

'I came that they may have life, and have it abundantly' John 10:10

THRIVE IN THE GIFT OF LIFE

MONDAY MEMO

15th April 2024



Welcome back!

A very warm welcome back to school after the Easter half term! We hope you had a wonderful holiday and are ready for a busy and exciting term ahead. A special welcome to our new pupils and parents/carers, we hope you will be very happy here at St Paul's and look forward to sharing our ethos and values with you.

We began the term wishing our families celebrating Eid-ul-Fitr, 'Eid Mubarak'. Eid-ul-Fitr celebrates the end of Ramadan with prayers, gratitude, family time, and festive traditions as the "festival of breaking the fast".



Mr Eccleston's Headteacher's Update was published on Friday, sharing a recap of the wonderful events and 'Wow' moments from the last half term.

To remind all our families, that from July 2024 all bookings and payments for Dinners, Breakfast and After School Club will be made through School Money.

We will therefore no longer be using SCOPAY as our online payment system or messaging service from July 2024.

Workshops will be offered in the Summer term to support with the navigation of the app and how-to pre-book places. User guides and login details will also be made available towards the end of the school year.



Diary Dates

Wednesday 17th April

Book Wagon Pop Up Book Event

Monday 29th April

Dr Bike (please see leaflet attached)

Tuesday 30th April

Key Stage 2 Bowling Competition

Friday 3rd May

Whole School Cricket Festival

Monday 6th May

May Day Bank Holiday (School Closed)

Monday 13th - Thursday 16th May

Key Stage 2 SATS Week

Friday 17th May

Year 4 Reading Breakfast

Year 4 Robotics

Tuesday 21st May

Reception Vision Screening

Wednesday 22nd May

Year 4 Class Trip

Year 1 Class Worship

Friday 24th May

End of Term Awards

School Finishes 3:20pm

Weekly Worship

Every Thursday 09:05am



Worship Values

Our worship value this half term is Service. Our words of wisdom from the Bible this half term are: "Serve one another in love." Galatians 5:13



Attendance

w/b 08/05/2024

Reception 91%

Year 1 91%

Year 2 83%

Year 3 100%

Year 4 90%

Year 5 95%

Year 6 %

Whole School Overall: 93%

Attendance Target: 97%

House Points

The winning team at the end of each half term wins a reward afternoon.

w/b 08/05 results are:

Pendle: 136

Bowland: 166

Longridge: 180

Parlick: 168

Farington
Primary
School



DR BIKE

Dr Bike is a free service where our qualified Cytech mechanics come along to carry out bike maintenance. Your child is invited to bring their bike to school on:

Monday 29th April (afternoon)



If you would like to bring your child's bike for a check over, we can carry out a thorough cycle check, make adjustments, fix minor problems and provide advice on further work to be done if there are any major problems.



We hope that by helping to ensure pupils have a roadworthy bike, this will encourage them to ride their bikes in their own time and to make active travel journeys more often.

"A massive thank you... to the guys who worked on my grandchildren's bikes"

"Thank you, what a great service"

"They were so delighted to be able to ride their bikes again"

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.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



#WakeUpWednesday

The National College