

Monday Memo



Monday 6th July

Summer Term

Issue #36

Goodbye and welcome

At the end of this term, Miss Azhir will be leaving our school to begin a new chapter in her life. We would like to take this opportunity to thank Miss Azhir for her dedication, care and commitment to our children over the last 10 years. On behalf of everyone in our school community, we would like to thank Miss Azhir for the positive impact she has had and wish her every happiness and success in the future.

We are delighted to share that the wonderful Miss Lay will be joining our Reception class from September as our new Teaching Assistant. Miss Lay already knows our school, our values and, most importantly, our children, making this an exciting and reassuring transition for everyone.

Diary Dates

Tuesday 7th July Year 4 Class Trip Key Stage 2 Production 6:00pm - 7:00pm	Wednesday 8th July Year 2 Class Trip Key Stage 2 Production 6:00pm - 7:00pm	Thursday 9th July Reception Class Worship 09:05am
Tuesday 14th July FOSPS Disco Key Stage 1 1:30pm Key Stage 2 2:15pm	Thursday 16th July Whole School End of Term Awards 09:00am - 09:30am in school hall Year 6 Leaver's Awards 10:30am - 11:30am in school hall SATs Results	Friday 17th July End of term service at St. Paul's Church 1:30pm - 2:00pm Collect from church



St. Pauls' Parish News & Events



Tuesdays 09:00am—11:30am

Warm Space (coffee and bacon butties)

Attendance w/b 29/06

Reception: 99%

Year 1: 95%

Year 2: 98%

Year 3: 98%

Year 4: 97%

Year 5: 96%

Year 6: 97%

Whole School Overall: 98%

Target: 97%

House Points w/b 29/06

Parlick: 56

Longridge: 31

Pendle: 77

Bowland: 87



Worship Values

Our worship value this half term is 'Respect'.

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 'Respectful Rising Star'.





Wild about the outdoors? So are we.

[Scouts.org.uk/join](https://scouts.org.uk/join)
#SkillsForLife

Squirrels.

The youngest branch of the Scouts' family tree. Where 4-6 year olds can join in too.

This is an age when minds are fizzing, when energy and curiosity levels are sky high, when little lives are full of wow and wonder.

Start your adventure today.

We hold our Squirrel meetings at our Scout group

**St Pauls, Church Hall, Church lane
Farington Moss**

We meet on Mondays 4.30pm to 5.30pm

**If you would like to know please come along
and speak to me on any Monday night**

If you would like your son / daughter to join us
and would like further details please contact me.

Karen Bell

gsl.1stfarington@southribblescouts.org.uk

07752 2515610

Copyright 2023 The Scout Association Charity Numbers 306101 (England and Wales) and SC038437 (Scotland) Incorporated by Royal Charter.



www.stpaulsprimaryschoolfarington.co.uk



www.instagram.com/faringtonmossstpauls/



01772 336166

10 Top Tips for Parents and Educators

TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

1 BUILD OUTDOOR CHOICE



Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.

2 PREPARE THE KIT

Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.

3 TRY MICRO-ADVENTURES

Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.

4 LINK TO REAL INTERESTS

A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.

5 CREATE SOCIAL PULL

For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.

6 MAKE TRAVEL ACTIVE



Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scooter short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.

7 USE PHONE-FREE CHALLENGES



Rather than simply saying, "Put your phone away", turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.

8 OFFER REAL RESPONSIBILITY



Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.

9 REPLACE, DON'T REMOVE



If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.

10 CELEBRATE SMALL WINS



Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.

Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

#WakeUpWednesday

The National College®

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.07.2026



www.stpaulsprimaryschoolfarington.co.uk



www.instagram.com/faringtonmossstpauls/



01772 336166