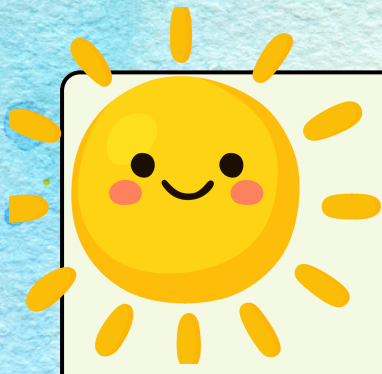
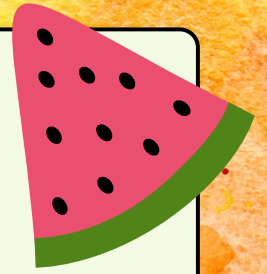




Together we Thrive

Wellbeing at St. Paul's



SUMMER TERM

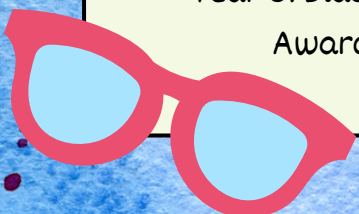
Dear Parents and Carers,

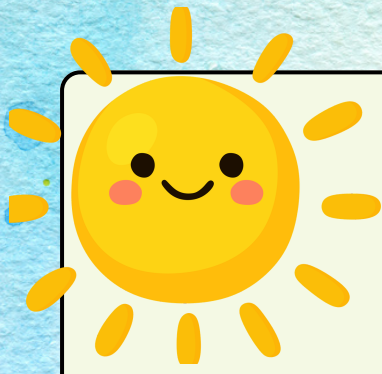
As we come to the end of a busy and rewarding summer term, we would like to take a moment to thank you for your continued support and partnership throughout the year. At Farington Moss St. Paul's, we remain committed to the wellbeing of our children, families, staff and community. Creating a caring, supportive and joyful environment has been at the heart of all we do, and this term has been filled with opportunities for our children to grow, reflect, thrive together and take their next steps on their journey.

This time of year is always a special one, as we celebrate how far the children have come and begin to look ahead to new classes, new challenges and new opportunities. We are incredibly proud of every child and how they have developed not only in their learning, but also in confidence, resilience and kindness.

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

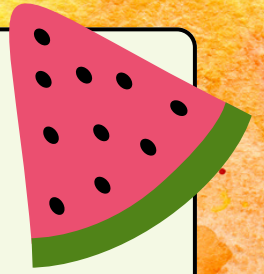
- Reception: Reception have had caterpillars and observed the life cycle of a butterfly. A trip to the park and made hats for a friendship party in class.
- Year 1: Dance from the heart, trip to Blackpool Zoo, reading Breakfast and emotion fans given out to all children as an emotional check-in.
 - Year 2: Trip to Fleetwood, PSHRE and RE lessons.
- Year 3: PSHRE - Discussed healthy minds and hearts. RE - The Golden Rule and what it means to 'Walk in someone else's shoes for the day'.
- Year 4: Reading breakfast, forest school day, a visit to St. Paul's park, Cuerden Valley and Stem Ambassador visit to Year 4 for computing
 - Year 5: A morning outside for the drone, PSHRE and RE sessions.
- Year 6: Blackpool Pleasure Beach Trip, Fire Brigade Road Safety Talk, Y6 Leavers Awards Reading Breakfasts and their wonderful school production





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• Whole school: Earth Day, Walk to School Week, a visit from The Spud Bros (invited by Ella J Year 5), fencing sessions, Cricket comps - Yr5 girls and then Yr5/6 mixed. Yr 5/6 netball Whole School Golf Festival, Sports Day, Dance from the heart, Lostock Hall Brass Band performance and KS1 and KS2 discos

Ongoing wellbeing support includes:

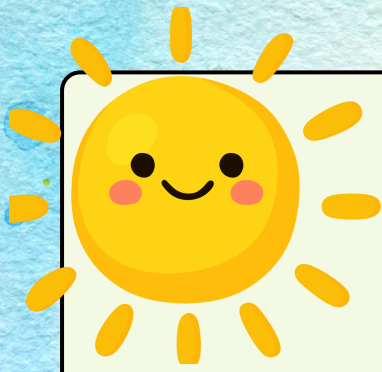
- Trauma-informed practice embedded throughout school, ensuring every child feels welcomed, heard and supported
 - Trusted adult in every classroom including 1:1 check ins if needed
 - Claire Dilworth support
 - ELSA activities for children who benefit from additional emotional support
- Peace Place – a calm, supportive space where children can regulate their emotions
- PSHRE and RE lessons promoting resilience, compassion and positive relationships
- Reading with Dogs sessions with Jen and Pippin to build confidence and enjoyment in reading
 - Class worships and reflection opportunities throughout the term
- A wide range of after-school and extra-curricular clubs including Wellbeing Wonders, Eco Club, Children's chaplaincy, Worship Group, Choir, and Art Club., Eco Club,
 - Worship Group, Sports Clubs and Children's Chaplains
 - Inclusive sporting opportunities for all children
 - Seasonal celebrations

Highlights from this term

Our Wellbeing Ambassadors have taken their role very seriously, delivering class worships and small wellbeing workshops to other children across the school. We have been extremely proud of how they have risen to this responsibility and helped to promote a caring and supportive atmosphere.

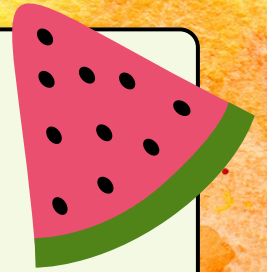
Miss Walmsley and Mrs Jackson have also completed yoga and mindfulness training with The Yoga Group and are looking forward to continuing to develop these approaches within school to further support our children's wellbeing.





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SUMMER TERM

A selection of school councillors have represented our school alongside Mrs Madigan for the Sustainability Conference at Blackburn Rovers Football Club.

We are also delighted to welcome our new Family Support Worker Rachel Todd to the team, who will continue to strengthen the support available to our children and families.

And finally a number of our staff took part in Race for Life at Avenham park and raised over £900.00!

As we reach the end of the school year, we would like to take a moment to say a heartfelt goodbye to our Year 6 children and their families. They have been a valued part of our school community, and we are incredibly proud of everything they have achieved. We wish them all the very best as they move on to high school and begin this exciting next chapter in their journey — we know they will go on to do amazing things.

As the summer holidays approach, we recognise that while this is often a time for rest and family, some families may continue to face challenges. Please remember that we are always here to help and support where we can.

Support for our families – useful resources:

South Ribble Families and Young People Support

Kooth – Supporting Children's Mental Health

Lancashire Mind

Holiday Activities and Food Programme (HAF)

The Lily-Jo Project (Mental Health & Family Support)

Local Food Bank Support

Please do not hesitate to get in touch if you need any advice or support over the holidays. On behalf of all the staff, we wish you and your families a happy, restful and safe summer break. We look forward to welcoming everyone back refreshed and ready for the new school year.

Warm regards,
The Wellbeing Team

