

Dear Parents and Carers

Goodness — I started off the school term with every intention of posting on Seesaw each week, and already I've fallen off the wagon! However, I've dusted myself off, given myself a good talking-to, and will be posting pictures from today's lovely worship, the last few weeks of birthdays, and our incredible football and netball teams — in other words, a right good catch-up!

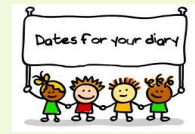
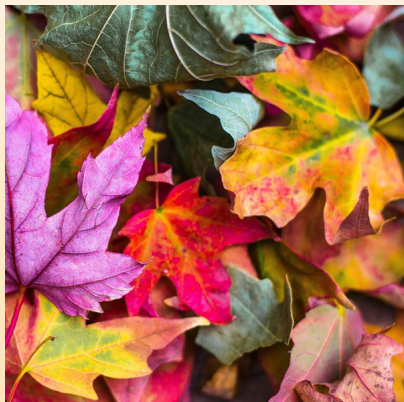
This week has continued to be a busy one, and we've embraced the autumnal weather — enjoying kicking up leaves, collecting conkers, and adding a few extra layers. Year 5 had an early start on Wednesday when they boarded the 8 a.m. train to London. They were treated to the Changing of the Guard at Buckingham Palace, a tour around Westminster — including both the House of Commons and the House of Lords — and even a peek at Henry VIII's bedroom, not to mention a ride on the London Eye! It was an awesome day, and the children were incredible!

It has been business as usual in all classrooms, and both children and staff are really settled, beginning to make great progress in so many different ways. If you haven't already, please do book in for Parents' Evening.

A reminder of upcoming Class Mass dates — please note the rescheduled Year 1 and Year 6 Masses — as well as the dates for Class-led Friday Worships.

Finally, a reminder that we have an INSET Day on **Monday, December 1st** — a great opportunity to visit Santa, enjoy a long weekend, or kick-start the Christmas shopping! And, finally finally, Governors will meet to agree on next year's holiday dates prior to half-term, so I will be able to confirm those with you before the end of term.

God bless
Mrs Gili-Ross



OCTOBER

- Wed 15 Harvest Festival Lunch
- Fri 17 Year 2 Worship—9.05am
- Fri 17 Grandparents Harvest Festival Afternoon 2pm
- Tue 21 Parents Evening
- Wed 22 Nasal Flu Vaccinations
- Wed 22 Parents Evening
- Fri 24 Year 3 Worship—9.05am
- Fri 24 Break the Rules Day
- Fri 24 School closes for half-term

NOVEMBER

- Mon 3 Inset day—closed to pupils
- Tue 4 Return to school
- Mon 10 Year 2 Class Mass 11am
- Fri 14 Year 4 Worship—9.05am
- Sat 15 Choir performing Art Centre 12 noon
- Mon 17 Year 1 Class Mass 11am
- Mon 17 Dance Festival
- Fri 21 Year 5 Worship—9.05am
- Mon 24 Year 4 Class Mass 11am
- Fri 28 Year 6 Worship—9.05am

DECEMBER

- Thur 4 Own Clothes Day
- Fri 5 Panto Day at Lowther AM
- Fri 5 PTFA Bake Sale after school
- Tue 9 Reception Nativity 9:10am & 6pm
- Thu 11 Y1/2 Nativity 9.10am & 6pm
- Fri 12 Rock Steady Concert 10am
- Thu 18 Reception Vision Test
- Fri 19 School closes 2pm (NO ARK)

SCHOOL LIFE

Class Worships and Class Masses

We are pleased to share the upcoming dates for our Class Worships, which take place on **Fridays** at **9:05am (see dates below)**. Each year group will take turns to lead the worship – a wonderful way to end the week by celebrating our achievements and giving thanks. Parents are warmly invited to join us in school for these special moments.



In addition, each class will also take part in a Class Mass, which they help to prepare and lead. These are held at **11:00am** on the designated date (**see dates below**), and we would be delighted to welcome you into school to share in this important part of our faith journey.

Year Group	Class Assembly/ Worship	Year Group	Class Mass
Year 2-	17th October	Year 3-	September 15th
Year 3 -	24th October	Year 5 -	September 22nd
Year 4 -	14th November	Year 6 and Reception -	October 6th
Year 5-	21st November	Year 2-	November 10th
Year 6 -	28th November	Year 1-	November 17th
Year 1-	9th January	Year 4 -	November 24th
Reception-	16th January		



School lunches

Please order lunches via Scopay—w.c. 13th
October—SPRING/SUMMER MENU

Week 1, please see menu [HERE](#)



We have a special themed lunch this coming **Wednesday, 15th October**—

Harvest Festival Lunch

Please see details below

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.

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

WEDS 15TH OCTOBER

Harvest Festival

Savoury Beef & Mince
Yorkshire Pudding
with
Creamy Mashed Potato
&
Seasonal Vegetables
or
Winter Warming
Pasta Bake
with
Garlic Dough Balls
or
Choice of filled Jacket Potato
with
Mixed Salad
~
Oaty Flapjack
&
Apple Wedges

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Lancashire
County Council



COMMUNITY
FOUNDATION

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27TH OCTOBER - 31ST OCTOBER 2025

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10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

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



#WakeUpWednesday

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