



FRIDAY FOLLOW-UP

1st November 2024

Welcome back

A very warm welcome back to school! I hope you had a wonderful holiday and are ready for a busy and exciting term ahead. We have lots of exciting upcoming dates for you to add to your diary. In the mean time, please continue to check Class Dojo for notifications and follow our Instagram page for all things wonderful about St. Paul's.



Worship Values

Our worship value this half term is



Diary Dates

Monday 4th November Parents' Evening bookings will be live via 'Parents Booking' - invites to follow Poppy Appeal donations	Tuesday 5th November Year 2/Year 6 Fire Safety Workshop	Wednesday 6th November Year 6 Trip	Sunday 10th November Lostock Hall Remembrance parade 2:00-4:00pm
Monday 11th November Year 4 History Fest Whole school 'Environmental Moss'24'	Wednesday 13th November & Thursday 14th November Parents' Evening 3:30-6:30PM	Wednesday 20th November Year 6 Class Worship FOSPS Movie Night 5:45-7:45pm	Friday 22nd November Year 3 Reading Breakfast 09:05-09:30am
Tuesday 26th November Key Stage 1 Multi-skills Day Bishop Philip North the Bishop of Blackburn visit	Thursday 28th and Friday 29th November Workshops on Sikhism and Hinduism with Prags Birk at Cultural Educ-Asian	Thursday 5th December Key Stage 2 Advent Service 6:00pm in Church	Monday 9th December Key Stage 1 Nativity 2:00pm
Tuesday 10th December Key Stage 1 Nativity 6:00pm	Friday 13th December Christmas Dinner & Jumper Day	Tuesday 17th December FOSPS Key Stage 1 Christmas Disco	Wednesday 18th December FOSPS Key Stage 2 Christmas Disco
Thursday 19th December End of term awards 9:05am	Friday 20th December Christingle Service in Church 1:30pm All welcome School closes at 2:00pm Collect from Church	Reminders School dinners and Clubs are bookable via School Money—it is the responsibility of parents/carers to check the bookings	



Parish News & Events

Warm Space (coffee and bacon butties) Tuesdays 10:00am-12:00pm

Funded by The Household Support Fund

Christmas Fayre Saturday 16th November 11:00-1:30pm

Toy and Carol Service Sunday 8th December 11:00am

Christmas FAYRE

**SATURDAY
16TH
NOVEMBER
11AM-1.30PM**

**FREE
ENTRY**

RAFFLE - FIRST PRIZE £100!
CAKE STALL - FACE PAINTING - TOMBOLA - AND MUCH MORE

ST PAUL'S CHURCH

7 CHURCH LN, FARINGTON MOSS, LEYLAND PR26 6RD

ST PAUL'S CHURCH
FARINGTON MOSS

Toy & Carol Service

Sunday **8th** December, **11am**

- Please bring new unwrapped toys

★ ★ ★
Thank you
for your
generosity
★ ★ ★

Support children less
fortunate than you are

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 SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

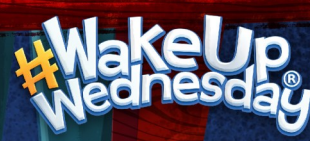
Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



The National College®

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SCHOOL ADMISSIONS PRIMARY SOUTH

Do you have a child starting
primary school in September 2025
and living in Lancashire?

Closing date: 15 January 2025

You **must** apply even if a brother or sister is already at the school, or the school is linked to your child's nursery. Please read the admission criteria for your chosen schools on the website, or get a copy from them.

Apply for a school place now by scanning
the QR code or visit lancashire.gov.uk/schools



If travel cost is an important factor in your school preference,
please check the guidance on our website, or call **01772 532109**.

**HAVE
YOUR SAY**

*Between 1 October and 31 January schools are consulting with
you to make sure admission arrangements meet future needs.
To find out more please visit www.lancashire.gov.uk/schoolplaces
and click 'school admission policies'.*

lancashire.gov.uk



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WWW.CLEANAIRCREW.CO.UK

EMBEDDING AIR QUALITY AND ENVIRONMENTAL EDUCATION INTO CORE CURRICULUM LEARNING

Your school has signed up to the education resource www.cleanaircrew.co.uk, an interactive website to educate and engage children on the issue of air quality in a safe, fun environment.

There is no intention to scare and although the impacts of air pollution are potentially severe, our aim is to raise awareness in the hope of mitigating against future problems.

We are inviting parents to sign up for full access to the main site as some schools use the resource for homework activities but also because, beyond the core curriculum activities, it is our hope that the resource provides a fun platform to nurture wider engagement within families and communities on this important issue.

Your school's unique code to enter when signing up for home learning access is:

SRFMSTP

Please ensure you select the parent option when completing the form.

Once access is approved you will receive a verification email - **your username will be the email you registered upon signing up and the password will be the unique code mentioned above.** Please check your spam folder as on occasion the verification email may be sent there. Any problems, please get in touch.

We do not share your details with anyone else and they are only collected for the purpose of setting up your account. We may on occasion contact you about site updates and other supporting initiatives you might be interested in. You are free to opt out of these communications at any time. Please refer to our privacy policy on the website for more information.

Thanks for playing a part in making the air cleaner for our children and communities and we hope you enjoy exploring the resource with your young learner.

Please note: Due to Microsoft removing support for Internet Explorer, and to ensure the site remains secure and fully functional, the resource will not work on this outdated browser. It will work on all others, including Edge, Firefox and Chrome and tablet OS. Also, due to the many interactive elements including in the resource it will not function at full capacity on mobile phones.

Go to the website and click sign up



Once on the sign up page click this link



Enter your school's unique code and your details



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www.southportecocentre.com

@Eco_Centre

@Clean_Air_Crew

@southporteco.centre