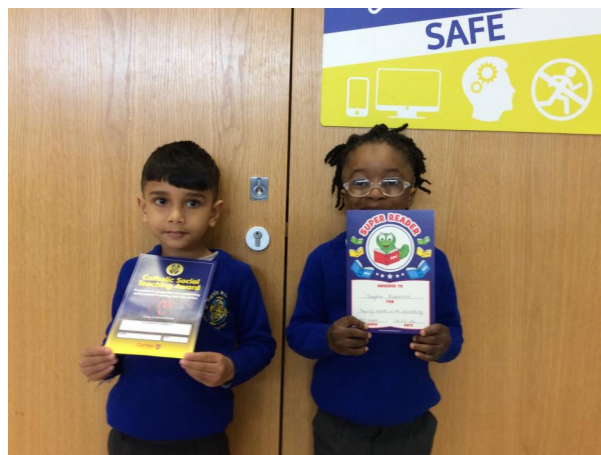
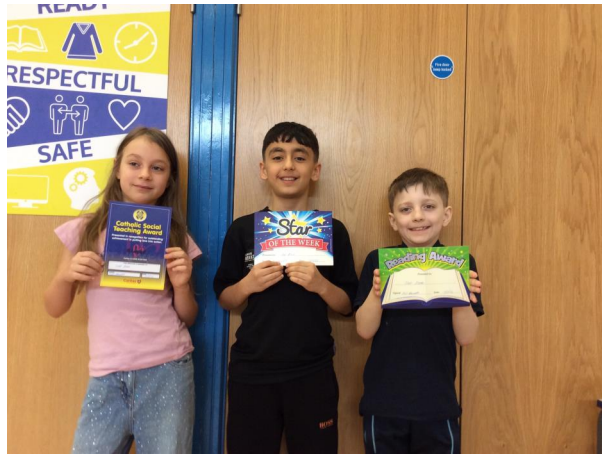


