

Dear Parent/Carer

We have had such a lovely week in school. On Monday, Father joined us for Year 4s class mass and we had our whole school Advent Promises Worship where we lit our first candle on the Advent wreath and hung our Advent Promises on the tree. On Wednesday, we welcomed over a hundred Grandparents, where our wonderful children entertained everybody with such joy and enthusiasm; you couldn't help being filled with pride. As always, our Grandparents were the perfect guests. Today, our Rock Steady Crew entertained us, wowing us with their confidence and excitement at performing!

Next week is a big one! We have four performances, a Children's Christmas Fair, a Panto, a Christmas Disco and a partridge in a pear tree! Never let it be said we don't pack in the fun at St Peter's!

The children have been busy little elves making cards, gifts and treats to sell to each other on Thursday at the *Children's Christmas Fair*. Year 6 have lots of Christmas games prepared, we will have a hot chocolate cafe, biscuit decorating and much more.

*Please could children bring their money to spend, either in a labelled envelope or a purse/wallet*

We would be grateful for donations of nut free biscuits, cakes and sweet treats. All proceeds will go towards resources needed for OPAL, including a boom box for our stage area, small world figures and construction. The children are very excited about being able to choose these resources.

Rest up this 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](#)



Tue	9.10	Rec Nativity
Tue	6pm	Rec Nativity
Thur		Christmas Jumper Day/Christmas Stalls
Thur	9.10	Y1/2 Nativity
Thur	1.30	Adult Forest School
Thur	6	Y1/2 Nativity
Fri		Full school Panto trip
Fri		Christmas Disco— 3.30-4.30pm KS1 / 5-6pm KS2
Sun 15	9.15	Family mass at St Joseph's
Sun 15	4pm	Carols in the woods

Please follow the link below for the LCC SEND Winter Newsletter

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



**DEC**

Tue 10 9.10	Rec Nativity
Tue 10 6pm	Rec Nativity
Thur 12	Christmas Jumper Day/Christmas Stalls
Thur 12 9.10	Y1/2 Nativity
Thurs 12 1.30pm	Adult Forest School session in the woods
Thur 12 6pm	Y1/2 Nativity
Fri 13	Full school Panto trip
Fri 13	Christmas Disco—3.30-4.50pm KS1 / 5-6pm KS2
Sun 15 9.15	Family mass at St Joseph's
Sun 15 4pm	Carols by the fire in Squirrel Wood— <b>NEW EVENT!</b>
Tue 17 6pm	Advent Service at St Peter's church
Wed 18	Christmas lunch
Thur 19	December Birthday Table
Fri 20 2pm	School Closes for Christmas
	(NO ARK AVAILABLE FRI 20TH)

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

## **School lunches**

Please order via Scopay—next week is

**Week 2**

**Menu [HERE](#)**

Weds 13th December we have our Christmas lunch—see menu



PLEASE ORDER VIA SCOPAY BY  
MON 9TH DECEMBER

## 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>**

**CHRISTMAS  
Lunch.**

Traditional Roast Turkey  
Chipolata Sausage  
& Gravy  
or  
Cranberry Root Roast  
Vegetarian Sausage  
& Gravy  
*served with*  
Sage & Onion Stuffing  
Roast Potatoes,  
Mashed Potatoes  
& Seasonal Vegetables

~  
Festive  
Dessert

lancashire.gov.uk

**Lancashire**  
County  
Council

## PE DAYS

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



## SCHOOL LIFE

Today, our Rock Steady Crew entertained us, wowing us with their confidence and excitement at performing! - Mrs G-R

If you are interested in lessons for your child please contact Rock Steady by calling - tel: 0330 1130330

[www.rocksteadymusicschool.com](http://www.rocksteadymusicschool.com)

**ROCK STEADY**

# ROCK AND POP BAND LESSONS



**Amplify their confidence!**

With Rocksteady Music School, your child can learn to play an instrument in their own band with no experience necessary. Our fun, inclusive in-school band lessons tune into children's creativity, amplifying their self-belief and igniting a sense of confidence that carries far beyond the classroom!

**BOOK ONLINE TO START LESSONS IN JANUARY!**



0330 113 0330 (Mon-Thurs 8am-8pm, Fri 8am-5pm, local rate)

[rocksteadymusicschool.com](http://rocksteadymusicschool.com)

**ROCK STEADY**



## LEARN TO PLAY MUSIC. A BAND FOR EVERYONE.

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

<b>So much more than music</b> Improves wellbeing, confidence, social skills and academic achievement.	<b>Have fun and learn by playing</b> Children work their way through a curriculum of up to 300 musical skills.	<b>Taught by professional musicians</b> Rocksteady band leaders are highly trained musicians who make learning music fun.
<b>Hassle free!</b> Takes place in school, instruments provided and no experience necessary!	<b>Progress at their own pace</b> Your child can achieve an exam-free, Ofqual-regulated Trinity Music qualification!	<b>End every term on a high note</b> Watch your child shine as they perform in their end of term concerts.

