



## Headteacher Message

Good afternoon,

We have had a wonderful busy week in school, with lots to celebrate! A huge thank you to the parents and family members of Sanderlings class who came to St Peter's Church on Thursday morning to watch the children deliver their Harvest worship. We are proud of them.

Today we have had a very special visit from Bishop Phillip. The student council were amazing at having a special lunch with him and giving Rev. Mark and Bishop Phillip a tour of the school. The afternoon started with a joyous worship and lots of fun!

I am very pleased to have wonderful reports of how our children are conducting themselves out of school. This week I have received a lovely message from the education team at Heysham Power Station who stated our Y4 class **"are a credit to the school!"**. It was also lovely to read the positive comments from Bolton Le Sands school about St Peter's at the football tournament via their Facebook page.

It has been wonderful to see our sports teams work so well together to achieve brilliant results so far. We are so very proud of our pupils, staff and parents who continuously represent our school so positively. What a great start to the year – well done St Peter's.

One week to go! This half term really has flown by and next week is the last week before the half term break.

Enjoy your weekend,

Mrs Dodd

## Our School Worship and Christian Characteristics



Our vision is to see our children go out into the world with the skills and confidence to succeed and the love, compassion, and advocacy to make a positive impact on the world around them.

This week we listened to the Parable of Jesus feeding 5000. We reflected on how we should treat others. What characteristics and values should we show? We considered what 'Goodness' and 'Kindness' mean and how we can show these characteristics.

## Skylarks (Reception) Parents Evening

Reception parents evening appointment bookings will be going live on Monday 16<sup>th</sup> October @ 3.30pm. Mrs Parker and Mrs Daly will be able to meet parents / carers on Monday 30<sup>th</sup> October to discuss how your child is settling into school. Appointments are available from 2pm – 5.30pm.

## Missing School Banner

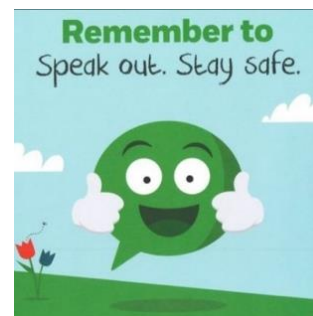
We have a mystery of 'the missing banner' taking place in school and wonder if you may be able to help us...?

Last Friday Miss Walker and I put up a lovely new school banner on the railings outside the Mitchell Building, to promote our school. By Saturday morning, however, it had disappeared! It was secured with heavy duty cable ties and string which all appeared to be cut. We are led to believe there could have been youths hanging around the school. If anyone is aware of any information, please can you inform the school office.

## NSPCC Speak Out, Stay Safe Programme

'Speak out. Stay safe.' is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline. This half term we have arranged Mrs Rigby to deliver the assembly materials to Y2, Y5 and Y6. These are the suggested year groups. We have then arranged for a volunteer who is trained in the programme to deliver 30 min workshop to Y2 and 1-hour workshops to Y5 and 6.

A separate letter will be sent home to parents / carers in these year groups. These sessions are part of our curriculum offer and ensuring children understand acceptable behaviours and how to seek help / guidance and support. It is part of our curriculum goals to safeguard children and ensure they have their voice heard.



## Sporting Achievements

The inter schools sporting fixtures have started and already over the past week we have been busy. Mrs Biggs, Mrs Owens and Mrs Edmondson have enabled these opportunities to take place this week and we are extremely grateful for their commitment to ensuring school sport can take place.



### Indoor Athletics

It was a wonderful first athletics event at Salt Ayre. Well done to the whole team for doing your best and achieving a fantastic 2<sup>nd</sup> position!

### Dodgeball

★ Dodgeball Champions 2023! ★

What a start to the sporting year 🏆🏆🏆

A huge congratulations to both our dodgeball teams playing in the tournament at BLA, with 15 other teams from the area.

It was a St. Peter's vs St. Peter's semi-final, with St. Peter's Red going on to win the tournament. This was truly a squad success - well done to all.

Thank you to Tim Fletcher and the BLA leaders for putting on the event and to our parents for your continued support.



### Y5 and 6 Football

Our St. Peter's football team won the Danone Cup Qualifier on Thursday afternoon!

The boys were undefeated ALL tournament 🏆 They won all games in their group phase, went on to play Lancaster Road in the quarter finals, Bolton-le-Sands in the semi-finals and St. Wilfred's in the final, where they won a fantastic 5-1. They are now through to the next round of the Danone Cup! Mrs Biggs and Mrs Edmondson have reported fantastic team spirit and impeccable behaviour all afternoon, so much so, it was commented upon by other schools. This makes us so proud.