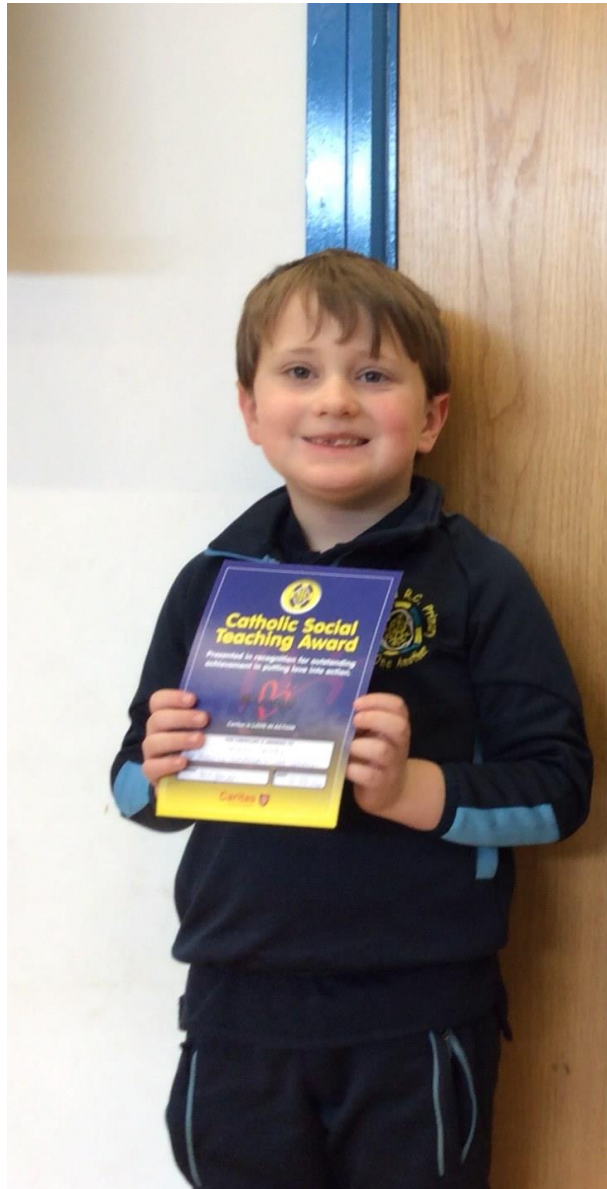


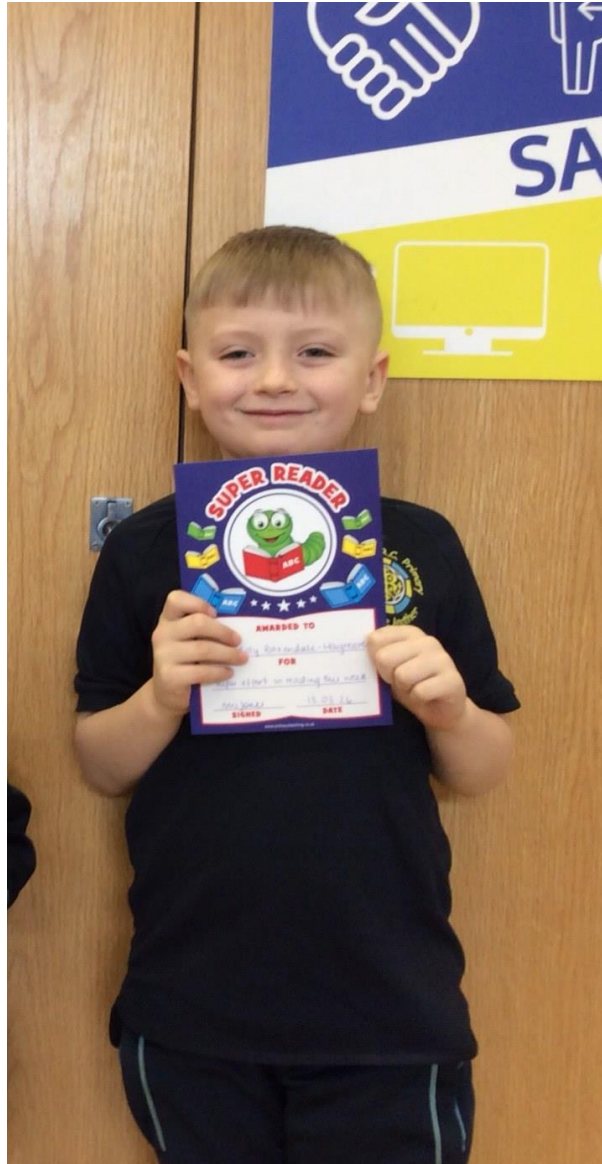
St Mary's News

This weeks stars of the week...









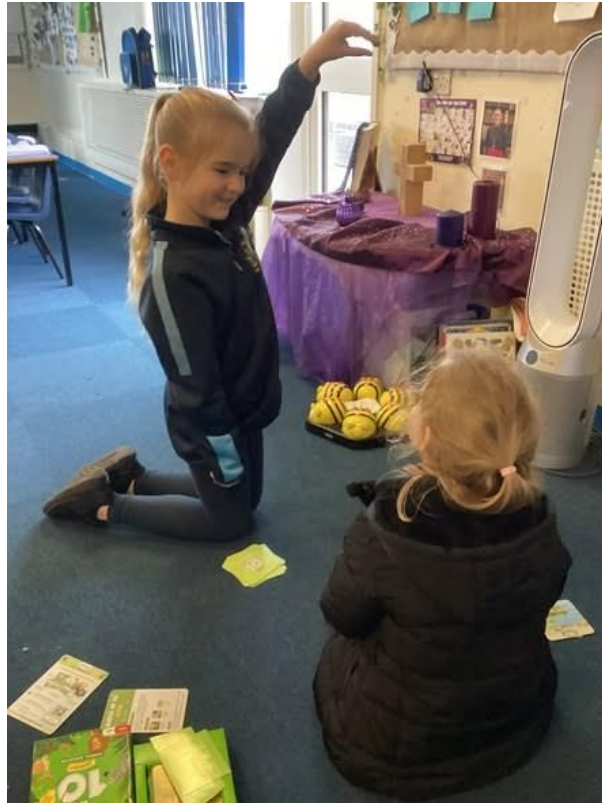
What's been going on this week?

At Well-being club led by our fabulous well-being warriors, we talked about how music and movement can help make us feel better. The children loved doing some Just Dance! 🎶👯



Lots of smiles in Y1 and Y2 Board games club on Monday. We played snap, the shopping game and Guess in 10, where we had to act out and guess what was drawn on our card.





