



# Scotforth St Paul's C of E Primary & Nursery School

"Let faith be your shield"

Newsletter No 1 Friday 6.9.19

## Welcome Back!

We hope you have had a restful and enjoyable summer. All the staff would like to pass on their thanks for the many kind gifts and cards you sent in at the end of last term.

We extend a particular welcome to all the new pupils and parents who have joined us for the first time this September! We look forward to getting to know you much better!

The pupils have made an excellent start to the new year and I have been really pleased with the enthusiasm shown in every class.

## Letters/Forms

As you will be aware, several letters and forms have been sent out today. Please check your child's bag to make sure none have been left in the bottom!

## Swimming

Swimming starts on Thursday 12th September. Year 6 and half of Year 5 are going swimming up until October half-term, however for 1 week only ALL of Y5 will go this Thursday (12.9.19) as Y6 are at Lockerbie. Please ensure your child has the appropriate swimming kit and goggle forms are returned as soon as possible if you wish your child to wear them.

## Music Lessons

Musical instrument lessons with LMS will start again next week for parents who have signed up to the service. You should have received a communication direct from LMS.

## Sending Money in to School

When sending in money in to school please **use an envelope, label it with your child's name and tell us what it is for**, so we can avoid any mix ups! The correct change would also be appreciated as we do not always have change in school. Thank you. Remember you can also **use Scopyay**.

## Inhalers

If your child uses an inhaler, please ensure that they **ALWAYS** bring it to school and that it is in date. This is especially important if they are going on a school trip. If your child does not have their inhaler with them, they may not be able to go on the trip.

## Year 1

Please can we have any small cardboard boxes for our creative area. Many thanks.

## MISSION STATEMENT

**We learn, grow and care in  
God's family**

## Uniform

Thank you for sending your children in looking so smart in their uniform. We will be checking all uniform, including P.E. kit, next week to ensure it is **labelled with your child's name** (not just initials.) **Please** have a look at your child's uniform, especially coats, over the weekend. Reminder re skirts for school: no 'boob tube' type but either pleated or has a flare and is of knee length. No jewellery other than a simple watch is permitted. Also we do have a rail of pre-loved good quality uniform, including coats available for a small donation (or free if anyone is in need). Just pop in and ask.

## Salvation Army

The Salvation Army has asked if every family can fill a bag with unwanted clothes and shoes. A bag will be given to every family at the start of next term and we would be grateful if you could fill it with any unwanted clothes/shoes and bring back to school no later than Wednesday, 11th September. All money raised will be split with half to the Salvation Army and half to school. We are hopeful everyone may have something to give, as children grow so quickly! Many thanks for your help.

## Harvest/ Olive Branch Food Bank

Our Harvest Appeal will once again be for the Olive Branch Foodbank– but you don't need to wait until October to donate any food as we have a permanent food collection hamper just inside the entrance foyer! Any tins/packets of dried food/toiletries etc. very gratefully received. Thank you.

## Coats

Please send a coat in with your child every day. We have had quite a lot of children feeling cold and damp because they have not had a coat– and our lovely British autumn does seem to be upon us!

## Parking

Please note: the car park is only available for parents to drop off children for Breakfast Club before 8.15 am and After School Club after 4.30 pm. Please do not use the car park at any other time for dropping off or collecting children (unless school has rung you because your child is poorly). Many thanks.

## Water Bottles

Please can children bring **named** water bottles to school to have in class rather than having to use cups/beakers which can be easily knocked over. If your child has a packed lunch please ensure that the container is **named**.

### Local Author Visit

On Tuesday 17th September Danny Rurlander, a church leader and ex-parent here at Scotforth! will be presenting his new book 'Splyark' to the children in Years 4,5 & 6. The book was only published in August and some of our Y5 pupils and teachers attended the book launch. We really enjoyed hearing Danny talk about his book and fly his drone (which plays a crucial role in the story). The book is aimed at 9-11 year olds and is an exciting adventure story set in the Lake District. There will be opportunity to purchase the book at £6.50 (RRP £6.99) and have it signed by Danny. Please bring in the correct money on the day, or a cheque made payable to VA Laycock. It should be a really fun event to inspire the children about both reading and writing!

