



St. Peter's Newsletter

Flourishing Together

'I have come that you may have life, life in all its fullness' John 10:10

Friday 30th January



Weekly Updates

We have had another fabulous week in school, with the children working extremely hard in all aspects of their learning and school life.

Our Year 1 pupils were amazing during their visit to Judge's Lodgings. They had a wonderful time and have impressed us all with how confidently they shared their historical knowledge about toys from the past.

A huge thank you to the parents who have visited our EYFS class this week to talk about their jobs and how they help our community. The children really enjoyed meeting visitors from the police and the NHS, and the sessions have sparked lots of thoughtful discussions and role play in class.

Our Young Voices performers have now had their final rehearsal and are full of excitement ahead of next week's performance! It promises to be a truly memorable experience for all involved, and we hope the parents attending have a magical time too.

Wishing you all a lovely and restful weekend.

Mrs Dodd and the team at St Peter's

Stars of the Week

We are celebrating children who are consistently demonstrating our high expectations for behaviour and learning



Stars of the Week receiving a Headteacher Award are...

Skylark Classes		Oystercatchers	Eider Ducks
Arthur B		Adonis	Rohan C
Turnstones Lexie	Dunlins Holly	Lapwings George	Curlews Alex

The Year of Reading



This year is the National Year of Reading and recent reports have highlighted a national decline in reading habits. We are beginning to see the impact of this in school, with a number of children not reading – or being read to – as regularly as they need. This affects language development, communication skills and overall writing standards.

Just ten minutes of shared reading each day can make a significant difference. For children in EYFS and KS1, it is especially important that they read to an adult frequently at home to build fluency and confidence. Thank you for your support in helping to foster a love of reading across our school community.

Planters and Outdoor Learning

This year we continue to build on our outdoor learning and sustainability plans and we are delighted to have received additional grant funding from Heysham South Community Fund to support this work. Our new planters and equipment have already started to arrive, and next week we will be getting the children outside to help prepare the grounds ready for planting.



Class teachers will confirm which day their class will be taking part on Wednesday or Thursday, and will send a text if children need wellies and warm clothes. We are really looking forward to our growing projects and to watching the school blossom and bloom throughout the year.

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

Year 6 Leavers Hoodies

Our Year 6 children are now in their final two terms of Primary School. We know this is a special year and we appreciate the cost families invest in events and memories, including the Leavers' Hoodies.

Many parents have asked for the hoodies to be worn earlier. While we understand this, wearing them too often can affect pupils' focus. To balance this, hoodies have been given out today and may be worn **on Fridays only until after SATs**.

If worn **Monday - Thursday**, children will be expected to remove them during the school day.

If the balance is maintained we will explore the same agreement for subsequent years. Y6 hoodies in the spring term – summer term on Friday's only until after SATs. This will be reviewed based on the children's attitude to learning and school.

Sporting Updates



At St Peter's, we offer an inclusive PE curriculum where every child takes part in a broad and balanced range of physical activities. We are also continuing to strengthen our PE provision and wider opportunities, making them more active, engaging and inclusive for all pupils.

Alongside this, we take part in the school sports competition programme, where teams are selected fairly through trials and on merit. To ensure children have appropriate opportunities as they move through school, we prioritise Year 6 pupils for Y5/6 events and Year 4 pupils for Y3/4 events, knowing younger children will have these chances in future years. Competitive events naturally require pupils to demonstrate the skills, confidence and readiness needed to take part successfully, and our approach supports both those ready to compete and those still developing. This balance helps maintain children's enjoyment, confidence and long-term engagement in sport.

We appreciate your support and will always try to ensure children have a range of opportunities during their time at our school.

Thank You

Mrs Owens and Mrs Biggs

Times Tables Rock Stars – Let's Go! (Y2-Y6)

We're excited to be relaunching Times Table Rock Stars! We know lots of our children are already well underway in using TTRS, and already doing lots of practice at home.

Times Table Rock Stars helps children build confidence and fluency with their times tables, which are crucial in allowing them to confidently access the KS2 maths curriculum.

Over the next few weeks, children will be encouraged to use TTRS regularly both in school and at home. We'll also be running school-wide competitions, with house points awarded for regular participation and effort, not just speed. This means every child has the chance to succeed.