In Year 4 forest school, we split into 3 groups and each had a rope, a tarp and some tent pegs. Each group had to work together to make a shelter that they could survive overnight in the forest in. 🍄 🟤 🌲 🍌





On Tuesday morning in Reception forest school, we checked on our plants from last week and watered them. Then, we acted out our story 'Jaspers Beanstalk'. We talked about the days of the week, and acted out what Jasper did on each day of the week to grow his beanstalk. To end our session, we went for a Giant Hunt! 🍄🌱





On Tuesday afternoon in y1 Forest School, we have been working in teams to develop our bug hotel, and then we made a giant wormery! St Mary's is now the proud keepers of two pet worms called SpongeBob and John, named by their finders! 🐛🐞🌱



Another fun afternoon for Year 2 at the tennis club! 🎾👍😊



On Wednesday morning 6 of our Year 4 Children went to Towneley Park to take part in some Orienteering with Miss Rohman they all did amazing! 🕒 🍂





T1 Rugby after school on Wednesday at Blessed Trinity, the team did really well! 🏉





Notices for Parents/carers

Easter Activities

🌸 Holy Week Easter Activities 🌸

We're excited to celebrate **Holy Week** with some fun and creative Easter activities for all our pupils!

Thursday 3rd April

EYFS & Key Stage 1: 🧡

- **Easter Bonnet Parade** – Time to get crafty! Make your own Easter bonnet at home and bring it in to show off your amazing creations.

Key Stage 2: 🌷

- **Easter Gardens** – Create your very own Easter garden at home and bring it in to display.

🌟 Prizes for the most creative entries! 🌟

Let's make this Easter a joyful and memorable one for everyone!

We will also be having an easter egg raffle that will be drawn on the last week of term, Tickets will be going on sale in classes on Monday and will be 20p a ticket. 🧡🐰

Healthy Snack Reminder 🍏🍌

From after half term, at break time, children will only be allowed to bring fruit or vegetables as a snack. As a healthy school, we want to encourage good eating habits, support children's wellbeing, and help them stay focused and energized for learning.

Children in Reception to Year 2 will continue to be provided with fruit in school, so there is no need to send in a snack for these year groups.

Children in Key Stage 2 may bring in a piece of fruit or vegetables only to enjoy at break time.

Thank you for your continued support in helping us promote a healthy school. 🍎 🥕

Year 5 Swimming 🏊

Year 5 Swimming will resume on Monday 2nd March 2026 the whole class will be going swimming together.

We ask parents to remind children of the safety rules so they can enjoy their swimming time weekly at St Peters.

Please make sure they have their swimming kit each Monday and are prepared.

Forest School /Outdoor learning Sessions - Spring Two 🌲 🍃 🏠

See below for Year Groups who will be accessing Forest School /outdoor learning in Spring Two. Please make sure your child brings in suitable wellies and waterproofs.

They may come to school wearing old clothes on the day of their Forest School. If you are struggling with providing waterproofs and wellies please come and speak to us and we can help .

Tuesday am -Reception

Tuesday pm - Year One

Monday am - Year Four

Lent 🙏



Lent is just around the corner, and we are looking forward to sharing this special season with our children and families at St Mary's.

As part of our Lenten journey, the children will be joining the Parish at St Mary's Church to share in daily Mass at 9:30am on the following dates:

- Reception and Year 6 – 26/2/26
- Year 1 and Year 5 – 10/3/26
- Year 3 – 17/3/26

Parents and carers are very welcome to join us at these Masses. As we are on half term for Ash Wednesday, we will instead be sharing a whole-school Mass together at school on Friday 6th March at 9:15am. Again, all parents and carers are warmly invited to attend.

Please note that there will be no Celebration Assembly on this day.

To conclude our Lenten journey, we would like to invite you to our Stations of the Cross Prayer Stations, which will be planned and delivered by our Chaplaincy Team. This will take place during Holy Week, on Tuesday 31st March at 9:30am, at school.

We look forward to this special time of Lent and to sharing it with you all!




Also, During Lent each Friday we will be wearing purple in exchange for a donation for our local foodbanks in the community.

These dates are as follows:

- Friday 27th February
- Friday 6th March
- Friday 13th March

- Friday 20th March
- Friday 27th March

Library

  **Guess what? Our library has opened its doors to everyone and their grown-ups... and we can't wait!**  Every Friday after school, the library will turn into a cosy little adventure zone where you can:

- Dive into new stories
- Discover magical worlds
- Pick out a brilliant book to take home

Bring your curiosity, bring your imagination — and bring your grown-ups too. We'd love to see you there!

