



## St Mary's News







Isabella in year 6 had the amazing opportunity of meeting the mayor last week and even got to have tea and chocolates with him!

Isabella won the mayors Christmas card competition and was one of 5 designs picked out of 246 entries from children across Burnley.

She also got to sit in his office and the council chambers, a huge well done to Isabella and what an amazing design and experience!

Our new school uniform is now available to purchase from Moonline. Prices are listed below.

We realise that the process converting to the new uniform has not been smooth sailing therefore we understand if you do not wish to purchase the new uniform until the new academic year (September 2026). Please note that when we return in September 2026 the new uniform will be compulsory for all pupils.

If you are in need of any of our 'old style' uniform, please get in contact with us and we can help with some of the stock we have in school.

We hope this provides families with ample time to make purchases and prepare for the transition.

**Navy/Sky - ¼ Zip Top** - 3-4 Yrs - 11-12 Yrs - £13.99 12-13 Above - £14.99

**Navy/Sky - Polo** - 3-4 Yrs - 11-12 Yrs - £11.50 12-13 Above - £12.99

**Navy/Sky - Shorts** - 3-4 Yrs - 11-12 Yrs - £8.99 12-13 Above - £9.99

**Navy/Sky - Leggings** - £11.50 All sizes to 13 Years

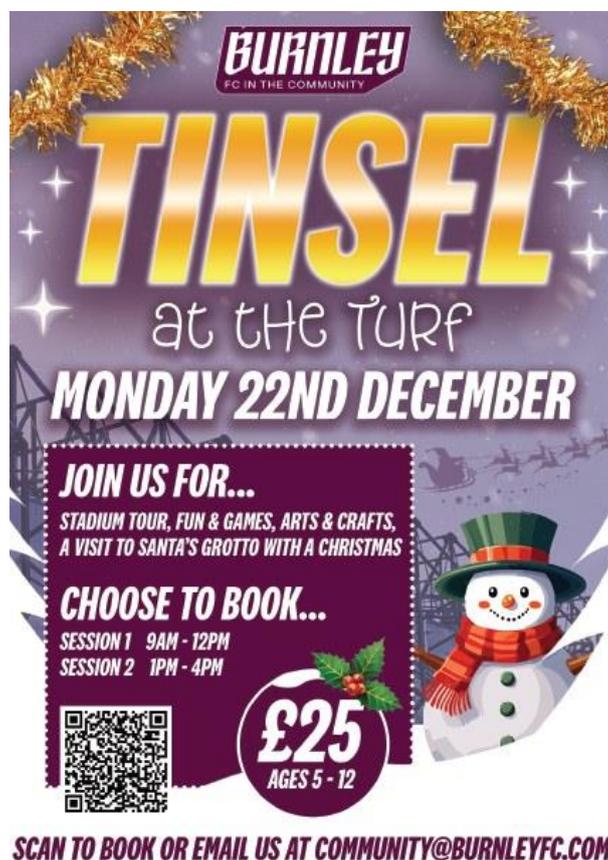
**Navy/Sky - Track Bottoms** - £12.99 All sizes to 13 Years

### **Nativity**

Tickets are still available to purchase from the school office for our KS1 Nativity which is on Tuesday 16th Dec at 9:30am or 2:00pm.

Tickets will be £3 a ticket and will include a drink and mince pie, they will also be limited to two tickets per child initially to ensure all children can have family/friends attend.

They may be additional tickets available closer to the event and we will notify parents via SchoolPing if this happens.



**BURNLEY**  
FC IN THE COMMUNITY

# TINSEL

at the TURF  
**MONDAY 22ND DECEMBER**

**JOIN US FOR...**  
STADIUM TOUR, FUN & GAMES, ARTS & CRAFTS,  
A VISIT TO SANTA'S GROTTO WITH A CHRISTMAS

**CHOOSE TO BOOK...**  
SESSION 1 9AM - 12PM  
SESSION 2 1PM - 4PM

**£25**  
AGES 5 - 12

SCAN TO BOOK OR EMAIL US AT [COMMUNITY@BURNLEYFC.COM](mailto:COMMUNITY@BURNLEYFC.COM)

The poster features a purple background with gold tinsel garlands at the top. The Burnley FC logo is at the top center. The word 'TINSEL' is written in large, bold, yellow letters with a white outline. Below it, 'at the TURF' is in a white, cursive font, and 'MONDAY 22ND DECEMBER' is in white, bold, sans-serif font. A dark purple box contains the event details in white text. A QR code is in the bottom left, and a snowman wearing a green top hat and a red scarf is on the right. The price '£25' is in a white circle with a green holly leaf, and 'AGES 5 - 12' is below it. The contact information is at the bottom.



