



Eccleston St Mary's C of E Primary School

Newsletter 4 | 26th September 2025

SCHOOL NEWS

Our Motto:
Believe & Achieve

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

Prayer

Lord,
Help us to always try hard in school, be that with our work, our manners, our friendships or when things are tricky. We know that sometimes we might not always try our hardest or put our best effort in. Thank you for being by our side when we need you and showing us the right way when we need it. We pray for all those around the world, who need to see and feel your love.
In Jesus name we pray
Amen

☆☆☆ SHINING STARS ☆☆☆

Nursery	Harry	
Reception	Jacob	Coco
Year One	Alfie	Charlie A.
Year Two	Poppy	
Year Three	Charlotte	Freddie
Year Four	Eleanor	Mia
Year Five	Robert	Imogen
Year Six	Lillia	Annie

WINNING HOUSE THIS WEEK

YARROW

Please click to find out more
about our school

[Facebook](#)
[Twitter](#)

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

Phil 4:13

Year 1

Year 1 had lots of fun this week designing and making an 'alien sock puppet' as part of their English topic based on the story of 'Beegu'.

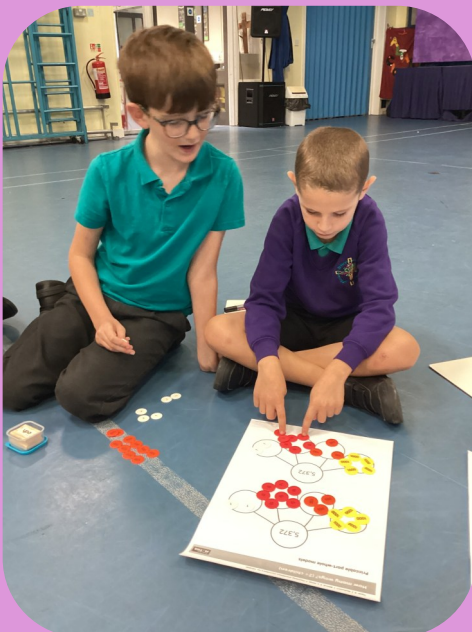
They described their new aliens, gave them names, and are now enjoying writing a story all about their alien and how it ended up on planet Earth.

We can't wait to read their stories!



Year 4

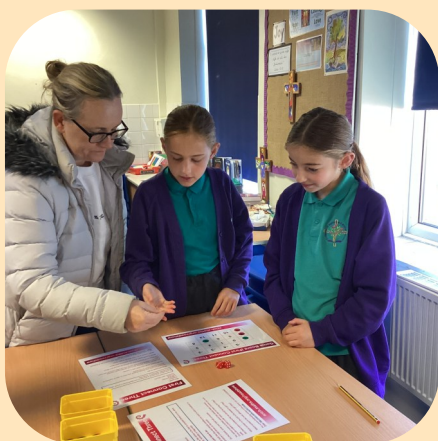
Year 4 have been working practically in maths this week. They have practised the skill of flexible partitioning of four-digit numbers.



Year 6 SODA

Year 6 children and their parents enjoyed playing mathematical games together this morning. They worked to solve a range of puzzles and challenges - some of which were quite tricky. Super perseverance shown by all!

A big thank you to our parents for getting involved!



Year 4 Boys—Mawdesley Football Team

This year, Mawdesley football team are raising money for The Christie Charity and some of our Year 4 boys, who play for the team, took part in the 'Walk of Hope' at Tatton Park last weekend.

Braving torrential rain, the participating players all showed amazing perseverance to complete the 10k course, helping to raise a fantastic £330—well done boys!

The team have more fundraising events planned in the future. If you would like to make a donation, please see their JustGiving link below.



Charity Walk- Hannah's Memorial Garden

Local company, Heyes Boilers and Heating, are planning a sponsored walk and would like to donate all the proceeds to Hannah's Memorial Garden Fund. Details of the walk can be found on the leaflet, which was sent out last week.

Please scan the QR code if you would like to sponsor them or visit their JustGiving page:

https://www.justgiving.com/crowdfunding/heyes-boilers?utm_medium=CR&utm_source=CL

They would be delighted to have members of our school community join them on the walk so if you'd like more information please contact Rachel McGoff or the school office. Thank you.



St Mary's School Open Days

You are warmly invited to come along to our school open days.

The evening session (2nd October) will be an opportunity to see the school environment and talk with staff and governors.

In addition, during the following two sessions (7th November and 1st December) you will be able to visit each of our classrooms whilst lessons are in progress and speak, not only to staff, but to the pupils too.

Staff and governors will be on hand to guide you around and answer any queries you may have. Mrs Birchall, our headteacher, will also be available to speak to you, should you have anything you wish to discuss.

We look forward to showing you around our wonderful school!



