

ST JAMES' Newsletter

St James' Blackburn
C of E Primary School
Earl Street, Blackburn
BB1 8EG
01254 698335

Date: Friday 21st March 2025



Doug Stitcher

Mr D Stitcher, Headteacher

Dear Parents/Guardians

For those of you wondering, I have on good authority that yellow thing that has appeared over the school in the sky this week is actually the SUN! I could almost feel my hands after doing the lollipop this week!

We have been celebrating neuro-diversity week in school! We have had some special assemblies for the children to look at how we are all different and how our brains all work in different ways. The staff have also had some additional training to spot the signs of children struggling with their mental health. We're very proud of the support we currently provide to our whole school community, but if you feel that there is anything else we could be doing; or if you want to find out more about what services are available in the local area, please do not hesitate to contact school.

We have also been continuing our very successful cake sales! Thank you so much for all your support – the money raised will really help us ensure the trips will go ahead – and the children seemed to love the cakes! Mr Cameron and I did get into trouble for making too much noise counting the money though!

And finally, just a reminder about requesting time off for holidays during the school year... we will only be able to authorise leave in exceptional circumstances. Please arrange visits overseas for the school holidays. This will avoid the Local Authority issued fines and ensure your child does not miss any school and doesn't fall behind in their learning!

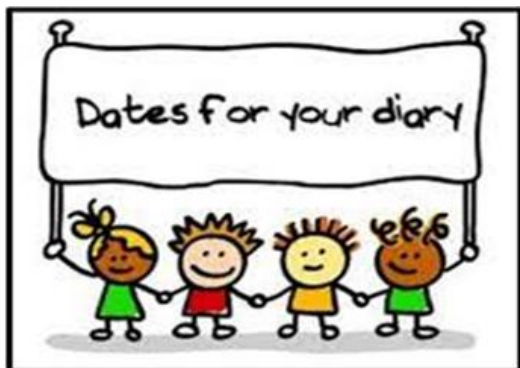
Have a lovely weekend.

Mr Stitcher



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Deputy Headteacher: Ms V. Moore BEd (Hons), NPQH
Email: office@stjames.blackburn.sch.uk



Monday 24th Mar

Reception & Year 1 trip

Wednesday 2nd Apr

Eid Lunch





Eid Celebration Meal

Wednesday 2nd April 2025



Lentil curry, rice and naan bread
or
Spicy roast chicken and roast potatoes
❖
Celebration cake
❖

Available to order on the school spider app now



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NHS Lancashire & South Cumbria NHS Foundation Trust

Newsletter

Mental Health Support Team

March 2025

MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for students from primary age to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen and Burnley, Burnley College, Year 1 to Year 6 in Pendle and Year 7-13 in Hyndburn, Rossendale and Ribbles Valley (including Nelson and Colne and Accrington College).

If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who can support a referral to the service. You can also speak to your GP.

MHST Team News!

We would like to share some of the brilliant work that the MHST has been taking part in throughout this half term.

- We have delivered online parent webinars covering different topics such as understanding low mood.
- We have delivered workshops in schools such as the 'Big Emotions Workshop' to help children understand their emotions.
- We have also delivered assemblies to schools to support Children's Mental Health Week. This year's theme was 'Know yourself grow yourself'.
- We have celebrated progress with parents who have recently completed the Incredible Years Programme. We are so proud of all the parents who took part!

HELLO!

Lisa

Staff Introduction

Hello! My name is Lisa and I am a Senior Mental Health Practitioner in the Blackburn with Darwen Secondary Schools team. This is my 5th year in the MHST and I love my role; day to day my role consists of:

- *High Intensity Cognitive Behavioural Therapy (CBT) with young people - these sessions usually take place in schools but sometimes we meet in health centres or online.
- *Supervision to support other staff in the team - I love this time as it's great to share ideas and skills. I particularly enjoy our group supervision sessions.
- *Participation - is my passion! I love to collaborate with young people. I am so excited to get our new participation group up and running soon - watch this space!

When I am not in work I love nothing more than socialising with my family and friends. I love the sun and I love being on holiday. I also enjoy long walks with my very active 1 year old Labrador called Buddy!

Newsletter - we work as a group to create this newsletter and we always looking for new suggestions and content so if you have any please email us at mhstnewsletter@lscft.nhs.uk

Transition Workshop

Follow us for regular updates and helpful tips!

