

9th January 2026

Saint Mary's RC Primary School Weekly Newsletter



Our week...

Welcome back! We hope you all celebrated a wonderful Christmas with our families and we send you good wishes and love for 2026.

We started our new school year by celebrating the feast of the Epiphany. Wolf Cubs and Eagles Class attended Mass at Church where Father O'Brien also blessed chalk for every pupil. The chalk blessing on your doors at home signifies invite and witness; we welcome Jesus into our lives and ask for a blessing on our homes.

Thank you for all your wonderful donations for the Baby Bank which we have received today! We have been inundated and your generosity will be much needed by our local community. Thank you!

We also welcome Mrs Chadwick to our teaching staff! Mrs Chadwick is our new class teacher in Eagles Class and will also be our new music lead! She has settled in brilliantly and the children and yourselves have made her feel very welcome!

The weather this week has been very cold, snowy and frosty! Please be assured that if school needs to close for any reason, a decision will be made by 7.15am that day and families will be notified by text, email and social media. Radio stations will also be informed.

This month's worship newsletter for families:

This newsletter gives a great overview of what our school assemblies will cover this January and prayers for you to say together at home:

<https://www.tentenresources.co.uk/prayers-for-home/parent-newsletter/>

This week's Bible Scripture:

Matthew 3: 13-17

"When Jesus was baptised he saw the spirit of God coming to rest on him"



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Attendance

Meerkats- 95%
Ladybirds 99%
Wallabies- 93%
Rhinos- 95%
Wolf Cubs- 99%
Eagles- 95%
Dolphins- 91%
Quackers- 91%
Lobsters- 93%
Whole School- 95%



Stars of the Week- for being respectful by using good manners

Meerkats-Arnas
Ladybirds- Julia
Wallabies- Emmie
Rhinos- Inaaya
Wolf Cubs- Ava
Eagles- Thea
Dolphins- Evie T
Quackers- Martha
Lobsters- Oscar



Team Points



4760

4850



4685

4235



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Wraparound Care

We now have full wrap around care led by Play and Learn Scheme.

Times are as follows:

- Breakfast Club 7.30am-8.35am £7 per day including breakfast
 - Breakfast Club 8am- 8.35am £4 per day including breakfast
 - Afterschool Club 3.15-5.30pm £11 per day including a snack
 - Afterschool Club 3.15-4.30pm £7 per day including a snack
 - Afterschool Club 4.30-5.30pm (if pupils have already been in a club e.g. choir and wish to join afterschool club after this) £7 per day including a snack
- To book, please click the link: <http://www.pals.schoolipal.co.uk/>

For any questions, please email playandlearnscheme@gmail.com or call 07930924993

Play and Learn Scheme have begun the running of the breakfast and after school club provision in school and this is going really well! Pupils who have attended this week have thoroughly enjoyed their sessions. 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 below). 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.

9th January 2026

**PE Days
5th Jan- 12th Feb**



**Meerkats- Wed and Thurs
Ladybirds- Tues and Thurs
Wallabies- Wed and Thurs
Rhinos- Mon and Tues
Wolf Cubs- Wed and Fri
Eagles- Tues and Wed
Dolphins- Tues and Fri
(swimming)
Quackers- Mon and Fri
(swimming)
Lobsters-Friday**

Upcoming Dates

**30th January- NSPCC
Number Day (letter to
follow)**

**12th February- Meerkats
Stay and Learn (letter to
follow)**

**THURSDAY 12th February-
School Closes for half
term**

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**



SCHOOL ADMISSION 2027/2028

The Governing Body are in consultation in relation to the school admission categories for September 2027-2028 admission.

Our full admission policy for 2027/2028 can be found on our school's website:

<https://www.stmarysoswaldtwistle.co.uk/admissions/>



CONSULTATION

The consultation will take place from Friday 5th December until Friday 30th January 2026

HAVE YOUR SAY

Any objections are to be put in writing to the Chair of Governors, Mr David Joyce at the school address by 3.30pm on Friday 30th January 2026

ST MARY'S RC PRIMARY SCHOOL
MAYFIELD AVENUE
OSWALDTWISTLE
BB5 3AA

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

The National College

We love, learn and grow together with Jesus

HOLIDAY LIST 2025/2026

AUTUMN TERM 2025

Re-open	Wednesday 3 rd September 2025
Closure after school on	Friday 24 th October 2025
Mid-term closure	Monday 27 th October- Friday 31 st October
Closure after school on	Friday 19 th December 2025

OPENINGS 73

SPRING TERM 2026

Re-open	Monday 5 th January 2026
Closure after school on	Thursday 12 th February 2026
Mid-term closure	Friday 13 th February – Friday 20 th February
Closure after school	Friday 27 th March 2026

OPENINGS 54

SUMMER TERM 2026

Re-open	Monday 13 th April 2026
May Day closure	Monday 4 th May 2026
Closure after school on	Friday 22 nd May 2026
Mid-term closure	Monday 25 th May – Friday 29 th May
Closure after school on	Thursday 16 th July 2026

OPENINGS 63

Total openings 190