



Children's Teeth – Top Tips – March 2024

Please find below the NHS tips on keeping your child's teeth decay-free.

How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make toothbrushing as fun as possible by using an egg timer to time it for about 2 minutes.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.



Be as creative as you like and design your own
Easter Egg.



Either use the template and draw your design or
you can make a 3D scene.

All entries need to be handed to your teacher by
Friday 22nd March for judging. Winners will be
announced in Golden Assembly the following
week.

Year 6 Booster Classes

Booster Classes for the children in Year 6 will run
from 3.15 – 4.00pm starting from Monday 5th
February. Please remind your child about Booster
Classes. Please ensure that your child is collected
from school at 4.00pm by a responsible adult.

Attendance

1st place – 99.3 Rockets
2nd place – 98.0 Goldfinches
3rd place - 97.5% Oaks
Well done to all the children



To take part in the British science week this year, we would like to provide an
opportunity for the children in years 3 – 6, to design a farm for the future.
They can find more information using this website:

<https://education.nfuonline.com/>

For this activity, they can make a 3D model in a small box, or a presentation
with diagrams and labels on a sheet of paper.

We would like the children to bring their models to school by Friday 15^h March.
A winner will be chosen from each year group. We will be looking at
presentation, ideas, research and effort when judging the work.
Prizes to be given during Golden Assembly on Friday 22nd March 2024.



A group of our year 6 children visited PMGHS to take part in a science workshop. It was one of the most fascinating experience for them, as they observed the result of chemical reactions.



Fireworks
Different metals were used to make different coloured flames: sodium, potassium, lithium, copper and iron filings.



Toothpaste for the elephant
This was just incredible as 3 substances were mixed: hydrogen peroxide, washing up liquid and potassium iodide. We saw a huge bubble form, looking like toothpaste. It looked magical, but it was science

Taking Children Out Of School During Term Time

A very important message for all parents. We will not authorise parents taking children out of school during term time for family holidays.

Any unauthorised leave during term time may risk families receiving a penalty notice or legal action being taken.

Should a penalty notice be issued, each parent will be fined a minimum of £60 or £120 depending on how soon payment is made.

If the fine is not paid, you may be required to attend Court and this could result in a fine for each parent of up to £1000 per child and a Criminal Record.

Welcome back to the P.E section of the newsletter.

We hope that you all have had a fantastic holiday.

This Term, each class will be taking part in P.E either in the morning or afternoon. All children must come to school in the correct P.E kit on their allocated P.E day.

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Butterflies Monday	Tigers Friday	Goldfinches Wednesday	Willows Thursday	Dolphins Tuesday	Moons Thursday	Astronauts Thursday
Ladybirds Friday	Bears Monday	Kingfishers Tuesday	Sycamore Wednesday	Stingrays Friday	Stars Monday	Rockets Wednesday
Bumblebees Wednesday	Lions Wednesday	Falcons Tuesday	Oaks Thursday	Sharks Tuesday	Suns Monday	Robots Friday

Advice Drop-In Sessions

Are you looking for some support and advice ?

We are holding some drop-in sessions at the Ribbleton Family Hub where you can call in and speak with a range of agencies, including, Preston City Council, Citizens Advice, Lancashire County Council and Community Gateway.

Advice will be available on a range of subjects including:

Housing

Debt Advice

Food Banks

2yr Funded Nursery Places

Training and Employment

Home fire Safety

And more....



2-4pm

Tuesday February 27th

Tuesday March 26th

Tuesday April 30th



Ribbleton Family Hub, Ribbleton Hall Drive, Ribbleton, Preston, PR2 6EE

community gateway

Lancashire FAMILY HUB NETWORK

Lancashire WOMEN

Lancashire Fire & Rescue Service



Department for Work & Pensions

Lancashire County Council



Addictive Behaviour

FREE



FREE

21st March (7pm to 8pm)