Please note the library is now located in the main school building, pop into the office and we can show you the way!

Lunchtime Clubs

Next week we have some of the following clubs starting during lunchtimes... if you would love to learn a new hobby or practise some existing skills please come along!

Monday Lunchtime - Chaplaincy Team (existing members only)

Monday Lunchtime - Well-being

Tuesday Lunchtime - Choir (KS2 Children) - this will be starting after half term

Wednesday Lunchtime - Dance Club (KS2 Children)

Thursday Lunchtime - Prodigy/Timestable Rockstars Maths Practice (Years 3 &4)

Friday Lunchtime - School Council (existing members only)

Y3's KRFS (key instant recall facts) for this half term are the eight times table. Children should be able to instantly recall multiplication and division facts up to 8x20. These will be practised in class on a daily basis, but additional learning at home makes all the difference. Pupils can access the **TimesTablesRockstars** application at home; login details are in home reading records. More information on the KRFS can be found on the class page of the school website.

Home learning challenge.....

Have a go at home! These home learning challenges are a great way to secure your learning whilst having fun at the same time! You will see below a few ideas for possible activities to complete at home relating to our current topics. You can draw pictures, write sentences or even take photographs. Please hand your homework in on or before Friday 6th February so that we celebrate the children's hard work in class and award prizes and dojos! Have fun!

Research an Anglo-Saxon settlement. Show what you have learnt through a drawing, use Microsoft to build it or create with using Lego

Create a shadow puppet show. Take some pictures or film it and email to Mrs Tyson.

Practise your drawing and shading skills by drawing plants and flowers you have seen near home.

Create a Top Trumps card of an Anglo-Saxon pagan god.

LEARN AND GROW TOGETHER IN CHRIST

SCIENCE & HISTORY
LIGHT & ANGLO-SAXONS

Year 3 Learning Letter
Mrs Tyson Spring 1 2026

Mathematics

This half term Year 3 will revisit mental calculations and apply these in different contexts. Children will also consolidate their knowledge of formal addition and subtraction. We will continue our work on multiplication and begin to explore division. All children will have a target to the recall of multiplication and division facts, support will be given at school but help at home via the Times Tables Rockstars would be very much appreciated. All children will continue to complete arithmetic exercises weekly, please ask your child about their progress in their multiplication tables.

English

Our English text for this half term is Ted Hughes' 1958 children's classic, *The Iron Man*. Hughes' surreal fantasy tale captures the imagination and provokes us with many opportunities to develop our descriptive skills, speech writing and comprehension. We will practise our inference skills to explore more abstract questions, such as 'What makes a good friend?' and 'What makes us human?'

Reading

Children will participate in four twenty-minute guided reading sessions per week. Each week the whole class will focus on a text. After reading the text, we will focus on questions based on the VIPERS (vocabulary, inference, prediction, explain, review, summarise) reading targets. Children who read, succeed! Please try to listen to your child read at home as much as possible. Just five minutes a day can make a huge difference. If you feel the level of your child's home reading book isn't suitable, please speak to Mrs Tyson or Mrs Francis.

Religious Education

In Religious Studies this half term, children will look closely at:

- Journeys: Family and community
- The local church and Eucharist

History

Our History focus this half term is the Anglo-Saxons. The children will build on their chronology skills, learn about events, people and changes in Britain during this period, develop their enquiry and communication skills and use and interpret different sources and what they tell us. The children will learn about:

- Anglo-Saxon timelines of events
- Geography of Great Britain during the Anglo-Saxon era
- The Anglo-Saxon kings Alfred the Great and Athelstan.
- Anglo-Saxon culture
- Paganism and the introduction of Christianity.

Science

In science this half term our topic is Light. By the end of the unit children will be able to:

- Recognise that they need light in order to see things and that dark is the absence of light.
- Notice that light is reflected from surfaces.
- Recognise that light from the sun can be dangerous and that there are ways to protect their eyes.
- Recognise that shadows are formed when the light from a light source is blocked by a solid object.
- Find patterns in the way that the size of shadows can change.
- Develop their scientific skills through investigations into light.

Art and Design

In Art and Design this half term, the children will be developing shading skills and drawing techniques to create botanical inspired digital drawings. This unit will be done through forest school where they can closely observe plants and wildlife to draw.

Other important information

PE in Year 3 will be on a Monday and Thursday afternoon, if children are not in the new sports uniform, please ensure they wear PE kit suitable for indoor and outdoor PE sessions. We will be covering gymnastics and cricket this half term.

