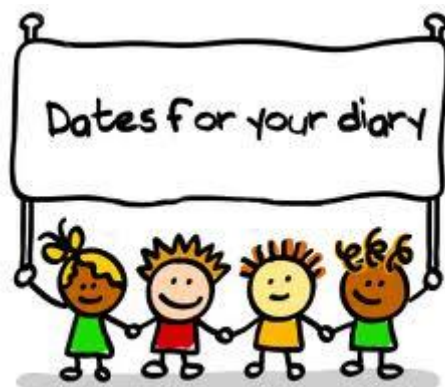




Friday 28<sup>th</sup> November



**Monday 1<sup>st</sup> December** – Church in School 2:45pm

**Monday 1<sup>st</sup> December** – Parents' Evening for Reception to Year 5

**Wednesday 3<sup>rd</sup> December** – Christmas Fair – **non-uniform day** for a 'fine' of a bottle and/or chocolate

**Friday 12<sup>th</sup> December** – EYFS Nativity at 9:30am

**Friday 12<sup>th</sup> December** – ELF Day!

**Tuesday 16<sup>th</sup> December** – Year 1 and 2 Nativity at 2:30pm

**Wednesday 17<sup>th</sup> December** – Christingle Service for Key Stage 2

**Wednesday 17<sup>th</sup> December** – Years 1 and 2 Christmas party (pm)

**Thursday 18<sup>th</sup> December** – Years 5 and 6 Christmas party (am)

**Thursday 18<sup>th</sup> December** – Years 3 and 4 Christmas party (pm)

**Thursday 18<sup>th</sup> December** – Reception and Nursery Christmas party (pm)

**Friday 19<sup>th</sup> December** – Christmas Jumper day (no money needed)

**Friday 19<sup>th</sup> December** – End of term – 2pm finish

**Monday 4<sup>th</sup> January 2026** – Start of term – 9am



## **Class News**

### **Year 1**

Year 1H have really enjoyed writing their own instructions this week. They have written instructions on how to make hot chocolate and they were fantastic!

### **Year 1/2F**

Year 1/2 have been learning about 3D shapes in maths this week. We have been on a shape hunt and used food to help us remember 3D shape names. As we got all the shapes correct, we even got to taste them!

### **Year 2F**

Class 2F enjoyed playing scratch games this week in computing. We were looking at the algorithm used to make the games work and how we could change it to make the game easier or more difficult.

### **Year 4**

Year 4 are using their computing skills to in science. They have programmed a microbit to act as a data logger. This will record how long it takes for some water in a cup to evaporate! They placed a cup in the fridge, on a desk and one on a heater and made a prediction about which would evaporate the quickest.



## **Year 5**

Year 5 have been studying the legend of Gelert, which is based on a true story. They have had an emotional week learning about it, ask them to tell you why!

## **Parents' Evening Creche**

There will be a creche available for school age children from 3:30pm on Monday 1<sup>st</sup> December. This will be in the Year 5 classroom, which is immediately left as you enter school through the main door.

Thank you



## Holiday Club

This is a holiday club for children who are entitled to the benefits based free school meals.

**Holiday activities and food**

LANCASHIRE  
**Winter 2025**

**HAF Eligibility & Booking Information:**

- \*For children & young people in reception - year 11
- \*Eligible for benefits related free school meals (different to free school meals all children in KS1 receive)
- \*Other vulnerabilities (ask your school or visit [www.lancashire.gov.uk/children-education-families/school-holiday-activities](http://www.lancashire.gov.uk/children-education-families/school-holiday-activities))

**Winter Activities:**

Book up to 4 days (minimum 4 hours a day) with a meal included

**Important:**

Please only book a HAF place if you intend to use it & cancel if you change your mind. If a place is booked and then not used it prevents another child from attending.



Department for Education

Lancashire County Council



## **Christmas Raffle**

The Christmas Hampers tickets have been sent home this week with your child. Tickets are £1 each and you can enter as many tickets as you like. If you need more tickets, please ask at the school office.



## **Christmas Fair**

**Our Christmas Fair is Wednesday 3<sup>rd</sup> December at 3:40pm.** Children will be having a non-uniform day with the 'fine' being to bring a bottle and/or chocolate for the fair.

We look forward to seeing you all there!

May we also say a HUGE thank you to one of our parents for donating over 100 selections boxes towards our Christmas fair!



## **Year 1 and 2 Nativity**

Year 1 will be joining Year 2 in their nativity this year by singing the songs.

# **Bacup Holy Trinity Stacksteads CEPS Newsletter**



Tickets will be on sale from Monday 8<sup>th</sup> December. Please note that there is a two-ticket limit due to the space in the hall. Tickets are priced at £1 each.

