

Together we Thrive

Wellbeing at St. Paul's

AUTUMN TERM



Dear Parents and Carers,

As we approach the festive season, we want to take a moment to thank you for your continued support and partnership. At Farington Moss St. Paul's, we are deeply committed to the wellbeing of our children, families, and staff. Creating a nurturing and positive environment is at the heart of everything we do.

This term, some of the initiatives to support emotional wellbeing and enrich learning experiences include:

Enrichment opportunities

Reception: Diwali party and Christmas fun afternoon.

Year 1: A visit from Pippin (the dog) and Pebble (the tortoise) and an author visit

Year 2: Theatre Trip and multi-skills

Year 3: Healthy minds and bodies incorporating Yoga into PSHRE lessons

Year 4: Art club and Lego robotics

Year 5: Theatre visit and Blackburn cathedral

Year 6: Secret WW2 – The Secret War Event



- ELSA activities for children who benefit from additional emotional support
- Peace Place – a calm space for children to regulate emotions and feel safe
- PSHRE lessons to develop resilience, empathy, and positive relationships
- Trauma-Informed Practice embedded across our school to ensure every child feels understood and supported
- Reading with Dogs sessions with Jen and Pippin, promoting confidence and enjoyment in reading
- Seasonal celebrations including the KS2 Advent Service, Year 1 & 2 Nativity, and Reception's festive production
- Forest School, which continues to provide outdoor learning and wellbeing benefits
- After-school and extra-curricular clubs such as Wellbeing Wonders, Eco Club, Worship Group, Choir, and Art Club
- Inclusive sports opportunities, including Boys' Football and sessions at Lostock Hall Academy
- We are also fortunate to have Jill Jackson, our Family Support Worker, who works closely with children and families to promote wellbeing
- Weekly whole-school collective worships provide calm, reflective time for both teachers, pupils and parents/carers Delivered by Reverend Margaret and Mr Eccleston



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We understand that Christmas can be a wonderful time, but it can also bring challenges—whether emotional, financial, or related to family dynamics. Please know that we are here to support you.

Support for Families –If you need any help or advice, here are some useful resources:

South Ribble families and young people support <https://southribble.gov.uk/homepage/67/families-and-young-people>

Kooth supporting Children's mental health <https://explore.kooth.com/families/>

Lancashire Mind <https://www.lancashiremind.org.uk/>

HAF (Holiday Activities and Food Programme): <https://www.lancashire.gov.uk/children-education-families/school-holiday-activities/>

The Lily-Jo Project (Mental Health & Family Support): <https://www.thelilyjoproject.com/parents/>

Local Food Bank Support: <https://southribble.gov.uk/cost-living-support-1/foodbanks-community-shops>

Please don't hesitate to reach out if you need signposting to further services.

On behalf of all the staff, we wish you and your families a joyful, peaceful, and restful Christmas break.

Warm regards,
The Wellbeing Team

