

WEEKLY NEWSLETTER

Friday 5th September 2025



ROCK AND POP BAND LESSONS!

A band for everyone

- Children learn to play an instrument in their very own band.
- Fun and inclusive in-school band lessons. No music theory involved.
- Follow their musical journey in your Backstage account.
- Exam-free, Ofqual-regulated Trinity Music qualification.
- Instruments provided and no experience necessary.

BOOK ONLINE TO START LESSONS IN SEPTEMBER

0330 113 0330 (Mon-Thurs 8am-6pm, Fri 8am-6pm, local rate) rocksteadymusicschool.com

WEEKLY UPDATE

Welcome back everyone!

What a superb first week we have had! Your children have settled in to their new classes really well and there is a real buzz around the school. Everyone looks incredibly smart in their uniforms. I know I speak for the whole team when I say that we are excited for the year ahead.

You may notice your children discussing 'zones'. We have introduced the Zones of Regulation to support our children now, and as they go through life, in recognising emotions and giving them tools to help get themselves into a calm and ready learning zone. See the image below.

Following our most recent Parent Forum, we are looking into the best way forward to create a Smart Phone Free School, more information on this will follow over the term.

Have a lovely weekend.

Mr Craig Todd

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Relaxed	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

READERS OF THE WEEK

Well done to all the children that won Reader of the Week today! Please can we remind everyone to take great care of their home reading books so they remain in good condition. Please return your reading bag with reading pal and book by next Thursday. Thank you.

Please don't forget to send your pictures and comments to wearereaders@eccleston.lancs.sch.uk



Beechbuds – Whole class

Reception – Harriette G

Year 1 – Aiden W

Year 2 – Finley K

Year 3 – Grayson P

Year 4 – Eva W

Year 5 – Evelyn L

Year 6 – Erin Mc



Eccleston Primary School, Doctor's Lane, Eccleston, Chorley PR7 5RA

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VOLUNTEER READERS NEEDED

We are currently looking for volunteer readers to support children with their reading in school. If you have some time to spare each week and would enjoy helping children develop their confidence and skills, we'd love to hear from you!

Please contact the school office for more information or to express your interest.

FREE SCHOOL MEALS – CHECK YOUR ELIGIBILITY

If your personal circumstances change and you find yourself on a reduced income, you may be entitled to receive **Free School Meal (FSM)** status. We encourage you to check your eligibility by visiting the following link:

<https://www.lancashire.gov.uk/children-education-families/schools/free-school-meals/?page=3>

Being eligible for FSM not only provides your child with a free school meal, but also gives access to **additional support and benefits**, which can be very helpful for families facing financial difficulties.

Please don't miss out on the support available—check today.

MACMILLAN COFFEE AFTERNOON – THURSDAY 26TH SEPTEMBER

We're excited to be hosting a Macmillan Coffee Afternoon on Thursday 26th September and would love for you to join us in supporting this important cause.

We would be very grateful for any cake donations – homemade or shop-bought – which can be brought into school on the morning of the event (Friday 26th).

All are welcome, and we hope to see you there for a cuppa, cake, and a chat in aid of Macmillan Cancer Support!