How you can help at home:

- Aim for 3 short sessions a week
- Around 10 minutes per session is ideal
- Little and often is far more effective than one long session



We'll be talking to pupils about this in school and encouraging them to take responsibility for logging on and having a go. Your encouragement at home really helps to build confidence and good learning habits.

Thank you for your continued support, we're looking forward to seeing lots of positive participation!

Mrs Owens

Dates for the Diary – Week Commencing 2nd February 2026

Monday 2nd February	<ul style="list-style-type: none"> Dental Survey Visit for 5 Yr Olds: Only for those who are 5 years old on this day with parental consent provided – see email for details
Tuesday 3rd February	<ul style="list-style-type: none"> Y4 Swimming - please make sure kits are in school Y5 and Y6 have fitness sessions in school - PE kits required
Wednesday 4th February	<ul style="list-style-type: none"> KS2 Trading Club (lunchtime): If your child has submitted a permission slip, they will be able to attend this club – a list of confirmed children will be in classrooms. Please see letter for details Y3 Ukulele lessons (PM) – please ensure instruments are in school
Thursday 5th February	<ul style="list-style-type: none"> Y4/5/6 Young Voices Event – please see all email correspondence for details if your child is participating Y4 Ball Games Club: 3.15 – 4.15pm
Friday 6th February	<ul style="list-style-type: none"> Foodbank Collection – all donations are appreciated

Spring Term Up and Coming Dates

- Parents Evenings – Tuesday 10th and Wednesday 11th February. Please ensure you have booked 1 slot only for your child before the deadline, as bookings cannot be made after this date.

HALF TERM DATES

Last Day - Friday 13th February
Back to school - Monday 23rd February

Local Activities



**Sweet and Savoury
Free February Half Term Fun**

Judges Lodgings Museum
Friday 20 February 11am - 3.30pm

Get hands on this half term making Valentine keepsakes and creative treats. Have fun making and decorating salt dough ornaments and sugar craft treats! No booking required.

*Activities are free but charges apply if visiting the rest of the museum (Adults £5 / children free)

<https://www.lancashire.gov.uk/leisure-and-culture/museums>
01524 581241
judgeslodgings@lancashire.gov.uk

Lancashire County Council



Art School... In A Trail!

GO ON A CREATIVE ADVENTURE WITH
ART SCHOOL (IN A BOOK)

WIN A SIGNED COPY

This February, children and their families are invited to see artwork at the Judges' Lodgings Museum in a whole new light with *Art School... in a trail!*

Pick up a free activity sheet* when visiting the Judges' Lodgings and enjoy a gallery spotter trail with a creative twist – each stop unlocks a playful mission designed to help visitors look at and talk about artworks in fun, accessible ways. Complete the activity sheet and receive your *Art School* sticker!

* Free activity when visiting the museum (Charges apply to visit Adults £5/ Children Free)

Lancashire County Council



wildlife watch

Wildlife Watch Group

Time: 10.00 a.m. till noon.

Heysham Nature Reserve welcomes children aged 8 - 13 years with children over 6 accompanied by an adult, to learn all about our wildlife.

Activities 2026

- Sat 10th Jan - Recycled Bird Feeders
- Sat 14th Feb - Orienteering
- Sat 14th March - Seed Sowing
- Sat 18th April - Exploring Soil
- Sat 9th May - Rock Pooling at HMB
- Sat 14th June - Butterfly House
- Sat 11th July - Snails & Slugs
- Sat 12th Sept - Life of Mammals
- Sat 10th Oct - Den Building
- Sat 7th Nov - Conservation work
- Sat 12th Dec - Christmas Decorations

For more information about our group and how to register a place, please contact us via:
email: egarston@lancswt.org.uk or 07717366812

We meet every 2nd Sat of the month (no session in Aug).
The fee is £2 per child.

Location: Heysham Nature Reserve, Money Close Lane, Heysham, LA3 2UW



St John's Hospice

BEETLE DRIVE

FAMILY FUN FOR HALF TERM!

Monday 16th February 2026
Courtyard Café @ St John's Hospice
5pm to 8pm
£5 per person
(includes hotdog and drink)

BOOK YOUR TICKET NOW:
www.sjhospice.org.uk/events

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

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Holcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