**It's great for building confidence and the memories they are making are magic!**  
Sharn

**His progression playing the keyboard has been amazing.**  
Neil


**I had tears watching her perform. Amazing skills that will help her for the rest of her life!**  
Amita

£42.79 per month (no payment in August). Money back guarantee for the first month. Cancel at any time.



0330 113 0330 (Mon-Thurs 8am-8pm, Fri 8am-5pm, local rate)

[rocksteadymusicschool.com](http://rocksteadymusicschool.com)

**TRINITY**  TRINITY MUSIC SCHOOL

Rocksteady Music School Ltd. Registered in England No. 1051028

## EVENTS & FUNDRAISING

We are so grateful for the support of local businesses, parents and grandparents. Thank you for your generous donations to our raffle and for buying tickets, we can't thank you enough!

A HUGE THANK YOU TO OUR P.T.F.A. for organising, sorting tickets and putting together the fantastic hampers...you are amazing!

The P.T.F.A. will have a total for us on Monday, once all the money has been counted.



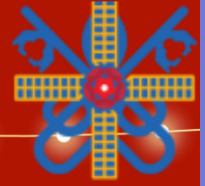
- \* Family Panto tickets for Lowther—Sat 28th Dec
- \* Tesco gift card £25 x 2
- \* Wetherspoons gift card £20
- \* Wetherspoons meal voucher
- \* Reformer Pilates class voucher—BALANCE
- \* Business Coaching 1-2-1 session with Emma Benyon
- \* Island Cinema family ticket voucher
- \* Balloon Stacker voucher Azera Events
- \* Beaverbrooks necklace
- \* Trevino Lounge £20 voucher
- \* Apricot Brunch & Bar £20 voucher
- \* Y.M.C.A. Annual membership
- \* Ribby Hall Family pass
- \* Tropics voucher
- \* Christmas scented Lytham Candle
- \* Free Simple Mirror Wills with Watson Ramsbottom Solicitors worth £528!
- \* Booths donated bottles of mulled wine

**EVENTS & FUNDRAISING**



JOIN US FOR A

# CHRISTMAS DISCO



**FRIDAY 13TH DECEMBER  
IN THE SCHOOL HALL**



**KEY STAGE 1: 3.30PM - 4.30PM**

**KEY STAGE 2: 5PM-6PM**

**TICKET PRICE INCLUDES HOT DOG, SWEETS  
AND A DRINK (VEGAN OPTION AVAILABLE)**

**ARK CHILDREN CAN JOIN THEIR SESSION AT  
NO EXTRA COST IF THEY ARE PRE-BOOKED  
FOR 13TH DECEMBER**

**£5 PAYABLE TO SCOPAY  
OR THE OFFICE  
PRIOR TO THE EVENT**



**KEY STAGE 2 CHILDREN TO BE  
DROPPED OFF AT THE FRONT DOOR**

**ALL CHILDREN TO BE COLLECTED FROM THEIR CLASS DOORS**



## EVENTS & FUNDRAISING

Escape the Christmas madness and enjoy carols around the campfire in our beautiful woodland. Bring a camping chair and a lantern if you have one.

Wrap up warm!

Numbers are limited due to limited space.

Book via form:

<https://forms.office.com/e/bUBqrapFWr>



### Carols & Christmas Songs in the Woods

Sunday 15th December

4pm—5pm

Please bring a camping chair and wrap up warm!

This event is  
weather  
permitting

# SEW, PAINT DESIGN, CREATE

The Sewing  
Institute

## CHRISTMAS ACTIVITIES;

LITTLE CREATIVES: 2-4PM

SATURDAY 21ST: CHRISTMAS CUSHION

SUNDAY 22ND: BEANIE HAT & SNOOD

MONDAY 23RD: STOCKING

'MINI MAKERS' CRAFTY CHRISTMAS PARTY: 10.30-12.15

SATURDAY 21ST OR SUNDAY 22ND OR MONDAY 23RD

CERAMICS PAINTING: 10.30-12 OR 12.30-2 OR 2.30-4

FRIDAY 27TH OR SATURDAY 28TH OR SUNDAY 29TH

## LITTLE CREATIVES (8 YEARS +)

£15

With over 10 years teaching experience we have got the perfect sessions for young sewers! Aimed specifically at 8-16 year olds... sessions have been designed to develop the following; Introducing children to the sewing machine,

- measuring & counting,
- cutting & following lines with precision,
- exploring different stitches
- Building confidence with the sewing machine
- Learning sewing terminology

## MINI MAKERS (4 YEARS +)

Keep your little ones away from screens, using their imagination & developing fine motor skills... Let them make a mess you don't have to clean up after!!! 'Mini makers' sessions are perfect sessions for our youngest creatives! Aimed specifically at 4-8 year olds... sessions have been designed to develop the following;

- fine motor skills,
- cutting & following lines,
- decision making,
- using imagination,
- exploring colour & tactile materials,



Lytham ymca,  
mythop Road,  
Lytham St.Annes,  
FY8 4HB  
07563093695  
[www.thesewinginstitute.com](http://www.thesewinginstitute.com)





# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

## 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.



The National College

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