### Hockey/Quicksticks KS2

Please see attached letter with the newsletter.

### Clubs

Football: Mon 9 Sept for 6 weeks 3.15-4.15pm  
Athletics: Tues (lunchtime with Mrs Boyle—further details to follow  
Multiskills: Tues 17 Sept KS1 - further details next week  
Sportz 4 All: Weds 18 Sept - further details letter next  
Karate: Thur 3.30-5.30 pm

### Church Service

Please join us for Rev Dr Rebecca Aechtner's first services as our new vicar this Sunday, 8th September at:

08:00 Common book of prayer, Scotforth Road  
09:45 Communion, Scotforth Road  
11:15 Worship, Hala Centre  
18:30 Evening worship, Scotforth Road

There will be a Jacob's Join at 12:15 at the Hala Centre, all are welcome to come and celebrate.

### Plastic Sword

A parent kindly lent us a sword for our performance of Macbeth, it is in the office if you wish to collect it.

### Years 5 & 6

Parents of Y5/6 children need to complete a 'Permission to Walk Home' form which can be found on the website. Children will not be permitted to walk home without written consent.

## Mental Health and Well-being

There is increasing evidence about the pressures children are under in today's world, both on and offline, and the anxieties that they feel as a result. Our LifeBus and LifeSpace sessions now include mental wellbeing enhancements woven throughout every programme, with age appropriate activities, covering all aspects of the Department of Education (DfE) requirements for schools, including internet safety.

**CONNECT** connecting with the people around you; your family, friends, and people at school.

**BE ACTIVE** taking a walk, cycling, swimming, playing a game or taking part in sport. Finding an activity that gets you moving, something you enjoy and make it a part of your life.

**GET CREATIVE** learning new skills can give you a sense of achievement and a new confidence. Using your brains to create, learn and discover or taking up a new hobby.

**GIVE TO OTHERS** even the smallest act can count whether it is a smile, a thank you or a kind word.

**BE MINDFUL** be more aware of the present moment, including your thoughts and feelings, your body and the world around you. The opposite of rushing or multi-tasking, slowing down to really notice what you are doing. It can positively change the way you feel about life.

## Relationships Education & Health Education

By 2020, schools are required by the Department of Education to teach the new Relationships Education and Health Education curriculum. They have recommended schools start as soon as possible. Our visit, along with SCARF online resources will enable schools to do this.

Schools using the suggested lesson plans know they cover every element of these statutory requirements, as well as other areas of PSHE (Personal, Social Health and Economic) Education, which Ofsted recognise as being crucial within a successful school.

For many schools, Coram Life Education is their trusted external provider to deliver Puberty (Time for Change) and Relationships (Changing Bodies and Keeping Safe) workshops, and parents can be assured that these important subjects are managed in a sensitive way in line with best practice.

**CONTACT CALL 01995 600064**

Life Education Centre for Lancashire, 65 Church Street, Garstang PR3 1YA  
EMAIL: [office@lifeedlancs.org.uk](mailto:office@lifeedlancs.org.uk)

Registered Charity No. 1058867

[www.coramlifeeducation.org.uk](http://www.coramlifeeducation.org.uk)

Coram Life Education, Coram Community Campus  
41 Brunswick Square, London WC1N 1AZ

Registered Charity No. 800727



Our aim is to improve outcomes for children, by working in partnership with children, schools and parents/carers. Look out for your parent/carer session and come to find out more.

Coram Life Education is visiting your school and is a leading provider of health, wellbeing and drugs education to almost half a million children across the UK.

