

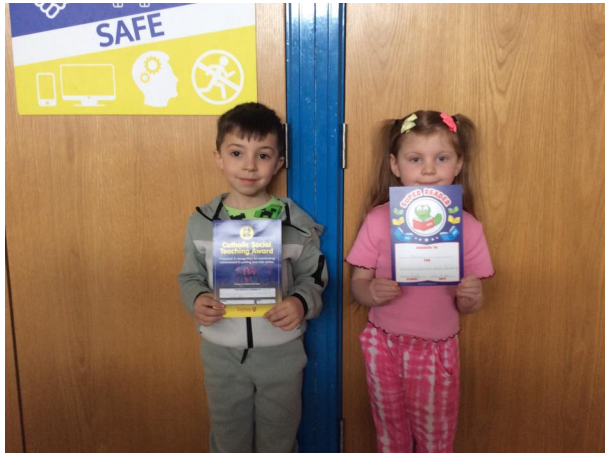


St Mary's News

This weeks stars of the week...



1 - Shout out to Harry in year 6 who along with his Bobcats team mates is taking part in a sponsored swim this evening to raise money for Pendleside Hospice and his swim club. Harry is challenging himself to swim a massive 80 lengths =2000metres. Good luck Harry, you'll smash it!









What's been going on this week?



The Year 2 children have been working hard on writing their own chapters for 'The Owl Who Was Afraid of the Dark'.



Year 3 conducted an investigation into which magnet was the strongest? They had a great time implementing a fair investigation and evaluating their results.



These girls were amazing this on Thursday afternoon, Football in the sunshine! Well done to our year 3 & 4 girls football team!



Reception children loving the continuous provision!



A massive well done to these elite cross country runners, you all did amazing!



Year 2 enjoying their 'Science Boffins' workshop during Science week. We learned all about Isaac Newton!

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.  

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

Join Us on Our Journey This Holy Week 🙏



We warmly invite you to join us at St Mary's for a special Holy Week experience as we walk together through the *Stations of the Cross*.

Starting at **9:30am on Tuesday 31st March** , you'll have the opportunity to join your child's class as they journey through the stations, reflecting on this important time in the Christian calendar.

To finish, we'll gather together and enjoy a **hot cross bun**—a lovely way to share in community and mark the occasion.

We look forward to welcoming you!




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 KRIFS (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 8x2=16. 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 KRIFS 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.



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 practise 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 art 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 practise 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.

Suggested reading for Year 6:

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.
- Eon 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



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 1 st April	1pm – 3pm
Wednesday 8 th April	3pm – 5pm
Wednesday 15 th April	5pm – 7pm
Wednesday 22 nd April	1pm – 3pm



Lancashire Parent Carer Forum

**Are you a parent or carer of a child or young
person with special educational needs or
disabilities?**
Join us at one of our

Burnley Family Hub Drop ins

Share your concerns & get answers from:
Lancashire County Council, NHS providers & others.
Also stay updated on what's happening with services

**Don't miss out, come along to
make your voice heard!**

Friday 20th Mar 9:30-11:30	Friday 17th Apr 9:30-11:30	Friday 15th May 9:30-11:30	Friday 19th Jun 9:30-11:30
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@ Burnley Wood Family Hub, 33 Brunswick
Street, Burnley, BB11 3NY
For more information follow LPCF Facebook page

UNDER 16'S SWIM FREE AT BLC*

Children and young people under 16 can enjoy free public swimming with a paying adult at St Peter's and Padiham Leisure Centres.

Burnley.gov.uk
Supported by Burnley Borough Council

*T&Cs apply. See website for details.

NATIONAL FITNESS AWARDS WINNER

CYGNET Autism Training

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:

<p>Hyndburn: 1st Thursday of the month 10am - 12 noon Carers Link Accrington Community Facility, Blackburn Road, BB5 1LE</p>	<p>Burnley: 1st Friday of the month 10am - 12 noon Downtown, Charter Walk Shopping Centre (2nd floor), BB11 1PY</p>
<p>Ribble Valley: 1st Wednesday of the month 1pm - 2.30pm Clitheroe Family Hub, Wesleyan Row, Parson Lane, BB7 2JY</p>	<p>Pendle: 2nd Friday of the month 12.30pm - 2.30pm Colne Library, 47-55 Market Street, BB8 0AP (starting September '25)</p>

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 Cygnets Courses run regularly

<p>3 Anxiety / Behaviour PH Stodsworth, Blackburn 10am - 12pm</p>	<p>5 Online Understanding Autism 6pm - 7.30pm</p>	<p>6 Online Who to turn to for Support? 10am - 11.30am</p>
<p>10 Online Autism & Sensory Processing 10.30am - 12.30pm</p>	<p>12 Online Parent Support 10.30am - 12pm</p>	<p>16 Autism + Education Basically Cheer, Burnley 10am - 12pm</p>
<p>17 Early Years Support Session (0-11y) PH New Era, Accrington 10am - 12pm</p>	<p>19 Parent Support PH Livesey, Blackburn 10am - 11.30am</p>	<p>24 Online Parent Support 6pm - 7.30pm</p>
<p>26 Teenage Years PH New Era, Accrington 10am - 12pm</p>	<p>SCAN HERE for more information and self-referral</p>	

Logos for CANM, Family AUTISM services, and Barnardo's are also present.

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](#)

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 climate change. Formerly delivered by National Online Safety, 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. Ofcom 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. Ofcom 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 issues and Disney's reported a sharp increase in users subscribing to their not-reported fee in 2025.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4-16 year-olds averaged 2.5 hours per day across all video-streaming platforms, not including gaming. The total range of content available, combined with features of on-line autoplay, makes it easy for children to watch for extended periods of time.

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 becoming so engrossed in content that you forget to eat, drink, or take breaks. 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 to encourage you to keep watching. This results in your child being in a loop where the more they watch, the more recommendations they receive. This can shape their habits, values, and understanding of the world from a young age without even realising it.

ILLEGAL STREAMING

Sharing passwords or using modified file links to access streaming content without permission to do so. 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 user 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 a profile or PIN, controlling autoplay of previews and next ratings, bandwidth, these restrictions aren't universal. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PINs. For example, use the option of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and how algorithms and recommendations are generated or personal viewing. Encourage them to critically think about whether the recommendations are suitable and have the space to report 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 overly parental. Have a talk with your child to check the content of what they're watching. Some platforms have been known to recommend or autoplay content or preview content. Check a child's screen has been properly monitored to ensure or monitor may have a suitable age rating, your child may still find the content boring or it may represent themes you don't want to explore with your child yet.

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, talk to family and school staff.

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 without exception, dozens and carried out research for the Australian Government, comparing internet use and texting behaviour of young people in the UK, USA and Australia.

See full info: [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

Violent clips, online conflicts and shock-value challenges can spread rapidly across social media platforms. Many young people are exposed to this content through algorithms or messaging groups, even when they were not actively searching for it.

Our latest [#WakeUpWednesday](#) guide explores how viral trends can encourage risky behaviour, normalise violence and create anxiety or fear within communities.

The guide also highlights:

- The emotional and legal risks of sharing violent content
- How social media algorithms amplify harmful material
- Practical advice for parents and educators

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/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/4549867563184597>

WhatsApp (13+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photos. 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



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 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/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