



Newsletter

Date: **Friday 7th November 2025**

Issue: **#08**

“Let your light shine before people so that they may see your good works and glorify your Father in heaven.” (Matthew 5:v.16)



Year 2 Mini-skills

On Tuesday morning our year 2 mini-skills team competed in the inter school mini-skills competition at West View Leisure Centre. Our team competed across 6 different events, which included 3 different relay events, a throwing and catching for speed and accuracy event, a kicking a ball for accuracy event and throwing into a bucket event testing speed and accuracy.

I was incredibly proud of our team for how they performed and competed— they were a credit to our school. Once all the points had been calculated, we found out that we finished in 7th place.



Well done: Saint G-A, Aiden B, Jesse D, Halima J, Neve H and Livie S

Diary Dates

Anti-bullying Week:

'Power for Good'

MONDAY 10TH OCTOBER

3pm Whole School Worship



TUESDAY 11TH

Remembrance Day

WEDNESDAY 12TH

3pm Key Stage Worship

9:30am Reception visitor—

Mountain Rescue

1-2pm Year 4 Cricket

2-3pm Year 3 Cricket

3:30-4:30pm- KS2 Cricket Club

THURSDAY 13TH

3pm Key Stage Worship

10am Reception visitor—

Physiotherapist

FRIDAY 14TH

2:45pm Celebration Assembly

9am Educational visit— Year 2@

Blackburn Cathedral

1:30pm Reception visitor—

Pharmacist

WEEKLY ATTENDANCE

(Week beginning 20th October)

SCHOOL MINIMUM TARGET: 96.4%

WHOLE SCHOOL: 94.5%

Reception: 98.7%

Year 1: 91.6%

Year 2: 94.7%

Year 3: 96.4%

Year 4: 93.7%

Year 5: 95%

Year 6: 91.2%

MATHLETICS

Scores for: 20.10.25—2.11.25

Children scoring 1000+ points:

1st place: year 5 17 children

2nd place: year 3 14 children

3rd place: year 6 10 children

4th place: year 2 9 children

5th place: year 1 8 children

6th place: reception 5 children

7th place: year 4 4 children

Inspiring, believing and achieving in our loving Christian community



Widening of Grimsargh Bridge

During the half-term break, the contractor connected our existing gully into their new pipe run, which they laid underneath our school playground and field. Therefore, the flood we experience each winter, in the corner of the playground, at the top of the path, should now no longer be a problem.

Pipes were also laid under our school field, which those of you who drop off and pick up your children will have seen the result of! The affected, fenced off part of our school field will be re-turfed when the weather is more suitable. I also asked the contractor to remove our trim trail, as we are in the process of purchasing a new one, which will now, more than likely, be installed during the summer holiday, in readiness for next academic year.

The contractor will also be rectifying our drainage issue on our field early next year. The area close to our outdoor classroom floods which prevents us from using that stretch of path. These annual floods have also damaged the path, so I am hoping to agree with the contractor to sort this part of the path for us as well.

Thank you for your continued understanding in what is a challenging time regarding this project.



All Age Remembrance Worship

St Michael's C of E Church

10:00am

Sunday 9th November with the uniformed organisations, followed by the service at Three Mile Cross

WORSHIP this week...

PICTURE NEWS

Loving Others Before Ourselves



How courageous are you?

Father God,
Today we remember Noel Chevasse,
The way he loved others and followed
Jesus's example.
Help us to remember him, not just today
but every day.
Help us to remember that our words and
actions matter the most.
Not just medals and awards.
Amen

This time of year we spend a lot of time remembering...



We listened to the story of Captain Noel Godfrey Chevasse



• 'A more unselfish man, it would be impossible to find....It was not expected of him to go out into the open, but he did'



What is courage?

- Overcoming your fear?
- Putting others before yourself?

Bishop Philip explains:

What are you frightened of?



What did Jesus do?

- Like Noel Chevasse, He put others before Himself.
- Christians believe that Jesus died on the cross for them.
- Think about how you can use words and actions to put others before yourself.



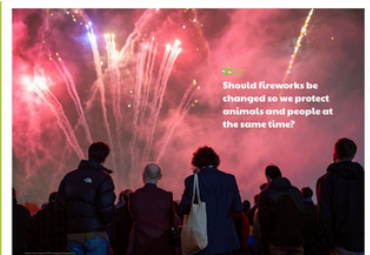
Individual Liberty

Everyone has the freedom to choose how they celebrate, but it's important to think about how our choices affect others. Being thoughtful helps make celebrations positive and enjoyable for all.

Think together and talk

- Why do fireworks make lots of people feel excited and happy, but make others (and lots of animals) feel scared, worried, or sad?
- How do you think an animal or person who doesn't like loud noises feels when they hear fireworks? Should we think about their feelings? How so?
- Who is responsible for making sure animals and people don't get upset by fireworks? Why?

An animal charity, called Redwings Horse Sanctuary, has asked the government to make fireworks quieter to help protect animals and people. Loud fireworks can scare pets, wildlife, and some people who find sudden noises upsetting. Supporters of the campaign say we can still celebrate with low-noise fireworks or light shows that keep everyone safe and happy.



The Sound of Kindness

Christian Value: Love



The Bible teaches us that God loves and cares for everything He has made. We should try to be kind and caring like God is, always making sure we are compassionate and loving to all people and animals.



Prayer

Dear God,
Thank You for the beautiful world we share.
Help us to be loving, kind and compassionate to all people and animals.
May we always remember that every living thing deserves to feel safe.
Amen.

Love and compassion are necessities, not luxuries. Without them humanity cannot survive.

14th Dalai Lama, spiritual leader and head of Tibetan Buddhism.

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PTFA

QUIZ NIGHT – 14th November 🧠

Book the babysitter, round up your mates and join us for a fun, adults-only evening at Grimsargh St. Michael's PTFA Quiz Night on Friday 14th November!

Hosted by Ray Jackson (yes — the Ray who runs The Plough quiz 🍷), this promises to be a brilliant night of laughs, friendly competition, and a bit of brainpower.

Here's what's in store:

- 💡 Six rounds of 10 questions — Rounds 1–4 are likely to be general themes like Science, Sport, and Geography, each with a cheeky spot prize up for grabs!
- 🎵 Round 5: Music round — test your tune knowledge.
- 🖼️ Round 6: Picture round — can you recognise them all?
- 🎟️ Raffle fun in the middle to keep things lively.

Ray promises to keep it "tricky without being hard"— just right for a relaxed night with friends!

- 🕒 Doors open 6.30pm for 7pm start. Finishes around 9pm — plenty of time to enjoy drinks, snacks, and a great atmosphere.
- 💰 £12 per table of 6 or £3 per person
- 👉 Tickets available via ParentPay

Don't miss out — get your team together and join us for a fab night of fun! 🙌



Keeping children safe is everyone's responsibility



Safeguarding

Top Tips for Supporting Children to Build Emotional Resilience

This guide provides expert advice on how to nurture self-esteem in children and young people and help them to effectively process difficult feelings.

Facing unpleasant feelings can be a challenge, even for adults — let alone for children and young people, whose minds are still developing. For too many youngsters, a mistake in an exam, a hurtful word or even losing in a game can sometimes feel like the worst thing in the world, causing them to react accordingly.

However, this isn't always an effective way to deal with difficult emotions or life's setbacks, so it's important that parents and educators are able to impress a healthy approach to these feelings on the children in their care. This guide offers you expert tips on how to instill emotional resilience in young people, helping them to learn from unexpected feelings and situations — and to process them in a mature, effective manner.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College