

— 30th January 2026 —

St Mary Magdalen's CPS



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

 **Philippians 4:8**
Nurturing hearts & minds

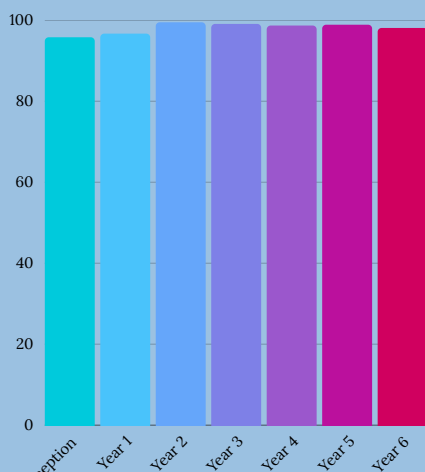
Year 3, led by Mr Niblock, today have shared a lovely assembly based on the 'Worry Tiger' book. This kick starts our focus in February on our Mental Health and Wellbeing and is a good opportunity for us all to reflect on how we are feeling and 'check in' with ourselves. On our school website you will find details of our excellent provision for wellbeing. 9th February starts Children's Mental Health Week, which highlights the importance of children and young people's emotional wellbeing.

Good mental health helps children feel confident, manage emotions, and engage positively with learning and friendships. Families can support children by:

- Talking openly about feelings
- Listening and offering reassurance
- Keeping regular routines
- Encouraging play, creativity, and physical activity

ATTENDANCE THIS WEEK:

98.2%



Prayer

Dear God,

Thank You for making every person in our world unique and important.

Give us the wisdom to listen and understand how to show true respect.

Please help us to remember to treat others with the same kindness and respect that we wish to receive ourselves.

Amen.

British Values: Rules of Law

Rules keep us safe and help us get along, whether we are playing a game of football or living together in our community. When we follow the law, we create a kinder and safer place for everyone.

If you have concerns about your child's wellbeing, please speak to a member of school staff or your GP for advice and support.

You can also access support from the following places:

[Place2Be's Children's Mental Health Week - Official site](#)

[Lancashire and South Cumbria Thrive Service](#) | [Barnardo's](#)

[Childline](#) | [Free counselling service for kids and young people](#) | [Childline](#)

Together, we can help our children feel supported and understood. (Prayer written by Y3:)



Dear God,

Please help us to share our troubles, to speak kindly, and to listen with care.

Help us to remember that we are never alone, and that your love surrounds us always.

Take away our worries and calm our minds.

Give us the confidence to face each new day, and courage to try our best in all we do.

Amen



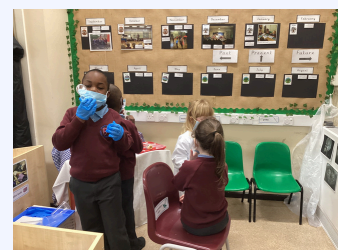
Can you help PLEASE?

Locally, there is a huge drop in the birth rate, so we need to do all we can to raise the profile of our amazing school - especially the Nursery and Reception. Can you spare some time to help? We are looking for people in marketing, leaflet designing, leaflet delivering, printing, or any links to press or social media, who might be able to help. Please, please, please!

Assembly Theme: The Worry Tiger by Alexandra Page

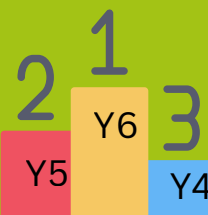
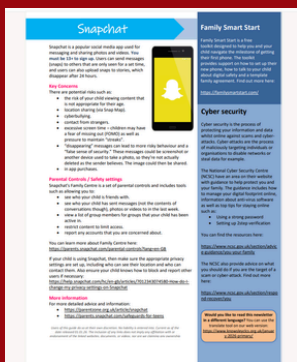


Our Week in Photos....



Online Safety :

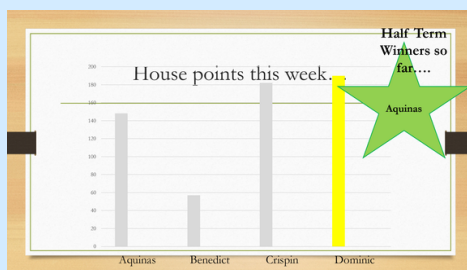
January's Online Newsletter is packed full of useful information to help your child online! Every child is learning how to use hardware and software safely - as we are - so this monthly newsletter, written by Knowsley's technical support, who look after our IT provision, is invaluable.



Dates for your Diary

9/10 Feb Y6 Bikeability
13/Feb finish for Half term
19/Mar Let's Go Sing concert - Y4 - Blackburn Ice Arena
24/25 Mar Parents' Evening
1/Apr 10am Easter Mass
2/Apr 9:15 Three Trees Easter Reflection Y5
2/April School finishes 1:30

House Points this week & half term:



Nursery Places available!
(from 3years+)