



Friday 4th April 2025

Weekly Newsletter

Easter Break

We would like to take this opportunity to wish you all a happy Easter break! It's hard to believe that when we return, we will be beginning the summer term. We have had an action-packed half-term with World Book Day celebrations, educational visits out of school, sporting events and our Mother's Day and Easter events. We hope you have a wonderful break, and we look forward to welcoming you back to school on **Tuesday 22nd April.**

Easter Bake/Box Prize Winners

Thank you to all the children who participated in this week's Easter bonnet and Easter craft / cake competitions; the judges had their work cut out in deciding on this year's winners. Ultimately, we were overwhelmed with the volume of responses from children, and each and every participant should be extremely proud of their involvement and efforts. It was fantastic to hear the children speaking so confidently when discussing their creations with the judges.

The winners:

Easter Creation Winners:

Lilith Y4

Billie Y5

Summer Y6

Easter Creation Runners Up:

Maya & Phoebe Y4

Sophia Y5

Sophie Y6

Spectacular Speech Winners:

Adam Y4

Senulya Y5

Alice Y6

Spectacular Speech Runners Up:

Matilda J Y4

Charlotte Y5

Elena-Rose Y6

Easter Bonnet Winners

Our younger children were also fabulous on the Easter catwalk: they strutted along the platform like professionals!

It was also lovely to welcome the parents and carers of our younger children into school on Monday as part of our 'Stay and Play' sessions. Thank you to those who were able to attend- we hope you enjoyed it as much as we did!

Groovy Chick Winners:

Shellie Rec

Dalton Y1

Sophie Y2

Isabella Y3

Groovy Chick Runners

Up:

Ellie Rec

Skylar Y1

Matteo Y2

Aleasha-May Y3

Easter Bonnet Winners:

Marny Rec

Harley Y1

Emma Y2

Hunter Y3

Easter Bonnet Runners

Up:

Stanley Rec

Mia Y1

Matilda Y2

Flynn Y3

Easter Raffle Winners

Edward M Y2

Johnny H Y3

Lilly H Y2

Tiber-Leo Y1

Elena-Rose Y6

Miss Waine - Staff

Summer F Y6

Allan - Caretaker

Aurelian GL - EYFS

Oliver B Y4

Isabella P Y3

Emma T Y2

Louie M Y2

Jacob Y3

Eira P y2

Logan S Y6

Isla G Y4

Phoebe and Maya Y4

Shellie C - EYFS

Jasmine R Y3

Shalom 5

Easter Raffle

What an exciting Thursday morning worship we had yesterday as we completed the draw for this year's Easter Raffle. Congratulations to all of the winners and we would like to say a huge thank you for your support with donating the eggs and buying the raffle tickets. We have raised £730 which will be used to enhance the children's experiences in school over the coming months. Your support with these fundraising events is greatly appreciated!

Spring Parent/Carer Progress Meetings

Reception - Year 5

After Easter, our next Parent Progress Meetings will be held on consecutive Wednesdays:

The meetings will take place on

Wednesday 30th April:

3:50pm-6:50pm (FACE-TO-FACE)

Wednesday 7th May:

3:50pm-5:00pm (FACE-TO-FACE)

5:20pm-6:30pm (VIDEO VIA PARENTMAIL APP)

As usual, you will have the option of either a face-to-face appointment or a video appointment via ParentMail. All appointments on Wednesday 30th April will be face-to-face; on Wednesday 7th May, there will be a mixture of face-to-face and video appointments. The booking system will go live when we return after Easter and all appointments are booked on a 'first come, first served' basis. There are more than enough appointments slots per class, but please do book early to reserve your preferred time and slot.

We look forward to discussing your child's progress so far this year!

Sporting News

KS2 Rugby

Our KS2 rugby team played Gilded Hollins last week losing 70-18. Despite the scoreline, the children battled hard, never gave in and worked tirelessly in breezy conditions. This week's shout outs go to Finlay who scored 3 tries and to Spencer who was a tackling machine throughout the game. Today, we play Leigh St Mary's at Leigh Miners. Good luck everyone!

School Photos

Here are the dates for this year's school photos. We ask that on these days, your child wears their usual St John's uniform.

Monday 28th April

Year 2, Year 4, Year 6 & siblings within these year groups

(Year 4 to wear uniform, not PE kit)

Tuesday 29th April

Reception, Year 1, Year 3, Year 5 & siblings

Atherton & Leigh Foodbank



School works in partnership with a local food bank. If you feel that you are in need of food parcels, then please approach Mrs. Hughes in confidence and she will help support you in accessing balanced, healthy meals to meet the needs of your family.

A further reminder about Unauthorised Holidays

We kindly remind parents and carers once again to resist taking holidays in term time. These are unauthorised absences which impact on your child's progress and often on their ability to re-establish themselves within their trusted friendship groups too. We have also been receiving numerous enquiries from parents regarding the timings of key assessments for the purposes of arranging holidays around them.

The **Y1 Phonics Check** is administered week commencing Monday 9th June 2025 and concludes by 16th June 2025.

The **Y4 Multiplication Tables Check** is administered week commencing Monday 2nd June 2025 and concludes by 13th June 2025.

Y6 SATS week is 12th to 15th May 2025 for English and Maths tests and writing assessments continue into June and conclude towards the end of June.

It is imperative for children to maintain good attendance throughout, and holidays in school time must be avoided.

Thought for the Week



DIARY DATES

| DATE | Event |
|--------------------|--|
| Each Sunday | St Mary's Church Sunday Service @ 10am with Sunday School. Junior Park 2K Run @ Leigh Sports Village (free for 4-11yr. Old's) 9am |
| Friday 4th April | School closes for the Easter holidays |
| Tuesday 22nd April | School reopens @ 8:45am |



We're back – first session of the year!

Dr. Bike

Friday 25th April 2025

3.00pm – 6.00pm

Sacred Heart School Playground

Bring along your bike to make sure that it's Summer safe – we can look at punctures, brakes, cables and other small fixes – absolutely free!



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': It's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

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