



Monday Memo Newsletter

6th January 2025

Welcome back

A very warm welcome back to school! I hope you enjoyed a wonderful Christmas and are ready for an exciting term ahead. We have many 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 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'.



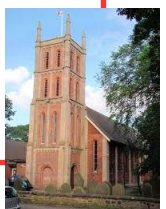
Diary Dates



Monday 13th January	Tuesday 14th January	Friday 17th January	Tuesday 28th January
Individual and sibling photographs	Year 5/6 Athletics	Reception Class Reading Breakfast 09:05am	Reception Vision Screening
Monday 3rd February	Tuesday 4th February	Thursday 6th & Friday 7th February	Tuesday 11th February
Year 4 History Festival	Year 3/4 Tennis	Word Guerrilla	Key Stage 2 Cross Country
Friday 14th February	Please keep checking the newsletter each week for more dates added!		
School closes 3:20pm from school			

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





COMMUNITY



**LIVE IN HARMONY
WITH ONE ANOTHER**

ROMANS 12:6

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at:

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St Paul's Amateur Dramatic Ensemble
Present

Howard
as the Ugly Sister

Sam
as Cinderella

Bob
as the Ugly Sister

Cinderella

And The Velvet Slipper

THU 30 JAN & SAT 1 FEB

Performances: Thu 7.30pm, Sat 2pm & 7.30pm

St Paul's Church Hall, Church Ln,
Farington Moss, Leyland PR26 6RD

Tickets: £5.00

TICKETS FROM: THE CAST, THE
CHURCH, LOSTOCK ALE, EMAIL
FMOSSSTPAUL@GMAIL.COM

A Pantomime by Peter Nuttall

Ray
as the King

Paul
as the Prince

ARE YOU OR YOUR CHILD FEELING TIRED? DO YOU DREAM OF A DECENT NIGHT'S SLEEP?



If you are struggling with your child's sleep, you are not alone: More than 4 in 10 children will have a sleep difficulty at some point.

More than 80% when a child has a Special Educational Need/Disability (SEND).

Everyone has issues with their sleep at some point.

The trick is discovering what is causing the difficulties

And then putting in place the appropriate strategies.

Join us for our **FREE** drop in sleep workshops run by
Sharon Beirne from the Primary Mental Health Team

West Paddock Family Hub

8th January & 15th January

9.30am – 12.30pm





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