Health education builds children's knowledge, skills, and positive attitudes about health. Health education teaches about physical, mental, emotional and social health. It motivates children to improve and maintain their health, prevent disease, and reduce risky behaviours.

**coram**  
**Life Education**

The workshops run in school, in the LifeBus or in LifeSpace, and together with the Coram Life Education SCARF lessons, will help children become Safe, Caring, Resilient young people who can make Friends, and be a good friend to others.

We know that children who have all these skills can Achieve and be successful in school and all areas of their lives.

SCARF: Safety, Caring, Achievement, Resilience and Friendship

  
**Life Education**  
Lancashire

Life Education Lancashire is a 'not for profit' charity providing high-quality Health Education and Relationships Education to nursery schools, primary schools and academies across Lancashire, Blackpool, Blackburn with Darwen, Wigan and Sefton.

We visit schools with our wonderful and completely unique mobile classroom (affectionately known as the 'LifeBus') or in school in our new interactive inflatable classroom (LifeSpace). Our highly skilled, talented Educators provide stimulating and exciting sessions.

We use a wide range of educational techniques and strategies that are designed to encourage positive attitudes towards their physical and mental health and as they mature, recognise the risks associated with smoking, alcohol and illegal drugs.

### MEETING THE NEEDS OF 3-5 YEARS

Foundation Stage children meet Harold the Giraffe and help him get ready for his day. They will start to think about:

- How the body gets energy from food, water and air
- How exercise and sleep can help our body to be healthy
- Body hygiene

In addition, Early years and foundation stage (EYFS) children will also think about:

- The safe use of medicines
- Discussing feelings with families, friends and others.



### MEETING THE NEEDS OF 5-7 YEARS (KEY STAGE 1)

Children meet Harold the Giraffe's friends Kiki and Derek.

In Year 1, children learn about keeping the body healthy and safe with emphasis on:

- Learning about different food groups and a balanced diet
- Caring, friendship, and our behaviour towards others
- Keeping our minds happy and healthy
- The safe use of medicines

In addition Year 2, children explore feelings and will:

- Recognise, name and understand different feelings
- Understand that there are different types of bullying and unkind behaviour
- Develop strategies to deal with different feelings and behaviours



### MEETING THE NEEDS OF 7-9 YEARS (KEY STAGE 2)

In Year 3, children will think in more depth about:

- The brain and the nervous system
- Medicines, nicotine, alcohol, and their risks
- Mental wellbeing as part of normal daily life
- Spending time online
- Qualities of friendship and teamwork

In Year 4, children also explore:

- Why we are all different and unique
- Manage differences through compromise and negotiation
- Making choices and the consequences
- Making friends and how they can influence us

### MEETING THE NEEDS OF 9-11 YEARS

Children develop critical thinking skills in relation to issues such as:

- The body and what it needs to stay happy and healthy including mental health and wellbeing
- Risks of legal and illegal drugs and the law
- Understanding the norms around smoking and alcohol and misperceptions
- Identify risk factors in a given situation and peer-group dynamics
- How choices and behaviours can affect dreams and aspirations
- Develop strategies and skills to deal with different feelings and behaviours



Public Health Commissioning Team  
NHS England and NHS Improvement North West  
(Lancashire and South Cumbria)  
Preston Business Centre  
Watling Street Road  
Preston  
PR2 8DY

August 2019

Dear Parent/Carer,

There are a lot of things that need to be done in preparation for your child's first day at school. As part of preparing, making sure your child is up to date with their immunisations is also really important. Having your child immunised is the best way to protect them from serious childhood diseases.

At school your child will be mixing with other children in small spaces which increases the risk of germs spreading. Immunisations will help protect your child from diseases which can be spread very quickly making children very poorly and could lead to serious complications. It is really important your child is fully protected and getting immunised is a safe and effective way of doing this. It also helps protect other people as well.

Your child should have had a pre-school booster and their second Measles, Mumps and Rubella immunisation at the GP practice when they were around 3 and a half years old.