Available to book now via the website

facefamilyadvice.co.uk on the PARENT page



MOTHER + DAUGHTER NETBALL

EVERY SATURDAY
10:30AM-11:30AM

ST. JOSEPHS PRIMARY SCHOOL SPORTS HALL

RIGBY ST.
PR1 5XL

CONTACT SAHARA IN PRESTON FOR MORE INFORMATION



48 FISHWICK PARADE
PR1 4XQ
PRESTON
01772 702090
SAHARA.INPRESTON@BTINTERNET.COM
WWW.SAHARA.INPRESTON.ORG.UK



SAHARA ADVOCACY SUPPORT SERVICE

Sahara in Preston provide an advocacy support service and case work for women. We provide help in the following:

BENEFITS <ul style="list-style-type: none"> • Universal Credit • Housing Benefit • Disability (Personal Independent Payment) • Attendance Allowance 	IMMIGRATION <ul style="list-style-type: none"> • No recourse to public funds • Different immigration visas • Life in the UK course (if you are applying for indefinite Leave to remain in the UK) 	MONEY MANAGEMENT <ul style="list-style-type: none"> • Debt help • Money Adviser - help with creditors & courts
HEALTH & WELLBEING <ul style="list-style-type: none"> • Mental Health (The Sahara Wellbeing Project) • Counselling • Exercise & Healthy Eating • Conferences & Workshops (High blood pressure, high cholesterol, bowel & breast cancer, dementia etc.) 	CRIME <ul style="list-style-type: none"> • Hate crime • Police statements 	JOB CLUB (Saturdays & Fridays 10:00am - 12:00pm) <ul style="list-style-type: none"> • Job search • Online application forms • Writing CVs • Interview techniques • Mock interviews • Volunteering placements e.g. charities, hospitals, schools, nurseries • Confidence building course <p><i>If you just want to come for a chat and a cup of tea, meet new people, and take the steps to look for a job - stop in!</i></p>
COFFEE AFTERNOON GROUP (Over 50 group for women who suffer from isolation and depression. Activities include: <ul style="list-style-type: none"> • Arts & crafts, flower arranging • Chair-based exercises • Outdoor trips • Watching films 	SCHOOLS <ul style="list-style-type: none"> • Admissions • School appeals • Transport for children with special needs • Benefits for children with special needs 	COURSES <ul style="list-style-type: none"> • ESL (Pre-entry, £1,273) • English, Reading & IT Functional Skills • Talk English • Computer classes • Preparation for Life in the UK • Cleaning course - British Cleaning Certificate • New Year & Beauty
CHILD SUPPORT <ul style="list-style-type: none"> • Child protection or child in need plans • Positive parenting classes 		

We offer **bilingual support** for speakers of other languages in Urdu, Hindi, Gujarati, Punjabi and more.

We provide a **crèche service** for women with young children during class sessions.

SAHARA HAS COMPLIED WITH THE GOVERNMENT'S GUIDANCE ON MANAGING THE RISK OF COVID-19

To book your place or for more information please contact:

📍 **Sahara in Preston**
48 Fishwick Parade
Preston
PR1 4XQ
☎ 01772 702090
✉ sahara.inpreston@btinternet.com



@saharainpreston

BILINGUAL JOB CLUB DROP-IN SESSION

Every Friday
10.00am - 12.00pm

SAHARA HAS COMPLIED WITH THE GOVERNMENT'S GUIDANCE
ON MANAGING THE RISK OF COVID-19

NEW JOB VACANCIES AVAILABLE

Our advisers can support you with:

- Online job search
- CV writing
- Job application forms
- Interview preparation
- Training and course advice
- Volunteering opportunities

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For more information please contact:

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IN PARTNERSHIP WITH SIR TOM FINNEY

EVERY SATURDAY
12:30PM - 2:00PM



FOOTBALL FOR GIRLS!

ALL WELCOME
AGE 11-16YRS

PRACTICE TAKES PLACE:

UCLAN SPORTS ARENA
TOM BENSON WAY
PR2 1SI
PRESTON
(TRANSPORTATION PROVIDED)

CONTACT US:

SAHARA IN PRESTON
48 FISHWICK PARADE
DD1 4VN

01772 702090
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