

# WEEKLY NEWSLETTER

Friday 9<sup>th</sup> January 2024



## 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



Beechbuds – Zackery B	Year 3 – Isabella R
Reception – Lucas W	Year 4 – Bronte P
Year 1 – James H	Year 5 – Toby HB
Year 2 – Bobby B	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](mailto:hello@eccleston.lancs.sch.uk) | Website: [www.ecclestonprimary.net](http://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](mailto: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



## 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
<b>MAIN DISH</b>	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
<b>MAIN DISH 2</b>	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
<b>ACCOMPANIMENTS</b> 	Sweetcorn Battion 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
<b>DESSERTS</b>	Homemade Sponge Cake of the week with Custard	Flapjack	Raspberry Buns	Jelly and Fruit Pots	Fresh fruit Friday
<b>FRESH FRUIT OR YOGHURT</b>	Fresh fruit or Yohurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghirt	Fresh fruit or Yoghurt
<b>JACKET POTATO AND SANDWICH SELECTION</b>	Jacket Potato and Sandwich selection	Jacket Potato and Sandwich selection	Jacket Potato and Sandwich selection	Jacket Potato and Sandwich selection	Sandwich selection



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.



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

# EVERY DAY IS AN OPEN DAY

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

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



'Inspiring independent learners to thrive in a changing world'



To find out more information please email  
[hello@eccleston.lancs.sch.uk](mailto:hello@eccleston.lancs.sch.uk)

You can find out all about Eccleston Primary School  
on our website [www.ecclestonprimary.co.uk](http://www.ecclestonprimary.co.uk)

**SCHOOL  
ADMISSIONS  
PRIMARY**

# APPLY NOW!

at [lancashire.gov.uk/schools](http://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](http://lancashire.gov.uk)

### School transport

If travel cost is an  
important factor in your  
school preference, search  
'school transport' at  
[lancashire.gov.uk](http://lancashire.gov.uk)  
or scan the  
QR code.



# NEW FUN FRENCH & SPANISH CLUBS!

LEARN WHILE  
HAVING FUN &  
TRY THE CLUB  
WITH A  
TASTER  
SESSION!

## 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 4<sup>th</sup> Feb, Spanish begins Thurs 5<sup>th</sup> 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](https://www.boltonlanguages.co.uk/enrol) (once first form is submitted, leave the site!)

MEMBERSHIP WITH LE CLUB FRANÇAIS & EL CLUB ESPAÑOL 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)**



At the National College, our [Week1/Week2](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.co.uk](#).

## 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 and anxiety are normal, extreme anxiety is a persistent form of distressing interpretation.

Current statistics indicate a rising prevalence of anxiety in children among carers, 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 persistent thoughts and feelings of concern, fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Anxiety is a normal human emotion and适度 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. Children with anxiety are at increased risk of developing other disorders, depression or other mental health conditions later in life. Additionally, untreated worry and anxiety can negatively impact a child's daily functioning and quality of life. It is essential to address these concerns proactively and provide appropriate support and intervention.

#### THE IMPACT ON CHILDREN

Excessive worry and anxiety in childhood can have profound effects on a child's mental health and well-being. Children with anxiety may have difficulty to concentrate, sleep or participate in daily activities. They may experience 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.

#### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and mental health. Children with anxiety may feel distressed, may feel overwhelmed, irritable or angry. They may also withdraw from social situations or feel embarrassed.

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more persistent and intense. The intensity of anxiety may vary depending on circumstances, but anxiety can range from mild to severe. Regardless of the circumstances, it's essential to recognise when the emotional toll of worry and anxiety is impacting a child's daily functioning and wellbeing.

#### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children with anxiety can be significant. Children with anxiety may have difficulty concentrating, memory and problem-solving skills, which can affect their ability to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to withdraw from social interactions, which can strain relationships, potentially leading to feelings of isolation or exclusion.



### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and responding to children's concerns can help them feel understood and supported, reducing the intensity of anxiety. Creating opportunities for children to talk about their worries and fears 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 well-being. Establishing routines, providing a safe space for children to express their concerns 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, progressive muscle relaxation, and guided imagery. These techniques 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, interfere with their relationships, academic performance, or cause significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological well-being.

**Meet Our Expert**

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

**#WakeUpWednesday**

The National College

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.07.2024



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