



Newsletter Friday 10th October 2025

Joy James 1:2-4

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing."

Dear Parents and Carers,

Our Year 1 class absolutely shone as they led the whole school in our annual celebration of thankfulness for the harvest.

What made this year's service particularly touching was Year 1's focus on the fact that harvests around the world are not always successful. They carefully highlighted how factors like drought and flooding can mean communities in other parts of the world don't have the food choices we are fortunate to enjoy. This demonstrated a fantastic level of empathy and global awareness for such young children.

The children should also be commended for their exceptional oracy skills. Their performances were delivered with wonderfully clear and audible presentation voices. It was a testament to their hard work and confidence in speaking publicly, ensuring that every one in the hall could clearly hear their important message of gratitude and understanding.

The service provided a moment for us all to pause and reflect on the incredible thankfulness we feel for the food we have and the dedication of our farmers. It was lovely to see the children's generous contributions of food items, which are being collected to support our food bank.

Thank you to all our families who contributed—your generosity will make a real difference to those in our community who need support.

Continuing the Conversation

We encourage you to continue the conversation at home:

- Ask your child: "What did you learn about harvests in other countries?"
- Discuss: "What does 'being thankful' mean to you?"
- Explore: Look at where some of your food comes from (local, national, or international) and how it gets to your plate.

A big round of applause once again to Year 1 for setting such a thoughtful and celebratory tone for the autumn term!

Best Wishes,

Mrs M Underwood



Award Winners

Lola Year 6

For fab multiplication of decimals including great explanation

Rivelino Year 6

For excellent identification of evidence in guided reading



Mila & Evie Year 5

For fantastic resilience for deeper learning tasks in maths

Zayaan, Isla, Alice, Olivia & Riana Year 4

For superb river monster magazine articles

Headlice Alert: There has been a report of headlice in school. Please make sure you check your child's hair thoroughly and treat accordingly. This should be repeated regularly.



Still spaces available
in **Reception!**



Contact the school office for more information



Bonfire Disco

Tickets for the Bonfire Disco will be going on sale from Monday 20th October. Tickets can be purchased before and after school from Mrs Lewis who will be available on the school yard.



Reception Class

Join us every Tuesday at 3pm in class for Rhyme Time.

Year 6 - Don't forget to apply for your High School Places by October 31st.

<https://www.lancashire.gov.uk/childr-en-education-families/schools/apply-for-a-school-place/starting-secondary-school/>

Dates for your Diary

Whole School	Nurse Drop in Session
Whole School	Autumn Half Term
Whole School	School re-opens 8.45am
Whole School	Bonfire Disco
Reception	Little Lancashire Village
Year 1	Blackburn Museum
Year 5	Kensuke's Kingdom
Year 5	Oliver - Burnley Youth Theatre

Tuesday 21st October 9-10 am
School closes 3.30pm Thursday 23rd October
Monday 3rd November
Thursday 6th November
Tuesday 18th November
Wednesday 19th November
Wednesday 26th November
Tuesday 9th December

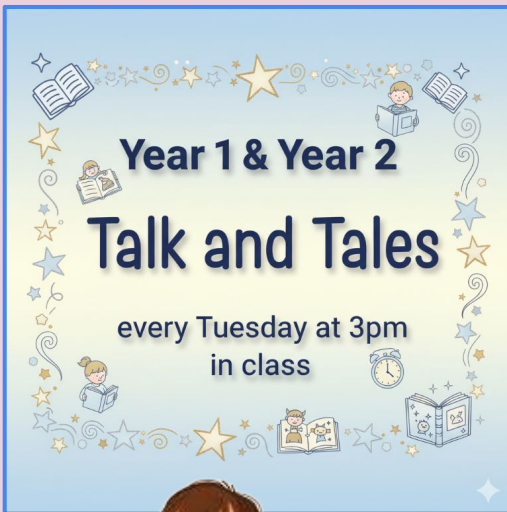
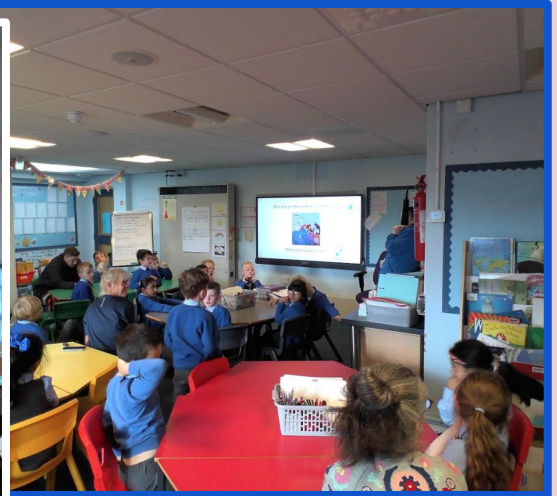
Happy Harvest