Instagram: [lscft_elcas](#) Facebook: [Elcas Mhst](#)

SCAN ME

NHS Lancashire & South Cumbria NHS Foundation Trust

World Sleep Day

Friday 14th March 2025

PRIORITY

This years theme is is : **Make Sleep a Priority**

Sleep and mental health are closely linked and daily life can be really tough if you are struggling to sleep. The scientific evidence is clear - your sleep is essential to health & wellbeing and is as important as nutrition and exercise.

How much sleep do we need?

You might be surprised to know the NHS recommends:

- 7 hours for adults (over 18)
- 9 - 13 hours for children (under 18)

Top Tips for Sleep

- Be active during the day - physical activity can help improve your mood and ease stress. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
- Avoid caffeine near bedtime - caffeine is a stimulant which means it can help keep you wake and alert, which can leave you tossing & turning at night.
- Say *goodnight* to electronics- make your bedroom a tech-free zone. The light from electronic devices tricks the brain into thinking it's still daytime, so shut everything down an hour before lights out.
- Keep a sleep routine - going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, meditating, or doing anything else that relaxes you
- Expect a good night's sleep. Stress can trigger insomnia, so the more you agonize about not sleeping, the more likely you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well". It can also help to practice breathing exercises or gentle yoga poses before bed.

NHS Lancashire & South Cumbria NHS Foundation Trust

Neurodiversity Celebration Week

Neurodiversity celebration week takes place 17th to 23rd March 2025

Neurodiversity Celebration Week aims to transform how neurodiversity is perceived by providing the opportunity to recognise the many skills and talents of neurodivergent individuals.

Developmental Coordination Disorder, DYSCALCULIA, Developmental Language Disorder, DYSLEXIA, Intellectual Disability, Attention Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Tic Disorders

NEURODIVERSITY

Did you know Will.I.am has ADHD?

What is neurodiversity?

Neurodiversity refers to the differences between how people think, process information, behave and communicate.

It emphasises that everyone's mind works differently. People have different interests, motivations, skills, and strengths. These differences should be recognised, understood, respected, and celebrated.

While everyone is unique, most people are neurotypical - their brains process information in a relatively similar way. People who process information differently may be neurodivergent.

NHS Lancashire & South Cumbria NHS Foundation Trust

Neurodiversity Celebration Week

Click images to find out more

Family AUTISM Service

British Dyslexia Association

National Dyslexia Society

COMMUNITY FRIDGE & LIBRARY

Does your child have a good memory for names?

Tourettes action

Book Cover



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Free Early Years Education



RECOMMENDED TIME TO APPLY FOR YOUR CODE

- codes **must** be reconfirmed every three months to remain eligible

when your child turns 2 years or 3 years	when they can get Free hours from	Recommended time to apply
1 September to 31 December	Term starting on or after 1 January	15 October - 30 November (no later than 31 December)
1 January to 31 March	Term starting on or after 1 April	15 January - 29 February (no later than 31 March)
1 April to 31 August	Term starting on or after 1 September	15 June to 31 July (no later than 31 August)

Your code may need reconfirming before your child commences a
Early Years place if you apply too early.



Win a £100 Gift Voucher

- To enter, you must sign up for free school meals at <https://www.blackburn.gov.uk/schools-and-education/school-meals>
- Then, email or bring in your email receipt from Blackburn with Darwen to demonstrate that you entered (this can be sent to office@stjames.blackburn.sch.uk)
- You must send us your proof no later than 3:30 pm on Friday 28th March 2025.
- All entries will be treated in the strictest confidence.
- Only one entry per family – this means the children or dependents of the person who submitted the form.
- The winner will be drawn at random from all of the entries on Friday 4th April 2025.
- We will notify the winner by email or phone that day and make arrangements to get the voucher to you within the next month.
- We will not publicly announce the winner (unless the winner is happy for us to do so).

And remember, even if you do not win, if you are successful in signing up, your child(ren) will receive free school meals throughout their time at primary school, and breakfast club and school will receive additional funding to spend on resources and staff to support them - For example, this year we have reduced the price of the Year 6 residential trip for entitled pupils by £70!

PUPIL PREMIUM
PARENT INFORMATION

WHAT IS IT?
'Pupil premium' is **additional funding** for our school to ensure we can support all pupils to **achieve their best**.

