

Dear Parents and Carers

It has been wonderful to be back in school for a full week, giving children and staff time to settle into new routines and learning. The children have returned looking so smart—thank you for all your efforts. We appreciate how costly uniforms can be, especially after the expenses of keeping everyone entertained over the summer.

We are already back into our usual trips and events, with a few new additions to the yearly overview so you can get key dates into your diary. On Monday, children in Year 1 and above should be dropped off at St Peter's Church from 8:45am for our first school Mass of the year. If you are able to help walk the children back to school afterwards, we would be very grateful.

This Sunday is also our first Family Mass at St Peter's (10:30am). Father has invited the children to bring their school bags for a special blessing. If you are unable to attend, blessings will also take place at all Masses over the weekend.

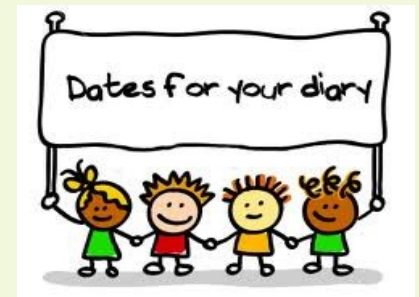
Our PTFA is a fantastic group of friendly parents and carers who work hard to support our school, funding extras that the budget simply cannot stretch to. This term they will be helping with our trip to the pantomime at Lowther. The annual AGM will be held on Monday 15th September at 7pm in school—we would love to see some new faces.

Please take the time over the weekend to consider applying for the role of Parent Governor following the recent email sent out with all the details on.

Hope you all have a lovely weekend!

God bless.

Mrs Gili-Ross



SEPTEMBER

Mon 8 9am Whole school
mass at St Peters church

Wed 10 Y6 Residential to Castlerigg

Mon 15 Individual School Photos

Mon 15 11am—Year 3 class mass

Mon 15 7pm—PTFA AGM—school

Fri 19 Y5 & 6 Grand Theatre

OCTOBER

Wed 8 Y5 London Trip

Fri 24 School closes for half-term



SCHOOL LIFE

School lunches

Please order lunches via Scopay—w.c. 8th September—SPRING/SUMMER MENU

Week 2, please see menu [HERE](#)



SNACKS AVAILABLE FOR KS2 PUPILS

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

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.

Please click on the link below to see if you are eligible.

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



SOCK DONATION

We are looking for donations of spare socks for our OPAL play. If you have any spare, they would be greatly received!

Please leave at the school office

PE DAYS

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



AUTUMN 1 – 2025

Day of the week	Year Group	Club name	Finish time	Pick up from
Mon	Y3 – Y6	Dance	4.30pm	Front entrance
	Y4 – Y6	Mixed Football	4.30pm	Green gate by Year 4
Tues	Y3 – Y6	Mini Vinnies/Prayer group	4.30pm	Front entrance
Weds	Y1 – Y2	Dodgeball	4.15pm	Front entrance
	Y3 – Y4	Tag Rugby	4.30pm	Front entrance
Thurs	Rec – Y6	Jujitsu (book direct)	4.30pm	Front entrance
Fri	Y3 - Y6	Choir	4.30pm	Front entrance

FOR SAFETY REASONS, MAY WE POLITELY REMIND PARENTS NOT TO DRIVE INTO THE CARPARK WHEN PICKING UP

St. Josephs Ansdell and St. Peter's Lytham

This Sunday 7th Sepetember

10:30am at St. Peter's

Sunday Morning Mass

**Led by Children from the School and
from the Parish**

*Children's Liturgy at the 9:15am mass at St.
Joseph's as usual!*



**Everyone is welcome to bring Back-
Packs. Pencil cases,**

WYRE NETBALL CLUB

TIMETABLE 25-26

LIVE WYRES (PRE-SCHOOL)

SATURDAYS 9.15-10AM HODGSON ACADEMY

MINI MOVERS (REC & YR 1)

