

Dear Parent/Carer

This week's Gospel reminds us that Jesus calls each of us to follow Him and to share His love with others, becoming 'fishers of people' through our words and actions.

In this spirit, a group of our pupils will be putting faith into action this Sunday as they take part in the Lions Club Swimarathon at St Anne's YMCA pool. The two nominated charities this year, **Septis UK** and **Brian House**, are both extremely worthy causes and have supported our school community in years gone by. Should you wish to support our three teams of swimmers, donations can be made via **Scopay**.

There has been a wonderful sense of energy and purpose across school this week. Our Year 5 and 6 Dance Squad have been preparing for their dance competition at the beginning of February, while our Year 3 pupils rehearsed with the choirmaster in preparation for their performance at the **Let's Go Sing** event in Blackburn in March. Alongside this, pupils have enjoyed a range of enrichment opportunities including after-school cooking club, bracelet club, and **Relax and Stretch** sessions for our younger children.

It was truly lovely this morning to hear our Year 1 pupils so confidently share all that they have been learning during worship, and to take time as a school community to celebrate the many achievements of our children.

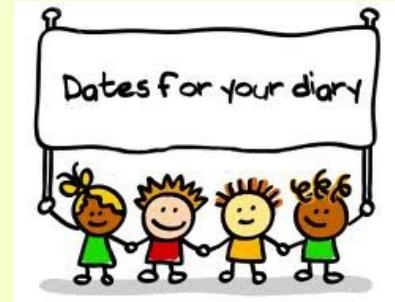
We are also deeply grateful for the continued support of our reading volunteers, peripatetic music teachers, and Coastal Collective support workers. These partnerships greatly enrich school life and help us to nurture the gifts of every child. Truly, it reminds us that it takes a village.

We offer special **congratulations** and prayers to our Year 6 pupils who have began their journey towards the Sacrament of Confirmation during last Sunday's Family mass.

I look forward to seeing our swimmers poolside on Sunday and welcoming everyone back to school after what I hope will be a restful and refreshing weekend.