It's not a personal budget for individual pupils, but we will aim to **prioritise the academic support** of eligible pupils with it.

WHO'S ELIGIBLE?
Your child may be eligible if you receive: income support, jobseeker's allowance, employment and support allowance, asylum seeker support, universal credit, child tax credit, working tax credit, or state pension.

Remember: Our school can only receive pupil premium for your child if you claim it.

HOW DO I APPLY?
Get in touch with your **local council as soon as possible** to see if you're eligible.



PE ELO Day



In KS1 all children will be taking part in a new sport called Kurling.

All children will be expected to come into school wearing their PE kit on **Wednesday**
2nd April.



In KS2 all children will be taking part in a new sport called Fencing.

All children will be expected to come into school wearing their PE kit on **Thursday**
3rd April.



PE Dates

Spring 2

This is a list of dates your child will have PE this half term. It is important that your child wears the correct PE uniform for their PE lesson.

As of this half term your child may be doing Gymnastic in PE, so they can bring pumps for this session. Your child will also be completing

another PE lesson likely to be outdoors so they will need suitable outdoor PE clothes.

A reminder that when it is your child's PE day they must **NOT** wear earrings to school.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Reception (RG & RW)	Friday 28th Feb	Friday 7th March	Friday 14th March	Friday 21st March	Friday 28th March	<i>Wednesday 2nd April</i> Friday 4th April
Year 1 (1A & 1F)	Monday 24th Feb Wednesday 26th Feb	Monday 3rd March Wednesday 5th March	Monday 10th March Wednesday 12th March	Monday 17th March Wednesday 19th March	Monday 24th March Wednesday 26th March	Monday 31st March Wednesday 2nd April
Year 2 (2K & 2W)	Tuesday 25th Feb Thursday 27th Feb	Tuesday 4th March Thursday 6th March	Tuesday 11th March Thursday 13th March	Tuesday 18th March Thursday 20th March	Tuesday 25th March Thursday 27th March	Tuesday 1st April <i>Wednesday 2nd April</i> Thursday 3rd April
Year 3 (3B & 3M)	Monday 24th Feb Wednesday 26th Feb	Wednesday 5th March	Monday 10th March Wednesday 12th March	Wednesday 19th March	Monday 24th March Wednesday 26th March	Wednesday 2nd April <i>Thursday 3rd April</i>
Year 4 (4A & 4S)	Monday 24th Feb Thursday 27th Feb	Thursday 6th March	Monday 10th March Thursday 13th March	Thursday 20th March	Monday 24th March Thursday 27th March	Thursday 3rd April <i>Thursday 3rd April</i>
Year 5 (5B & 5R)	Friday 28th Feb	Monday 3rd March Friday 7th March	Friday 14th March	Monday 17th March Friday 21st March	Friday 28th March	Monday 31st March <i>Thursday 3rd April</i> Friday 4th April
Year 6 (6H & 6V)	Tuesday 25th Feb	Monday 3rd March Tuesday 4th March	Tuesday 11th March	Monday 17th March Tuesday 18th March	Tuesday 25th March	Monday 31st March Tuesday 1st April <i>Thursday 3rd April</i>



attendance **MATTERS**



CONGRATULATIONS TO CLASS 4S WHO ARE THE ATTENDANCE WINNERS FROM LAST WEEK!

WHO WILL BE THE WINNERS NEXT WEEK?

RG	90.8%	
RW	86.2%	
1A	94.5%	
1F	94.0%	
2K	82.0%	
2W	96.0%	
3B	95.3%	
3M	97.3%	
4A	93.9%	
4S	99.3%	🏆
5B	98.3%	
5R	98.4%	🥈
6H	96.7%	
6V	92.3%	

95%
and
above

90% -
94.9%

Below
90%

If your child is absent due to illness, the office must be informed before 08:35 on that day.



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WHOLE SCHOOL updates



St. James' Stars of the Week!

Well done everyone, we are very proud of you. Who will be receiving a certificate next week?