## Information for Parents

Parents,

If there are any changes in terms of allergies, medication, contact numbers, photo consent or anything we need to know about please ensure that you are keeping us regularly up to date. If you also would like to come in and check with us that what we have on our system is correct please call into the office, it is so important that we have all the correct and relevant information to keep your children safe.

Kind Regards

The office team



## St. Mary's R.C. Primary School

A Voluntary Academy

Holcombe Drive, Burnley, Lancashire BB10 4BH

Tel: (01282) 427546

e-mail: [messageus@st-marys-burnley.lancs.sch.uk](mailto:messageus@st-marys-burnley.lancs.sch.uk)

web-site: [www.st-marys-burnley.lancs.sch.uk](http://www.st-marys-burnley.lancs.sch.uk)

Head teacher: Mr Ian Jones



Dear Parents/Carers

Due to a child in our school with a severe nut allergy we are now a nut free school.

Please ensure that any snack or packed lunch your child brings to school does not contain any nuts.

Thank you for your continued support.

Kind Regards

School Office

Dear Parents and carers,

As we journey through Advent, we are reminded of the importance of hope, generosity, and community. To help share that spirit, we're inviting everyone to **wear purple on Fridays during Advent** and bring along a **donation for our local food banks**. Purple is the traditional colour of Advent, symbolizing hope and preparation. By wearing it together, we'll show unity while helping those in need in our community.

Our **Wear Purple Fridays** will take place on:

**Friday, 5th December**

**Friday, 12th December**

**Friday, 19th December**

Please bring any non-perishable food items, toiletries, or other essentials on these days. All donations will go directly to our local food bank to support families this Christmas season.

Thank you for your kindness and generosity as we come together to make a difference.

Warm regards

Mrs L Bushell

### **Help Needed – Let's Grow Our School Library!**

We're working on developing and improving our **school library**, and we'd love your help! Whether you can **help organise our books**, **volunteer your time**, or have ideas and resources to share, your support can make a big difference in creating a vibrant, welcoming space that inspires a love of reading in all our children.

If you're interested in getting involved, please speak to a member of staff or contact the school office as we would like to get this up and running next half term !Let's build something great—together!

Mrs L.Bushell

We also need your help with donations for our Mud Kitchen and forest school!

Donations of pots, pans and utensils for our mud kitchen would be very much appreciated, along with any old wellies and waterproofs that you no longer have a use for that our children can wear whilst joining in with our new forest school.

Many thanks

At The National College, our research-informed guidance empowers and equips parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and British values. Family members of National On-line Safety, these guides now address wider topics and themes. No further guides, titles and list, please do not contact us again.

## 10 Top Tips for Parents and Educators

# GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 16 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

- ### 1 CELEBRATE DIFFERENCES

Help young people value diversity by ensuring that activities or assignments are inclusive of all abilities, backgrounds, ethnicities, religions, and abilities through games, films, and conversations. By supporting youngsters as individuals and caring, adults can give our young-minded individuals who lack the confidence to make a positive difference.
- ### 2 MODEL RESPECT

Children watch and learn from those adults before, use respectful language, show respect in conversations, and model behaviours that they need. Respect is a key skill for children. By modelling this behaviour in our conversations, we can help them to do the same. Respect should be part of every interaction, whether online or in person, and being the change you want to make.
- ### 3 SPOT THE SIGNS

Adults and young people should learn how to recognise their own behaviours that may be experiencing bullying. This might include being teased, excluded, or being treated differently by others. Helping young people to recognise their own behaviours that might be experienced and potentially do not go unreported.
- ### 4 VALIDATE FEELINGS