Thank you for all the amazing donations for our very own Food Bank.



Talk & Tales





Stepping Back in Time with Reception



Our Reception children thoroughly enjoyed becoming history detectives, exploring the past using a fantastic loan box from the library, filled with Victorian kitchen items. We had so much fun handling objects like a dolly-tub, a flat iron, and a carpet beater, imagining what life was like over a hundred years ago. The children were brilliant at spotting the differences between these old-fashioned tools and the appliances we use in our modern homes, sparking wonderful discussions about how things have changed over time. It was a hands-on, memorable way to begin our learning journey about 'The Past'!



Word & Worship



Meet our House Captains



Gawthorpe Marsden

Towneley Wycoller

New School Nurse Drop-In Sessions for Parents/Carers

Dear Parents and Carers,

As part of my new role in school, I'm setting up different support groups and drop-in sessions for the whole school community.

I'm pleased to announce the first of these: **a monthly School Nurse Drop-In**. This is a great opportunity to get direct support from our staff nurse.

Session Details

A private, 10-minute slot for you to discuss your child's health and wellbeing with the school nurse in the privacy of Mrs Lawton's office.

Dates & Times:

October 21st: 9.00am – 10:00 am

November 18th: 9.00 am – 10:00 am

December 16th: 9.00 am – 10:00 am

The School Nursing Team can offer advice and support on a range of topics, including:

Toileting and Continence

Sleep

Low-Level Emotional Wellbeing

Behavioural concerns

Public Health Needs (e.g., diet, dental care, puberty, hygiene)

School Readiness

Please get in touch with me directly or contact Mrs Fletcher through the school office with any queries.

Regards,

Mrs Lawton

Please note: The school nurse cannot prescribe medication or diagnose medical conditions.

Join us for our Monthly School Nurse Drop-in sessions

These will be held in the hall and Mrs Lawton's office on a first come, first served basis. Allowing approximately 10 minutes per person to discuss your child's health and wellbeing in the privacy of Mrs Lawton's office. Drinks will be offered to those waiting.

Dates available:

Tuesday 21st October - 9am until 10am

Tuesday 18th November - 9am until 10am

Tuesday 16th December - 9am until 10am

For more detailed information please refer to Mrs Lawton's letter which was sent out via Class Dojo.



10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'naughty'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like 'It's not that bad' or 'You're okay' may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Baleman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The
National
College



Bonfire Disco



Thursday 6th
November 2025
KS2 5-6.15PM



Cost £2.00



Includes..... Hot dog,
sparkler and a drink.



Tuck shop available.



Maximum needed £3.00

Tickets available before
and after school.



Bonfire Disco

Thursday 6th

November 2025
KS1 3.45-4.45pm

Cost £2.00



Includes..... Hot dog,
sparkler and a drink.



