

WEEKLY NEWSLETTER



Friday 7th March 2025

NEXT WEEKS KEY DATE

MARCH

Wed 12th Parent Afternoon/Eve
1.15pm – 6pm

Please book your appointment via Schoolcloud.



WEEKLY UPDATE

World Book Day has been a huge highlight of the week. The children had so much fun in the assembly on Thursday and enjoyed the Masked Reader entries.

The classrooms have been filled with exciting lessons this week, from sewing to producing fabulous non-fiction reports about space. The pride the children take in their work is incredible. The weather has been kind this week, which has meant that more of our learning has taken place outside.

We are delighted to see the children being involved in our extra-curricular activities, whether that is a sports club or SHINE. Thank you for encouraging your children to take part in the different clubs we have on offer.

Have a wonderful weekend.

Craig Todd



Beechbuds – Frank D

Reception – Orla A

Year 1 – Lily O

Year 2 – Charlotte G

Year 3 – Jack H

Year 4 – Zac E

Year 5 – Hamish HD

Year 6 – Luke T

Staff
Mrs Williams



OPAL play is up and running! Please ensure your child has wellies in school so they can fully enjoy outdoor play.



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HOUSES POINTS



THUNBERG

1st



RASHFORD

3rd



STOREY

4th



PEAKE

2nd

SCHOOL ATTENDANCE

The National average for attendance is 96%

Our school attendance target is 97%.

whole school 98.08%

| Class | This week |
|-----------|-----------|
| Reception | 98% |
| Year 1 | 97.9% |
| Year 2 | 95% |
| Year 3 | 99.1% |
| Year 4 | 98.4% |
| Year 5 | 98.3% |
| Year 6 | 99.2% |

Well done **Year 6** for great attendance this week! Chip is looking forward to accompanying you in class after the break.

WATCHING AND BROWSING ONLINE - INTERNET MATTERS

According to Ofcom, 90% of children are watching online videos and browsing the internet regularly. Children may love to stream videos and look up information, it's a fun way to learn and relax after all but they must be guided. The e-space is filled with inappropriate content and dangerous material. It is important that parents and even teachers, are able to steer their pupils and youngsters, towards the right places when online. Internet Matters has published a guide dedicated to supporting adults in setting digital boundaries for children, so that they can make smart choices and build healthy online habits. In the Internet Matters guide you'll find practical tips on managing content access, the use of safety controls, advice on setting boundaries and ways to educate children on how to stay secure online. If interested please follow the link below: <https://www.internetmatters.org/advice/by-activity/watching-and-browsing-online-a-parents-guide/>

RESOURCES REQUEST!

Do you have any resources, artefacts, knowledge that could help us with our upcoming History topics for after Easter? In particular we are looking at Leisure in the 60s/70s/80s/90s if you feel you have anything we could use or are willing to come into school please contact Miss Phillips via the school office! Thank you in advance.



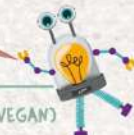
SCHOOL LUNCH MENU

| WEEK 1 |  MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|---|
| MAIN DISH | Italian Pizza, served with potato wedges | Pork Sausage & Mash Potato with Gravy | Chicken Tikka Masala, served with Rice & Naan Bread | Roast Turkey, served with Roasties & Yorkshire Pudding | Fish Fingers |
| MAIN DISH 2 | Tomato Pasta Bake with Garlic Bread | Vegetable & Chicken Pie | Cheese & Onion Pasty | Cheese & Ham Puff Pastry Swirls | Jumbo Sausage Chicken Burger |
| ACCOMPANIMENTS  | Sweetcorn & Beans Salad bar | Cauliflower & Carrots and Swede Salad bar | Green Beans & Sweetcorn Salad bar | Cauliflower, Broccoli & Carrots Salad bar | Potato Wedges, Peas & Beans Salad bar |
| DESSERTS | Chocolate Mousse | Jelly | Shortbread Fingers | Arctic Roll | 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 | |




MENU

Fuel your afternoon with a healthy school lunch from Mellors



 - 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.

SPORTS ACHIEVEMENT

A huge congratulations to our Year 4 and 5 girls who took part in the 'Biggest Ever Football Session' this morning at Westway Sports Hub! The team demonstrated fantastic sportsmanship and teamwork, winning 2 of their matches and securing 5th place out of 8 schools—a great achievement! We are so proud of your effort, determination, and enthusiasm. Well done, girls!



Parent Led CBT summary

The aim of this guided parent-delivered programme is to teach parents cognitive behavioural strategies and to empower them to use them with their child to overcome difficulties with anxiety by supporting them to work through the accompanying book (**Helping Your Child with Fears and Worries 2nd Edition: a self-help guide for parents**).

We would recommend purchasing or borrowing a copy of this book if possible or alternatively you can speak with your practitioner who may be able to provide you with a copy on loan.

We and other groups internationally have shown that this is an effective and efficient way of treating child anxiety disorders.

The programme is aimed at parents of children aged 5–12 years whose primary presenting problem is anxiety. Whilst other difficulties, such as behavioural problems and low mood may also be present, the programme specifically targets anxiety and, as such, this should be the primary presenting problem. The programme has not been evaluated with children younger than 5 years or those with communication or learning difficulties, however, it has been suggested to us that, on the basis of anecdotal reports, that it could be adapted to meet the needs of these groups with appropriate supervision.

We believe that parents are the experts when it comes to their child. They will have a better understanding of how their own child might respond and what will encourage and motivate them to try different things than a therapist will have. Parents often play a central role in determining the pace and timings of when therapeutic strategies can be implemented at home and are often relied upon to solve practical issues that arise. They are often the ones that are present during the struggles and challenges their child is facing and can support their child both in between sessions and well beyond the end of treatment. They are also often desperate to know what to do for the best to help their child.

As such, the aim of the programme is to provide strategies to parents that they can use at home to support their child in order for them to overcome problems with anxiety. The sessions with a therapist provide an opportunity to discuss how to apply the CBT principles described in the book to their child's needs and their individual circumstances. Techniques are discussed with parents in a collaborative way, asking for their opinions as to how each strategy might work for their child given what they know about them. If a parent is concerned that a particular strategy will not work for their child, ways of adapting strategies are explored in order to make them more useful. Time is spent on reflecting on what works best for the family and guiding the parents, as well as providing opportunity for practice.

Additionally, children with anxiety disorders often elicit responses from those around them that may inadvertently maintain their difficulties and they are highly attuned to messages that may reinforce their anxious beliefs and behaviours. During the programme, parents are, therefore, invited to monitor and, if necessary, alter their reactions to their child. The positive impact that a parent can have in helping their child overcome their problems is emphasised throughout the programme. A key role of the therapist is to highlight helpful strategies that the parent uses or has begun to practice, rather than criticising potentially unhelpful responses.

One of the key aims of the programme is to increase the parent's confidence in their ability to help their child overcome their difficulties with anxiety. As such, the philosophy of the programme is non-

