



Newsletter 5 – 28th September 2026

Knowledge begins with respect for God (Proverbs 1:7)

This half-term's value is 'Generosity' (2 Corinthians 9:6-11)

Behaviour Policy

The aims of the school's behaviour policy are to ensure that all children in school are happy, safe and able to learn.

The policy is based on our school values: generosity, compassion, service, endurance, trust, courage, forgiveness, honesty, hope, friendship, thankfulness and respect.

Our school rules and behaviour code are based on the following verse from the Bible: 'Do to others as you would like them to do to you' (Luke 6:31):

1. In class we aim to make it as easy as possible for everyone to learn and for the teacher to teach.
2. We respect each other and treat others in the way we would like to be treated.
3. We accept that everyone is different but equally important.
4. We look after our school (our trays, our toilets and our cloakroom).
5. We respect other people's property.
6. We walk around school at all times.
7. We put litter where it belongs.
8. We respect our environment.

Good behaviour is expected and celebrated. When children's behaviour does not meet our high expectations, the following procedure is followed:

1. The teacher will remind the child that we expect positive behaviour at all times.
2. The child is told that they are disrupting their own learning (and perhaps the learning of others)
3. The child is removed from the classroom and will complete their work with the Headteacher or Deputy Headteacher. Parents/carers will receive a text message to let them know what has happened. Parents and carers are expected to support positive behaviour in school by discussing with their child the behaviour that resulted in them receiving a text message.

By working together, we will give all our children the best chance of making the best possible progress in a safe and happy learning environment.



Macmillan Coffee Morning

Thank you for your fantastic support for our Macmillan Coffee Morning and Cake Sale. I am very pleased to be able to announce that we have raised so far a magnificent £387 for this very worthy cause! As always, your generosity is very much appreciated.

Super Learning Week

This week is our Super Learning Week, an exciting week of special learning activities organised by Mrs Martin.

We have a fantastic range of exciting activities including a 'Mad Science' show with science workshops, a Number Fun day, a Magic Show (with a workshop for the older children afterwards) and swimming for all classes from Year 1 – Year 6 in our 'pool in the playground' – remember to send your child in with their swimming kits when they need them!

During the week, teachers will be having one to one discussions with each child in their class, discussing how they've settled in to their new class and setting learning targets.

There will be no Achievement Assembly this Friday.

Online Safety Parent Information Session

As part of our commitment to support parents and carers with keeping your children safe online, I am pleased to invite you to attend a free information session which is taking place on Wednesday, 30th September 2026 from 4.00pm – 4.45pm. The link for this is below:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NWU4NmM0MzktZjdjYS00NzhhLWJlNmItYWQwYmViYTA3N2U0%40thread.v2/0?context=%7b%22Tid%22%3a%22dcdb1ea5-3b10-49a2-bf8f-5fd59edcd762%22%2c%22Oid%22%3a%225772fa8f-9814-4199-aef2-9195804f833e%22%7d

You don't need to register, simply click on the link at the above time to access the session. Cameras and voice/audio will be switched off for everyone attending. You can ask questions by typing in the Q&A box, but this will be explained during the session.

The session will be streamed using Teams. You can watch it as follows:

- Teams app—desktop (Windows or Mac) or mobile. (The Teams app is free to download if attendees would like to do that beforehand).
- If you don't have Teams you can access it via one of the following browsers - Google Chrome, Microsoft Edge or Firefox.

As a reminder, this session (and any other virtual sessions) will be recorded so if you can't make the live session then you can watch it back at another time.

Harvest Festival

Please note that Blackburn Foodbank have requested tinned fruit this year – there was an error in last week's newsletter!

Best wishes



Julian Rogers
Headteacher

Attached to this newsletter:

- Information from the Mental Health Support Team
- Information about NHS Dentist availability

This week's Amazing Achievers!

You've Been Spotted!

