monday 27th January	9..30-11.30am	YR Balance Bikes
Tuesday 28th January	9.05am	Open the Book
Tuesday 28th January	9.30-11.30am	YR Balance Bikes
Wednesday 29th January	9.00-10.30am	Y3 Worship at St Mary's Church
Friday 31st January	7.30pm	PTFA Show
Saturday 1st February	7.30pm	PTFA Show
Monday 3rd February	All Day	Viking Day Y5
Thursday 6th February	All Day	Mini First Aid Y1,Y3,Y5
Thursday 6th February	4.00-6.00pm	Invasion Games Festival (Holy Cross)

NB The Y4 Class Worship, scheduled for Tuesday 21st January has been postponed and will be rescheduled later in the year.

SODA

We've loved our SODA sessions. Thank you so much to everyone who's joined us. Now that every class has had a turn, we'll take a short break and start again after Easter. Thank you for your incredible support!

Letters Home

Whole School—Girls Football After School Club Year 4—Class Staffing Letter
Whole School—Tri-Golf After School Club Years 3,4,5 & 6—Dance Competition Letter
Reception Class—Bikeability Balance Bike Letter

Sports and Social Clubs

Monday	Guitar Lessons KS2	Lunchtime
Tuesday	Tri-Golf	3.20-4.20pm
Tuesday	Choir	3.20-4.15pm
Wednesday	Spanish Club-All Years	8.00-8.45am
Wednesday	Dance Rehearsals	3.20-4.15pm
Thursday	Girls Football	3.20-4.20pm
Friday	Brass Club	3.20-4.15pm

fun activities

Jellybeans

Jellybeans sessions for under 4s

songs

10am to 11am

stories

in the school hall at
Eccleston St. Mary's CE Primary School

Every Thursday

Children must be
accompanied by an adult

£2
per family

Refreshments
will be
served

Please share this information
with other families in the village.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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