## **EYFS Nativity**


Tickets will be on sale from Monday 8<sup>th</sup> December. There is no limit for the EYFS nativity. Tickets are priced at £1 each and are available from EYFS staff.



# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

**Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to over-enthuse or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.**



**National Online Safety**  
#WakeUpWednesday




- 1 LISTEN**

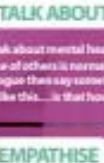
This sounds obvious, but it isn't something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'moment of problem' they will become confident that you will listen when the 'biggest of problems' arise.


- 2 ASK TWICE**


The campaign from time to change is great: <https://www.time-to-change.org.uk/support/ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.


- 3 THERE IS NO SUCH THING AS A STUPID QUESTION**


This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.


- 4 BE OPEN AND HONEST**


Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older one, as their experience and understanding of death is different.


- 5 KNOW WHEN TO SEEK HELP**

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it harder for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficult? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.


- 6 TALK ABOUT MENTAL HEALTH NATURALLY**


Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'


- 7 EMPATHISE**


'It makes sense that you would feel this way. It is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they share their vulnerability and share their worries.


- 8 HELP YOUR CHILD FEEL SAFE**

Some particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.


- 9 MIND YOUR LANGUAGE**

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



- 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'**

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



### Meet our expert

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



### Sources of Information and Support

Your GP  
Young Minds <https://www.youngminds.org.uk/>  
<https://www.anki.co.uk/health/mental-health/mental-health-problems/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.theminds.org.uk/mental-health>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)    Twitter - @natonlinesafety    Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.03.2018

Roots to grow...wings to fly.



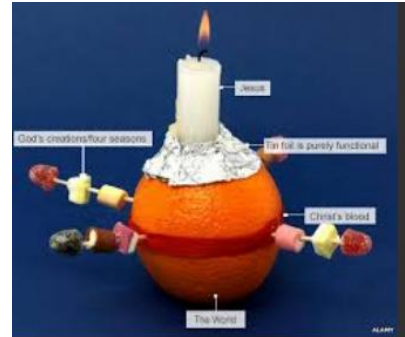
## **Christingle**

A huge THANK YOU to a family in school for their donation towards the Christingle Oranges. It is hugely appreciated.

Many thanks,

Mrs Toddington (PTFA) and the School Council.

***Our Christingle Service will be held on Wednesday 17<sup>th</sup> December at 9:15am for Years 3,4,5 and 6.***



Tickets will be on sale from Monday 8<sup>th</sup> December. Please note that there is a two-ticket limit due to the space in the hall. Tickets are priced at £1 each.

## **Reading**

2026 is going to be 'The Year of Reading'. This is a new government push on reading for pleasure. A big part of this initiative is for children to choose and enjoy the books they read. This week, your child should have brought home a list of year group recommended texts. This is a collection of books put together to suit their age range. Hopefully you will find this useful when selecting books for your child and may help you form gift ideas over the next few weeks. 🧑🏻‍🎄





## Bishop Mark



This week, we welcomed a very special visitor into school.

Bishop Mark came to our school and spoke to all the children in assembly. He also talked to some of the children in their classrooms and watched a wonderful 'Wiggle Worship' in Reception by Miss Loughheed. They asked some brilliant questions and were very respectful.

*Roots to grow...wings to fly.*



Our next school nurse visit is on **Monday 1<sup>st</sup> December from 8:45am**

# School Nurse Monthly Drop In

Beginning Wednesday 15<sup>th</sup> October at  
2:30pm followed by regular monthly  
sessions.

Admittance will be through the school office

**What can the school nursing team offer?**

- Toileting & continence support
- Sleep support
- Emotional wellbeing support
- Behaviour
- Public health needs (diet, dental, puberty, hygiene)
- School readiness

Please note, the  
school nursing team  
cannot  
prescribe or diagnose  
any conditions



## Picture News



**What are some of the different ways we can express ourselves?**

## **In the news this week**

McDonald's changed the colours of its famous Happy Meal box in the UK, making it white on three sides, for children to colour and design it themselves. The company said the new boxes encourage creativity and let children express their ideas and feelings through drawing. Four million of the new 'colour-your-own' boxes have been given out as a trial to see how children respond.

### **Things to talk about at home ...**

- Talk to someone at home about the campaign. Share your thoughts – do you think it's a good idea? Share what you might draw on the box.
- One of the aims of the campaign is to encourage children to express themselves. Do you believe it achieves this aim? Can you think of any other ideas?

**Please note any interesting thoughts or comments**

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)



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## **Christian Value**

Our Christian value for this half term is perseverance.



## **Safeguarding Concerns**

The wellbeing of our children is of paramount importance to all staff. Should any person have a concern regarding a child's wellbeing, please inform one of the school's designated safeguarding team.

DSL Tracy Walsh, Deputy DSL Debbie Burns and Deputy DSL Abigail Gorman.