

WEEKLY NEWSLETTER

Friday 9th January 2026



WEEKLY UPDATE

Welcome back after a two week Christmas break. It has been wonderful to see such incredible working taking place in classrooms across the school this week. Twitter/X is full of examples of what your children are working on, please do take a look: <https://x.com/EcclestonPS>

We have a superb term in store and we are all excited about sharing the journey.

Have a great weekend.
Mr Craig Todd

SIGNIFICANT CHANGES TO PENALTY NOTICE CHARGES

The DfE have recently announced national charges to penalty notices issued for unauthorised absences in term time, these

came into effect on the 19th August 2024.

- Penalty notices issued for the offence after the 19th of August 2024 will be charged at the new rate of £160.00 however if paid in 21-days this reduces to £80.00.

- Any second penalty notice to the same parent for the same child in a rolling 3-year period will be issued at the rate of

£160.00 to be paid within 28-days with no option for a discount.

- Penalty notice threshold is 10-sessions equivalent to 5-days of unauthorised absence in a rolling 10-school week period.

- Maximum of 2-penalty notices may be issued for the same child within a rolling 3-years period, so at the 3rd or subsequent offence another course of action will need to be considered such as prosecution or one of the other attendance legal interventions.



Beechbuds – Zackery B

Reception – Lucas W

Year 1 – James H

Year 2 – Bobby B

Year 3 – Isabella R

Year 4 – Bronte P

Year 5 – Toby HB

Year 6 – Harriet O

Arbor



A reminder to ensure you are signed up to the Arbor App as this will soon be our main way of sharing messages.

Please follow the steps below to log in to the Arbor Parent Portal:

1. Go to <https://login.arbor.sc>
2. Enter the email address that school has on record for you.
3. Click "Forgot your password?" if you haven't logged in before or can't remember your password.
4. Check your email and follow the link to set a new password. Once logged in, you can access your child's information through the Arbor Parent Portal.

If you do not receive an email or are having any difficulties logging in, please contact the school office so we can help.



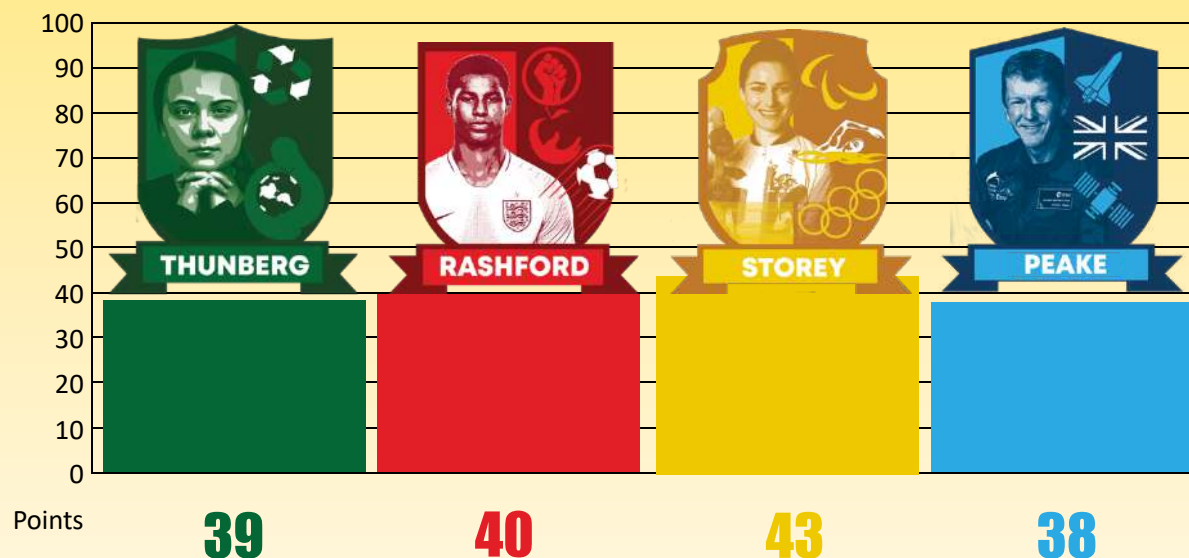
Eccleston Primary School, Doctor's Lane, Eccleston, Chorley PR7 5RA

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



HOUSE POINTS

House to reach 50, 100 and 150 points will receive a special treat!



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 next Thursday, Thank you.



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

BEHAVIOUR CURRICULUM

Be Respectful • Be Responsible • Be Safe

During Assemblies

- Walk to and from the hall using Excellent Walking
- Sit calmly and quietly when waiting for assembly to begin
- Show active listening to the speaker, respecting them by not talking over them
- Celebrate other children's successes like you would want your own celebrated
- Sing with respect and effort, like in any other lesson

After School Clubs Spring 1 05/01/26 – 13/02/26



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime		CHOIR – Y3-6 On Going – Mrs Lancaster	CHESS – Y5-6 6 week – Mr Brindle 07/01/2026 – 11/02/2026	MINDFULNESS COLOURING CLUB – Y2 6 week – Mrs Davies 08/01/2026 – 12/02/2026	
After School Club		MIXED FOOTBALL TRAINING Y5/6 6 weeks – Chorley Sports 06/01/2026 – 10/02/2026	TAEKWONDO YR-6 6 weeks – Eddie Ellison 07/01/2026 – 11/02/2026 FRENCH CLUB Cancelled until 04.02.26	MULTI-SKILLS – Y1 6 weeks – Chorley Sports 08/01/2026 – 12/02/2026 SPANISH CLUB Cancelled until 05.02.26	



SCHOOL ATTENDANCE

The National average for attendance is 96%

Our school attendance target is 97%.

whole school 98.14%

Class	This week
Reception	98.4%
Year 1	99.3%
Year 2	99.3%
Year 3	98.7%
Year 4	96.3%
Year 5	98.6%
Year 6	98%

Well done **Year 1 & 2** for excellent attendance this week! Chip is looking forward to accompanying you in class next year.



