

Dear Parent/Guardian

Welcome back after a lovely long (much needed!) break—and we now have an even busier term ahead.

It was lovely to see so many Year 5 parents and grandparents this morning, as Year 5 showcased all they have learnt this term. It was so great to see how much the children are enjoying their learning and their growing confidence when speaking in front of others.

The school is looking refreshed having had all the internal fire doors replaced over the half-term break. This was part of a VASCA buildings bid and cost an incredible £110,000. Your donations towards the building fund support these projects and help to pay the annual subscription required by the Diocese from all schools. We have currently had £900 in donations to pay a £4,500 contribution, so I ask, if you have not already donated, please consider doing so. We will shortly be sending out a paper copy of the gift aid form that can also support your contributions and make a big difference to the amount collected, thank you.

Next Friday, those children in St Kateri House will have an own clothes day to celebrate scoring the most house points last half term.

Each class is working towards achieving their St Peter's Star Charter Award and thinking of creative ways to achieve all the areas.

Thank you to those who have handed in coats to donate to those in need and also those who have filled a shoe box—there is still time to do both.

Have a wonderful weekend and maybe I will see you at the Family Mass at St Peter's on Sunday at 10.30am.

God bleass
Mrs G-R x

Handy Links

[TERM DATES](#)

[CONTACT US](#)

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

[SCHOOL HOMEPAGE](#)

[FOREST SCHOOL](#)

[SCHOOL NURSING TEAM](#)

[SEND AUTUMN NEWSLETTER](#)



Sun 3	10.30	Family mass St Peters
Mon 4	11am	Y2 Class Mass
Mon 4	7pm	PTFA meeting Wetherspoons
Tue 5	12.30	Y5/6 Football tournament—AKS
Tue 5	12.30	Bonfire night lunch
Thur 7		Y6 Bikeability
Fri 8	9.05	Y3 Worship
Fri 8		St Kateri House own clothes day

PE DAYS

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

CHURCH LIFE

St. Peter's Lytham and St. Joseph's Ansdell

This Sunday 3rd November
10:30am at St. Peter's
Sunday Morning Mass
Led by Children from the School and
from the Parish



All Welcome!

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



PLEASE NOTE: SOME DATES HAVE CHANGED TO THE WORSHIP/CLASS MASS DATES BELOW

Year Group	Celebration Worship 9.05am	Class Mass 11.00am
Year 6	Friday 20 th September	Monday 25 th November
Year 5	Friday 1 st November	Monday 7 th October
Year 4	Friday 22 nd November	Monday 2 nd December
Year 3	Friday 8 th November	Monday 23 rd September
Year 2	Friday 29 th November	Monday 4 th November
Year 1	Friday 15 th November	Monday 18 th November
Reception	Friday 17 th January 2025	Monday 25 th November



St Peter's Primary School

SEPTEMBER

11th-13th Y6 Castlerigg
 16th School Photos
 16th PTFA AGM
 18th School mass 9am St Peter's

OCTOBER

2nd Open Day Reception 25
 8th Am Rec/Y1/Y2 Harvest
 Festival Service - Pm Afternoon
 Tea for Grandparents
 11th Homework Check In
 15th and 16th Parent's Night
 16th PTFA Break The Rules Day

NOVEMBER

1st Homework Hand In
 6th and 7th Bikeability Year 6
 11th Remembrance Service In school

DECEMBER

6th Christmas Raffle and Fair Day
 5th Rocksteady Concert-new date
 9th Book Look and Homework
 10th Reception Nativity 9am/6pm
 12th Year 1 and Year 2 Nativity 9am/6pm
 13th Panto and PTFA Disco
 17th Advent Service 6pm St Peter's
 20th School closes 2pm

OTHER INFO

Class Masses-On a rota- Please check the weekly newsletter and your child's class Seesaw.

Parish Family Masses
 During Term Time-
 1st Sunday of the month at St Peter's Lytham 3rd
 Sunday of the month at St Joseph's Ansdell.
PTFA Events please also check out our St Peters Lytham PTFA Facebook Page.

Book Looks-Books will be made available in the classroom giving you an opportunity to look at them alongside your child.

Please note dates may be subject to change.

JANUARY

School Reopens
 6th January 2025

FEBRUARY

14th-School Closes 3.30pm
 24th School Reopens

MARCH

19th and 20th Parent's Evening.
 Tuesday 26th time tbc- Lenten Prayer Stations-

APRIL

2nd/3rd Parent's Evening
 10th St Peter's Has Got Talent
 17th 3.30pm School Closes for Easter
 28th School Re-opens

MAY

5th School closed-May Day
 W/C 12th Year 6 SATS
 School closes 23rd May

JUNE

School reopens 9th June
 11th-13th Year 6
 Winmarleigh Trip

JULY

9th July Sports Day TBC
 11th Summer Concert
 15th and 16th Year 5/6 Production
 18th July Year 6 Leavers Worship 9am
 School closes 2pm

EVENTS & FUNDRAISING

Thank you for your
contributions for the Break
the Rules day, we raised
£302.89

The next PTFA meeting is Monday
4th November, 7pm at The Railway,
Wetherspoons, Lytham

LEST WE FORGET



There will be a variety of Poppy Appeal items available in school from Monday, including slap bracelets, key rings and satin wristbands. Children will have the opportunity to contribute until Fri 8th November

SCHOOL LIFE

School lunches

Please order via Scopay—next week is
Week 3

Menu [HERE](#)

**New Autumn/Winter starts w/c
28th October**

Tues 5th November & Weds
27th November we have a
themed lunch—see menu



Birthday Table for
November Birthdays
will be **Fri 29th Nov** —
cost is 50p payable via
Scopay



BONFIRE NIGHT

5th November

Fawkes Fire Cracking
Hot Dog
& Tomato Ketchup
or
Catherine Wheel Pizza
served with
Smokey Potato Wedges
Sweetcorn
or
Baked Beans
~
Sparkler Cupcake

Lancashire County Council LANCASHIRE CATERING SERVICE

ADMISSIONS

Apply for your child's primary school
place via the link [HERE](#)

**Deadline Wednesday 15th
January 2025**

**SUPPLEMENTARY FORMS
AVAILABLE FROM THE
SCHOOL OFFICE OR VIA LINK
HERE:**

[https://www.st-peters-
pri.lancs.sch.uk/admissions](https://www.st-peters-pri.lancs.sch.uk/admissions)

Lancashire Day Celebration

Traditional Corned Beef Hash
with
Sliced Beetroot & Crusty Bread
or
Lancashire Cheese & Potato Pie
with
Garden Peas or Baked Beans
~
Sticky Parkin & Toffee Sauce
or
Low Sugar Jelly

lancashire.gov.uk

Lancashire County Council

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

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