Spellings will be sent home every Monday. The homework sheet should be completed throughout the week ready for a test the following Friday. The children have learnt different strategies to practice their spellings and can do this on some paper at their homework if they prefer.

Thank you all for your support. Please communicate with Mrs Tyson should you have any questions or concerns about your child's learning or any other issue.

Home learning challenge

Fancy a home learning challenge? Here are some ideas of what you might like to do. You can send photos of the work on Class Dojo for us all to see.

Build a 3-D model.

Make a board game about the River Nile.

Find a pyramid net online and create your own model of an Egyptian pyramid.

Make a Scarab beetle box.

Create a project about King Tut. Why was he so famous?

Learn and grow together in Christ.

Year 4 Learning Letter
Mrs Halda Spring 1 2026

Mathematics

This term, we will begin with multiplication and division, where children will focus on their 7x and 11x tables and related division facts. They will also practise written methods for larger calculations. Please encourage your child to use Times Tables Rockstars, which is a fantastic way to build speed and confidence. Next, we will move on to length and perimeter, learning how to measure accurately and calculate the perimeter of different shapes. After that, we will explore fractions, comparing and ordering them, and finding equivalents. Finally, we will finish the term with decimals, starting with tenths and progressing to hundredths, making links to fractions along the way. Please encourage your child to use Times Tables Rockstars which is a fabulous way for children to improve their knowledge in this area.

English

This half term, the children will enjoy reading *The Firework Maker's Daughter* by Philip Pullman as our main fiction text, exploring themes of issues and dilemmas. We will use this novel as inspiration for writing, developing grammar skills and focusing on accurate punctuation of speech and the use of commas in complex sentences. Building on this, the children will move into a unit on persuasion, where they will learn the key features of persuasive writing before creating their own advert or leaflet. Later in the term, we will read *The Last Bear* by Hannah Gold, which will provide further opportunities for discussion and comprehension, as well as inspiring responses.

Reading

Children will participate in daily 20-minute whole-class reading sessions a week. During these sessions the teacher and teaching assistant will work with all of the children on a text carefully selected to offer an appropriate level of challenge. Children will be taught different reading strategies that revolve around the following key areas of reading: vocabulary, inference, prediction, explaining, retrieval and summarising. Please support your child with their home reading.

Religious Education

In Religious studies this term, children will look closely at:

- Local Church
- Eucharist
- Lent/Easter
- Pentecost

Topic

In Science, our topic is States of Matter. This term, your child will:

- Compare and group materials as solids, liquids, or gases.
- Observe how materials change states when heated or cooled, and measure or research the temperature at which these changes occur.
- Learn about evaporation and condensation and how these processes are part of the water cycle.
- Investigate how the rate of evaporation changes under different conditions.
- Carry out practical activities to explore these concepts and apply their understanding to real-life examples.

History/Geography

This half term we will complete our topic of Ancient Egypt. Throughout the topic, your child will develop their understanding of chronology and learn how our knowledge of the past is constructed from a range of sources. When we have completed this learning, we will move on to a Geography unit around North America.

Art

The children will be painting and using mixed media.

Computing

Programming and data logging.

Spanish

Presenting myself.

Other important information


- PE takes place on Monday and Tuesday afternoons.
- Forest school will take place on Friday afternoon.
- Ukulele lessons are on a Thursday afternoon.

Thank you all for your support. Please communicate with school should you have any questions or concerns about your child's learning or any other issue.

In addition to reading, times tables and spelling work, it would be lovely if you could try some more creative activities at home.

You will see below a few ideas for possible activities to complete at home relating to our current work. You can draw pictures, write sentences, create a PowerPoint or even take photographs. Please complete any challenges on or before Friday 13th February so we can see your hard work. Have fun!

Thinking about our science lessons, create a 3D solar system.



Using your knowledge of portraits, create a piece of artwork of an alien.




SOLAR SYSTEM

Year 5 Miss Howorth
Learning Letter Spring 1 2026

Mathematics

This half term, we will consolidate our previous work on multiplication and division, and we will then move on to fractions and percentages. It is very important that children know all the multiplication facts and associated division facts, and that they are able to utilise their knowledge in a range of contexts. Support will be given at school but help at home via the Times Tables Rockstars would be very much appreciated. I can send your child home with their login details on request.