When a child shares something that worries them, it's important to listen, acknowledge and support them. Don't dismiss what they're saying – and don't tell them to "be strong" or "be happy". Instead, listening and validating their feelings, helping them to feel safe about opening up, and building their confidence to talk to others.
- ### 5 TEACH ALLYSHIP

Teach children how to stand up for others in safe, respectful ways. Allyship might look like offering help to someone who's being teased, reporting that behaviour, or checking up on those who are being teased. It's important to teach young people how to stand up for others in a way that is safe and respectful.
- ### 6 PROMOTE REPORTING

Ensure young people know how to report bullying and know that there are people they can talk to. Encourage them to report bullying to a trusted adult, such as a teacher or parent. Encourage them to report bullying to a trusted adult, such as a teacher or parent. Encourage them to report bullying to a trusted adult, such as a teacher or parent.
- ### 7 ENCOURAGE KINDNESS

Encourage acts of kindness that make a big difference in creating safer, happier schools. Encourage children to be kind to each other by being helpful, using kind words, or including someone who has been left out. These small actions can add up to a big difference in creating safer, happier schools.
- ### 8 USE YOUR VOICE

Encourage young people to speak up in the right way. Encourage them to speak up in the right way. Encourage them to speak up in the right way. Encourage them to speak up in the right way.
- ### 9 BUILD COMMUNITY AND BELONGING

Children thrive when they feel supported. Help them build strong relationships with others in school and outside of school. Encourage them to build strong relationships with others in school and outside of school. Encourage them to build strong relationships with others in school and outside of school.
- ### 10 SUSTAIN THE CONVERSATION

Bullying conversations shouldn't be limited to one event or topic. Create regular opportunities to talk about bullying, respect, and inclusion. Encourage them to talk about bullying, respect, and inclusion. Encourage them to talk about bullying, respect, and inclusion.

**Meet Our Expert**  
Robert Allport is an experienced pastoral and safeguarding practitioner, working in schools, colleges, universities, and professional organisations. A recipient of the Educator Award for Anti-Bullying, he has helped many schools and colleges achieve better outcomes in terms of their bullying, mental health and well-being strategies.

**Wake Up Wednesday**  
**The National College**



**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust

## East Lancashire Young People's Mental Health

**Concerned about your Mental Health?  
Are you under 18 or concerned about  
someone under 18?**

Advice sessions are available on-line via  
**'Attend Anywhere'**  
Delivered by CYPMH East  
[tinyurl.com/ELCAS-LSCFT](http://tinyurl.com/ELCAS-LSCFT)



Enter the word "CYPMH East" as the first name and "drop in" as the second name followed by your date of birth.  
You will then enter our virtual waiting area where we will collect you.

Wednesday 5 <sup>th</sup> November 25	1pm – 3pm
Wednesday 12 <sup>th</sup> November 25	3pm – 5pm
Wednesday 19 <sup>th</sup> November 25	5pm – 7pm
Wednesday 26 <sup>th</sup> November 25	1pm – 3pm

## Online Safety

Please find below some information on how to help keep children safe on social media and some guidance on how to set parental restrictions on devices and accounts.

### Social Media



#### Facebook (13+)

Included in Facebook's settings are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline.

**Unfriend:** go to their profile, click on the three dots, click on Following and tap Unfollow.

**Blocking:** go to their profile, click on the three dots and select Block.

**Facebook Privacy Check up:** this tool helps you review your settings: <https://www.facebook.com/help/129750253597210>

You can also set up Family Centre (supervision) on Messenger: <https://en-gb.facebook.com/help/messenger-app/182587384506653>



#### Instagram (13+)

When you set up your account, it is automatically set as public (except if you are under 18 and it is set to private as default, although you can change it to public).