Upcoming Dates

Monday 29th September	1.00-3.15pm	Y4 RE Visit to Church
Thursday 2nd October	All Day	School Census
Thursday 2nd October	4.00pm	Y5/6 Boys Football (Holy Cross)
Thursday 2nd October	4.30-6.00pm	Open Evening
Friday 3rd October	9.30-10.30am	Harvest at St Mary's Church
Wednesday 8th October	4.00pm	Y6 Girls Football (Parklands)
Thursday 9th October	3.30-4.30pm	PTFA AGM (Please Join Us)
Friday 10th October	8.45-9.15 am	SODA Y5
Monday 13th October	8.00am	School Photographs
Friday 17th October	8.45-9.15am	SODA Y4
Monday 20th October	2.00-7.00pm	Parents' Evening
Tuesday 21st October	9.05-9.30am	Open the Book
Wednesday 22nd October	8.45-10.30am	Y2 & Y3 Worship at Church
Thursday 23rd October	1.30-2.30pm	Y2 Fire Safety Talk
Friday 25th October	8.45—9.15 am	SODA Y3
Friday 24th October	2.00pm	Celebration Assembly (Please join us)

School Closes for Half Term on Friday 24th October at 3.20pm and re-opens on Monday 3rd November at 8.45 am.

Tuesday 4th November	9.30am	NCMP YR & Y6
Wednesday 5th November	1.00pm	School Library Bus Visit
Friday 7th November	9.00am	School Open Morning
Tuesday 11th November	10.45-11.45am	Remembrance Service
Friday 14th November	9.00am	Y3 Class Worship (Please Join Us)

Upcoming Dates — Cont..

Wednesday 19th November	1.15-3.15pm	Flu Immunisations
Friday 21st November	8.45-9.15am	SODA YR
Monday 24th November	All Day	Staff INSET Day
Wednesday 26th November	9.00-10.30am	Y5 Worship at Church
Thursday 27th November	9.00-10.00am	Jellybeans Open Morning
Friday 28th November	8.45-9.15am	SODA YN
Friday 28th November	4.00pm	Winter Wonderland
Tuesday 9th December	9.00am	Infant Dress Rehearsal
Tuesday 9th December	2.00pm	Choir Performing for Over 60's Club Bateman Hall
Wednesday 10th December	9.00am-1.00pm	Panto at Winter Gardens
Thursday 11th December	2.00pm	Infant Performance
Thursday 11th December	6.00pm	Infant Performance
Friday 12th December	All Day	Christmas Jumper Day
Friday 12th December	12.00pm	Christmas Lunch
Friday 12th December	1.30pm	Junior Dress rehearsal
Monday 15th December	2.00pm	Junior Performance
Tuesday 16th December	9.30am	Junior Community Performance
Tuesday 16th December	6.00pm	Junior Performance
Wednesday 17th December	10.00-11.00am	Choir at Caffè Manna (TBC)
Thursday 18th December	9.00am	Junior Christmas Party
Thursday 18th December	1.00pm	Infant Christmas Party
Thursday 18th December	5.30pm	Carol Service St Mary's Church
Friday 19th December	9.00-10.00am	Carol Singing

**School Closes for Christmas on Friday 19th December at 2.00pm
and reopens at 8.45am on Monday 5th January**

Letters Home

PTFA AGM 2025 Agenda—Email

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

**SCHOOL
ADMISSIONS
PRIMARY**

APPLY NOW!
at 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

lancashire.gov.uk >>>>

School transport

If travel cost is an important factor in your school preference, search 'school transport' at lancashire.gov.uk or scan the QR code.



Lancashire
County Council

**SCHOOL
ADMISSIONS
SECONDARY
SOUTH**

Do you have a child starting secondary school in September 2026 and living in Lancashire?

Closing date: 31 October 2025

You **must** apply even if a brother or sister is already at the school.

Apply for a school place now by scanning the QR code or visit lancashire.gov.uk/schools





If travel cost is an important factor in your school preference, please check the guidance on our website, or call **01772 532109**.



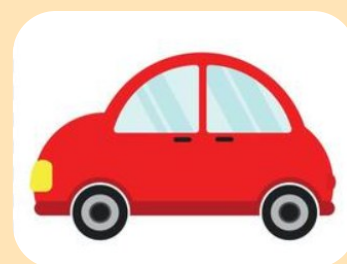
Between 1 October and 31 January schools are consulting with you to make sure admission arrangements meet future needs. To find out more please visit www.lancashire.gov.uk/schoolplaces and click 'school admission policies'.

lancashire.gov.uk >>>>

Lancashire
County Council

Parking

Please take extra care when parking around school. We have received reports of a couple of near misses, involving our families, near the Methodist Church and Institute car parks. Thank you.



10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content, ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College