Supporting children, young people and families to succeed in Lancashire



Drop-in Family Support Sessions



Abdul Logde – Senior Family Support Worker (Community Team)

Caz Edwards – Eccleston Primary School Family Support Worker

We will be in school to support families from January 2026

2026 DATES

9am – 10am

8th January 2026

22th January 2026

5th February 2026

12th March 2026

26th March 2026

9th April 2026

23rd April 2026

7th May 2026

21st May 2026

4th June 2026

18th June 2026

2nd July 2026

16th July 2026

How I Can Help: Advice and support for families • Signposting to services



Early Help Early Help means giving families support early, before small problems become big ones. It's your choice to take part and we work together to find solutions that fit your family.

SCHOOL LUNCH MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Homemade Italian Style Pizza served with Wedges	Toad in the hole with Mash	Chicken Tikka served on a bed of Rice with Naan Bread	Homemade Cottage Pie	Battered Cod fillet
MAIN DISH 2	Mac and Cheese with a Garlic Slice	Cheese and Potato Swirls served with Baked Beans	Homemade Lasagne	Chicken and Broccoli Pasta Bake	Sausage Roll Chicken Goujons
ACCOMPANIMENTS 	Sweetcorn Baton Carrots Salad bar	Baton carrots Green Beans Salad bar	Baked Beans Sweetcorn Salad bar	Cauliflower Baton Carrots Salad bar	Fries Curry sauce Baked beans Sweetcorn Salad bar
DESSERTS	Homemade Sponge Cake of the week with Custard	Flapjack	Raspberry Buns	Jelly and Fruit Pots	Fresh fruit Friday
FRESH FRUIT OR YOGHURT	Fresh fruit or Yohurt	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



MENU

Fuel your afternoon with a healthy school lunch from Mellors

KEY

5

- 1 OF YOUR 5 A DAY

MEAT FREE

- MEAT-FREE MONDAY

CHEF'S CHOICE

PLANT-BASED (VEGAN)

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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.



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**ECCLESTON
PRIMARY SCHOOL**
incorporating
Beechbuds Pre-School

**EVERY DAY 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
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.

**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.



CLOSING DATE
15 January 2026

lancashire.gov.uk

**Lancashire
County Council**



**NEW FUN
FRENCH &
SPANISH
CLUBS!**
**LEARN WHILE
HAVING FUN &
TRY THE CLUB
WITH A
TASTER
SESSION!**

native/fluent & DBS checked teacher
world culture • crafts
games • songs • stories

AT ECCLESTON PRIMARY SCHOOL

FUN FRENCH & SPANISH AFTER SCHOOL CLUBS!
Le Club Français & El Club Español are continuing our language clubs, starting later than usual from 4/5 Feb in the Spring term! These will be after school for 1 hr. and the cost will be £7.10 per session plus £13.95 membership pack fee. Children are invited to try the club at a no obligation taster: **French is on Weds from 4th Feb, Spanish begins Thurs 5th Feb or sign up after these dates to start after half term.** Sibling/multi-club discounts + DD/Standing Order options available to lower/spread cost. **Please enrol for the taster by signing up at link below & paying AFTER the session (once first form is submitted, leave the site!)**

MEMBERSHIP WITH LE CLUB FRANÇAIS & EL CLUB ESPANOL INCLUDES:
**FRENCH OR SPANISH SONGBOOK • CD OR
STICKER/ACTIVITY BOOK • STICKERS
FOLDER • STICKER CARD • STREAMING
MUSIC • ONLINE GAMEZONE • MORE!**

SIGN UP & ONLY PAY AFTERWARDS IF CONTINUING. AT:
[HTTPS://WWW.BOLTONLANGUAGES.CO.UK/ENROL](https://www.boltonlanguages.co.uk/enrol)

**What Parents & Educators Need to Know about
WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY
Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential risk/future, while anxiety is characterized by feelings of fear, apprehensiveness or panic. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

WHAT ARE THE RISKS?
LONG-TERM CONSEQUENCES
Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN
Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing, left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

DIFFERENTIATING WORRY FROM ANXIETY
While worry and anxiety share similarities - in that they both involve concerns about possible trouble - anxiety tends to be more constant and overwhelming. Worry may come and go depending on the situation, it's essential to recognise when the former crosses into the latter as anxiety can significantly impact a child's daily functioning and wellbeing.

THE EMOTIONAL TOLL
The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS
Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION
Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Active listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT
Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help reduce anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES
Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP
Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with learning or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert
Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

#WakeUpWednesday
The National College

✕ @wake_up_weds f /www.thenationalcollege @wake.up.wednesday @wake.up.weds

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