God Bless

Mrs G-R



JANUARY

Fri 30 Birthday table

w/c 26 Artist in Residence all week

FEBRUARY

w/c 2 Artist in Residence all week

Mon 2 Dance Comp Tower Ballroom
NO DANCE CLUB

Sun 10 Art Exhibition opens at the
Heritage Centre—FREE ENTRY

Thur 12 Pancake day

Thur 12 Close for half-term 3:30pm

Fri 13 Inset Day—closed to pupils

Mon 23 School re-opens

MARCH

Wed 11 Lancashire Big Sing—Choir

Tue 17 Let's Go Sing—Year 3

Fri 20 Own Clothes Day

Fri 20 Rocksteady concert—10am

Fri 20 Bunny Hop

Mon 23 Dance club show 4:15pm

Thur 26 Easter Bingo 6pm

APRIL

Thur 2 School closes 3:30pm

SCHOOL LIFE

School lunches

Please order lunches via Scopay—w.c. 26th January

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

Please order via Scopay

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

PE DAYS

REC	MON & FRI—NB: change of day
Y1	MON & THURS
Y2	TUES & FRI
Y3	TUES & WEDS
Y4	MON & THURS
Y5	WEDS & FRI
Y6	WEDS & THURS

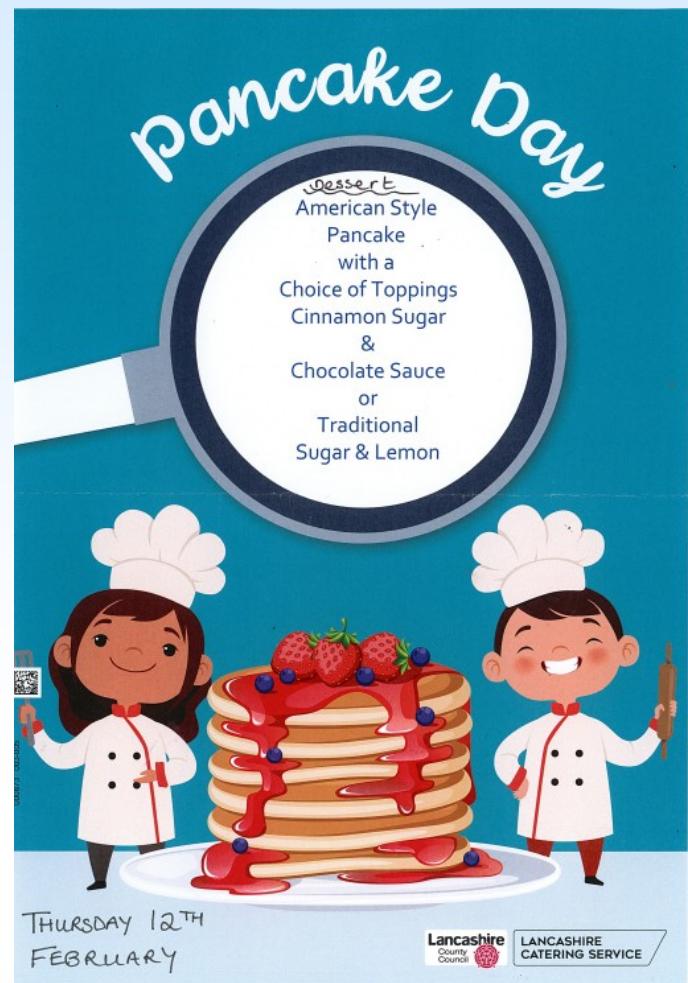
SNACKS AVAILABLE FOR KS2 PUPILS

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

SMARTPHONE FREE CHILDHOOD

The focus is on delaying access to smartphones and social media, while recognising that the internet can be positive and enriching when it is age-appropriate and supervised.

[HERE](#)



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>

TERM DATES

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?

11th Feb 2026 @ 9.30am- 11:30am
11th March 2026 @ 9.30am-11:30am
22nd April 2026 @ 9.30am-11:30am

Where?

Oak Tree Children's Centre
Sydney Street
Lytham St Annes
FY8 1TR



Find out how Amber from Year 3 is fundraising for The Little Princess Trust via the link [HERE](#) or via the QR code below. Support if you can!



LANCASHIRE MUSIC SERVICE



Phone: 07856 928694
Email: gemma.wiseman@lancashire.gov.uk

Dear Parents/Guardians,

Today (15/01/26) I attended your child's school to provide an assembly on behalf of the Lancashire Music Service. It was a pleasure to meet the children and talk about the fantastic opportunities in music we have on offer in the Lytham St. Anne's area.

As Head of the Fylde Music Centre, I am currently promoting and expanding the ensembles and lessons that we have on offer to children in the local area. Our music centre runs on Tuesday evenings from 4pm until 7pm, at St. Bede's Catholic High School, Lytham.

We have the following groups and ensembles at Centre that your child can access, mostly with no prior experience:

• 'Little Beatz'	4.00pm - 4.30pm	(for young children, 3years +)
• 'Ukulele Group'	4.30pm - 5.30pm	(all ages and stages)
• 'Beginner Band'	4.45pm - 5.15pm	(all ages and stages)
• 'Senior Band'	4.00pm - 4.45pm	(for players around grade 2 standard)
• 'Senior String Group'	5.30pm - 6pm	(for players around grade 2 standard)
• 'Beatlab' (creative music tech)	4.45pm - 5.15pm	(limited places - enquire)
• 'Young Voices' choir	5.15pm - 5.45pm	(all stages, approx. 7 years +)
• 'Rock Band'	6.30pm - 7.30pm	(all ages and stages)

To access the senior groups or beginner band, children need to be having lessons on their chosen instrument (lessons can be anywhere, not necessarily at centre). Beginner band is suitable from their first tutored lesson.

Please do come along to the centre to try out one or all of our groups. Ensembles cost just £30 per term; this fee covers access to ALL of our groups at centre as well as the "Inspire" ensembles that run at alternative times.

If you would like to know more, please see our website and Facebook pages – search Fylde Music Centre. Register your interest / book onto lessons or ensembles via this website.

If you have questions, please do not hesitate to contact me using the details below.

We hope to see you and your child at our centre very soon!

Gemma Wiseman
Email: gemma.wiseman@lancashire.gov.uk



Lytham Heritage Group

Charity No 701152



'Primary Art Celebration' by Pupils from Primary Schools in Lytham St Annes

AKS Lytham Preparatory School
Clifton Primary School

Lytham C of E Primary School

Lytham Hall Park Primary School

Our Lady Star of the Sea RC Primary School

St Peter's Catholic Primary School

St Thomas' C of E Primary School

10 February - 01 March 2026

Tuesdays – Sundays 10.00am to 4.00pm

Lytham Heritage Centre
2 Henry Street, Lytham FY8 5LE
Telephone: 01253 730787

FREE ADMISSION

DONATIONS WELCOME



WAKE UP WEDNESDAY—ON-LINE SAFETY

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE A DYSREGULATION DETECTIVE

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

Meet Our Expert

Georgina Curran is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

#WakeUp
Wednesday®

The
National
College®