A huge well done to all participating teams and as always, thank you to the event organisers and our parent support.

Thank you to the parents and carers that offer their support and encouragement at the events. It is appreciated.

*"I have come in order that you might have life, life in all its fullness," John 10:10*

## Friend's Movie Night – Save the Date(s)

The Friends will be hosting a movie night on Wednesday 1<sup>st</sup> November for EYFS/KS1 and Thursday 2<sup>nd</sup> November for KS2 afterschool. Further information will follow early next week in a letter sent home.

## Keeping Children Safe Online

On Friday 20<sup>th</sup> October, all children will be carrying out a range of lessons and learning on keeping safe online and what to do if they do feel uncomfortable about content or comments online. This is part of our safeguarding strategy across school. Mrs Rigby delivered the NSPCC 'Speak Out. Speak Up.' introductions this week to Y2 and Y6. These will be followed up further next week.

I have added a new poster / informaiton about children's mental health (see below) and will update the school website to reflect new information as it comes out. However, a good website for parents is:

<https://nationalcollege.com/library?q=&sortBy=most-viewed&hide-coming-soon=0&phase-id=2>

You can register for free, along with following the National online safety on X (formerly known as twitter) @natonlinesafety. They have weekly updates which are really useful.

Please note our parent / carer online safety informaiton evening down (Monday 11<sup>th</sup> December) and book a space to join us.

## Christmas Dates for the Diary

Whilst Christmas may seem still far away, we are already planning dates in the school diary. This year our EYFS children will host a 'sing along' as a class and Y1 and Y2 will be performing our school nativity. We will be holding daytime performances only this year, as we strongly feel that the children are too young to be expected to perform during the evening aswell.

**December proposed dates – we will be aiming to keep to these dates and are giving you lots of notice to enable you to sort any leave required from work;**

- Monday 4<sup>th</sup> - 6<sup>th</sup> - Book Fair after school in the Hall
- Tuesday 5<sup>th</sup> - Whole School Panto trip to the Dukes Lancaster to see 'A Christmas Carol'
- Thursday 7<sup>th</sup> - Y3 Advent / Christingle Worship @ 9am in the Hall
- Monday 11<sup>th</sup> - Online Safety Evening for parents from 6-8pm in the Hall
- Wednesday 13<sup>th</sup> - EYFS / Reception Class Christmas Sing Along @ 9am in the Hall
- Wednesday 13<sup>th</sup> - Y1/2 Nativity @ 1.30pm in the Hall
- Wednesday 13<sup>th</sup> - Y3,4,5 Carols by Candlelight @ 6pm in the Hall
- Thursday 14<sup>th</sup> - Y1/2 Nativity @ 1.30pm in the Hall

## General Reminders

### Earrings

We are noticing more children who are wearing earrings. The school uniform policy states that children should be wearing spacers if they have had their ears pierced. We understand that this is not always possible in the first few weeks from the piercing. Therefore, new piercings with the small studs should be covered by micropore tape.

### Girls PE Shorts and Skirts

We have noticed a number of children wearing shorts under their skirts. This is absolutely fine if the child's skirt is longer than the shorts. They do also need to have appropriate length shorts for PE.

### Water Bottles

Children should have water in their water bottles. Staff are reporting a lot of children drinking juices. In line with food standards for schools, juice should be limited.

## Allergies

We need to remind everyone to please refrain from sending blackcurrant Fruit Shoots (or similar) bottles in with their child's packed lunch. This is also the case for Nutella bars and anything containing nuts, due to severe allergies in school.

## Food Bank – Harvest Donations

Thank You for your continued support with your donations to Morecambe Bay Community Foodbank. Next week we are asking Dunlins class to donate. Please remember this is only if you can. Donations are greatly received.

Class	Date
Eider Ducks	20 <sup>th</sup> October
<b>Half Term</b>	
Turnstones	3 <sup>rd</sup> November
Skylarks	10 <sup>th</sup> November
Curlews	17 <sup>th</sup> November
Sanderlings	24 <sup>th</sup> November
Lapwings	1 <sup>st</sup> December
Oystercatchers	8 <sup>th</sup> December
Dunlins	15 <sup>th</sup> December

