

16th October 2026

Saint Mary's RC Primary School

Weekly Newsletter



Our week...

What a week we have had! We were assessed on Tuesday for our Behaviour Quality Mark Award and were thrilled to be awarded GOLD! We are so proud the hard work of our pupils and staff has been recognised! What an achievement!

We sent home letters about our Christmas Fair this week. The Christmas Fair is on Friday 27th November and over the next few weeks we will be collecting items with your help to make this a great event as always. Keep an eye on the newsletter and facebook for reminders of what we would like donated.

Parents' Evening letters have been sent home this week. Please make sure you make an appointment to see your child's class teacher. If you can't attend on Monday 19th, speak to the teacher to arrange another time. It's really important that you understand how your child is progressing.

Please don't forget to pay for your child's ticket to watch Aladdin! We are attending the pantomime as a whole school on 1st December. Payments should be made online. If anyone needs support doing so then please speak to the school office.



Stay and Pray

**This week's Stay and Pray
is RHINOS**
**Please enter through the
main entrance by 8.45am**

This week's Bible Scripture:

Matthew 22: 15-21
**"Render to Caesar the
things that are Caesars
and to God the things
that are God's"**



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Attendance

Meerkats-95%
Butterflies- 97%
Wallabies-99%
Rhinos-95%
Wolf Cubs-93%
Quackers- 94%
Dolphins-98%
Chipmunks-95%
Lobsters- 94%
Whole School- 95%



Stars of the Week- for being respectful by sharing with others

Meerkats- Larrin
Butterflies-Anthony
Wallabies-Raees
Rhinos- Rchard
Wolf Cubs-Tymon
Quackers-Alice
Dolphins- Indie
Chipmunks-Freddie
Lobsters- Stevie



Team Points



Arrowsmith

5875

6180



Campion



Barlow

5840

6135



Southworth

16th October 2026



Wraparound Care

We now have full wrap around care led by Progressive Sports.

Times are as follows:

- **Breakfast Club 7.30am-8.35am £6 per day including breakfast**
- **Breakfast Club 8am- 8.35am £4 per day including breakfast**
- **Afterschool Club 3.15-4.30pm £6.50 per day including a snack**
- **Afterschool Club 3.15-6pm £9 per day including a snack**
- **Afterschool Club 4.30-6pm (if pupils have already been in a club e.g. choir and wish to join afterschool club after this) £6.50 per day including a snack**

To book, please click the link:

https://enrolmy.com/progressive-sports-south-lancashire/activity/94-Progressive_Breakfast_Afterschool_club_St_Marys_RC_Primary

For any questions, please email Wraparoundsl@progressive-sports.co.uk or call 01254403046

Progressive Sports have begun the running of the breakfast and after school club provision in school and this is going really well! . Don't forget to register to use the service using the link so that you can book your child on at any time (more details above). If you are dropping pupils off at breakfast club or collecting from after school club please ring the black doorbell rather than the school doorbell.

School Uniform

At Saint Mary's we take pride in our appearance and know that first impressions count. We strive for all pupils to look smart and tidy when in school.

Our uniform policy can be found here:

Any pupil not wearing correct uniform will be asked to wear spare uniform from school until this can be rectified. Parents and carers will also be informed.



Safe Parking

Please respect that 260 children must enter and exit school safely each day. This partly relies upon everyone parking safely and with due regard for others, including our neighbours. Please do not park across drives or in restricted areas.

Please can we ask that the staff car park is kept clear for staff cars ONLY. Some parents/Carers are pulling into the entrance to the carpark, especially in a morning and this is preventing staff from parking and is causing traffic on Mayfield Avenue.

16th October 2026

PE Days
3rd Sept- 23rd October



Meerkats- Tues and Wed
Butterflies- Mon and Thurs
Wallabies- Thur and Fri
Rhinos- Tues and Thurs
Wolf Cubs- Wed and Fri
(swimming)
Chipmunks- Wed and Fri
Dolphins- Tues and Wed
Quackers- Mon and Wed
Lobsters- Thur and Fri

Upcoming Dates

19th October- Parents' Evening

23rd October- Non uniform day- luxury hamper items

23rd October- School closes for half term

2nd November- School reopens

12th, 13th and 16th Nov- Book Fair in School (letter to follow)

27th November- Christmas Fair

1st December- Whole school trip to watch Aladdin

Church News

Saturday Mass 6.30pm

Sunday Mass 10am

Baptisms by appointment

If you have a child wishing to make their First Holy Communion please speak to Father O'Brien



**Have a
wonderful
weekend**

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



The National College

We love, learn and grow together with Jesus

HOLIDAY LIST 2026/2027

AUTUMN TERM 2026

Re-open	Thursday 3 rd September 2026
Closure after school on	Friday 23 rd October 2026
Mid-term closure	Monday 26 th October- Friday 30 th October
Closure after school on	Friday 18 th December 2026

OPENINGS 72

SPRING TERM 2027

Re-open	Monday 4 th January 2027
Closure after school on	Friday 12 th February 2027
Mid-term closure	Monday 15 th February – Friday 19 th February
Closure after school	Thursday 25 th March 2027

OPENINGS 54

SUMMER TERM 2027

Re-open	Monday 12 th April 2027
May Day closure	Monday 3 rd May 2027
Closure after school on	Friday 28 th May 2027
Mid-term closure	Monday 31 st May – Friday 4 th June
Closure after school on	Friday 16 th July 2027

OPENINGS 64

Total openings 190