SATURDAYS 9.30-10.30AM HODGSON ACADEMY

Join Us!
2 FREE TASTER SESSIONS

U7

SATURDAYS

9.30-11AM

HODGSON ACADEMY

U8

SATURDAYS

9.30-11AM

HODGSON ACADEMY

U9

SATURDAYS

9-10.30AM

BAINES SCHOOL

U10

SATURDAYS

10.30-12PM

BAINES SCHOOL

U11

MONDAYS

6-7.30PM

BAINES SCHOOL

U12

WEDNESDAYS

6-7.30PM

HODGSON ACADEMY

U13

WEDNESDAYS

**SPLIT HALL
SESSION PERF &
DEV
6.30-8.30PM**

THORNTON YMCA

U14

WEDNESDAYS

**DEVELOPMENT
6-7.30PM**

**PERFORMANCE
7.30P-9PM**

BAINES SCHOOL

U15

WEDNESDAYS

**DEVELOPMENT
6-7.30PM**

**PERFORMANCE
7.30P-9PM**

BAINES SCHOOL

U16

WEDNESDAYS

7.30-9PM

HODGSON ACADEMY

U12/13/14/15 CUP SQUADS

**TRAINING MONDAYS BI-WEEKLY-
MONDAYS 7.30-9PM BAINES SCHOOL**

U14 & U16 REGIONAL TRAINING

**MONDAY/THURSDAY BI-WEEKLY
BAINES/ALL HALLOWS**

**ROSSALL PAY
AS YOU GO**

**THURSDAYS
ROSSALL SCHOOL 6-7PM**

OPEN AGE SQUADS NW SENIOR REGIONALS

THURSDAYS - 7-9PM GROUP SPLIT ACROSS DUAL HALLS

***GET IN TOUCH TO REQUEST TO TRIAL OR INVITATION ONLY**



@WYRENETBALLCLUB

WWW.WYRENETBALLCLUB.CO.UK



Coastal Collective

FAMILY OPEN MORNING AT PARK VIEW ECO CENTRE

Thursday 11th September
0930 to 1130

Park View Rd, Lytham,
FY8 4JE

All welcome for a drink and
refreshments, bring along your
little ones for a play and find out
about our exciting plans!

www.thecoastalcollective.org.uk

Or find us on Facebook
TheCoastalCollective



Made with PosterMyWall.com

Park View 4U
Putting the Heart back into Lytham





LAMDA Summer Sessions 2025

Love LAMDA - Summer Sessions 2025!

Location: Chloe's home in St. Annes

Dates & Time - TBC

Email: lovelamda@outlook.com

Tel: 07577 259154

Our Peripatetic LAMDA Teacher, Chloe will be continuing sessions throughout summer from her home in St. Annes for anyone that is interested.

These can be one2one or group sessions in a safe, supportive environment.

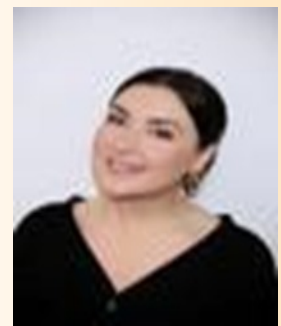
Whether your child is preparing for an exam, wants to build confidence, or simply loves to perform this is a fantastic opportunity to keep those creative juices flowing!

Limited slots available - get in touch to register your interest.

Get in touch to find out more: lovelamda@outlook.com |

07577 259154

Chloe - Founder of Love LAMDA





ROCK STEADY

ROCK AND POP BAND LESSONS!

A band for everyone

- Children learn to play an instrument in their very own band.
- Fun and inclusive in-school band lessons. No music theory involved.
- Follow their musical journey in your Backstage account.
- Exam-free, Ofqual-regulated Trinity Music qualification.
- Instruments provided and no experience necessary.

BOOK ONLINE TO START LESSONS IN SEPTEMBER



0330 113 0330 (Mon-Thurs 9am-8pm, Fri 9am-6pm, local rate)

rocksteadymusicschool.com

Rock Steady Crew!

If your child is interested in joining, please take a moment to read through and **sign up**.

Rock Steady is a fantastic way for children to:

- Build confidence
- Have fun
- Learn a variety of instruments and/or singing

No experience needed – just enthusiasm and a love for music!



ROCK STEADY

LEARN TO PLAY MUSIC. AMPLIFY CONFIDENCE.

Choose from: Vocals, keyboard, drums, guitar or bass.

Inclusive and hassle-free!

Takes place in school, instruments provided and no experience necessary!

Have fun and learn by playing

Children work their way through a curriculum of up to 300 musical skills.

Taught by professional musicians

Rocksteady band leaders are highly trained musicians who make learning music fun.

Much more than music

Improves wellbeing, confidence, social skills and academic achievement.

Progress at their own pace

Your child can achieve an exam-free, Ofqual-regulated Trinity Music qualification!

End every term on a high note

Watch your child shine as they perform in their end of term concerts.

"Adam's confidence when performing has rocketed which I never would have thought possible."
Sion

"The difference is incredible. She's gone from being unable to speak in front of her class to singing on stage!"
Hayley

"Rocksteady has given him a sense of belonging and having a hobby he can call his own."
Emma

For details on availability and cost, visit rocksteadymusicschool.com and find your school on the sign up page.

Money back guarantee for the first month. Cancel at any time.

BOOK YOUR CHILD'S PLACE ONLINE



0330 113 0330 (Mon-Thurs 9am-8pm, Fri 9am-6pm, local rate)
info@rocksteadymusicschool.com

TRINITY 

Rocksteady Music School Ltd. Registered in England No. 08110328

FYLDE MUSIC CENTRE



SINGING LESSONS

TUESDAYS | 3:30- 7PM

ST BEDES CATHOLIC HIGH SCHOOL
TALBOT ROAD, LYTHAM ST ANNE'S, FY8 4JL

AMY.CAMPBELL@LANCASHIRE.GOV.UK



#WHEREWILLMUSICTAKEYOU



**LANCASHIRE
MUSIC SERVICE**

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

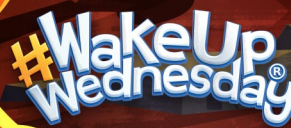
Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon 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.



The National College®