

Dear Parent/Carer

We have been stuck indoors today watching the leaves swirl and the tress bend not daring to venture out for fear of a child being swept into the air or a tree falling! It is fair to say, it has been a wild one; the children have been brilliant!

I had the chance to pop around to all the classes this afternoon as they had their enrichment sessions, it was so lovely to see everyone so engaged and obviously having so much fun from salsa dancing in the hall to smoothie making in Year 6 and movie making in Year 2-wonderful!

Today is the launch day for Pope Francis' Jubilee Year where he is asking us to be Pilgrims of Hope. We were treated to a wonderful Friday worship, led by Year 6, who not only told us about the history of why we have Jubilee celebrations but also made us think deeply about what we could do to celebrate and make a difference. I learnt so much and we look forward to all the celebrations ahead.

I hope you all have a wonderful weekend!

Mrs G-R x

## Handy Links

[TERM DATES](#)

[CONTACT US](#)

[ARE YOU ELIGIBLE FOR FREE SCHOOL MEALS?](#)

[SCHOOL HOMEPAGE](#)

[FOREST SCHOOL](#)

[SCHOOL NURSING TEAM](#)



Mon	11am	Y2 class mass
Fri	9am	Y5 Worship
Fri	12.30	Birthday Table

Please follow the link below for the LCC SEND Winter Newsletter

<https://www.lancashire.gov.uk/media/958481/send-newsletter-winter-2024.pdf>



## SCHOOL LIFE

Class Mass -TBC	Friday Class Worship
Reception March 17 <sup>th</sup>	January 17 <sup>th</sup>
Year 1 January 20 <sup>th</sup>	February 7 <sup>th</sup>
Year 2 January 27 <sup>th</sup>	March 28 <sup>th</sup>
Year 3 February 3 <sup>rd</sup>	April 11 <sup>th</sup>
Year 4 March 3 <sup>rd</sup>	March 21 <sup>st</sup>
Year 5 March 10 <sup>th</sup>	January 31 <sup>st</sup>
Year 6 March 17 <sup>th</sup>	January 24 <sup>th</sup>

### **School lunches**

Please order via  
Scopay— next week is:

**Week 3**

**Menu [HERE](#)**

### PE DAYS

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

## COMMUNITY INFORMATION



### Painting & Craft Club St Peter's Church Hall

Parents / carers are welcome to bring children to little painting and craft sessions that will take place in St. Peter's parish hall about once a month. These free, informal, 'drop in' sessions will run from 10.30am to around 12.30pm on the first Saturday of the month, beginning 1st February. If your youngster enjoys painting and sticking, just bring them along in 'old' clothes (our aprons are limited) for some creative fun!

For more info, call Nickie 07760 290578

# What Parents & Educators Need to Know about HEALTH & FITNESS APPS

## WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



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ROCK  
STEADY

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LANCASHIRE MUSIC SERVICE

# BRASS DAY



SIGN UP!



ST MICHAEL'S CHORLEY

1ST FEBRUARY  
SIGN UP TODAY

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LANCASHIRE  
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TUESDAYS  
AFTER SCHOOL IN TERM TIME

# FYLDE MUSIC CENTRE

CONTACT:  
AMY CAMPBELL  
MOB: 07887 830990  
MAIL: AMY.CAMPBELL@LANCASHIRE.GOV.UK

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# Little Beatz

Early Years and Key Stage 1 Music Making For All



Pre-school  
children  
welcome!

Tuesdays  
4.00pm - 4.30pm

St Bede's RC High School  
Lytham

Contact: Amy.Campbell@lancashire.gov.uk

lancashire.gov.uk





# MINI COASTERS

NEW



EVERY SATURDAY MORNING:

09:00-09:45 / 10:15-11:00

THE DOME, CARR HILL HIGH SCHOOL,  
ROYAL AVE, KIRKHAM, PRESTON PR4 2ST

Ages 2-3 • Introduction to Football •  
Qualified Coaches • £20 per month

FOR MORE INFO PLEASE EMAIL:  
CONNOR.WILLIAMS@AFCFYLDE.CO.UK



# MINI COASTERS

NEW



EVERY SATURDAY MORNING:

09:00-10:00 / 10:00-11:00

MILL FARM SPORTS VILLAGE, CORONATION  
WAY, WESHAM, PRESTON PR4 3JZ

Ages 4-5 • Introduction to Football •  
Qualified Coaches • £25 per month

FOR MORE INFO PLEASE EMAIL:  
CONNOR.WILLIAMS@AFCFYLDE.CO.UK

## February Half-Term Fylde Football Camp



### Train like a pro!



Coaching from FA qualified coaches!



Visit AFC Fylde's Mill Farm Stadium!



Chance to meet AFC Fylde First Team players!



Venue: Mill Farm, Coronation Way, Wesham, PR4 3JZ



February 17th - 21st  
09:00-16:00



Children aged 5 - 12 years old



£18 per day

£5  
Extended day offer:  
Drop off: from 08:00  
Pick up: before 17:00



To book your place visit: [www.afcfyldefoundation.co.uk/half-term](http://www.afcfyldefoundation.co.uk/half-term)

## February Half-Term Activity Camp



### Activity Camp

### Join us for a week of fun-filled activities!



A wide range of sports and activities



Develop skills and confidence



Daily and weekly prizes and rewards



£5  
Extended day offer:  
Drop off: from 08:00  
Pick up: before 17:00



Venue: Kirkham St Michael's CofE Primary School, PR4 2SL



February 17th - 21st  
09:00-16:00



Children aged 5 - 12 years old



£18 per day



To book your place visit: [www.afcfyldefoundation.co.uk/half-term](http://www.afcfyldefoundation.co.uk/half-term)