



St Aidan's

Church of England Primary Academy
A member of **CDARI**



'I came that they may have life and live it to the full' John 10.10



Friday 7th February 2025

Headteacher: Mrs Kelly Harrison

Deputy Headteacher: Mrs Hayley Hargreaves

Parent Governor Vacancy

We have a parent governor vacancy!

If you have an interest in the education of all of our children here at St. Aidan's and can commit to 6 meetings a year, we would love to have you onboard!

For anyone interested, please collect an application form from the school office. The closing date is Friday 14th February.

Thanks Mrs Harrison



Outward Bound Residential Trip

Two places have become available on the Outward Bound residential trip in April 2025. The cost of the trip is £190 with a deposit of £40.00 needed to secure the place. The balance will then need to be paid by the end of January.





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Dates for the Diary

W/C Monday 10th February

DT/Art week— EYFS/Y1/Y2/Y3

Tuesday 11th February

Safer Internet Day

Friday 14th February

Celebration of Love-wear red day

School closes for half term

Monday 24th February

School reopens—8.40am

Zip World—Windermere

We have been given an amazing opportunity for some of our families to experience going to Zip world in Windermere. The transport and 2 activities is included at a HUGELY subsidised cost of just £10 per person. This is taking part in the half term on the 22nd February. Places are on a first come, first served basis. All children MUST have a parent or carer with them. Please contact Uzma at fourseasonsoutdoors.CIC@gmail.com



Safer Internet Day

Tips for parents and carers on how to keep your children safe online.

Please click on the link below for more details:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/tips-for-parents-and-carers>



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Children's Mental Health Week

Knowing ourselves and Growing ourselves' as part of Children's Mental Health week. Why don't you try some of these at home

TIPS FOR FAMILIES

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

- 1 Encourage journalling**
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.
Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



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Children's Mental Health Week—Dress to Express

We have been learning about what mental health is, why it's important and the many different ways we can improve our mental health.

Mindful mornings-Yoga in Year 5



Reception class— Rhyme Time

Our theme this half term is Brilliant Bears so what better way to end our theme work than to have a Teddy Bears Picnic on Thursday 13th February. Parents/Carers of children in Reception are invited to join for this at 2.45pm (instead of Rhyme Time).





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Family Hub



Darwen | Little Harwood | Livesey | Shadsworth

Parent Group Leader *Training opportunity*

Empowering Parents Empowering Communities (EPEC) is a parenting programme delivered by parents who live in their own community.

Parent Group Leader training equips parents to facilitate *Being a Parent* group/course in their own communities, with continued support from specialist EPEC Supervisors.

Being a Parent helps parents to learn practical skills for everyday life and bring up confident, happy and co-operative children. The programme supports parents to develop positive parenting strategies, learn effective communication skills and supports them to understand their children's behaviour and development.

Parent Group Leader training is voluntary and is delivered 1 day per week over 10 weeks. This will be from Tuesday the 14th January at Family Hub Shadsworth

Once trained parent group leaders will deliver the programme for 2 hours a week in an 8 week block, this will be delivered alongside another parent group leader, the programme does not run during school holidays.

Contact Laura Mckelvey 01254 666536 laura.mckelvey@blackburn.gov.uk for an informal chat and to find out some more information.



EMPOWERING
PARENTS
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COMMUNITIES



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Christmas Pantomime 2025—Snow White

Our yearly trip to Blackburn Empire Theatre to watch the Snow White Pantomime is on Monday 1st December. The cost of this trip is **£7.00** per pupil.

It's great to see that some parents have already paid—thank you.

We appreciate that Christmas has only just been and gone and we know that you don't want to be thinking about next Christmas or you don't want to make any payment(s) until closer to December, when this is already a busy and expensive time for everyone, so with this in mind we have added the payment to Schoolmoney now to give you the opportunity to spread the cost into affordable weekly/monthly payments or alternatively, if you wish, you can pay the amount in full.



School Council Easter Bingo

We are pleased to be holding our annual School Council Easter Bingo night again. This will take place on Wednesday 9th April from 6.00pm - 8.00pm in the school hall. The first game will start at 6.15pm.

More information to follow with details on how to book your tickets



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ALWAYS

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Feed the Family for £5.00

FEED YOUR FAMILY FOR £5

SWEET CHILLI CHICKEN FRIED RICE

INGREDIENTS

Main Ingredients	Cost £	Veggie Switch	Cost £
375g Chicken Thighs	£1.28	300g Plant Chef Chicken Style Pieces	£2.25
350g Long Grain Rice	£0.44		
150g Peas	£0.17		
150g Sweetcorn	£0.22		
3 x Garlic Cloves	£0.14		
1/2 bunch Spring Onions	£0.33		
300g Carrots	£0.22		
30ml Vegetable Oil	£0.06		
50g Ketchup	£0.08		
85ml Sweet Chilli Sauce	£0.47		
40ml Soy Sauce	£0.23		
6g Mild Curry Powder	£0.10		
Total	£3.74		£4.71

Prices correct at time of printing and may vary. All items available from leading supermarkets. Please observe the allergen information on the product packaging. Based on a family of four.

View our video online

1. THE RICE

Cook the rice according to the package instructions. Once cooked, leave it to cool.

2. PREPARE THE VEGETABLES

Peel and dice carrots into small cubes. Grate your garlic and set it aside.

3. THE SAUCE

In a small mixing bowl, combine the sweet chilli sauce, soy sauce and ketchup. Mix well.

THE CHICKEN

4.

Slice the chicken into strips.

5.

Heat oil in a large frying pan or wok on a medium-high heat. Add sliced chicken and cook for about 5 minutes.

COOK THE VEG

6.

Once the chicken is partially cooked, add the grated garlic and curry powder. Stir in the diced carrots, peas and sweetcorn. Cook for a further 4 mins, stir continuously.

7.

Add the cooked and cooled rice to the pan. Keep stirring to heat the rice through. Pour in the sauce mixture and cook for an additional 3-4 minutes, stirring continuously.

8.

Finely slice the spring onions, reserving some for garnish. Add the sliced spring onions to the pan and cook for 30 seconds.

SERVE

Serve the dish hot, garnished with the reserved spring onions. Enjoy!



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Attendance Matters

Attendance is **NOT** optional

There is an expectation that children are in school **EVERY** day.



Overall School Attendance Target is **96%**

Actual Whole School Attendance is **94.1%**



Well done to Year 2 who had the best attendance in the school last week!

Enjoy your extra playtime!



Weekly Attendance

REC	Y1	Y2	Y3	Y4	Y5	Y6
94.91%	95.6%	99.35%	94.92%	93.15%	93.45%	90.77%

Weekly Lates

REC	Y1	Y2	Y3	Y4	Y5	Y6
8	5	0	4	3	9	3



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Congratulations

Well done to the following children for being chosen to receive an award this week:

	Stars of the week	Value's In Practice award winners (V.I.P's)
Reception (Miss Keegan)	Iremide & Pixie	Ronnie
Year 1 (Miss Kay)	Esmæ & Loulou	Sophie
Year 2 (Miss Brindle)	Szelina & Fraya	Charlie
Year 3 (Mr Eccles)	Ava & Demi	Ikhlas
Year 4 (Mrs Picken)	Layla K & Skyla	Oscar
Year 5 (Mrs Moss)	Lacey & Layla	Eric
Year 6 (Miss Cornall)	Lola & Cameron	Sandor

Kind Regards,

K. Harrison

Headteacher