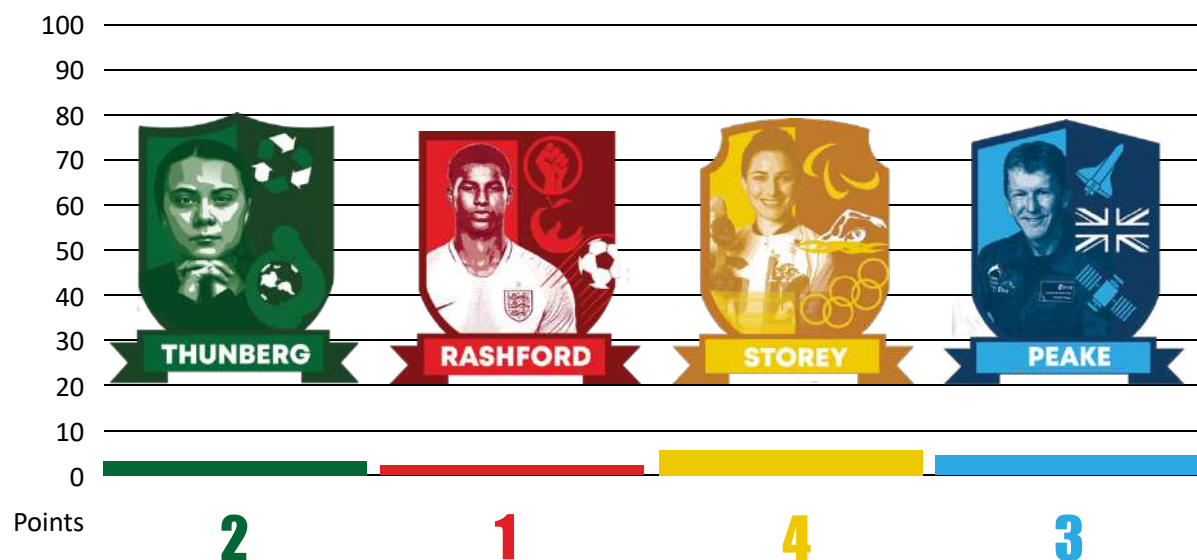
MATHS AMBASSADORS

In order to further promote our love of maths at school, we are introducing a Maths Ambassador Role to provide children's voice in how we promote maths throughout the school. The role is available to all children who are able to show that they meet the criteria set out on the form. The children have been introduced to

the role in assembly and now need to fill out an application form if they would like to be considered. Please find attached the application form for your child to complete. If you do not have access to a printer, we have some paper copies in the office for you to collect.

HOUSE POINTS

First House to reach 100 points will receive a special treat!



SCHOOL LUNCH MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Italian Pizza, served with potato wedges	Sausage, with Mashed Potato & Gravy	Chicken Tikka Masala, served with Rice & Naan Bread	Ham & Cheese Puff Pastry Swirl served with roast mini potatoes	Battered Fish Fillet
MAIN DISH 2	Quorn & Tomato Bake	Selection of Paninis served with a seasonal Mixed Salad	Mac n Cheese	Homemade Lasagne with Mixed Salad & Garlic Bread	Sausage Roll Chicken Nuggets
ACCOMPANIMENTS	Sweetcorn & Beans Salad bar	Batton Carrots & Green Beans Salad bar	Cauliflower & Broccoli Salad bar	Batton Carrots & Sweetcorn Salad bar	Fries, Sweetcorn & Beans Salad bar
DESSERTS	Lemon Drizzle Cake	Flapjack	Strawberry Jelly	Homemade Cookie	Fresh Fruit Friday
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Sandwich Selection



Try something NEW today...
Variety is key to a healthy diet.

MENU



KEY



5 - 1 OF YOUR 5 A DAY



PLANT BASED - MEAT-FREE MONDAY



CHEF'S CHOICE



PL - PLANT-BASED (VEGAN)

Allergens and intolerances All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.



ECCELESTON PRIMARY SCHOOL

incorporating

Beechbuds Pre-School

EVERYDAY IS AN OPEN DAY

resilience
resourcefulness
kindness

COME AND SEE WHAT
MAKES US SPECIAL-
any day of the week!

Just give us a call
on **01257 451 114**

fairness
relationships

'Inspiring independent learners to thrive in a changing world'

Ofsted
Good
Provider

To find out more information please email
hello@eccleston.lancs.sch.uk

You can find out all about Eccleston Primary School
on our website www.ecclestonprimary.co.uk

SCHOOL ATTENDANCE

The National average for
attendance is 96%

Our school attendance
target is 97%.

**whole
school 98.34%**

Class	This week
Reception	100%
Year 1	97.85%
Year 2	97.78%
Year 3	100%
Year 4	100%
Year 5	95.16%
Year 6	98.89%

Well done **Reception, Year 3
and 4** for excellent attendance
this week! Chip is looking
forward to accompanying you
in class next week.



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GOODBYE "BUMPY CORNER"!

Many of you will know the spot at the junction of Doctors Lane and The Green – often called "bumpy corner" on the school run – but not anymore!

After several local residents raised concerns about the poor condition of the footpath, Borough Councillor and School Governor Arjun Singh took action. The path had become uneven and difficult to use, especially for families with prams, young children, and those with mobility challenges.

Cllr Singh reported the issue to Lancashire County Council and has been working closely with them over the past few months to ensure the necessary repairs were made.

We're pleased to share that just in time for the new school term, the footpath has now been fully resurfaced. It's now smooth, safe, and much easier for everyone to walk on.

Thank you to everyone who raised the issue – and to Cllr Singh for helping make this part of the school run safer for all.



HERITAGE WEEKEND, 2025

Here in Ecclestone at St Mary the Virgin, which at over 900 years old is one of the oldest churches in Lancashire, we will be celebrating Heritage Open Days on Saturday, 20th and Sunday, 21st September by opening the church. This is part of the country's largest festival of history and culture. The theme this year is architecture. Volunteers have organised free events, offering access to places and stories that help to bring to life the history of the church and its benefactors. These events include guided tours of the church and a Bat Watch (Saturday night) with Lancashire Wildlife Trust.

