

Monday Memo



Monday 8th September

Autumn Term

Issue #01

Welcome back

What a fantastic first week back at St. Paul's. The energy was absolutely incredible as our young learners jumped right back into their educational adventure. 🌟

★ Our newest little stars in Reception have absolutely dazzled us with their enthusiasm and bright smiles. It feels like we're going to have an incredible journey ahead. We can't wait to see what this week brings!

Worship Values

Our worship value this half term is Generosity

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

This term we will celebrate our 'Glorious Generosity'



Celebration

✨ Each Friday 2:30pm - 3:00pm we shine a spotlight on our superstars of the week in our Celebration Assembly. ✨

One child will be chosen by their teacher, from each class as 'Star of the Week'. This special recognition celebrates those magical moments when pupils go above and beyond, making their classroom an even better place to learn and grow! ✨

We also celebrate two well-deserved Good Work Awards from each class. 🏆 From adventurers to composers, scientists to authors, these young stars will shine bright.

The best part? Everyone gets their moment to sparkle!

✨ Stay tuned each Friday to be invited via Class Dojo, for the following week's assembly. ★



Attendance

Reception: 100%

Year 1: 98%

Year 2: 100%

Year 3: 100%

Year 4: 99%

Year 5: 100%

Year 6: 99%

Whole School Overall: 98%

Target: 97%

House Points



Bowland: 137



Parlick: 92

Pendle: 98

Longridge: 110

St. Pauls' Parish News & Events

Tuesdays 09:00am—11:30am

Warm Space (coffee and bacon butties)

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



Diary Dates

Wednesday 10th - Friday 12th September Year 6 Residential Trip	Monday 15th September Ronald Dahl Day Themed Dinner	Tuesday 16th September ABC Photographs Chorley Gazette Reception Class
Thursday 18th September Y5/6 Boys football league after school	Thursday 25th September Yr5/6 Boys Football League after school	October Black History Month
Thursday 2nd October Poetry Day - in class recital competition	Thursday 2nd October Yr5/6 Boys Football League after school	Friday 3rd October Harvest Festival 9:30am - 10am St. Paul's Church
Monday 6th October Poetry Comp Finals 09:00am - 09:30am	Thursday 9th October Yr5/6 Girls Football League after school	Friday 10th October Whole school Handball Festival
Friday 10th October Lord's Prayer Day	Wednesday 15th October Open Day 1:30pm - 3:00pm	Thursday 16th October Year Three Class Worship 09:05am - 09:30am
Thursday 16th October Yr5/6 Girls Football League after school	Friday 17th October Bishop Phillip - Harvest appeal Pedal - along visit 1:25pm - 1:35pm	Thursday 23rd October Year 5 Class Visit
Thursday 23rd October Yr5/6 Girls Football League after school	Friday 24th October Finish for half term from school at 3:20pm	



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

1 RE-ESTABLISH ROUTINES

Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

2 TALK ABOUT FEELINGS

Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

3 SUPPORT WITH SLEEP

Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

4 LOOK OUT FOR SIGNS

Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

5 REFRESH SOCIAL CONNECTIONS

Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

6 CREATE A CALM MORNING

Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

7 FOCUS ON POSITIVES

Talk about the fun and interesting parts of school – seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "How's your day been?" for "What's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.

8 VISIT OR VISUALISE SCHOOL

If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

9 PLAN AHEAD TOGETHER

Involve children in preparing for school – buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

10 STAY POSITIVE AND PRESENT

Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understand their emotions.



#WakeUpWednesday

The National College

OPEN DAY

Our inclusive, inspiring and
nurturing school welcomes
you to join us for our
Open Day



Wednesday 15th October 2025
1:30pm - 3:00pm



Thrive in the Gift of Life



01772 336166



Instagram



Croston Road, Farington
Moss, Leyland, PR26 6PR

**SCHOOL
ADMISSIONS
PRIMARY**

APPLY NOW!
at lancashire.gov.uk/schools

School and Academy places September 2026

You must apply if your child has a 4th birthday between 1 September 2025 and 31 August 2026.

You must apply even if an older brother or sister is already at the school, or the school is linked to your child's nursery.

If you're a non-Lancashire resident apply through your own local authority.

Please read the admission criteria for your chosen schools on the website or get a copy from them.

CLOSING DATE
15 January 2026

School transport



If travel cost is an important factor in your school preference, search 'school transport' at lancashire.gov.uk or scan the QR code.



lancashire.gov.uk



Lancashire
County Council