Pre-School & Nursery		Jannat M & Ayeza M & Anabia & Haider M & Inaaya H & Eliza H	
RG	Khadija C & Abdul Qadir A	RW	Ibraheem P & Adam K
1A	Khadijah I & Zala M	1F	Khadija Asif A & Laila A
2W	Aasiya C & Hajrah A	2K	M Isa A & Abu-Bakr V
3M	Darius D & Isshaq A	3B	Ilhan N & Ahmed I
4S	Muhammad P & Zara A	4A	Huda P & Zayn H
5B	Asfa S & Manahil M	5R	Noor P & Zainab H
6V	Adan F & Yasa Hasan A	6H	Issa P & Hamda R



YEAR GROUP *updates*



Forest Pre-School & Nursery

"The children have continued learning about flowers this week. We have observed how much our class amaryllis has grown and talked about it using the language tall, and taller. The children have really enjoyed exploring the changes in weather. We have planted potatoes, built different styles dens outside and even had a picnic for snack. "

Action

If the weather continues to be sunny, please send sun hats in with your child where possible.

Reception

"This week the children looked at repeating patterns. They recognised lots of different patterns around them and then made their own. They even looked at patterns on leaves. In Literacy they continued to read and answer questions about 'The Smartest Giant in Town'. "

Action

- Please ensure your child brings a coat, hat and suitable footwear for the school trip. A slip has been sent out with information.



YEAR GROUP *updates*



Year 1

"This week we have been learning to use rulers to measure in centimetres (cm). They have learnt how to position a ruler and say how long an object is. What could you measure at home?"

Action

- "We are looking forward to going to the Farm on Monday. Remember to wear coats and wellies or old trainers as it could be muddy. We are really looking forward to spending the day at the farm, seeing lots of animals and eating ice cream. 😊"

Year 2

"This week the children have written their own fantasy story based on 'The Traction Man'. We have been really impressed by some of the amazing imagination the children have shown. Well done! In RE the children tried different foods which symbolise the Easter story - we hope they had fun!"

Action

- "Please continue to read and complete homework at home with your child. If you haven't returned the trip letter, please do so. We hope you have a lovely weekend. "



YEAR GROUP *updates*



Year 3

Year 3 have been using their skills of attacking and defending in small games of basketball this year. They have also been looking closely at different parts of biographies and reading a range of biographies to help with their own writing.

Action

Please ensure your child's planner is signed 3 times a week.

Year 4

"The children have been wowed this week during English as we read our new text about the amazing Atlantis Hotel in Dubai. Don't be surprised if they ask you about a holiday!! In science we have been learning about the food chain and we enjoyed making bread in DT."

Action

- "Please read 3 times per week and practise times tables. Please send your child into school wearing the correct uniform and shoes. The policy can be found on the school website. Thank you"



YEAR GROUP *updates*



Year 5

The cushions are finished! Almost! We just have a few bits to finish off then we will evaluate and send them home. We are so proud of the patience and resilience Year 5 have shown in completing these. We haven't all found it easy but we've all had a really good try. We were also really impressed this week with the biographies that were written for our writing assessment task.

Action

We have reminded children about bringing in any collage materials they wish to use in their final art piece which we'll start next week.

A letter will be going out shortly regarding our visit to Bowley Scout Camp which will be on Monday 28th April.

Year 6

"This week we have been focusing on algebra in Maths. We have looked at $1/2$ step function machines as well as forming expression. In English we have continued to read 'Tom's Midnight Garden'. The children wrote a letter to Peter from Tom's perspective.

Action

- In order to prepare for SATs, please encourage your child to have a go at past SATs paper that they can access online. They can write the answers on a piece of paper and always bring it in to school for us to check and carry out any interventions that are needed. Only 5 teaching weeks left...
-



PRAYER

for the week

Dear God

Help us to love the world we live in.
Help us to have the courage to be exceptional in all we do.
Help us to respect the people around us
Thank you for making our school your home.

Amen



AFTER SCHOOL CLUBS:

Year 1 Phonics club
(Mon & Tues – 3:05 – 3:35pm)

Year 4 MTC club
(Tue 3:05 – 3:50pm)

KS2 Tri Golf Club
(Thurs 3.05 – 3:50pm)

Year 6 Reading Club
(Thurs 3.05 – 3:50pm)

Follow the school on social media to keep up to date on what is happening in and around school!

Facebook: [@StJamesCofEBlackburn](#)

Twitter: [@st_blackburn](#)

Please note that you don't need to have an account to view our social media pages.

