

WEEKLY NEWSLETTER



Friday 6th December 2024

SCHOOL'S KEY DATES FOR NEXT WEEK

DECEMBER

Wed 11th Reception Nativity

Thur 12th Open Afternoon
1.30pm - 2.30pm

Thur 12th Christmas Dinner and Jumper Day

Fri 13th Elf Sponsored Run
11th - 13th Elfridges

SCHOOL CHOIR PERFORMANCE

We are delighted to invite you to join us at the Carrington Centre on Monday, 18th December, at 1:30 PM to watch our school choir perform.

This special event is an opportunity for our talented students to entertain and bring festive cheer to our village community. We would love for you to come and share in this joyous occasion with us.

Please note that this event is weather-dependent, and we will keep you updated should there be any changes to the plan.



WEEKLY UPDATE

Our week started off with an insightful visit from Father Jordan, who talked to our children about what Advent and Christmas mean for Christians. We are very grateful for his visit and look forward to his return at Easter.

The Christmas Fair was absolutely fantastic! It was such an amazing experience to share this with everyone and see the children having such a lovely time. A huge thank you to everyone involved in FEPS who made this possible. The funds raised make such a huge difference to our children and directly support their experiences during their time at school.

Remember to get involved in the ongoing eco competition. The sustainable wrapping paper looks equally beautiful compared with its plastic counterpart. Well done to everyone who has entered so far!

Have a wonderful weekend.

Mr Todd



Beechbuds – Isla C
Reception – Matilda B
Year 1 – Tommy H
Year 2 – Amber N

Year 3 – Evelyn Mc
Year 4 – Beau D
Year 5 – Alfie T
Year 6 – Isaac J

Staff – Mrs Duckworth

LIVING WATERS FOOD BANK HAMPERS We are collecting for Living Waters Foodbank who are looking to serve a Christmas meal and take-home hampers to help our most vulnerable pensioners stay warm and well this winter. We will be looking to give them brand new * wheat heat packs * fluffy socks * lap blankets * hot cup * hats and gloves * And food goodies such as tins of stewed steak/meat, tinned ham, small biscuit selection boxes, soup, small cakes. Please bring any donations to the school office. Thank you for your support



HOUSES POINTS



THUNBERG

3rd



RASHFORD

4th



STOREY

1st



PEAKE

2nd

SCHOOL ATTENDANCE

The National average for attendance is 96%

Our school attendance target is for 97%.

whole school 97.18%

Class	This week
Reception	96%
Year 1	100%
Year 2	92.7%
Year 3	99.1%
Year 4	96.8%
Year 5	95.4%
Year 6	99.2%

Well done **Year 1** for great attendance this week! Chip is looking forward to accompanying you in class all next week.

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

CHRISTMAS POST BOX IS OPEN!

Over the next few weeks, our Christmas post box will be available in the school hall for your child to post Christmas cards to their friends.

Our wonderful Year 6 Elves will ensure all cards are delivered to the correct classes, spreading festive cheer throughout the school.

If your child would like to send Christmas cards to their friends, please ensure the envelope clearly includes the recipient's **name and year** to help our Elves make their deliveries smoothly.



NEXT WEEKS SCHOOL LUNCH MENU

WEEK 1	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Puff Pastry Pizza Whirls	Pork Sausage & Mash Potato with Gravy	Chicken Tikka Masala, served with Rice & Naan Bread	 Christmas Dinner Day	Fish Fingers
MAIN DISH 2	Cheese & Onion Pasty	Chicken Nugget Pitta Bread, served Roasted Vegetables	Pasta Bolognaise with Garlic Bread		
ACCOMPANIMENTS 	Sweetcorn & Beans Salad bar	Cauliflower & Carrots Salad bar	Green Beans & Sweetcorn Salad bar	Tasty Roasties & Colourful Veg	Potato Wedges, Peas & Beans Salad bar
DESSERTS	Chocolate Mousse	Jelly	Shortbread Fingers	Selection of Christmas Desserts	Fresh Fruit Friday
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	 	



MENU

Fuel your afternoon with a healthy school lunch from Mellors



KEY

 - 1 OF YOUR 5 A DAY

 - MEAT-FREE MONDAY

 - CHEF'S CHOICE

 - 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.


josephnoblett.com

THANK YOU

We are delighted to share that our school has been gifted a beautiful real Christmas tree by the wonderful team at Joseph Noblett in Charnock Richard. Their generosity has brought a festive sparkle to our school, and we are truly grateful!

If you're still looking for the perfect tree for your home, we highly recommend heading down to Joseph Noblett. They have an incredible selection of Christmas trees in various types and sizes to suit every space and budget.

Thank you once again to Joseph Noblett for their kindness and support this festive season.



Catering Hero (Catering assistant)

APPLY NOW



- £11.44 basic rate per hour, 12.50 hrs per week, term time, equated rate
- Ecclestone Primary School
- Email to julieh@mellors.co.uk
- Alternately leave your name and contact details at reception.
- Start Date : ASAP

Inspiring the nation through fabulous food.

Catering assistant Ecclestone Primary school, previous catering experience preferred – 12.50 hours per week, term time only equated pay based on 38 working weeks and 5.6 weeks holidays £11.44 basic rate per hour, start date ASAP



**THIS EVENT IS IN SCHOOL TIME FOR ALL THE CHILDREN TO JOIN IN.
PLEASE MAKE SURE YOU CHECK OUR SOCIAL MEDIA FOR PHOTOS OF THIS FESTIVE EVENT**



RAISING FUNDS TO SUPPORT THE RENOVATION OF OUR LEARNING LODGE FRIDAY, 13TH DECEMBER

We are excited to announce a fun and festive event taking place at school on Friday, 13th December - our Sponsored Elf Run!