English

This half term we will study the wonderful genre of science fiction. The children will use different grammar skills throughout this unit and, for a final piece, write their own story based using features found in the genre. Children will continue to practice Year 6 statutory spellings within this unit and your support in assisting your child to learn these spellings is very much appreciated.

Reading

Children will participate in five 30-minute whole class guided reading sessions a week, learning different reading strategies such as inference, skimming and scanning to aid and improve their reading comprehension.

Suggested reading for Year 5:

Explore other works linked to our class novel and in the science fiction genre. The following are especially recommended:

The Kid Who Came From Space – Ross Welford
George's Secret Key to the Universe – Stephen and Lucy Hawking
Cosmic – Frank Cottrell Boyce

Religious Education

In Religious studies this term, children will look closely at:

- Continuing Jesus' mission in diocese
- Lent, giving and sacrifice

Science



This half term, we will be looking Earth and space. We will be looking at the solar system and how Earth's movement and rotation affects us.

Art

In art, we will be studying how to create portraits using paint and mixed-media. The children will study his famous portraits, explore use of composition and colour and as a final piece, produce their own artwork of a portrait.

Other important information:

- PE in Year 5 is on Thursday and swimming is on Monday.
- Please can you make sure your child's belongings, including their uniforms, are clearly marked with their name.
- Forest School is on Tuesday afternoons. Please ensure your child has appropriate footwear and coats for the weather.
- Try and read with your child as often as possible.

Thank you all for your support. Please communicate with school should you have any questions or concerns about your child's learning or any other issue.

Miss Howorth

In addition to reading, SATs Companion and spelling work, it would be lovely if you could try some more creative activities at home.


You will see below a few ideas for possible activities to complete at home relating to our current work. You can draw pictures, write sentences, create a PowerPoint or even take photographs. Please complete any challenges on or before Friday 13th February so we can see your hard work. Have fun!

Thinking about our class novel, create a 3D scene from The Wizard of Oz.


Design a poster for a film version of The Wizard of Oz.

Research Picasso, create a piece of artwork based on The Eucharist.

Create a 3D volcano!



St. Mary's R.C. Primary School
Learn and Grow Together in Christ



Year 6
Mrs Blezard & Mrs Stalton
Learning Letter Spring 1 2026

Mathematics

This half term, we will move on to ratio, algebra and decimals. It is very important that children know all the multiplication facts and associated division facts, and that they are able to utilise their knowledge in a range of contexts. Support will be given at school but help at home via the Times Tables Rockstars would be very much appreciated, as well as using SATs companion to support additional areas of work.

English


This half term we will study the wonderful novel "The Wonderful Wizard of Oz" by L. Frank Baum. The children will use different grammar skills throughout this unit and, for a final piece, write their own story based on the storyline of this novel. Children will continue to practice Year 6 statutory spellings within this unit and your support in assisting your child to learn these spellings is very much appreciated.

Reading

Children will participate in five 20-minute whole class guided reading sessions a week, learning different reading strategies such as inference, skimming and scanning to aid and improve their reading comprehension.

We encourage you to explore other texts, the following are especially recommended:

Running Wild – Michael Morpurgo.
Stormbreaker – Anthony Horowitz
Michelle Magorian – Goodnight Mr. Tom.
Alan Gratz – Refugee.
Eoin Colfer – Artemis Fowl.



Religious Education

In Religious studies this term, children will look closely at:

- Local church- to understand the Bible as the story of God's love, told by the People of God.
- The Eucharist.

Science

This half term, we will be looking at Evolution and Inheritance, we will be able to recognise that living things have changed over time and that fossils provide information about living things that inhabited the Earth millions of years ago.

Art

In art, we will be studying the work of influential artists including: David Hockney, Paula Rego and Fiona Rae. The children will study their famous artworks, explore the use of composition and colour and as a final piece, produce their own artwork based on his distinctive style.

Other important information:

- PE in Year 6 is on Wednesday and Friday.
- Please ensure your child wears their PE kit in school on PE days.
- Please can you make sure your child's belongings, including their uniforms, are clearly marked with their name.
- Try and read with your child as often as possible.

Thank you all for your support. Please communicate with school should you have any questions or concerns about your child's learning or any other issue.

Mrs Blezard & Mrs Stalton

Information for Parents



The Cygnet programme was developed by Barnardo's with the support of parents and/or care givers, FOR parents and care givers!

The course aims to create a supportive environment of carers who may be experiencing similar challenges, and to present information on autism that provides opportunities for you to consider and adapt and/or reinforce the way you support your child's needs.