**Remove a follower:** Go to their profile and tap 'Following' and select Unfollow.

**Blocking/Reporting:** To do this, tap their username, tap on the 3 dots in the top right and select Block or Report.

**Turn off commenting on a post:** Tap the 3 dots above your post and select Turn Off Commenting.

Find out more here: <https://help.instagram.com/196883487377501>

You can also set up Family Centre (supervision) to give you access to tools such as see who your child follows and screen time: <https://help.instagram.com/4569867563184527>  
[helpref/faq\\_content](https://help.instagram.com/4569867563184527/helpref/faq_content)



#### WhatsApp (13+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo. To change any of these settings, go to Settings and then select Privacy.

**Blocking/Reporting:** You can block and report a user by clicking on their name and selecting Block or Report. You can report any issues direct to WhatsApp within the app by going to Settings, Help, Help Center and Contact Us.

Find out more here: [https://faq.whatsapp.com/1313491802751163/?locale=en\\_US](https://faq.whatsapp.com/1313491802751163/?locale=en_US)



### TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this, go to your profile, tap the 3 line icon, tap Settings and Privacy, go to Privacy and turn on Private account (by default accounts for people under 16 are set to private).

**Report inappropriate content:** you can report an account, video, comment and message. Follow the instructions here: <https://support.tiktok.com/en/safety/how-to-report-a-problem>

#### Family Pairing

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. *Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.*
- **Restricted Mode:** Restrict the appearance of inappropriate content.
- **Search** - Option to disable.

Find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>



### X (13+)

When you set up your X account, you can choose whether you would like to keep your tweets public or protected (private). To check, go to Settings and Privacy, select Privacy and Safety and then Audience and tagging and ensure Protect your posts is selected.

**Unfollow somebody:** Go to their profile, click on 'Following' to then select 'unfollow'.

**Blocking/Report:** Go to their profile, click the three dots and select block or report.

**Location:** To keep your location private (so followers can't see the location you are tweeting from), under Settings and Privacy, select Privacy and Safety, select Location Information and ensure Precise location is disabled.

Find out more here: <https://help.x.com/en/safety-and-security/x-privacy-settings>



### Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

**Unfriend:** Go to the chat screen, tap and hold on a friend's name, tap 'Manage Friendship' and then tap 'Remove Friend'.

**Block a friend:** Go to the chat screen, tap and hold on a friend's name, tap 'Manage Friendship' and then tap 'Block'.

**Location settings:** This feature allows your friends to see where you are (including when you are at home) when you have the app open. It is so important that you check your child's settings for this feature. Your location won't be shared on the map until you open it for the first time, at which point you can choose (please note that snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose):

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends.
- **Select Friends, Except ...:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends ...:** choose specific friends to share your location with.

**Who Can Contact Me:** in your privacy settings you can choose who can contact you directly with Snaps, Chats, calls, etc. Remember, if you're in a group, then anyone can communicate with you in that Group Chat regardless of your settings. Find out more here: <https://help.snapchat.com/hc/en-gb/articles/7012343074560-How-to-change-my-privacy-settings-on-Snapchat>

**Family Centre:** this can be set up to provide parental control settings such as limit your child's ability to view certain content in the Stories and Spotlight tabs. Find out more here: <https://help.snapchat.com/hc/en-gb/articles/7121384944788-What-is-Family-Centre>

## Mobile devices

You can set up free parental controls and restrictions on most mobile devices, which can limit what your child can access.

### iOS



Using Content & Privacy Restrictions in Screen Time, you can block or limit specific apps and features on your child's device. Find out more here: <https://support.apple.com/en-gb/102121>.

Apple have also created this support page for families: <https://www.apple.com/uk/families/>

### Android



When you turn on parental controls, you can restrict what content can be downloaded or purchased from Google Play based on maturity level.

Find out more here: <https://support.google.com/googleplay/answer/10757387?hl=en-GB>

You can also set up Family Link, which lets you set digital ground rules as well as see where they are, receive notifications when they arrive or leave a certain location and set screen time limits. You will need to download Family Link onto your own device first and then link your child's account to it.

Find out more here: <https://families.google/familylink/>

## Dates for your diary

### Upcoming events:

#### December:

- Tuesday 16th December 10 am and 2pm – KS1 nativity performances.
- Tuesday 16th December – Year 6 taking part in the Romero Christmas Community Concert, 6pm Life Church.
- Friday 19th December - Wear Purple Friday