This event promises to be a joyful way for our children to stay active, spread festive cheer, and raise money.

On the day, children will have the opportunity to run, walk, skip, dance, or even hop their way through a one-mile course around the school track. To add to the festive spirit, children are encouraged to wear elf hats, which will help transform our track into a magical scene of Christmas cheer.

The Sponsored Elf Run is not only a chance for the children to have fun but also an opportunity to raise funds to support the renovation of our outdoor learning lodge. We kindly ask for your support in helping your child find sponsors for their participation. Sponsorship forms will be sent home with your child, and we appreciate any contributions made to this initiative.





Elfridges

£4 PER GIFT

AVAILABLE TO PRE PAY ON PARENT PAY

AN OPPORTUNITY FOR CHILDREN
TO BUY SURPRISE GIFTS FOR
LOVED ONES WHILST AT SCHOOL

**ELFRIDGES WILL BE OPEN
11TH/12TH/13TH DECEMBER**

WHEN PURCHASING ON PARENT PAY, PLEASE GIVE
INFORMATION ON WHO THE GIFTS ARE FOR, THAT
WAY, THE ELVES CAN HELP YOUR CHILDREN TO
CHOOSE AN APPROPRIATE GIFT

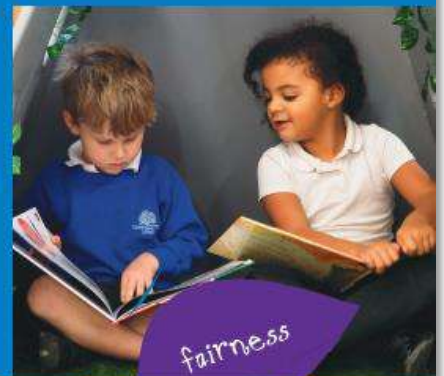




ECCLESTON PRIMARY SCHOOL

incorporating
Beechbuds Pre-School

OPEN DAY



**Thursday 12th
December**
Afternoon
1.30pm-2.30pm

No booking required just come along!



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

fairness

relationships



The Eco-Team's Christmas Competition 2024!

To help raise awareness for wrapping gifts in a beautiful and environmentally friendly way, the Eco-team are running a competition to wrap a present using eco-friendly products.



Choose an empty box and wrap it! It's that simple!

How do you make wrapping paper environmentally friendly?

Use material for wrapping presents.

Get creative with old newspaper.

Tape-free wrapping techniques.

Reuse delivery boxes.

Use pine cones, cinnamon sticks, dried oranges or twigs.

Ditch the bows and decorate with foliage.

Personalise brown paper with prints or colouring.

Tie with string instead of tape. ...

Choose to use a gift bag.

Use paper which can be scrunched up (-if it springs back out of shape it will have plastic in which is bad for our planet and say no to glittery paper!)



Entries in by Monday 9th December please.

£1 entry fee to raise money for Chorley Hedgehog Rescue Centre and Eco-projects around school.

There will be a prize for KS1 and KS2.

Have a go! Your presents will be a delight for all your friends and family and you'll be helping to reduce the amount of waste going to landfill too!

Thank you from Mrs A and the Eco-Team



Choose fun at

fun fest CHORLEY - ECCLESTON

HOLIDAY CLUB

Ofsted Registered

23rd & 24th December 2024

7:30am - 6:00pm

2nd & 3rd January 2025

3-12 years

Christmas Holidays

Eccleston Primary School
Doctors lane
Eccleston
PR7 5RA

A menu of **50+ activities!**

Book online at www.fun-fest.co.uk
Enquiries to 07392 790727 or
chorleyoffice@funfestholidayclub.co.uk

fun fest CHORLEY - ECCLESTON

HOLIDAY CLUB

Christmas & New Year
Chorley - Eccleston

23rd & 24th December 2024

	AM	PM
MON	Crafty Creations	Minute to Win It
TUES	Creative Cooks	Mission Impossible
		Christmas Party!
		Sports Action

2nd & 3rd January 2025

	AM	PM
THURS	Picturesque Painting	Sports Action
FRI	Lego Creations	Fun Fest's got Talent
		Fun Day Friday!
		Winter Gardens
		Fun Fest Boot-Camp

Limited spaces available so please book early
www.fun-fest.co.uk **Choose Fun**

SCHOOL ADMISSIONS PRIMARY SOUTH

Do you have a child starting primary school in September 2025 and living in Lancashire?

Closing date: 15 January 2025

You **must** apply even if a brother or sister is already at the school, or the school is linked to your child's nursery. Please read the admission criteria for your chosen schools on the website, or get a copy from them.

Apply for a school place now by scanning the QR code or visit lancashire.gov.uk/schools

If travel cost is an important factor in your school preference, please check the guidance on our website, or call 01772 532109.

Between 1 October and 31 January schools are consulting with you to make sure admission arrangements meet future needs. To find out more please visit www.lancashire.gov.uk/schoolplaces and click 'school admission policies'.

lancashire.gov.uk >>>>

Lancashire County Council

THE Croston SINGERS

Christmas Concert

2024

Saturday 7th December - 6.00pm
at St Michael & All Angels Church, Croston

RAFFLE & REFRESHMENTS TICKETS £6 UNDER 12s FREE

Tickets available in advance from The Croston Singers or pay on the door

For more information about The Croston Singers please see our Facebook page @TheCrostonSingers





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:



TMT



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



**RAINBOW
HUB**

Every day is a life changing day

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



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

Tel: 01257 451 114 | Email: hello@eccleston.lancs.sch.uk | Website: www.ecclestonprimary.net





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

Adobe Stock | #233955948



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

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.

WHAT ARE THE RISKS?

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 developer. 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.



The National College®

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

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