



# Eccleston St Mary's C of E Primary School

Newsletter 2 | 12th September 2025

# SCHOOL NEWS

**Our Motto:**  
Believe & Achieve

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

## Prayer

Father God, We know that you are there, walking beside us in the happy times and the sad times. Help us to remember that when times are tough or tricky, that we can talk to you and you will help us to persevere.

Amen

## ☆☆☆ SHINING STARS ☆☆☆

Nursery	Georgie	
Reception	Ruby	
Year One	Arabella	
Year Two	Stanley	
Year Three	Henry	Claudia
Year Four	Teddy D.	Henry
Year Five	Olivia	Freddie
Year Six	Lucianna	Emelia

**WINNING HOUSE THIS WEEK**

**LOSTOCK**

Please click to find out more  
about our school

[Facebook](#)

[Twitter](#)

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

Phil 4:13

## Jellybeans

It was lovely to welcome families back to Jellybeans this week. They enjoyed an active session playing lots of parachute games. We look forward to more fun sessions ahead!



## Little Explorers

Little Explorers found some apples in their garden which had fallen from the tree. They collected them, washed them and cut them up to make some apple crumble.

They all enjoyed trying some for their afternoon snack!



Little Explorers have been thinking about 'ourselves and our pets' this week.

They enjoyed a special visit from Monty's bearded dragon and found out lots of interesting facts about it.





## Year 1

Year 1 have had a fantastic time investigating a rocket crash-landing site in forest school. They have discovered that a friendly alien called Beegu is somewhere in school! They have made 'Missing' posters and put them up everywhere. Please do let Year 1 know if you spot anything suspicious!



Year 1 are loving the 'Space' theme so far. They've been enjoying learning about Neil Armstrong taking his first steps on the moon in History. And this week's Art lesson involved lots of messy chalk to create a space background for their self portraits. Well done Year 1!

## Year 4

An informative and memorable morning in Year 4, investigating how the digestive system works!



## Upcoming Dates

Tuesday 16th September	9.05-9.30am	Open the Book
Wednesday 17th September	9.00am	Y3 Worship at Church
Wednesday 17th September	4.00-6.00pm	Y6 Girls Football League (Parklands)
Thursday 18th September	4.00-6.00pm	Y5/6 Boys Football League (Holy Cross)
Wednesday 24th	4.00-6.00pm	Y6 Girls Football League (Parklands)
Thursday 25th September	9.00am -1.00pm	Fantastic Book Awards Launch
Thursday 25th September	4.00-6.00pm	Y5/6 Boys Football League (Holy Cross)
Friday 26th September	8.45-9.15am	SODA Y6
Thursday 2nd October	All Day	School Census
Thursday 2nd October	4.30—6.00pm	Open Evening
Friday 3rd October	8.40-9.15am	SODA Y5
Friday 3rd October	9.30-10.30am	Harvest at St Mary's Church

## Letters Home

Year 6 Robinwood Residential—Letter

Whole School Multi Sports Club—Flyer

## Sports and Social Clubs

Monday	Guitar Lessons KS2	Lunchtime
Tuesday	Judo Club	8.00-8.45pm
Tuesday	Multi Sports Club	3.20-4.20pm
Thursday	Spanish Club-All Years	8.00-8.45am
Friday	Brass Club	3.20-4.15pm



# HARVEST MISSION 2025

ECCLESTON AND CHARNOCK RICHARD  
SATURDAY 4<sup>TH</sup> & SUNDAY 5<sup>TH</sup> OCTOBER



**OCT 4TH** **PET BLESSING**  
2.30PM CHARNOCK RICHARD  
(ACTIVITIES FROM 11.30AM)

**BOOGIE BINGO**  
FREE TICKET NEEDED 5.30 PM  
ST MARY'S PRIMARY SCHOOL

**OCT 4TH**



**OCT 5TH** **HARVEST EUCHARIST**  
8.45AM CHARNOCK RICHARD  
WITH BRUNCH FROM 8AM

**WELLIE WALK**  
9.30 AM  
FROM ST MARY'S SCHOOL TO CHURCH

**OCT 5TH**



**OCT 5TH** **HARVEST EUCHARIST**  
10.30AM ST MARY'S, ECCLESTON  
FOLLOWED BY FOOD

**CELEBRATE HARVEST LIKE NEVER BEFORE**



## SCHOOL ADMISSIONS PRIMARY

# APPLY NOW!

at [lancashire.gov.uk/schools](https://lancashire.gov.uk/schools)

**School and Academy places September 2026**

You must apply if your child has a 4th birthday between 1 September 2025 and 31 August 2026.

You must apply even if an older brother or sister is already at the school, or the school is linked to your child's nursery.

If you're a non-Lancashire resident apply through your own local authority.

Please read the admission criteria for your chosen schools on the website or get a copy from them.