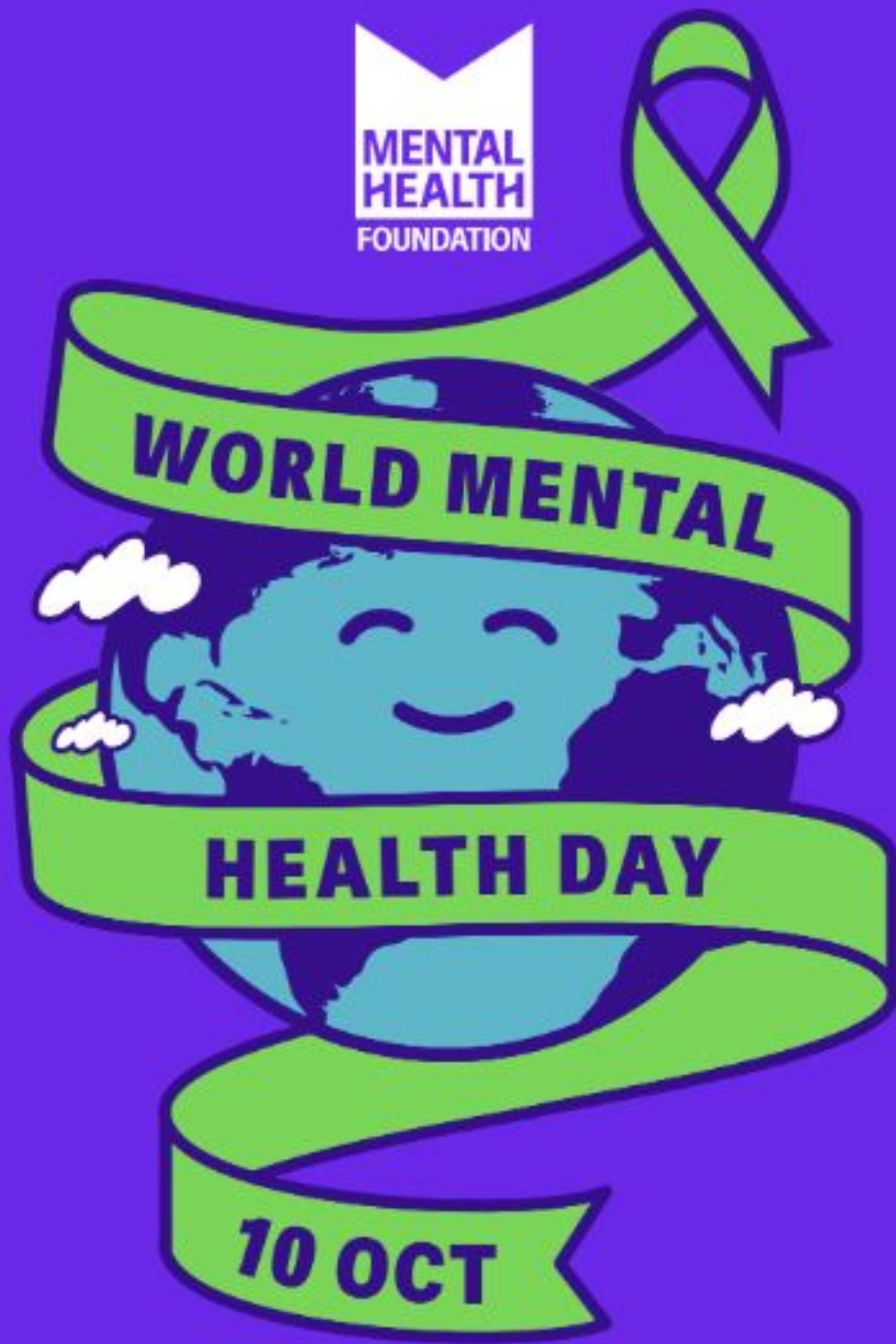
No further money
required.

Children in KS1 may come to school in their
disco outfits.

This includes children who are not attending
the disco.

Tickets available before and after school





**EVERYONE DESERVES
GOOD MENTAL HEALTH**

mentalhealth.org.uk/wmhd

Mini Marsdens

Stay and Play Baby & Toddler Group

Every Tuesday
8.45am until 10am
All are welcome

