

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

THRIVE IN THE GIFT OF LIFE

MONDAY MEMO

20th May 2024



Mental Health Awareness Week – Move for your mood!

Harry Kane, the England football captain, has supported the initiative, saying 'Exercise releases 'feel good' hormones, that reduce feelings of stress and anger. It increases energy and makes us feel more focused and motivated.'

In today's worship we discussed what our mood looks like and described what we thought someone might be feeling by the way they looked. We agreed that people with good mental health feel a range of emotions and learn to manage them. Throughout the week our pupils will try a range of calming/relaxation techniques to support their mental health and wellbeing.

More information can be found at: [Mental Health Awareness Week in schools](#) | [Mental Health Foundation](#)

Pupil & Sports Premium

The **pupil premium** is a government scheme that was introduced in 2011 to improve the education of disadvantaged children.

The **PE and sports** premium for primary schools was introduced in March 2013 to improve the provision of PE and sport in primary schools across England. The [school sport and activity action plan](#) is a cross-government plan created to provide children with a greater chance to access 60 minutes of sport and physical activity every day.

If you follow the link below, we have highlighted how the funding is used here at St Paul's:

[St. Pauls Farington Moss | Pupil & Sports Premium](#)
(stpaulsprimaryschoolfarington.co.uk)

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 13/05/2024

Reception 98%

Year 1 97%

Year 2 100%

Year 3 100%

Year 4 98%

Year 5 98%

Year 6 99%

Whole School Overall: 99%

Attendance Target: 97%

House Points

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

w/b 13/05 results are:

Pendle: 111

Bowland: 192

Longridge: 206

Parlick: 218



Diary Dates

Tuesday 21st May

Reception Vision Screening

NHS
East Lancashire Hospitals
NHS Trust

Vision Screening in Lancashire

Vision screening is an integral part of the universal delivery of the national Healthy Child Programme.

Every child in the Reception class will receive an invitation to have their vision tested in school.

Safe | Personal | Effective

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



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.

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance

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TIPS FOR MOVING MORE FOR YOUR MENTAL HEALTH



**MENTAL
HEALTH
AWARENESS
WEEK**
MAY 2024

Movement is important for your mental health. It can increase your energy, reduce stress and anxiety, and boost your self-esteem. Read our tips to help you get moving more for your mental health.



Find moments for movement every day

When life's busy, it can be tricky finding time for wellbeing-boosting activities. Finding moments for movement might be easier than you think. Why not use the time you spend waiting to move more? When you're waiting for the kettle to boil; for your kids to come out of school; or for a bus to arrive. These moments will add up!

Set small, achievable goals

Set yourself small goals. It might be walking to the end of your street. Then you can push yourself a little further each day. As you make progress, you will create positive feelings that can boost your confidence and mood.



Take a break from sitting

Many of us sit for long periods during the day: working at desks, driving, or watching our favourite TV show. Research shows that it's unhealthy to be still for long. Set a timer to take regular breaks to stand up, walk around and stretch.

Find the fun

Choose activities you enjoy that get you moving. Instead of thinking of movement as a chore, embrace your inner child and find the joy in movement. Fun alongside movement will increase your motivation and the psychological benefits.



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The poster has a light blue background with white clouds. At the top, there is a string of colorful triangular bunting flags in orange, red, green, and yellow. A large orange banner with a 3D effect is curved across the top. Below it, the words 'AUTUMN FAIR' are written in a red, arched, serif font. In the center, a white cloud contains a yellow flower with a red center. Below the flower, the date and time are written in red. The school name is in green. A red banner with white text is below that. At the bottom, the booking information is in green. There are also some small white flowers with yellow centers scattered around.

FOSPS

AUTUMN FAIR

Saturday 14th September
11 – 2pm

FARINGTON MOSS ST. PAUL'S
PRIMARY SCHOOL

£15 STALL FEE FOR
PARENTS AT THE SCHOOL

MUST BE ABLE TO PROVIDE OWN
TABLE AND GAZEBO

To book your stall, please message on Dojo
or email kirstyndonaldson@outlook.com