The church will be open from 10am on Saturday and after Eucharist on Sunday from 12-30pm. Refreshments will be available in the Parish Hall. There will be activities for children to explore the building with a scavenger hunt and puzzles.

All are welcome to this FREE EVENT.

Towngate, Ecclestone, Nr Chorley.

POST Code

ARE YOU LOOKING FOR A NEW INTEREST?

NEW MEMBERS ARE WELCOME AT THE
ECCLESTON MEN'S SHED



Join us every Tuesday at 10.00am
The Community Hub,
Drapers Avenue,
Ecclestone

Enjoy a cuppa and a natter as well as
practising crafts and skills on community
projects.

For more information contact:
Secretary: Steve Bland 07833899140
Chairman: John Hart 07831447387



St Michael's Church of England High School
A Church of England Academy



Open Evening



The Headteacher, governors and staff warmly invite prospective parents, carers and pupils to

OPEN EVENING

Thursday 11th September 2025
from 5.30pm to 8.00pm

The Headteacher will address parents at
5.40pm, 6.20pm and 7.00pm



The school will be open for prospective parents, carers and pupils to visit on
Friday 12th September 9.30am – 12.00 noon
Thursday 9th October 9.30am – 12.00 noon

Astley Road, Chorley, Lancashire. PR7 1RS
T: 01257 264740
E: admin@saint-michaels.lancs.sch.uk
www.saint-michaels.com
Headteacher: Mrs Rachel Rongong



Please can we politely ask parents/carers,
to be respectful of our neighbours
and not block driveways.

Thank you.

Growing in Body, Mind and spirit



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It's time for a Macmillan Coffee Morning and you're invited

Let's do whatever it takes to support people living with cancer.

Place: **Eccleston Primary School HALL**

Date: **26th September 2025**

Time: **2pm to 4pm**

Contact:

Everyone welcome!



MACMILLAN
CANCER SUPPORT



Macmillan Cancer Support, registered charity in England and Wales (100107), Scotland (SC03907) and the Isle of Man (1011). Also operating in Northern Ireland. MAC19023, 0161 275 4000



@LOVE2LEARN_WIGAN

Come along to our fun and phonics sessions, taught by a qualified primary school teacher.



www.love2learn.org.uk

Time Table

Love2Learn Wigan

Parbold Village Hall	Shevington Youth Club
10:30-11:15am (2-3 years)	10:15-11:00am (2-3 years)
11:45-12:30pm (3-4 years)	11:30-12:15pm (2-4 years)
1:00-1:45pm (2-3 years)	12:45-1:30pm (3-4 years)
2:15-3:00pm (3-4 years)	

Monday **Friday**

With Rachel!

SCHOOL
ADMISSIONS
PRIMARY

APPLY NOW!
at lancashire.gov.uk/schools

School and Academy places September 2026

You must apply if your child has a 4th birthday between 1 September 2025 and 31 August 2026.

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 2026

lancashire.gov.uk

School transport



If travel cost is an important factor in your school preference, search 'school transport' at lancashire.gov.uk or scan the QR code.



Lancashire
County Council

SCHOOL
ADMISSIONS
SECONDARY

APPLY NOW!
at lancashire.gov.uk/schools

School and Academy places September 2026

You must apply if your child is in their last year of primary school (year 6) from September 2025.

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 2025

lancashire.gov.uk

School transport



If travel cost is an important factor in your school preference, search 'school transport' at lancashire.gov.uk or scan the QR code.



Lancashire
County Council



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10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

1 RE-ESTABLISH ROUTINES

Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

2 TALK ABOUT FEELINGS

Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

3 SUPPORT WITH SLEEP

Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

4 LOOK OUT FOR SIGNS

Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

5 REFRESH SOCIAL CONNECTIONS

Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

6 CREATE A CALM MORNING

Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

7 FOCUS ON POSITIVES

Talk about the fun and interesting parts of school – seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping “How’s your day been?” for “What’s been good about your day?” This invites more of a positive, open response. Focusing on positives can help shift children’s anxious thoughts and reframe school as a safe and engaging place.

8 VISIT OR VISUALISE SCHOOL

If possible, encourage visits to the school grounds before the first day, especially if it’s a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

9 PLAN AHEAD TOGETHER

Involve children in preparing for school – buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

10 STAY POSITIVE AND PRESENT

Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you’ll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years’ experience supporting children and young people’s mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people’s wellbeing, with a mission to help every child feel valued and understand their emotions.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.08.2025



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