

Newsletter – WC 27th January 2025

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me

– Philippians 4:13



A massive St John's well done to all our Silverdale Stars this week.

Curlews - Suzie

For 100% effort this week in all your tasks and being an absolute superstar

Bitterns – Ollie

For trying hard all week to follow class rules and produce quality work across a variety of lessons..

Harriers – Sienna

For being hard-working, helpful, respectful and a super-star member of the Harriers' class. You're amazing!

Coffee Morning

We have a school coffee morning booked, to raise money for the PTA. It's from **10:00 to 12:00 on Saturday 8th February at the Gaskell Hall.**

Vicky and the team could do with helpers to set up at 09:00 and to tidy away at 11:30 (ish).

WE NEED...

Helpers for stalls, raffle, tombola, helpers for tea/coffee, Bric a brac, Cakes

Raffle and tombola prizes (alcohol, unwanted Christmas presents, chocs and multi packs of Chocs we can separate).

Thanks so much in advance. It will be a super morning, and an excuse to clear out your cupboards, and get baking!

PLEASE BRING ALL CAKES TO SCHOOL ON THE THURSDAY EVENING. YOU CAN START DROPPING OFF BRIC-A-BRAC ANYTIME NEXT WEEK

End of Day

Reception, Year 1 and Year 2 will now be dismissed from the gate from their outdoor area. They aim to be out at 15:10, so as to avoid the rush from bitterns' class!

Attendance

A huge 'well done' to Harriers this week.

Harriers	85.6
Bitterns	92.3
Curlews	99.1
Average school	93.1

Rock and Roll Supper Dance

Very excitingly, we have this now booked in the Gaskell Hall on

Saturday 15th March – 7pm till 10pm.

Tickets will go on sale after half term.

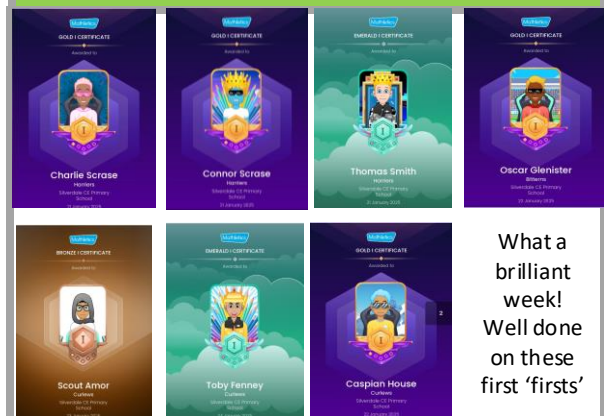
Remember all proceeds will go towards the school playground equipment, and also (as we think even longer term), a school minibus.

It will be a lovely community event.

Cross Country

Well done to Sienna, Molly, Athena, Charlie L, Oscar, Harry S, Thomas S, Olly T, Seb B and Abigail for joining in with the Cross Country event at Archbishop Hutton. A brilliant event. We came 5th overall out of 8 schools. We even came home with a gold medal! Thanks to Carly, Steve, Belinda, Andy and Chimene for helping with transport.

Mathletics



What a brilliant week! Well done on these first 'firsts'

Governors

Are you interested in becoming a governor? Get in touch with our Chair, Steve Edge, if so s.edge@silverdale.lancs.sch.uk

A school governor's relationship with the school's leadership team involves challenging existing processes to drive school improvement. School governors usually attend around six meetings per year.

Although becoming a school governor requires drive and commitment, you'll enjoy many professional and personal rewards, including career development opportunities and the chance to support young people's futures.

Newsletter – WC 27th January 2025

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me

– Philippians 4:13

The words of Jesus: Our Christian Value this week is FAITH



Reading Corner

BookTrust

Reading supports children to

- Overcome disadvantages
- Develop better mental wellbeing, social skills and strong relationships
- Meet speech and language milestones and do better at school
- Develop imagination, empathy and creativity

Feel Good Friday

Feel Good Friday!

Friday 14th February 2025



Another half term is almost over and that means that we have **Feel Good Friday** to look forward to! The one just before October half term was a lovely day with all children enjoying a range of **wellbeing workshops** across the day.

All we need is fantastic ideas and most importantly... **wonderful friends** of our school to pledge to give a little time to organise and run the activities!

Workshop ideas last time included dance, karaoke, mindfulness colouring, crafts, slime making, baking, nails and hair pamper time, body art, jigsaw puzzles and board games and dog walking.

So what are you waiting for? If there's something you are amazingly skilled-up on or just love to do to promote your own wellbeing, and feel you can share with the children... sign up now!

You don't have to commit to all day, just stay as long as you can help out. Email Mrs Tetchner and let her know how you would love to help

Lunches

Please ensure school lunches are paid in advance via Scopay. Any outstanding debts should be settled promptly. We now ask that lunch debts do not exceed £26.00 (two weeks' worth of meals). If your debt exceeds this amount, you will be contacted and asked to provide a packed lunch for your child. Unpaid debts impact the school budget significantly and affect resources for all students. Thank you for your understanding and cooperation.

National Story Telling week

1–9 February 2025

National Storytelling Week
Reimagine your world



National Literacy Trust
Change your story

Supported by
amazon

Class Blog

Its Curlews' class Blog this week. Click [here](#) to see a day in the life of a Curlew!

Next Week...

- 03.02.25 – Children's mental Health week starts
- 04.02.25 – Big Assembly CMHW
- 04.02.25 – Miss Sanderson Carnforth Cluster meeting
- 04.02.25 – Miss Jackson Assessment training
- 05.02.25 – Mrs Tetchner RE cluster meeting
- 06.02.25 – Bitterns trip to places of worship Preston
- 06.02.25 – Choir singing workshop
- 07.02.25 – Choir singing with Friday Songsters

PTA meeting

Thanks to all who attended on Wednesday evening. The [minutes of the meeting](#) are available to read on the website.

World Book Day

Our World Book Day celebrations will take place on **Thursday 6th March 2025**, further information to follow, but we wanted to let you know that this will be a dress up event.

Educational Visits

Bitterns' class are visiting places of worship in Preston next Thursday. We are also looking at developing a school link with St Stephens CE Primary School quite near the station, in Preston. We look forward to meeting their Year3/4 children for lunch and learning about the school and it's contrasting demographic.

Lunches

Week 1 WC 03.02.25



Friday Thought

Many are the plans in a person's heart, but it is the Lord's purpose that prevails.
—Proverbs 19:21

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College®