If you are not sure if your child is up to date with their immunisations check their personal health record (Red Book) or contact your GP practice today. For more information visit [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations).

For Information on MMR in different languages or in an accessible format visit <https://www.gov.uk/government/publications/mmr-for-all-general-leaflet>.

We wish your child a happy and healthy start at school.

Yours sincerely,

Tricia Spedding  
Head of Public Health

Dianne Draper  
Screening and Immunisation Lead

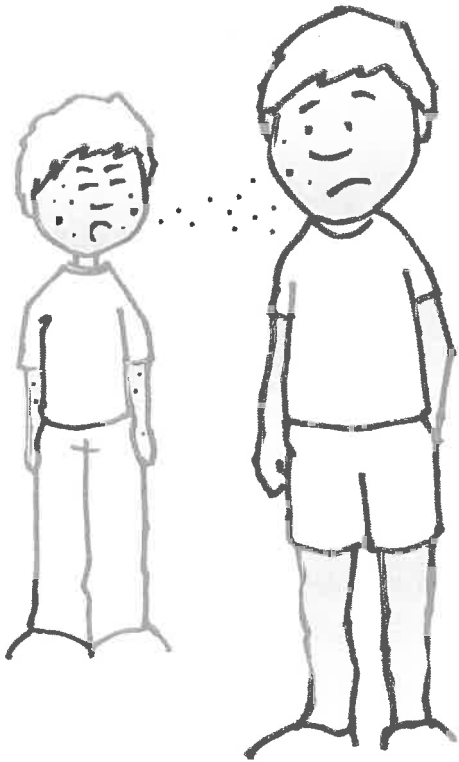


Please record the date and time of your immunisation appointment here and put it in an obvious place in your home.

Vaccination appointment:

on: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

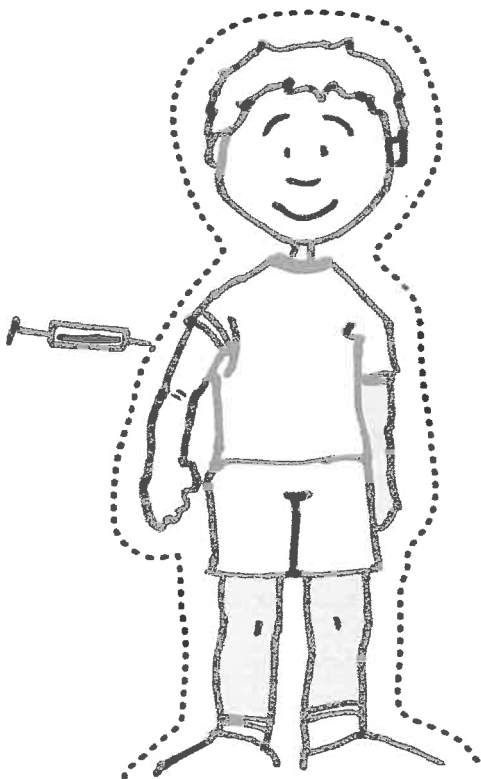
**Measles spreads quickly and can be very serious.**



**Injections stop children catching some diseases such as: Measles, Mumps and Rubella.**



**Vaccines are safe. Many childhood diseases are dangerous.**



**Your child needs 2 doses of MMR. Ask your nurse, health visitor or doctor for advice about children's vaccines.**





**The Biscuit Bake Off**  
**Saturday 14<sup>th</sup> September**  
**St Paul's Parish Hall, Scotforth**  
**2 – 4 pm**

**Four Categories:**

**Rubbed In, Creamed, Whisked, Melted**

**Three Age Groups: 0-10 years, 11-18 years and adults**

**Please email: [office@stpauls-scotforth.org](mailto:office@stpauls-scotforth.org) for  
guidelines on entering or visit our website:**

