

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

THRIVE IN THE GIFT OF LIFE

MONDAY MEMO

18th March 2024



Congratulations!

A huge congratulations to our Stars of the Week and Good Workers for last week.

	Star of the Week	Good Work
Reception	Aria P	Arthur S & River K
Year 1	Mason N	Sophia G & Rory H
Year 2	Freya S	Hilal D & Layla C
Year 3	Isla W	Willow H & Finn M
Year 4	Katie W	Jessie-May M & Amelia B
Year 5	Brodie C	Lillie-May S
Year 6	Maisie T	Maisie McD & Keeva McN

Diary Dates

Parents' Evening

Monday 18th: Reception
Tuesday 19th: Year 1, Year 3, Year 4, Year 6
Wednesday 20th: Reception, Year 1, Year 2, Year 3, Year 4, Year 5 and Year 6
Thursday 21st: Year 2 & Year 5

Wednesday 20th March

Year 4 Class Worship

Sunday 24th March 11:00am-12:00 pm
Palm Sunday Service- choir and all children invited to perform

Monday 25th March

Autism Acceptance Week / Holy Week

Wednesday 27th March

End of term Awards

Thursday 28th March

Easter 2pm Church finish
Return Wednesday 10th April

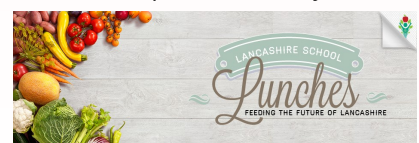
Weekly Worship

Every Thursday 9:05am



Parish News & Events

The Parish of St Paul Farington Moss



Every Tuesday 10:00am-12:00pm
Coffee mornings

Lostock Hall Carnival 2024

Saturday 29th June 2024

Date for the diary...after the success of last year's Lostock Hall Carnival, we have signed up again this year! The theme is 'The Silver Screen'...think Hollywood, glitz and glamour. We will share more information in the new term.



Worship Values

Our worship value this half term is JUSTICE



Attendance

w/b 11/02/2024

Reception 90%

Year 1 99%

Year 2 98%

Year 3 99%

Year 4 95%

Year 5 100%

Year 6 96%

Whole School Overall: 96%

Attendance Target: 97%

House Points

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

w/b 11/02 results are:

