

Dear Parent/Carer

*Whatever you do for the least of these, you do for me.* ”  
(Matthew 25:40)

Friday once more!

Today you will have received your child's Autumn Term Oil Check report — a short check-in from your child's teacher to keep you informed about their efforts and progress so far. What a privilege it has been to read each and every report and to celebrate the care, determination and growth shown by all our children. Thank you so much for everything you do at home to support and nurture them — your partnership truly makes a difference and helps ensure the very best experience for your children in school.

This week has been full of highlights, but perhaps the stand-out has been welcoming the wonderful Chelsea, our Artist in Residence, who has been working with us across all classes. Every child has created a fantastic clay pot, which will now be fired before returning to school for the next stage of the project, when they will paint them. Later in the year, we look forward to displaying these epic creations alongside other art and design work from across the school.

Next week, we will be using this Sunday's Gospel as inspiration to think about how we can put others first, guided by the Beatitudes. Last Sunday, I had the pleasure of joining a fantastic group of our children who generously gave their time to support the Lions' Swimarathon — such a joyful and uplifting event. The children swam for an incredible 50 minutes, completing an impressive total of 132 lengths!

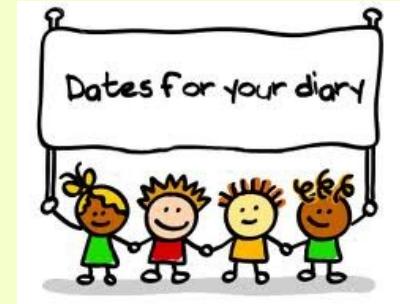
We were also inspired by Amber, who returned to school on Monday sporting a fabulous new haircut after donating her hair to The Princess Trust — a wonderful example of putting others before herself. There are so many examples of kindness and compassion across our school, and next week we will be keeping our eyes peeled as we celebrate and “shout out” those who demonstrate these qualities.

Some of our eagle-eyed families may have noticed a new shed-like structure appearing near the Reception class. This will soon become our OPAL Reading Shed, generously funded by the PTFA. It will provide a calm, cosy space filled with bean-bags, books and activities for children to enjoy quiet time at lunchtime.

Our PTFA are a small but mighty group of very friendly people with exciting ideas planned for the summer months. They would love a few extra helping hands, so please consider getting involved if you can — more information to follow soon.

Please do try and join us for family Mass at St Joseph's 9.15am and make sure you all have a relaxing and restful weekend.

God Bless  
Mrs G-R



## 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. 2nd February

**Week 2** - please see menu [HERE](#)

Please order via Scopay

[bursar@st-peters-pri.lancs.sch.uk](mailto:bursar@st-peters-pri.lancs.sch.uk)

## PE DAYS

REC	<b>MON &amp; FRI—NB: change of day</b>
Y1	MON & THURS
Y2	TUES & FRI
Y3	TUES & WEDS
Y4	MON & THURS
Y5	WEDS & FRI
Y6	WEDS & THURS

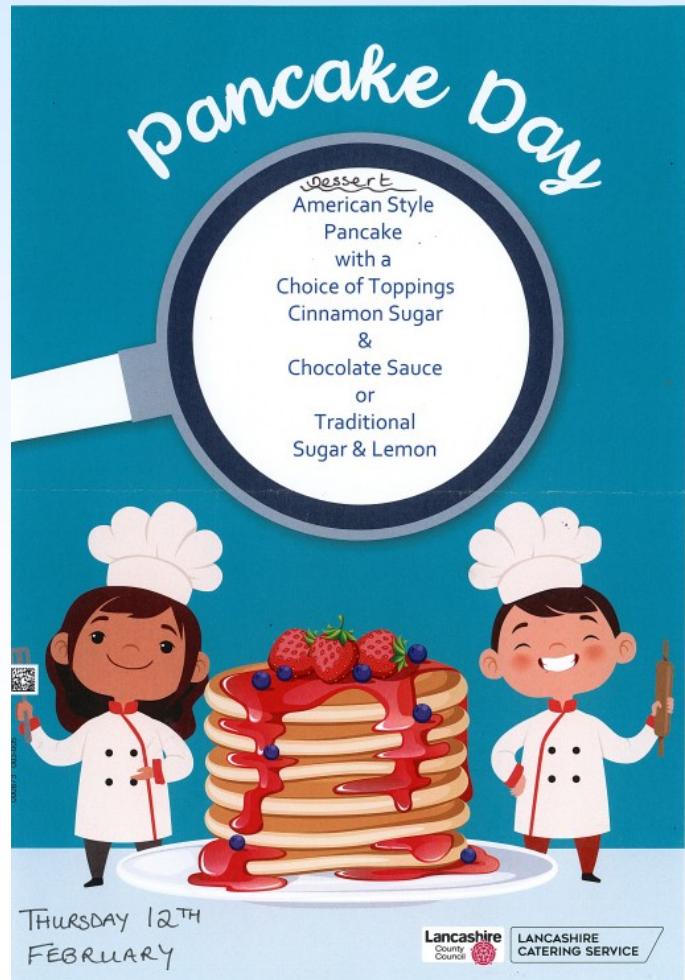
## SNACKS AVAILABLE FOR KS2 PUPILS

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

## SCHOOL LIFE



### SPRING 1 – 2026

Day of the week	Year Group	Club name	Finish time	Pick up from
Mon	Y3 – Y6	Dance	4.30pm	Front entrance
Tues	Reception	Relax and <del>Stretch</del>	4.15pm	Front entrance
	Y3 – Y6	Bracelet making club	4.30pm	Front entrance
Weds	Y1 – Y2	Dance	4.15pm	Front entrance
	Y3 – Y6	Golf	4.30pm	Front entrance
	Y3 – Y6	Forest School	5pm	Green container
Thurs	Rec – Y6	Jujitsu (book direct)	4.30pm	Front entrance
Fri	Y3 - Y6	Choir	4.30pm	Front entrance

**FOR SAFETY REASONS, MAY WE POLITELY  
REMIND PARENTS NOT TO DRIVE INTO THE  
CARPARK WHEN PICKING UP**

# 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?

11<sup>th</sup> Feb 2026 @ 9.30am- 11:30am  
11<sup>th</sup> March 2026 @9.30am-11:30am  
22<sup>nd</sup> 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](mailto: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**





# WOODWIND DAY 2026

SIGN UP!



FREE TO ATTEND



#WHEREWILLMUSICTAKEYOU

**VENUE**

ST MICHAELS CE HIGH SCHOOL  
ASTLEY RD, CHORLEY PR7 1RS

**WHEN**

SATURDAY 14<sup>TH</sup> FEBRUARY 2026

**TIME**

10AM-3:30PM



## WAKE UP WEDNESDAY—ON-LINE SAFETY

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### WHAT ARE THE RISKS?

#### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

#### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

#### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

#### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

#### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

'EVERYONE HAS THAT'

#### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

#### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.



#### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.



#### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.



#### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.



#### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday®

The National College®