

St. Joseph's Catholic Primary School



Monthly News Bulletin

'You Are Precious In My Eyes'



Facebook: @SJPS Preston

Web: www.sjps.lancs.sch.uk

Friday 9th January 2026

We are back in school Happy New Year and welcome back a new term. I hope you all managed to have a wonderful holiday and a well-earned break.

Firstly, the teachers and I would like to thank you all for your kind gifts, cards and well wishes as the term ended.

We extend a very warm welcome to the new families who have recently joined our school community and we hope your children will be very happy in our school.

The term has started really well and there is a calm, purposeful, working atmosphere across school. This term we are focused on attendance and good routines, children having the right uniform and P.E kit, revisiting the basics of reading, writing and maths and all being on green on our behaviour traffic light system. Staff News

Congratulations to Mrs Darbyshire (Reception teacher) who is expecting a baby. We wish her family many congratulations.

Also congratulations to Mrs Owens who is our new Acting Deputy Headteacher.

Punctuality and Phonics

Phonics for Reception class, Year 1 and Year 2 takes place from 9am. If your child is late to school they are missing out on this core part of reading every day!

If anybody was lucky enough to receive a new phone from Santa or has recently changed or updated their number can parents please let the school office know as soon as possible so that we can keep all emergency contacts up-to-date.

Thank you

It is promising to be a great term ahead

Mrs Monaghan

Superstars-

Our superstar photos will now be on the Facebook page for St Joseph's each week.

THE COKE BOTTLE ANALOGY

THE COKE BOTTLE WE CARRY ALL DAY

Imagine a bottle of Coke being gently shaken again and again. Nothing spills at first. From the outside, it looks fine. This is what many children - and adults - do all day. They hold it together. They follow rules, mask feelings, meet expectations. Each small stress adds another shake. By the time the school day or workday ends, that bottle is already under pressure, even if no one can see it yet.

WHY THE EXPLOSION HAPPENS AT HOME

Home is where the lid finally comes off. Not because a child or parent is misbehaving, but because home feels safe enough to stop holding it all in. The explosion might look like tears, shouting, withdrawal, anger, or overwhelm. It's not about what just happened. It's about everything that happened before - the fizz that had nowhere else to go.

WHAT SHAKES THE BOTTLE

Every demand adds fizz. Noise, transitions, social effort, sensory overload, being corrected, trying not to cry, trying not to react. For a child, this might be sitting still, managing friendships, coping with learning demands. For adults, it might be work stress, mental load, emotional labour. None of these are 'bad' on their own - but they all add pressure when there's no release.

WHY 'JUST CALM DOWN' DOESN'T WORK

You can't calm a shaken bottle by shouting at it. Telling someone to calm down when they're already overflowing ignores the pressure inside. Logic doesn't reduce fizz. Consequences don't remove triggers. What helps is slowing things down, reducing demands, offering connection, and allowing the fizz to settle before expecting anything else.

HOW WE HELP THE FIZZ ESCAPE SAFELY

Children need regular chances to release pressure before the explosion. So do adults. Movement, quiet time, food, play, co-regulation, laughter, rest, sensory breaks, being listened to without fixing. When we help the fizz escape little by little, the bottle doesn't explode. Regulation isn't about control - it's about giving emotions somewhere safe to go.



SPORTS NEWS

Congratulations to our
dodgeball team who beat St
Augustine's in our tournament
last week



NEW PHONE/ TABLET FOR CHRISTMAS?

Roblox is a gaming platform where players can create and publish their own games. The platform can be a great educational tool to help teach children new skills like coding. However, there are also some risks.

Roblox allows players to build and publish their own games.

This means that other users could build games that contain adult or inappropriate themes that your child might see.

Players can use Roblox to talk to one other while they are playing.

This means that there is a risk of cyberbullying or unwanted contact.



Sign up with the correct age

Make sure your child creates an account using the correct age. On Roblox, certain safety settings and parental controls are enabled by default for children under 13. However, you should still review the settings to ensure they've been set up correctly.

Build a list of age-appropriate games

Not all games on Roblox will be appropriate for your child. The platform has a setting that lets parents and carers limit what their child can play by allowing them to build lists of age-appropriate games. You can also switch off in-app spending or set them monthly limits.

Explore communication settings

You can manage who your child can speak to by disabling chat completely or limiting it to friends only. You can also switch off their inbox to stop them receiving direct messages.

Please check your child's devices – do you know what they are watching?

Key diary dates are posted on the school website too www.sjps.lancs.sch.uk

DIARY DATES 2026

Spring term

Friday 30th January- CAFOD cake sale and own clothes day

Spring Disco Thursday 12th February

HALF TERM 13th-22nd February

INSET Monday 23rd February

March

World book dress up day Thursday 5th March



IMPORTANT NOTICE -Change to term dates

We will be finishing school for Summer on Friday 17th July 2026 at 1:30pm instead of Monday 20th July

We will therefore not have the INSET day on Friday 1st May 2026 and children will attend school as normal.

