



SCHOOL NEWS

Our Motto:
Believe & Achieve

Our Mission Statement:
Through Jesus we love, learn and grow

Prayer

A prayer to reflect the longest day of the year

Dear God

Let us soak up the long days and warm sun. May our feet walk on sandy beaches and our heads rest on thick grass under blue skies. God help us to be present to all that is around us so that we might appreciate the beauty in your world.
Amen

☆☆☆ SHINING STARS ☆☆☆

Nursery	Ellie	
Reception	Oscar	April
Year One	Freddie	
Year Two	Bobby	Ben
Year Three	Freddie	Henry
Year Four	Saffron	Raegan
Year Five	Lizzie	Alex Ca
Year Six	Whole School	

WINNING HOUSE THIS WEEK

LOSTOCK

Please click to find out more
about our school

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'I can do all things through
Christ who strengthens me.'

Phil 4:13

Nursery



Nursery enjoyed their Forest School session on Monday.

They watched how to make a fire to heat some water and then made a Hot Chocolate to drink.



Reception

Very well done to all of our Reception Class children for leading Worship for the whole school on Tuesday. They shared the Creation story and asked us all to consider how we can care for God's earth.



Guitar Group

Our Year 5 and 6 guitar group treated the children in Year 3 and Reception Class to an impromptu performance yesterday. It was lovely for them to



Guitar Lessons

There will be a beginners ukulele / guitar group starting in September on Mondays at 12.00pm. The lessons will be provided by Carmel Galea who teaches at many local Primary and High Schools.

Beginners guitar / ukulele letters have gone out to the present pupils in Year 2, Year 3, Year 4 and Year 5.

Should anyone require extra letters please email carmel@cmg-guitars.co.uk or ask at the school office.



Year 2

Year 2 had a fantastic day aboard Titanic, they iced buns, made cucumber sandwiches. They built models of the ship, plotted the course of the voyage, played deck games and had afternoon tea. The children all looked amazing!!



Year 3 & 4 Trip

Yesterday, Y3 and Y4 travelled to Preston where we received a warm welcome to the Gujarat Hindu Temple. The children received a guided tour, found out what it was like to worship in the Temple, and took part in a meditation and a music session. Well done to all the children involved for exemplary behaviour and for the super questions they asked!



Walking Day

Eccleston Walking Day 2024 will take place on Sunday 23rd June, meeting opposite St Mary's Church at 1.45pm and finishing at St Mary's school for a short service followed by refreshments.



Please come along to join in this Eccleston tradition and walk as part of our school community.

Eccleston St Mary's Church Summer Fayre

Please come along to Eccleston St Mary's Church Summer Fayre to be held on 6th July, at the Scout Hut on Drapers Avenue, 2pm—4pm.



Upcoming Dates

Monday 24th June	1.30pm	Y4 Swimming
Tuesday 25th June	9.10am	Ben Green Worship
Thursday 27th June	4-6.00pm	Y5/Y6 Swimming Gala (All Seasons Leisure Chorley)
Thursday 27th June	6.15-8.15pm	Primary Maths Challenge (Bishop Rawstone Academy)
Friday 28th June	9.15-12.00pm	Y1/Y2 Southport Synagogue Trip
Monday 1st July	1.30pm	Y4 Swimming
Tuesday 2nd July	9.00am	Y5/Y6 SRE Talks
Tuesday 2nd July	9.10am	YN & YR Bears & Prayers
Tuesday 2nd July	10.00-11.30am	Y6 Leavers Service (Blackburn Cathedral)
Tuesday 2nd July	4-6.00pm	Cluster Rounders (Eccleston Primary Doctors Lane)
Wednesday 3rd July	am	Move up Morning
Thursday 4th July	All Day	Y2 Trip to Martin Mere

Letters Home

Whole School—Free School Meals Letter	Y5/Y6—Swimming Gala Letter
Y1/Y2—Southport Synagogue Letter	KS2—Guitar Lessons Letter

Sports and Social Clubs

Monday	Guitar Lessons KS2	Lunchtimes
Tuesday	Summer Games Club EYFS & KS1	3.20-4.20pm
Wednesday	Rounders Club	3.20-4.30pm
Thursday	Summer Games Club KS2	3.20-4.20pm
Friday	Fencing Club	8.00am
Friday	Brass Club	3.20-4.15pm



FREEZE

FRIDAY!

**COME AND COOL DOWN
WITH A TASTY TREAT!**

**ICE LOLLIES WILL BE FOR
SALE IN THE PLAYGROUND
AFTER SCHOOL ON:**

14TH JUNE

21ST JUNE

28TH JUNE

£1 EACH



10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College