**CLOSING DATE**  
**15 January 2026**

**School transport** 

If travel cost is an important factor in your school preference, search 'school transport' at [lancashire.gov.uk](https://lancashire.gov.uk) or scan the QR code.



**Lancashire**  
County Council 

[lancashire.gov.uk](https://lancashire.gov.uk) >>>>

# HARVEST WELLY WALK

Come join our **Harvest Welly Walk**! Enjoy creation around you, as we walk and create together. Bring your friends and family, as we do crafts and learn about God on our way to the Harvest service at St Mary's Eccleston!



**5<sup>TH</sup> OCTOBER 2025 | 9:30 AM**  
Meet at St Mary's Primary School

**ST MARY THE VIRGIN** ECCLESTON  **CHRIST CHURCH** CHARNOCK RICHARD

# FUN SPANISH CLUB!

**LEARN WHILE HAVING FUN & TRY THE CLUB WITH OUR TASTER SESSION!**

**AT ECCLESTON ST MARY'S PRIMARY**

Fun Spanish Morning Clubs Before School:  
Our Fun Club is now moving to **Thursday mornings** - OPEN TO RECEPTION UPTO YEAR 6 in Autumn Term, 8am-8.50 before school, 50 mins £6.20/wk x 13wks plus £13.95 membership pack fee. Sibling discounts & Monthly DD/Standing Order available to spread cost. Sign up now for a **No-Obligation TASTER**, by signing up at link below & **only PAY AFTER** the session if continuing, or email [chris@boltonlanguages.co.uk](mailto:chris@boltonlanguages.co.uk) for more info. Reception parents should await feedback after the taster before continuing to pay for term so we can ensure their child's readiness & suitability.

MEMBERSHIP WITH EL CLUB ESPANOL INCLUDES:  
**SPANISH SONGBOOK & CD OR**  
**STICKER/ACTIVITY/STORY BOOK • STICKERS •**  
**FOLDER • STICKER CARD • STREAMING MUSIC**  
**+ ONLINE GAMEZONE • MORE!**

**SIGN UP & ONLY PAY AFTERWARDS IF CONTINUING. AT:**  
**[HTTPS://WWW.BOLTONLANGUAGES.CO.UK/ENROL](https://www.boltonlanguages.co.uk/enrol)**

native/fluent & DBS checked teacher

world culture • crafts

games • songs • stories

**70 YEARS**

  



**fun activities**

# Jellybeans

**stories**

Jellybeans sessions for under 4s

**10am to 11am**

in the school hall at  
Eccleston St. Mary's CE Primary School

**Every Thursday**

Children must be accompanied by an adult

**£2** per family

Refreshments will be served

Please share this information with other families in the village.

**songs**

# Roald Dahl Day

Monday 15th September



George's Marvelous Chicken Burger  
with  
Mr Fox's Fantastic Hash Brown Bites  
&  
The BFG's Snozzcumber Sticks & Dips  
or  
The Twits' Pasta Twists & Tomato Sauce  
with  
The Grand High Witch's Garlic Bread  
or  
James' Giant filled Jacket Potato  
with  
Matilda's Magical Garden Salad

Wonka's Whipple-Scrumptious Doughnut Rings  
with  
Charlie's Chocolate River

Lancashire County Council

LANCASHIRE CATERING SERVICE

## CONFIDENCE FOR LIFE

DO YOU IMAGINE A **BIG** FUTURE FOR YOUR CHILD?

### YOU'RE INVITED TO OUR LAUNCH NIGHT!

Venue: St Agnes Catholic Church Hall, Eccleston, PR7 5PH  
Date: Tuesday 16th September 2025  
Time: From 5.00pm



**LittleVoices**  
BIG FUTURES

**Find Out More!**

We see the potential in everyone – not just the talented few!

Our award-winning singing & drama lessons for 4-18 year olds will help:

- build essential **LIFE SKILLS**
- grow **CONFIDENCE**
- boost **MENTAL WELLBEING & RESILIENCE**
- discover & nurture **TALENT**

We teach **LAMDA** Qualifications

"5-star excellent for a reason! Let's all little voices shine through, no matter their ability. Truly something else about this company!"

Contact us today to book your child's **FREE** launch night place!

07480 064828  
rachel@littlevoices.org.uk  
littlevoices.org.uk/preston

**LittleVoices**  
BIG FUTURES

DRAMA & SINGING LESSONS OF DISTINCTION

## Looking to Get Back Into Work?

### Why Not Start With Volunteering?

**HOME START**  
Central Lancashire



**No Experience Needed**

Just bring your enthusiasm – we'll provide the support and training.

Your child has just started nursery or school – now it's your time too.

Volunteering is a fantastic way to build confidence, gain skills, and ease back into the workplace.

Why volunteer with Home-Start Central Lancashire?

- ✓ Flexible Hours
- ✓ Build Your CV
- ✓ Boost Your Confidence
- ✓ Meet New People

Interested? Let's chat!

Contact Katie-  
volmanager@homestartcentrallancs.org.uk





# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College