**[https://stpauls-scotforth.org/news-  
information/fundraising-and-parish-events/](https://stpauls-scotforth.org/news-information/fundraising-and-parish-events/)**

**Refreshments**

**Various Stalls – including sale of entries to  
The Biscuit Bake Off**

**All proceeds go to St Paul's  
Church Roof Appeal**

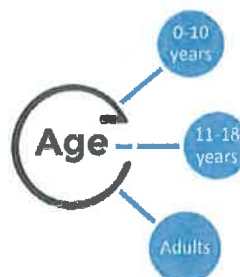


**The Biscuit Bake Off – St Paul’s Church Roof Appeal**  
**Saturday 14<sup>th</sup> September – 2-4pm in Scotforth Parish Hall**  
**Guidelines and Application Form**

There are four biscuit categories:



There are three age groups:



**Remit:**

- You will need to produce a Baker’s Dozen (13 biscuits). One biscuit will be used for the judges to taste and score and the other 12 will be sold to raise funds for St Paul’s Church Roof Appeal. Please tell the person receiving your entry what price per biscuit they should be sold at.
- You will need to write down the recipe and bring this with you – placing it under the plate of your biscuits.
- All entries must be brought to the Parish Hall between 1.00 and 1.15pm on Saturday 14<sup>th</sup> September for judging prior to the event starting at 2.00pm. Late entries cannot be accepted.

**After judging:**

- The judges will place a Gold, Silver and Bronze Award certificate in each category and each age group – so 12 sets of awards in total.
- The judges will choose an overall winning biscuit, Platinum Award.
- A photograph of the winning biscuits (and baker if you want) will be taken. This photograph will be used with your recipe to produce The Biscuit Bake Off Recipe Book in order to raise funds for St Paul’s Church Roof Appeal.

In order for us to ensure that there is enough display space for biscuits please can you complete the application form below and return it to the Parish Office by Friday 6<sup>th</sup> September – thank you.

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**The Biscuit Bake Off – 14<sup>th</sup> September – Application Form and Consent**

Name: \_\_\_\_\_ Age: (if under 18) \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

I agree to you keeping my information on file for the purposes of The Biscuit Bake Off and, if successful, for the recipe book. My information will be stored in line with General Data Protection Regulations and destroyed in a confidential manner after the event (except for Award winners who will appear in a Recipe Book). Your personal contact information will not be shared.

Signed: \_\_\_\_\_ If aged under 18 years this must be signed by a parent/guardian

Printed: \_\_\_\_\_ Date: \_\_\_\_\_





# ALDI'S KIT FOR SCHOOLS

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our poster and we'll receive an exclusive  
sports kit plus a chance to win

# £20,000!

Find out more and get stuck in at  
[getseteatfresh.co.uk/kitforschools](http://getseteatfresh.co.uk/kitforschools)



T&Cs apply.

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WELLNESS



# LADIES' SHOPPING HUB



**All these & more stalls at:  
Lancaster Boys & Girls Club,  
Dallas Road, LA1 1TP**

**Sunday 8th September  
3:30 - 7:30 pm**



 [lancasterladiesshoppinghub](https://www.facebook.com/lancasterladiesshoppinghub)

**£1 Entry  
& under  
13's Free**





**Central Lancaster  
High School**

## **Open Evening**

**Thursday 12th September 2019**

**6.00 - 8.00pm**

**[www.lancasterhigh.uk](http://www.lancasterhigh.uk)**

**01524 32636**

# CONNECTING PARENTS TO SCHOOL

SCOPAY

## SCOPAY, A MORE CONVENIENT WAY TO PAY

SCOPAY allows parents, guardians, or carers to make payments by credit or debit card for all school purchases (including school meals, trips, uniforms and school clubs)

If you have not yet registered let the office know and an access code will be issued to you.

Then visit [SCOPAY.com](https://scopay.com) or download the SCOPAY app and pay anytime, anywhere.

Pay for their lunch,  
on your lunch!



SCOPAY