

Dear Parent/Carer

Has it really been a short week? I am blaming my tiredness on the pollen!

The children have been busy bees this week, getting stuck into their new topics and, for some of our children, their statutory tests. Year 6 will be taking their SATs next week, so we wish them lots of luck and ask that they simply do their best. They have worked so hard throughout the year, and we are already so proud of them.

Year 2 will be taking short tests over the next few weeks, Year 1 will have their phonics screening in June, and Year 4 will also have a multiplication test in late June.

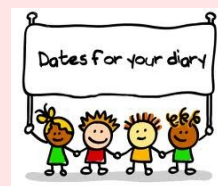
At St Peter's, we have a shared approach: we absolutely want our children to achieve their very best in these national tests, and we prepare them well, but we do not dilute the curriculum or place pressure on the children. This approach has served us well over the years, with children feeling calm and confident.

Please do consider signing up to help the PTFA run the Colour Run. Without volunteers, we will be unable to run what should be a brilliant event. The PTFA has recently paid for water trays for OPAL, using money raised from recent events, and the money raised from the Colour Run will help to fund a new sound system for the hall.

Volunteer Sign-Up – Colour Run Event – Fill in form

Kindest regards
Mrs G-R

TERM DATES



MAY

- Mon 11 SATS week
- Thur 14 Y3 Ribchester Romans trip
- Mon 18 Induction Night—6pm
- Tue 19 Class school photos
- Tue 19 St Peter's Got Talent—6pm
- Thur 21 Sports Day (confirmed)
- Fri 22 School closes for half-term

JUNE

- Mon 8 School re-opens
- Wed 10 Y6 Residential to Winmarleigh
- Fri 19 Krispy Kreme Donuts
- Mon 22 Poetry Week
- Fri 26 Poetry Final
- Fri 26 PTFA Colour Run—4pm

JULY

- Thur 2 Y6 St Bedes Induction Day
- Fri 3 Y4 St Bedes RE Day
- Mon 6 Dance Club Showcase—4.15pm
- Fri 10 Own Clothes Day—Summer Raffle
- Wed 15 Ice Cream Van
- Wed 15 End of Year Whole School Mass

SCHOOL LIFE

School lunches

Please order lunches via Scopay—w.c.
11th May

Week 1 - please see **SPRING/**
SUMMER menu [HERE](#)

Please order via Scopay



Birthday Table for all
May birthdays is **Friday**
22nd May

50p—payable via

Scopay under trips/
events

PE DAYS

REC	MON & FRI
Y1	MON & THURS
Y2	TUES & FRI
Y3	TUES & WEDS
Y4	MON & THURS
Y5	WEDS & FRI
Y6	WEDS & THURS

FREE SCHOOL MEALS INFORMATION

All children in Reception, Year 1 and Year 2 are entitled to universal free school meals. However, some families who are on low income and meet a certain criteria, are also eligible for supermarket shopping vouchers during school holidays and free holiday club places. Eligible families will continue to receive free school meals after Year 2.

Some families with children in Key Stage 1 do not claim as they are already getting free school meals, however they are missing out on the other benefits so please double check.

<https://www.lancashire.gov.uk/children-education-families/schools/free-school-meals/?page=1>

Should My Child Stay Off School?

Deciding whether your child should stay home from school can sometimes be tricky. To help parents make informed decisions, the NHS has clear guidance on when children should be kept off school and when it's safe for them to attend. Following this advice helps protect other pupils and staff, while also ensuring children don't miss more school than necessary.

You can read the full NHS advice here:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Important Reminder – Update Your Details

Please ensure the school office is kept up to date with any changes to your contact information, including your address & telephone numbers. It is also essential that we are informed of any new medical conditions or dietary requirements for your child.

If you have any updates, please email the school office at

**bursar@st-peters-
pri.lancs.sch.uk**



Battery Recycling available at School

We're pleased to let you know that we now have a battery recycling box located in the school entrance.

SNACKS AVAILABLE FOR KS2 PUPILS

Brown or White toast	25p
Crumpet	35p
Tea Cake	45p
Orange or Apple juice	50p

COMMUNITY INFO & EVENTS



School Nursing Team DROP IN

Speak to a member of our school nursing team about various health topics including emotional health, diet, healthy lifestyles, sleep, bed-wetting & constipation, head lice and behaviour.

When?

20th May 2026 @ 9.30am- 11:30am

17th June 2026 @ 9.30am-11:30am

15th July 2026 @ 9.30am-11:30am

Where?

Oak Tree Children's Centre

Sydney Street

Lytham St Annes

FY8 1TR



Join us for a relaxed parent talk: Are you concerned about the impact of smartphones and social media on your child's wellbeing?

This supportive discussion is a parent-led talk that will share insights and local initiatives to help families delay smartphone use and foster healthier digital habits.

Come for the conversation, connect, learn and be part of a growing movement to reclaim childhood. All parents, carers and educators welcome!

When

- Monday 8th June
- Arrival 17:45
- Start 18:00
- Close 19:00

Where

Saint Bode's Catholic High School
Talbot Road, Lytham,
FY8 4JL



Reserve your seat by scanning the QR code. Tickets are free but spaces are limited.



SMARTPHONE FREE CHILDHOOD

Lancashire - Lytham StAnnes

LANCASHIRE MUSIC SERVICE

JAZZ DAY



SATURDAY 16TH MAY
10AM - 3:30PM

LANCASTER ROYAL GRAMMAR SCHOOL
EAST RD, LANCASTER, LA1 3EF

SIGN UP!



#WHEREWILLMUSICTAKEYOU



<https://www.eventbrite.co.uk/e/lets-talk-children-smartphones-tickets-1988591826685>

SCHOOL LIFE



We would like to extend our sincere thanks to Lytham in Bloom for their generous donation of £100, which will go towards providing plants for the front of the school.

We are delighted to share that our school has been entered into the Lytham in Bloom competition. Over the coming weeks, we will be enhancing the front of the school, helping to create a warm and attractive welcome for everyone who visits.

FUNDRAISING



The St Peter's PTFA would like to extend our sincere thanks to all staff, parents and friends of the school for their continued support over the past few months.

Thanks to the very generous donations of chocolates for prizes at our bingo evening, we were delighted to raise a total of **£582.76** for the PTFA.

These funds will be used throughout the year to support the growth and development of our children, helping us to provide resources, activities and opportunities that are not covered by standard school funding.

Thank you once again for your generosity and support.

WAKE UP WEDNESDAY—ON-LINE SAFETY

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY

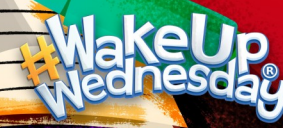
AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.04.2026