## Dates for the Diary – Week Commencing Monday 16<sup>th</sup> October

<b>Monday 16<sup>th</sup> October</b>	<ul style="list-style-type: none"><li>Y4 swimming lesson. Kits in school please</li></ul>
<b>Tuesday 17<sup>th</sup> October</b>	<ul style="list-style-type: none"><li>School Tour for 2024 Reception Parents: 9.15 – 9.45am</li><li>Young Voices Practice (Y4,5,6): 3.15 – 4.15pm</li><li>Y4 Football Tournament @ Bay Leadership Academy: 3.45pm – approx 6.15pm</li></ul>
<b>Wednesday 18<sup>th</sup> October</b>	<ul style="list-style-type: none"><li>Parent Drop-In with Mrs Rigby: 9 -10.30am. <i>Please book a space via the school office</i></li><li>JAM Club: 3.15 – 4.15pm</li></ul>
<b>Thursday 19<sup>th</sup> October</b>	<ul style="list-style-type: none"><li>School Tour for 2024 Reception Parents: 1.30 – 2pm</li></ul>
<b>Friday 20<sup>th</sup> October</b>	<ul style="list-style-type: none"><li>Internet Safety Day</li><li>School Closes for October Half Term</li></ul>

## Reminder of key dates for Autumn Term (excluding Christmas specific dates noted above)

- Y6 (Curlews)** - Y6 Faith Interviews for parents who are planning to apply for Ripley St Thomas as a High School for their child. Please remember to download the faith reference form and make an appointment with Rev. Mark by emailing [heyshamja@gmail.com](mailto:heyshamja@gmail.com). Monday 16<sup>th</sup> and Tuesday 17<sup>th</sup> October have been allocated for the interviews to take place.
- October Half Term** - school closed from Monday 23<sup>rd</sup> – Friday 27<sup>th</sup> October
- Autumn Term 2** - school re-opens on Monday 30<sup>th</sup> October
- Whole School** - Nasal Flu Vaccinations – Taking place on Wednesday 1<sup>st</sup> November. Please see email to consent / opt out of this service provided by the NHS.
- Whole School** - Individual and in-school siblings photographs taken by Tempest **rescheduled - now Thursday 2<sup>nd</sup> November.**
- Whole School** - Bonfire Night Lunch – please ensure you have returned your slip by the end of today (Friday 13<sup>th</sup> October) if you wish for your child to have this lunch.
- Y4 (Dunlins)** - Heysham Nature Reserve Trip on Friday 3<sup>rd</sup> November. Please see letter.
- Y6 (Curlews)** - Blackburn Cathedral and Mosque Trip – **rescheduled – now Thursday 9<sup>th</sup> November.** Please see letter.
- Y6 (Curlews)** - Y6 will lead our Remembrance Service on Friday 10<sup>th</sup> November in the Hall. This is for parents / family members of children in Curlews class only.

*"I have come in order that you might have life, life in all its fullness," John 10:10*



**Keeping Children Safe Online:**

**In the real world we protect our children. So why not keep them safe online?**

**An 'essential' online safety briefing for parents, guardians and carers.**

**Date: MONDAY 11<sup>TH</sup> DECEMBER**

**Start time: 6PM**

**PLEASE BOOK YOUR PLACE VIA THE SCHOOL OFFICE**

**Duration:** Approximately 1 hr 15 mins with time for questions.

**About the briefing**

Many people, including young children are users of the internet.

Having access to online information and the functionality that the internet can offer has many benefits and for most it plays an important part of our everyday lives. However, as technology moves on at such a pace it is difficult to keep up with new trends and developments, particularly regarding mobile devices/games technology and safe accessibility to online content.

Young people are spending more time online and research shows evidence that issues relating to exploitation, manipulation or abuse are adding to concerns regarding online safety. Research now shows that life online can also have an impact on wellbeing and in some cases contribute to mental health problems.

What are our children doing online? Do we know how they are behaving?

Are they safe? Who are they communicating with?

Do they know what to do if they come across something suspicious?

Are they accessing content appropriate for their age?

Are they giving away too much personal information that may make them vulnerable or affect them in the future?

Are they spending too much time online?

Are we having conversations about all the above?

We would ask at least one parent/carer from each family to attend this session where a Lancashire Education Authority Consultant will present an awareness briefing to address some of the issues mentioned above.

The session is for parents/carers only and will last for approximately 1hr 15mins with an opportunity for questions during or after the presentation.

The Local Authority and our school have policies in place to ensure children are learning in a safe and secure environment which includes being safe online. Therefore, this session has been organised to help you to contribute to this process in helping children to be aware of the potential problems associated with using the internet and modern technologies.

**The session is not suitable for children**

**OFSTED regard these sessions as an integral part of a school's Safeguarding/Online Safety policy and they expect schools to have offered this support for parents. Please help us to keep young children safe.**

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# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



National Online Safety®

#WakeUpWednesday



### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



## Meet our expert

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



## Sources of Information and Support

Your GP  
 Young Minds <https://youngminds.org.uk/v>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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