Content:

- Session 1 - Introduction
- Session 2 - Overview
- Session 3 - Thinking & Sensory
- Session 4 - Social Interaction & Communication
- Session 5 - Understanding and supporting behaviour
- Session 6 - Analysing behaviour

Burnley Block:
Wednesdays
12:30 - 3:30pm

Down Town Burnley
Charter Walk Shopping Centre
(above New Look)
Burnley,
BB11 1AE

15th April 2026
22nd April 2026
29th April 2026
6th May 2026
13th May 2026
27th May 2026

More locations
to be announced.
Call us to book!



info@carerslinklancashire.co.uk



01254 387444



Do you care for
someone with
Neurodiversity?



Monthly Peer Support Groups:

Hyndburn:
1st Thursday of the month
10am - 12 noon
Carers Link Accrington
Community Facility,
Blackburn Road, BB5 1LE

Burnley:
1st Friday of the month
10am - 12 noon
Downtown, Charter Walk
Shopping Centre (2nd floor),
BB11 1PY

Ribble Valley:
1st Wednesday of the month
1pm - 2.30pm
Clitheroe Family Hub,
Wesleyan Row,
Parson Lane, BB7 2JY

Pendle:
2nd Friday of the month
12.30pm - 2.30pm
Colne Library, 47-55
Market Street, BB8 0AP
(starting September '25)

Rossendale (starting November '25):
2nd Thursday of the month 10am - 12noon
The Maden Centre, Rochdale Rd, Bacup, OL13 9NZ



01254 387444



info@carerslinklancashire.co.uk



www.carerslinklancashire.co.uk

Our amazing
ASD Support
Officer is here
to help!



March 2026 6-week Autism Cygnet Courses run regularly

Date	Topic	Location	Time
3	Anxiety / Behaviour	PH Shadsworth, Blackburn	10am - 12pm
5	Online Understanding Autism		6pm - 7:30pm
6	Online Who to turn to for Support?		10am - 11:30am
10	Online Autism & Sensory Processing		10:30am - 12:30pm
12	Online Parent Support		10:30am - 12pm
16	Autism + Education	Basically Cheer, Burnley	10am - 12pm
17	Early Years Support Session (0-11y)	PH New Era, Accrington	10am - 12pm
19	Parent Support	PH Livesey, Blackburn	10am - 11:30am
24	Online Parent Support		6pm - 7:30pm
26	Teenage Years	PH New Era, Accrington	10am - 12pm

SCAN HERE for more information and self-referral

Please find below the link for Lancashire County Council's SEND newsletter, it is full of amazing activities for all children.

It is updated 4 times on their website.

[SEND Newsletter - Lancashire County Council](#)

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

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 4 th March 2026	1pm – 3pm
Wednesday 11 th March 2026	3pm – 5pm
Wednesday 18 th March 2026	5pm – 7pm
Wednesday 25 th March 2026	1pm – 3pm

1 - Throughout March 2026, the Primary Mental Health Team are offering online drop-in sessions for children and young people, as well as for anyone who is worried about someone under the age of 18. These sessions provide a safe, confidential space to talk to a mental health practitioner and get advice or support.

At The National College, our WakeUpWednesday guides empower and equip 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 (where appropriate) harmful content. These guides now address wider topics and themes. For further guides, hints and tips, please visit thenationalcollege.com.

What Parents & Educators Need to Know about STREAMING SERVICES

Streaming services are platforms that allow users to watch cartoons, documentaries and movies, online instructional (often referred to as EdTech), streaming videos on demand. Children reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

WHAT ARE THE RISKS?
Streaming services are platforms that allow users to watch cartoons, documentaries and movies, online instructional (often referred to as EdTech), streaming videos on demand. Children reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY
Subscription services can be costly. As households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for 4K and HDR viewing and better quality and resolution. However, there is a cheaper option with adverts. Due to global economic needs and Disney's reported a sharp increase in users subscribing to their not-recommended for 2025.

EXCESSIVE SCREEN TIME
Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Screen time for 4-18 for non-educational is 2-3 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features of on its autoplay, makes it easy for children to watch for extended periods of time.

ILLEGAL STREAMING
Sharing passwords or using modified file links to access streaming content without permission to login. Most streaming services have now put measures in place to detect account sharing, when account sharing is identified, performance offer an opportunity to pay for an additional member or set out the need to verify who they are.

