



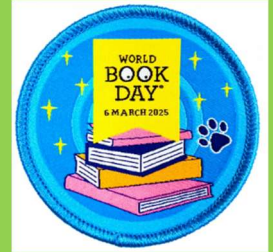
Newsletter 23 – 3rd March 2025

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

This half-term's value is 'Service' (Mark 10:35)

World Book Day

A reminder that we will be celebrating World Book Day this Thursday, 6th March. On this day children will be encouraged to wear comfortable clothes for reading in – we did this last year for the first time and it saved parents buying anything special or fretting about costumes! If your child would like to dress up as a book character, they are very welcome to do so.



Class Assemblies

There will be two class assemblies taking place this half term:

Kestrels – Wednesday 12th March

Doves – Wednesday 26th March

Both assemblies will start at 8.40am and the parents/carers of children in these classes are very welcome to come along and support their children.

School Photographer

A reminder that the school photographer will be in school next Thursday (13th March) to take photographs of individual children and family groups. As usual, there will be the opportunity for parents to bring pre-school brothers and sisters in between 8.00 – 8.30am to be included in family group photos. For safeguarding purposes, **parents need to report to the main office**, not through the breakfast club or classroom doors.



Please note that this is ONLY for pre-school brothers and sisters.

Year 5 Hothersall Lodge Parent/Carer Meeting

There will be an information meeting for parents and carers of Year 5 children this Thursday, 6th March at 3.00pm. The meeting will provide you with everything you need to know about the trip, as well as the opportunity to ask any questions you might have.

The meeting will take place in the hall and will be led by Mr Woodward, our PE Subject Leader. Please come to the main entrance at the front of school and we will welcome you in through that entrance.

Best wishes

Julian Rogers
Headteacher

Hair accessories

Please could all parents and carers keep hair accessories to a minimum – a simple bobble is enough to fasten hair back!

Lunchboxes

Please could all parents and carers ensure that lunchboxes are clearly labelled with your child's name on the outside.

This week's Amazing Achievers!

You've Been Spotted!

Children who have been demonstrating one of our school values:

Abeera Chaudhry – Robins Blue
 Zainab Hussain – Robins Green
 Bilal Hussain – Woodpeckers
 Jasnoor Sembhi – Kingfishers
 Aafiya Bhamji – Swallows
 Ricards Kilpe – Doves
 Malik Hussain – Owls
 Kristofers Kilpe – Kestrels
 Hamza Abdrabou – Hawks
 Labeeqa Nawaz – Falcons
 Haris Khan – Eagles

Headteacher's Award

Children chosen for a special achievement:

Ismail Mahmood – Robins Blue
 Umair Shaikh – Robins Green
 Unaysa Sohail – Woodpeckers
 Harris Khan – Kingfishers
 Zara Rizwan – Swallows
 Anaya Chaudhry – Doves
 Aamina Bhamjee – Owls
 Shurayh Mohammed – Kestrels
 Hassan Mujtaba – Hawks
 Ammar Tahir – Falcons
 Harris Hussain – Eagles

Recent Reading Badges

Robins (Green Carpet)

Abu-Bakr Siddiq – Bronze

Hawks

Maryam Ishtiaq & Faizaan Abdulghafoor – Sapphire
 Hassan Mujtaba & Imaan Firfire – Pearl
 Maryam Akhtar – Bronze Star
 Azaan Hussain – Silver Star

Falcons

Layad Hussein – Gold
 Adan Shahid – Jet

Eagles

Jinan Bawah – Sapphire
 Markuss Petersons & M-Imran Siddeeq – Bronze Star
 Ayaan Hussain – Gold Star

Authors of the Week

Key Stage 2 children who have excelled in their writing recently:

Doves – Bilal Badat

Owls – Nathan Szileczki

Kestrels – Fatima Geloo

Hawks – Imaan Firfire

Falcons – Rosen Vasilev

Eagles – Muhammad Asim

Mrs Martin's Class of the Week:
Woodpecker's & Hawks

Mrs Fenton's Star:
Rosen Vasilev (Falcons)

Mr Richardson's Luchtime Awards:

M. Bilal Hussain (Woodpeckers) & Labeeqa Nawaz (Falcons)

Last Week's Attendance

| | Best attendance | Best punctuality |
|---------|--------------------|-----------------------------|
| Infants | Robins Blue | Robins Blue/Swallows |
| Juniors | Owls (100%) | Falcons |



Newsletter

NHS
Lancashire &
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NHS Foundation Trust

Mental Health Support Team

March 2025



MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for students from primary age to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen and Burnley, Burnley College, Year 1 to Year 6 in Pendle and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Accrington College).

If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who can support a referral to the service. You can also speak to your GP.

MHST Team News!

We would like to share some of the brilliant work that the MHST has been taking part in throughout this half term.

- We have delivered online parent webinars covering different topics such as understanding low mood.
- We have delivered workshops in schools such as the 'Big Emotions Workshop' to help children understand their emotions.
- We have also delivered assemblies to schools to support Children's Mental Health Week. This year's theme was 'Know yourself grow yourself'.
- We have celebrated progress with parents who have recently completed the Incredible Years Programme. We are so proud of all the parents who took part!

HELLO!

Lisa



Staff Introduction

Hello! My name is Lisa and I am a Senior Mental Health Practitioner in the Blackburn with Darwen Secondary Schools team. This is my 5th year in the MHST and I love my role; day to day my role consists of:

*High Intensity Cognitive Behavioural Therapy (CBT) with young people - these sessions usually take place in schools but sometimes we meet in health centres or online.

*Supervision to support other staff in the team - I love this time as its great to share ideas and skills, I particularly enjoy our group supervision sessions.

*Participation - Is my passion! I love to collaborate with young people; I am so excited to get our new participation group up and running soon - watch this space!

When I am not in work I love nothing more than socialising with my family and friends, I love the sun and I love being on holiday. I also enjoy long walks with my very active 1 year old Labrador called Buddy!



Newsletter - we work as a group to create this newsletter and are always looking for new suggestions and content so if you have any please email us at mhstnewsletter@lscft.nhs.uk

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Elcas Mhst



SCAN ME



World Sleep Day

NHS

Lancashire &
South Cumbria
NHS Foundation Trust

Friday 14th March 2025



PRIORITY

This years theme is is : Make Sleep a Priority

Sleep and mental health are closely linked and daily life can be really tough if you are struggling to sleep. The scientific evidence is clear - your sleep is essential to health & wellbeing and is as important as nutrition and exercise.

How much sleep do we need?



You might be surprised to know the NHS recommends:

7 hours for adults (over 18)

9 - 13 hours for children (under 18)



Top Tips for Sleep

- Be active during the day - physical activity can help improve your mood and ease stress. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
- Avoid caffeine near bedtime - caffeine is a stimulant which means it can help keep you awake and alert, which can leave you tossing & turning at night.
- Say *goodnight* to electronics- make your bedroom a tech-free zone. The light from electronic devices tricks the brain into thinking it's still daytime, so shut everything down an hour before lights out.
- Keep a sleep routine - going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, meditating, or doing anything else that relaxes you
- Expect a good night's sleep. Stress can trigger insomnia, so the more you agonize about not sleeping, the more likely you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well". It can also help to practice breathing exercises or gentle yoga poses before bed.