Children who have been spotted demonstrating one of our school values:

Umr Farooq – Woodpeckers
 Ismail Mahmood – Kingfishers
 Diwa Sharif – Swallows
 Fatima Noor Hussain – Doves
 Aariz Kayani – Owls
 Zahra Akhtar – Kestrels
 Umme-Hani Aftab – Hawks
 M. Ayaan Siddique – Falcons
 Ahmed Mulla – Eagles

Headteacher's Award

Children chosen for a special achievement:

Ziyaan Muhammad – Woodpeckers
 Aliza Chaudry – Kingfishers
 Umaimah Mohsin – Swallows
 Laiba Nasir – Doves
 Arham Atiq – Owls
 McKenzie Mullen – Kestrels
 Zakei Ullah – Hawks
 Ameerah Khan – Falcons
 Shurayh Mohammed – Eagles

Recent Reading Badges

Doves
 Hassan Iqbal – Ruby

Mrs Martin's Class of the Week:
Falcons & Eagles

Mr Ulhaq's Ultimate Achiever:
Hina Hamid (Doves)

Mr Richardson's Lunchtime Awards:
Jannat Sharif (Swallows) & Zakariyya Motala (Eagles)

Last Week's Attendance

	Best attendance	Best punctuality
Infants	Swallows	Woodpeckers
Juniors	Falcons (100%)	Kestrels



Mental Health Support Team
Children & Young People's
Mental Health - East



Lancashire &
South Cumbria
NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM

For children and young
people in education



TALK TO US

We're here to listen,
support and help.



WE CAN HELP

With worries, low mood,
anxiety and much more.



HOW WE SUPPORT

We work with you to
find what helps.



HOW TO GET SUPPORT

Speak to a trusted adult
in school or college who
can refer you to us.



Small
steps
make
big
changes
♡

Scan the QR code
for more information
about our service.



SCAN ME



Your mental health matters.
We're here for you.



Compassion



Respect



Excellence



Teamwork



PARENT-LED CBT

HELPING YOUR CHILD WITH FEARS AND WORRIES

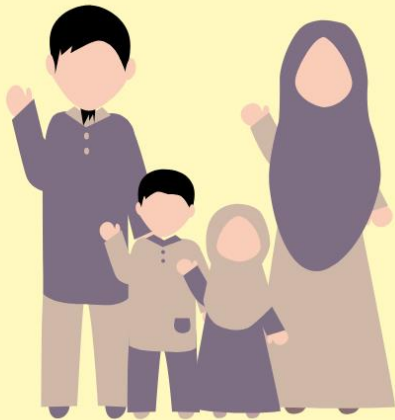


Does your child present as being anxious or worried?

Do they -

- Talk about or express feeling worried?
- Get upset when they have to leave you?
- Have trouble sleeping in their own bed?
- Seek lots of reassurance/ask lots of questions?
- Experience a fast heart beat, tummy aches or headaches when there is no physical reason for this?
- Struggle to fall asleep at night because they are worrying?
- Struggle to let things go, move forward or try new things?

If so then Parent Led-CBT may be for you



What is Parent Led- CBT?

Parent Led- CBT is a 6 week evidence based course, where parents/carers discuss and learn Cognitive Behaviour Therapy (CBT) strategies. These strategies will aim to empower them and increase their confidence in supporting children with their worries and difficulties with anxiety.

Why do we work with parents?

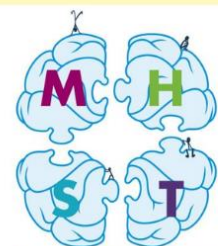
- Parents/carers know the child best they can help to encourage and motivate them to face fears and are best placed to implement strategies in the child's day to day life.
- It helps parents/carers to become aware of any factors that may be maintaining and reinforcing anxious beliefs and behaviours.
- To discuss how to apply CBT techniques to individual family circumstances.

Topics covered:

- How is anxiety maintained?
- Goal setting
- Exploring child's anxious thoughts
- Promoting independence
- Creating a step by step plan to face anxieties
- Reviewing predictions and progress
- Problem solving approach
- Planning for the future

The Mental Health Support Team (MHST)
are offering Parent- Led sessions for parents in a small group.

Please speak to the school if you would like any more information.



Mental Health Support Team
ELCAS | East Lancashire Child and Adolescent Services



WE ARE TAKING ON NHS ADULTS AND CHILDREN

Quality dental care
for the whole
family



Email us at
blackburn3-rec@mydentist.co.uk



Call us on
01254 691311



— Your local dental practice —

East Lancashire Young People's Mental Health

**Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?**

**Advice sessions are available on-line via
'Attend Anywhere'**

Delivered by CYPMH East

tinyurl.com/ELCAS-LSCFT



**Enter the word "CYPMH East" as the first name and "drop in" as the
second name followed by your date of birth.**

You will then enter our virtual waiting area where we will collect you.

Wednesday 7th October 2026

1pm – 3pm

Wednesday 14th October 2026

3pm – 5pm

Wednesday 21st October 2026

5pm – 7pm