



Adlington St Paul's CE Primary School

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March 10th 2025

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Upcoming Events

Monday 10th March
Y4 trip to Cuerden Valley
Tuesday 11th March
Y2 trip to Beach School
Wednesday 12th March
CSSP Martial Arts Festival KS1 and KS2
Wednesday 19th and Thursday 20th
SCARF workshops for whole school linked to Mental Health and Wellbeing
Friday 21st March
Divergent Drama workshops for Y1 and Y5
Wednesday 26th March
Y3 Trust trip to Liverpool
Saturday 29th March
Cross Country event at Astley Park
Wednesday 2nd April
Class Photos

Attendance

Reception	94%
Year 1	98%
Year 2	98%
Year 3	92%
Year 4	100%
Year 5	96%
Year 6	98%
Whole School	97%

'Whatever you do, work at it with all your heart'. Colossians 3

School Newsletter

Dear Parents and Carers,

Lovely to welcome all our parents and carers into school for parents evening last week. Thank you to everyone who was able to attend and a special thanks to our Y6 helpers for their support.

We have recently seen an improvement in attendance across school. It has been a great start to this term. Thank you for your support in ensuring your child is in school each day. It really does support your child not only in their learning but also in their social and emotional wellbeing. Remember that if you require any support with your child's attendance or have any questions regarding attendance, please contact the office and arrange a meeting.

We are looking forward to starting our dance rehearsals this week for our Trust Dance Festival. Each week, each class will be taught their dance routine by an external company in preparation for the event. We will then practice this ready for our Trust Dance Festival on Tuesday 24th June 2025.

The course below is being run at one of our local Lancashire Family Hubs. If you are interested in attending, please contact the office and arrange a meeting or phone call with Mrs Burger to discuss the next steps for applying for a place.

Helping your child with fears and worries

Parent Led Cognitive Behaviour Therapy

The programme is aimed at parents of children aged 5-12 years whose primary presenting problem is anxiety. The programme is for children with mild to moderate symptoms and to be offered as a first line intervention. The programme is CBT skills informed and based on the book 'Helping Your Child with Fears and Worries' by Cathy Creswell and Lucy Willett.

The programme will be delivered by the Chorley South Ribble Children and Young persons Wellbeing Practitioner (CYWP) team.

Sessions are based around this book – you may buy your own or borrow one from us (subject to availability).

The aims are:

- To provide strategies to parents that they can use at home to support with overcoming problems with anxiety
- To think about parent response that may maintain anxious thoughts/behaviours
- To increase parent's confidence in the ability to overcome the difficulties with anxiety

Typical structure:

6th May - Session 1: Introduction to the programme and background about anxiety (2 hours)
 13th May - Session 2: Understanding the child's worries and encouraging brave behaviour (2 hours)
 20th May - Session 3: Step by step plans and experiments (2 hours)
 27th May - 1 week break
 3rd June - Session 4: Catch-up session/additional content (2 hours)
 10th June - Session 5: Problem solving (2 hours)

4 week break

8th July 2025 Session 6: Final session and planning for the future

Location: Highfield Children and Family centre, Wight Street, Chorley, Lancashire, PR9 0SL

Remember, you are the expert

Parent Led CBT acknowledges that you know your child best. You are the best person to help your child to overcome their difficulties with worries or fear.



TUESDAY 24th JUNE - ALL SAINTS & ST. PAUL'S
 WEDNESDAY 25th JUNE - ST. WILFRID'S
 THURSDAY 26th JUNE - CANON SHARPLES,
 ST. DAVID'S & BENJAMIN HARGREAVES

ROBIN PARK SPORTS & TENNIS CENTRE, LOIKE DRIVE, WIGAN, WNS 0UL



We are lucky to work with Compass Bloom at St. Paul's and have our own mental health practitioner that comes into school offering 1:1 sessions and small group work.

I am pleased to say that we have organised some sessions for our Y6 children with Compass Bloom to support with upcoming statutory assessments and transitions to high schools.

We have a dedicated section on our school website for Mental Health and wellbeing [Adlington St Paul's Church of England Primary School: Mental Health and Wellbeing](#) where you can find updated information and any courses being run for parents and carers to support their children at home.

As always, if you have any questions or require any support or guidance, please do not hesitate to get in touch. We are always here to help.

Thanks

Mrs Burger

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ADLINGTON ST PAUL'S HOLIDAYS 2024-2025		
Term	Holiday Dates	
Autumn Term 2024	<i>Inset Day</i>	Monday 2nd September 2024
	Term begins	Tuesday 3rd September 2024
	Half term	Monday 21st to Friday 25th October 2024
	Term Ends	Friday 20th December 2024
Spring Term 2025	<i>Inset Day</i>	Monday 6th January 2025
	Term begins	Tuesday 7th January 2025
	Half term	Monday 17th to Friday 21st February 2025
	Term ends	Friday 11th April 2025
Summer Term 2025	<i>Easter Holidays</i>	Monday 14th to Monday 21st April 2025
	<i>Inset Day</i>	Tuesday 22nd April 2025
	Term begins	Wednesday 23rd April 2025
	<i>Bank holiday</i>	Monday 5th May 2025
	Half term	Monday 26th May to Wednesday 4th June 2025
	<i>Inset Day</i>	Thursday 5th June 2025
	<i>Inset Day</i>	Friday 6th June 2025
	Term ends	Friday 18th July 2025

Adlington St. Paul's Holidays 2025-2026		
Term	Holiday Dates	
Autumn Term 2025	<i>Inset Day</i>	Monday 1st September 2025
	Term Begins	Tuesday 2nd September 2025
	<i>Inset Day</i>	Friday 24th October 2025
	Half Term	Monday 27th – Friday 31st October 2025
	Term Ends	Friday 19th December 2025
Spring Term 2026	<i>Inset Day</i>	Monday 5th January 2026
	Term Begins	Tuesday 6th January 2026
	Half Term	Monday 16th – Friday 20th February 2026
	Term Ends	Thursday 2nd April 2026
	Easter Holidays	Friday 3rd April – Friday 10th April 2026
Summer Term 2026	Term Begins	Monday 13th April 2026
	Bank Holiday	Monday 4th May 2026
	Half Term	Monday 25th May – Friday 5th June 2026
	<i>Inset Days</i>	Thursday 4th June Friday 5th June 2026
	Term Ends	Friday 17th July 2026

ECO News

Eco club are looking for houseplant donations. We are looking for indoor plants that we can place in our classrooms and corridors.

As well as looking good, they support human health. Scientific studies have found indoor plants have benefits: the studies suggest they improve mental wellbeing – improving moods and behaviour, reduce stress levels, improve productivity and improve attention span. There are ongoing studies to see if they improve our air quality. All of these things will help us to learn.

If you are able to donate an indoor plant for our school, please drop them off at the school office. Your donations would be much appreciated.

Please also remember that we are able to recycle your batteries. If you have any used batteries that you need to dispose of, we have a box situated in the main office. You can drop your used batteries at the office with Miss Harrison.



Thank you for supporting us in our quest to improve our school and environment.

Mrs Sanderson and Community Leaders

