



Newsletter – WC 6th October 2025

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me

– Philippians 4:13



A massive St John's well done to all our Silverdale Stars this week.

Curlews –Arlo

For always smiling and being a great friend to everyone. You bring lots of fun and fantastic ideas to the Curlews. Well done Arlo!

Bitterns – Patrick

For a great story, including adjectives, adverbial phrases, speech punctuation and beautiful presentation.

Harriers – Oscar

For always being kind to others and a true gentleman. You are a wonderful member of our class!

Healthy Snacks

As part of the focus on healthy lifestyle and looking after our teeth, etc, we always try to encourage healthy snacks at morning playtime. This includes: fruit, vegetables, flapjack, healthy cereal bars, cheese, yoghurt, dried fruit, crackers, bread sticks, rice cakes, etc. KS1 and Reception children receive free fruit every day from school but can bring their own snack if they wish. All

Year 6 pupils complete a Health Needs Questionnaire at the end KS2 and the results from our outgoing Year 6 pupils raised issues around healthy eating with many children saying they eat few or no fruits and vegetables as a rule. Breaktime snacks and packed lunches are an ideal time to include a fruit or veg snack.

Lunches

Week 1 WC 13.10.25



Class Blog

[Click here](#), to see what a week in the life of being a Bittern is like

Open Day

There will be an open day for existing and prospective parents on **Thursday 6th November**. 'Tours' times are. **09:30, 10:45 and 13:30**. Please spread the word about open day to anyone you think might be interested. Take a look at our [video](#)

PE Kit and Uniform

Please ensure your child has the correct PE kit in school.

Plain blue round neck t-shirt

Plain royal blue shorts

Black pumps/plimsolls (R – Year 2), pumps or trainers (Year 3 – 6)

In the colder months, it is important that the children are dressed appropriately for outdoor PE. Children may bring a hoodie and tracksuit/jogging bottoms that can then be worn over the normal PE uniform. The uniform policy has just changed, so that girls can wear black leggings under skirts/dresses, opposed to tights. Leggings should not be worn as trousers.

Christmas Pantomime

Following the success of the last couple of year's whole-school pantomime trip, we are delighted to have re-booked Lancaster Grand Theatre for Tuesday 16th December, where we will be watching Puss in Boots. Thanks to the generosity of PTA, every child will also enjoy an interval ice cream. The cost of the trip is £14.00 per child, and payments can now be made in advance via Scopay.

Attendance

A huge well done' to Bitterns this week

Bitterns 96.5%

Curlews 95.7%

Harriers 95.3%

Average school 95.9%



Newsletter – WC 6th October 2025

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me

- Philippians 4:13

School Nurse Drop ins

If you have any health concerns about your child, our school has been allocated a school nurse drop-in on the Second Tuesday of every month. The first drop-in is on Tuesday 14 October.

 

School Nursing Team
DROP IN

Speak to a member of our school nursing team about various health topics including emotional health, diet, healthy lifestyles, sleep, bed-wetting & constipation, head

Second Tuesday of the month
(excluding school holidays)
12.30 – 13.45.

Carnforth Hub
Kellet Road,
Carnforth,
LA5 9LS

Workshop week

These are being held in school WC 10.11.25. There will be a phonics workshop on Monday 10th at 17:00 with Mrs Tetchner. There will be a SATS workshop for year 6 parents on Tuesday 11th at 17:00 with Miss Jackson. There will be a reading workshop on Thursday 13th, with Mrs Hodgkinson. Please email these teachers, if you would like to join these workshops.

Grounds Day

There will be a Grounds day at school, on **Sunday 18th October 10am-1pm**. There will be lots of jobs to do! Please see Laurel, if you feel you can offer something. Or, just turn up! Miss Sanderson will be providing bacon butties at 11am

Friday Thought

Taste and see that the Lord is good; blessed is the man who takes refuge in him.
— Psalm 34:8

Homework

A huge thankyou to parents for supporting us with homework. Our online platforms are busy, busy, busy with children consolidating their learning. AMAZING

Next Week...

13.10.25 – Bitterns visit to Helmsshore Mill
14.10.25 – Bags to school collection
14.10.25 – Business committee meeting
15.10.25 – Morecambe Bay Day
15.10.25 – Glow Dodgeball in school
15.10.25 – Athletics training
16.10.25 – Maths learning walks/pupil voice
16.10.25 – Chocolate and Chat. Year 7s return!
[WESITE CALENDER](#) FOR FUTURE DIARY DATES

Parent Meetings

These will be taking place WC 17.11.25.
Bitterns will be on Tuesday 18th November, Harriers on Wednesday 19th and Curlews on Thursday 20th. Please complete the reply slip with your preferred time, and return to class teacher asap.

SEND

Miss Sanderson is the SENDCo in school. If you have any concerns about your child, first raise them up with your child's class teacher, who will be able to speak to you about observations and signpost to Miss Sanderson if needed. If your child has a pupil passport, these are reviewed every term, and will be updated in time to share with you at parents evening. If you have any further SEND questions, please see our website, or email Miss Sanderson to arrange an appointment.

School Applications

The application process for both secondary and primary school places for September 2023 is now open. To apply use this online form, please click [here](#). Secondary applications close on 31st October 2025. Primary applications close on 15th January 2025.

Earrings

Please be reminded that earrings must be removed for PE Lessons, or at least covered up. Children are allowed to wear one small set of stud earrings only.



Silverdale St John's
CofE Primary School & Nursery
Learning, Community and Faith

**"A fun, thriving,
beautiful school"**

OPEN DAY

Thursday 6th November 2025

- Weekly outdoor learning with forest school accredited teachers
- Creative curriculum
- Educational trips
- Set in an area of outstanding natural beauty
- Before & after school clubs
- Nursery places

Tour times: 09:30 10:45 13:30
please email or call to book an appointment



t. **01524 701467**
e. **bursar@silverdale.lancs.sch.uk**
www.silverdale.lancs.sch.uk





Tuesday 21st October 2025

6pm until 7.30pm

**At Silverdale St Johns
School.**

**Entry £1 – All funds raised for the
PTA**

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday®

The National College®

HOLIDAY SPORTS CAMP



LANCASTER TENNIS CLUB

28TH & 30TH OCTOBER (TUESDAY & THURSDAY)

GARSTANG TENNIS CLUB

28TH, 29TH, & 31ST OCTOBER
(TUESDAY, WEDNESDAY & FRIDAY)



HALF DAY 9AM-12PM £10

FULL DAY 9AM-3PM £20

EARLY DROP-OFF £4

SIBLING DISCOUNT AVAILABLE 10% OFF



25% OFF WITH CODE: NHQ819

When booked before 31st September

cartmelltennis@gmail.com • 07523 866116