

Monday Memo



Monday 13th October

Autumn Term

Issue #06

Autumn Term Parents' Evening

We are excited to share that the Autumn Term Parents' Evening will be held on Tuesday 11th and Wednesday 12th November.

For those who have not attended before, the evening(s) are held in the School Hall with arrival via the Main Entrance. The meetings are 10 minutes in length with your child/ren's class teacher(s) and will offer an opportunity for you to look through your child/ren's work, as well as to discuss progress, behaviour, overall well-being and ask any questions.

All parents/carers will receive an invite tomorrow, to access the Teachers 2 Parents system, before bookings go 'live' on Wednesday 15th 12:00pm - Wednesday 22nd 12:00pm October.

If you have not received an invite by tomorrow dinner time, please do inform the Office.

Year 6 Uniform 2026 and beyond

In discussion with the current Year 5 cohort and governors, we have started a conversation about the idea of introducing a blue tartan skirt in Year 6 from next academic year, to compliment the already established and well loved blue cardigans/jumpers.

As we are passionate about creating a culture of sustainability, we have already begun discussions with local uniform shops to introduce a buy-back scheme that provides a discount on new skirts in exchange for a resalable skirt.

During our Open Day, we will be showcasing the skirt for feedback and will share any updates moving forwards, welcoming thoughts and ideas.

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'



Attendance w/b 06/10

Reception: 98%

Year 1: 94%

Year 2: 96%

Year 3: 99%

Year 4: 99%

Year 5: 99%

Year 6: 97%

Whole School Overall: 98%

Target: 97%

House Points w/b 06/10

Bowland: 181

Parlick: 198



Pendle: 296



Longridge: 174

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 15th - Wednesday 22nd
October

Book Parents' Evening

Wednesday 15th October

Open Day 1:30pm - 3:00pm

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

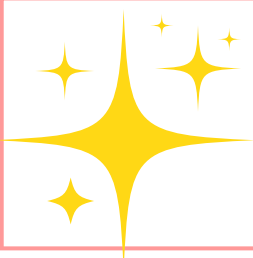
Finish for half term from school
at 3:20pm

Monday 3rd November

Return from half term 08:50am

Tuesday 11th & Wednesday 12th
November

Parents' Evening 3:30pm -
6:00pm



10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®

FARINGTON MOSS ST. PAUL'S C.E. PRIMARY SCHOOL

www.stpaulsprimaryschoolfarington.co.uk

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



Heidi, Ava, Layla PUMPKIN PATCH

PUMPKINS FOR SALE

SMALL 50P

MEDIUM £1.00

LARGE £2.00

X LARGE £3.00+£4.00



m+m COXHEAD
STARTLEY NOOK
WHITESTAKE
PR4 4XW

contact Lauren
07746352163

open

Every Sat in
october

12-4

Half Term

mon 10-3

Tues 10-3

Thurs 10-3

fri 10-3

Christmas FAYRE



SUNDAY
16TH
NOVEMBER

12.30PM - 2.30PM

FREE
ENTRY

RAFFLE - FIRST PRIZE £100!
CAKE STALL - FACE PAINTING - 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 **30th** November, **11am**

- Please bring new unwrapped toys
- Support children less fortunate than you are

Thank you
for your
generosity