AGE-INAPPROPRIATE CONTENT
Most streaming platforms allow users to set up profiles for each family member, with the option of putting specific restrictions in place. These include setting profiles for film, controlling autoplay of previews and next ratings, but without these restrictions aren't enforced. Content which is rated as suitable for an age group may still include themes, language or images which children and families find inappropriate.

BINGE WATCHING
Features such as autoplay make it easy for viewers - especially young people - to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a programme of content in one sitting. With binge watching comes a lack of social interaction, lack of physical exercise, and often late nights and sleep deprivation which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES
Many platforms track viewing habits, time consumed, and preferences, and generate recommendations based on this data. This can keep watching a cycle of content that reinforces stereotypes. Recommendations should be something they would enjoy rather than something they would hate. This can shape their habits, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS
Almost all streaming services allow users to set up individual profiles for each family member, with the option of putting specific restrictions in place. These include setting profiles for film, controlling autoplay of previews and next ratings, but without these restrictions aren't enforced. Content which is rated as suitable for an age group may still include themes, language or images which children and families find inappropriate.

TALK ABOUT ALGORITHMS
Talk to your child about how streaming services track what they watch, and how algorithms and recommendations are used to suggest content. Encourage them to critically think about whether the recommendations are suitable and how they need to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

MONITOR AND TALK OFTEN
Discuss with your child what they are watching, find out which programmes are trending, and avoid them yourself. Have a list of what they watch to check the content of what they're watching. Some platforms have been known to recommend or suggest content or specific content that a child is more likely to watch. While some TV shows or movies may have a suitable age rating, your child may still find the content inappropriate or find images that don't seem to appear with your child's age.

SET TIME RESTRICTIONS
Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as quick channels, or set up play games. This can increase the amount of time young people spend sitting in front of the screen. Some platforms (e.g. Apple TV) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, use a family-wide device lock.

Meet Our Expert
Dr Claire Schofield is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies in schools. She has written various documents, papers and carried out research for the Australian Government, comparing internet use and online behaviour of young people in the UK, USA and Australia.

See full infographic at www.thenationalcollege.com

Follow us on social media:
 @wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 1.02.2025

Streaming services have become the go-to entertainment choice for many families, with children often favouring on-demand platforms over traditional television. This edition explores the realities behind these services, from rising subscription costs and advert-supported tiers to the impact of auto play and endless content libraries on young viewers' screen time and wellbeing.

It also highlights key safeguarding concerns, including age-inappropriate material, binge watching, algorithm-driven recommendations and phishing scams. With clear, practical advice for setting profiles, PINs and time limits – alongside tips for discussing algorithms and stereotypes – this guide supports parents and educators in promoting safer, healthier streaming habits.

Download the free guide and help support safer streaming habits at home. <https://vist.ly/4uh7n>

ESOL Classes



**Every Tuesday at 10.30am
from 6th January 2026
Down Town
Charter Walk Shopping Centre
Burnley, BB11 1QJ**

**To register your interest, please scan the
QR code below or email
LRITesolandcareers@lancashire.gov.uk**

Lancashire
County
Council



2 - Starting 6th January 2026, Down Town will be offering free informal ESOL (English for Speakers of Other Languages) classes!

Two levels available:

- *Beginners: 10:30 AM*
- *Intermediate: 11:30 AM*

Register here: <https://forms.office.com/e/na6hWPb2st>

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

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

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

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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

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.



Adult animated content is increasingly visible on platforms such as YouTube, TikTok and streaming services. While the bright visuals and cartoon style may seem harmless at first glance, many of these shows and clips are created specifically for mature audiences, featuring strong language, sexual references, graphic violence and unsettling themes.

This #WakeUpWednesday guide helps parents and educators understand the risks, from misleading visuals and algorithm-driven recommendations to desensitisation and edgy humour. It also offers practical advice on platform settings, open conversations and building children’s critical thinking, so young people can navigate online animation safely and confidently.

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/129750253397219>

You can also set up Family Centre (supervision) on Messenger: <https://messaging.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/4548867563184597>

[helprefaq_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/1313481802751163?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/bc/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 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/105121>

Apple has 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:

March:

- **Monday 9th** - Science week
- **Thursday 12th** - Stage 4 sacramental programme meeting @ St Mary's school 6:30pm
- **Tuesday 17th** - St Patrick's day
- **Monday 30th** - Holy Week