



# SCHOOL NEWS

Our Motto:

Believe & Achieve

Our Mission Statement:

Through Jesus we love, learn and grow

## Prayer

### A Prayer for Kindness

O Lord, Give me strength today to show kindness in all that I do.  
Help me to open my arms to those less fortunate and extend my hand to  
those who may need it, so that they may see you in my kind words and  
actions.

Amen

## ☆☆☆ SHINING STARS ☆☆☆

Nursery	Coco	Ethan
Reception	Alfie	
Year One	Caiden	April
Year Two	Catriona	
Year Three	Jack	Henry
Year Four	Harry	Nico
Year Five	Saoirse	Raegan
Year Six	William P.	Scarlett

WINNING HOUSE THIS WEEK

## YARROW

Please click to find out more  
about our school

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

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

John 10:10

## Reception

Reception Class loved taking part in a Bikeability Balance course at school this week. It involved lots of fun games on balance bikes (bikes without pedals) in order to develop our handling and awareness.

During the session we focussed on:

- Identifying parts of a balance bike
- Stopping with control a) with feet, b) with brake
- Getting on and off a balance bike comfortably
- Making the bike go where they want
- Setting off with control
- Being aware of surroundings (look around)
- Pushing and glide

Thank you to the Chorley Sports Partnership team for the fabulous sessions.



## Open the Book

We welcomed the Open the Book team back for the first time this year. Year 2 helped them to re-enact the visit of the wise men—the 'Stargazers!'



## A Letter from Mrs Scard

Sorry this is a late message to you, I have been away, but I wanted to say thank you very much for all the cards, gifts and good wishes I received on my retirement. I was overwhelmed by your generosity and kindness.

Thank you also, to those of you who were able to join us in school for my farewell assembly. I am missing everyone already but to be honest I am enjoying not having to get up in the dark each day!

I still feel very much part of the St Mary's family and will hopefully see you in the near future, when I pop in to say hello.



Mrs Scard

## Wear a Scarf Day

On **the 7th February** we are inviting children to wear a scarf to school to show our support for children's mental health and well-being during Mental Health Week.

Children will still need to wear their school uniform, just with an added scarf.

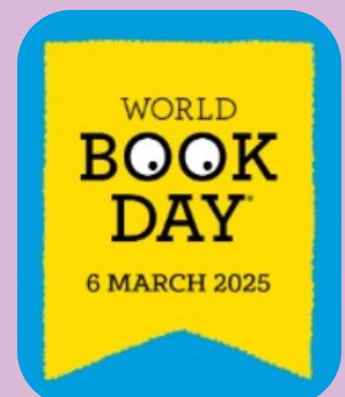
They will complete age appropriate activities that afternoon with the theme 'Know yourself - grow yourself'.



## World Book Day

The theme for our World Book Day celebrations this year is Bedtime Stories.

Please come to school on the **6th March** wearing your pyjamas, onesies or dressing gowns.



## PTFA Show-Trial and Error

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




## GIRLS! Want to try Rugby League?

We at Chorley Panthers are hosting open training sessions for school years 5, 6, 7 & 8. Our club along with support from the RFL & various Womens Super League teams are looking to promote girls rugby league in our local area.

Spread the word because the Pink Panthers are back!

Our first session is Saturday 15th February 10:00-11:00 @ Panther Park

If you're interested, or have any more questions please email [play-for-us@chorley-panthers.co.uk](mailto:play-for-us@chorley-panthers.co.uk) for more details



## 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.



**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/NzqAgbP3bk>

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



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](https://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](mailto:compassbloom@compass-uk.org)  
 01772 280123

FOLLOW US ON OUR SOCIALS  
   [@compassbloom](#)

Scan me 



## Upcoming Dates

Friday 31st January	7.30pm	PTA Show
Saturday 1st February	7.30pm	PTA Show
Monday 3rd February	All Day	Viking Day Y5
Monday 3rd February	9.00-10.15am	Nursery Library Visit
Wednesday 5th February	1.45-2.45pm	Vision Screening YR
Thursday 6th February	All Day	Mini First Aid Y1,Y3,Y5
Thursday 6th February	4.00-6.00pm	Invasion Games Festival (Holy Cross)
Friday 7th February	All Day	Wear a Scarf Day
Friday 7th February	7.30pm	PTA Show
Saturday 8th February	7.30pm	PTA Show
Tuesday 11th February	9.00am	Y2 Class Worship

## Letters Home

Whole School—February Half Term Holiday Club Flyer

Y4—Invasion Games Letter

Whole School—PTFA Agenda

Whole School—PTFA Colouring Competition

## 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



# HALF TERM HOLIDAY CLUB!

## LIMITED SPACES AVAILABLE

**ECCLESTON ST MARYS C.E PRIMARY SCHOOL**

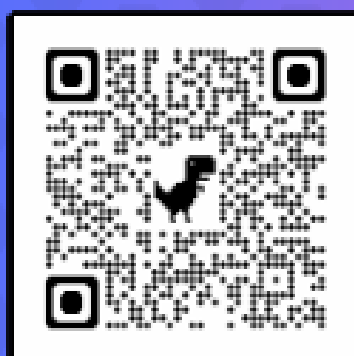
**THE GREEN, ECCLESTON, CHORLEY, PR7 5TE**

**PRICE: £25 PER DAY OR £100 FOR FULL WEEK | 50% DISCOUNT FOR ANY EXTRA SIBLING**

**1 WEEK COURSE RUNNING FEBRUARY 17TH | 18TH | 19TH | 20TH | 21ST**

**TIMES: 8:30AM – 4:00PM**

**BOOK NOW TO SECURE YOUR PLACE AT [WWW.JMCOACHINGACADEMY.CO.UK](http://WWW.JMCOACHINGACADEMY.CO.UK)  
OR SCAN QR CODE BELOW**



### WHAT TO EXPECT

**MULTI SPORTS GAMES | FOOTBALL | GOLF  
| HANDBALL | DODGEBALL | BASKETBALL |  
FRISBEE | FUTSAL | NETBALL | ATHLETICS  
GAMES | STRIKE & FIELD GAMES | CLASSIC  
HOLIDAY CLUB GAMES | AND MUCH MORE**

**FURTHER INFO CONTACT  
JORDAN: 07896030716**

**@JMCOACHINGACADEMY**



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 DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



### 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, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College