Pendle: 171

Bowland: 180

Longridge: 298

Parlick: 173

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WEEK ONE Week Commencing: 15th April 6th & 27th May 17th June 8th & 29th July 19th August 9th & 30th Sept 21st October	F+ Spring & Summer 2024	MONDAY	SUGARWISE TUESDAY	WEDNESDAY	SUGARWISE THURSDAY	FRIDAY FAVOURITES
	Traditional Main Course	Crispy Coated Chicken Burger or Quorn Goujons in a Bun with Tortilla Chips & Sweetcorn	Loaded Beef or Vegetarian Chili Tacos with Mixed Rice Freshly Prepared Salad Selection Cheese & Tomato Pinwheel Pizza	Roast Chicken or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy	Booths Pork or Vegetarian Sausages with Herby Potato Wedges Mixed Vegetable Medley or Baked Beans	Golden Crumb Fish Fingers or Vegetable Fingers with Oven Baked Chips Garden Peas & Sweetcorn or Baked Beans Homemade Pizza Margherita
	Pizza & Pasta	Vegetable Pasta Bake with Freshly Prepared Salad Selection (v)	Paprika Potato Wedges Garden Peas & Sweetcorn or Baked Beans (v)	Creamy Tomato & Mascarpone Pasta with Freshly Prepared Salad Selection (v)	Tomato & Italian Herb Pasta with Freshly Prepared Salad Selection (v)	Oven Baked Chips Garden Peas & Sweetcorn or Baked Beans (v)
	Jackets & Sandwiches	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Choice of filled Sandwich Roll with Tortilla Chips Freshly Prepared Salad Selection
	Desserts	Sticky Toffee Cupcake or Fruit Yoghurt with Fruit Selection & Milk	Mini Chocolate Cookie or Fruit Yoghurt with Fruit Wedges & Milk	Fruit Jelly & Vanilla Cream or Fruit Yoghurt with Fruit Selection & Milk	Mini Shortbread Biscuit or Fruit Yoghurt with Fruit Wedges & Milk	Chocolate Brownie or Fruit Yoghurt with Fruit Selection & Milk
WEEK TWO Week Commencing: 22nd April 13th May 3rd & 24th June 15th July 5th & 26th August 16th Sept 7th October	MEAT FREE MONDAY					
	Traditional Main Course	Vegetarian Sausage Roll with Paprika Potato Wedges Garden Peas & Sweetcorn or Baked Beans (v)	British Beef or Vegetarian Burger in a Bun with Tortilla Chips Freshly Prepared Salad Selection	Roast Pork or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy	Cooks Choice of Chicken or Vegetarian Curry with Mixed Rice & Naan Bread	Harry Ramsdens Crispy Battered Fish or Vegetable Fingers with Oven Baked Chips & Mushy Peas
	Pizza & Pasta	Creamy Tomato & Mascarpone Pasta with Freshly Prepared Salad Selection (v)	Tomato, Mild Chili & Sweet Pepper Pasta with Freshly Prepared Salad Selection (v)	Homemade Calzone Pizza with Rainbow Vegetable Pasta Salad (v)	Cheese, Broccoli & Pasta Bake with Freshly Prepared Salad Selection (v)	Homemade Pizza Margherita with Oven Baked Chips & Baked Beans (v)
	Jackets & Sandwiches	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Choice of filled Sandwich Roll with Tortilla Chips Freshly Prepared Salad Selection
	Desserts	Vanilla Sponge & Chocolate Sauce or Fruit Yoghurt with Fruit Selection & Milk	Mini Chocolate Shortbread or Fruit Yoghurt with Fruit Wedges & Milk	Oaty Flapjack or Fruit Yoghurt with Fruit Selection & Milk	Mini Vanilla Cookie or Fruit Yoghurt with Fruit Wedges & Milk	Fruit Jelly & Vanilla Cream or Fruit Yoghurt with Fruit Selection & Milk
WEEK THREE Week Commencing: 29th April 20th May 10th June 1st & 22nd July 12th August 2nd & 23rd Sept 14th October	MONDAY					
	Traditional Main Course	Booths Pork or Vegetarian Sausages in a Bun with Tortilla Chips Freshly Prepared Salad Selection	Golden Crumb Salmon Fillet Fingers or Vegetable Fingers with Paprika Potato Wedges Mixed Vegetable Medley or Baked Beans	Roast Chicken or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy	Summer Picnic Lunch Assorted filled Sandwich and/or Wrap Mini Sausage Roll Tortilla Chips & Vegetable Sticks	Golden Crumb Fish Fingers or Vegetable Fingers with Oven Baked Chips Garden Peas & Sweetcorn or Baked Beans Homemade Pizza Margherita
	Pizza & Pasta	Tomato & Italian Herb Pasta with Freshly Prepared Salad Selection (v)	Paprika Potato Wedges Freshly Prepared Salad Selection (v)	Creamy Tomato & Mascarpone Pasta with Freshly Prepared Salad Selection (v)	Beef or Quorn Pasta Bolognese with Freshly Prepared Salad Selection	Oven Baked Chips Garden Peas & Sweetcorn or Baked Beans (v)
	Jackets & Sandwiches	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Choice of filled Sandwich Roll with Tortilla Chips Freshly Prepared Salad Selection
	Desserts	Chocolate Cupcake or Fruit Yoghurt with Fruit Selection & Milk	Mini Lemon Cookie or Fruit Yoghurt with Fruit Wedges & Milk	Fruit Jelly & Vanilla Cream or Fruit Yoghurt with Fruit Selection & Milk	Mini Shortbread Biscuit or Fruit Yoghurt with Fruit Wedges & Milk	Chocolate Mousse Delight or Fruit Yoghurt with Fruit Selection & Milk

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 DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes; not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

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 a large secondary school.

