



Monday Memo Newsletter

3rd February 2025

Toast Money

From Summer Term w/b 22nd April, we will be moving to a cashless system for toast. As with all other payments, this will be made available on School Money for the half term.

Unlike dinners and club bookings, the payments will close once the term starts so the kitchen can be given the register of those children having toast.



Instagram Page

Please scan the QR code to find our page!



FARINGTONMOSSSTPAULS

Attendance

w/b 27/01/25

Reception 96%

Year 1 99%

Year 2 95%



Year 3 100%



Year 4 100%



Year 5 94%

Year 6 98%

Whole School Overall 97%

Target 97%

House Points

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

w/b 27/01/25 results are:

Pendle: 337

Bowland: 337

Longridge: 352

Parlick: 357

Diary Dates

Monday 3rd February

Year 4 History Festival

Tuesday 4th February

Year 3/4 Tennis

Lancashire Mind Assembly



Wednesday 5th February

Year 5 Class Trip

Thursday 6th &

Friday 7th February

Word Guerrilla Poetry workshops - all classes

Tuesday 11th February

Key Stage 2 Cross Country

Safer Internet Day

Friday 14th February

School closes 3:20pm from school

Worship Values

Our worship value this half term is Community.

In the weekly Celebration Assembly, we will celebrate 1 pupil from each class who has shown the term's value.

This term we will celebrate our 'Community Champion'.



Parish News & Events

Warm Space (coffee and bacon butties) Tuesdays 09:00am-11:30am

Supported by members of our Children's Chaplain from 10:00-10:30am



10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.01.2025

Active Camps



Venues:

Dance - Northbrook Primary Academy
Monday 17th and Tuesday 18th February

Scooters & Bikes - Cuerden Church School
Monday 17th and Tuesday 18th February

Multi-Sports - Kingsfold Primary School
Monday 17th and Tuesday 18th February
Scooters & Bikes
Weds 19th and Thurs 20th February

Cost per day: £14.00

Cost per block: £25.00 (2 days)

For booking Visit:

southribble.gov.uk/activecamps

Drop off 8.30am - 9am

Pick up 4.30pm - 5pm

Bursary places are available



Dodgeball,
dance, scooting,
cycling, glow sport,
soft axe throwing,
archery and much
more!



All staff
enhanced DBS
cleared, also
safeguarding
and first aid
trained



With highly
qualified sports
coaches and
teachers



All children
provided with a
healthy lunch