



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

Curlews – Robyn

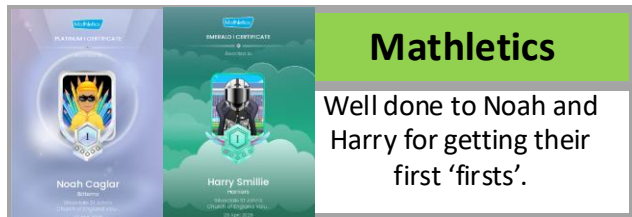
For fantastic decoding in phonics and guided reading. Well done Robyn!

Bitterns – Caspian

For stamina, resilience and a love of learning.

Harriers – George

For his charm with friends and adults and his love of learning.



Mathletics

Well done to Noah and Harry for getting their first 'firsts'.

SATS

Our year 6s will be sitting their SATS WC 11.05.26. Miss Jackson will be providing breakfast. Please encourage children to come to SATS club on a Thursday night, and practise at home. These websites are great.

- BBC Bitesize (Free):** Highly recommended for engaging videos, interactive activities, and quizzes covering the full curriculum for KS1 and KS2, including specific SATs revision sections.
- MyMiniMaths (Free):** Excellent for daily arithmetic and reasoning practice, featuring dedicated Year 6 arithmetic papers.
- CorbettMaths Primary (Free):** Known for its "5-a-day" feature, providing short, daily practice questions and video tutorials.
- SATs-Papers.co.uk (Free):** A comprehensive, independent site providing past papers for both KS1 and KS2 from 1999 to 2026, which are essential for practice.

Transition Days

QES - New intake evening 18:00 24.06.26
Induction day 07.07.26
Dallam - New Intake Evening 29.06.26
Induction Day 30.06.25

Friday Thought

Speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.
—Ephesians 4:15

Church News

09:00 on Sundays - an informal gathering to sing songs and talk about the Bible readings for the day in the Parish Room.
10.30 - a service with hymns, Bible readings, prayers and Holy Communion alternate weeks (1st & 3rd). All welcome any time.

Field Day

Field day is on **Sat 20th June 2026**. The committee need all trophies back from last year asap. If you have or know anyone that has a trophy, please can you drop it in at school. School will also be having a little stall. We need ideas for this! Children will be selling loom bands and selling crafts made by our after school club. We also need volunteers.. There will be a meeting in the Silverdale hotel, next Wednesday at 6pm.

Lunchtime Legends

Our 'Lunchtime Legends' this week are...
Joe, Jaxson, Ezra, Paisley.
Super children doing super stuff at lunchtime!

Landscaping

Thanks to Andrew for doing a great job of clearing all the wild weeds and grasses, and that huge tree stump in EYFS! We need equipment for our mud kitchen still and also, that much needed shed for our larger play equipment. Please let Miss Sanderson know if you can help.

Class Blog

It's Bitterns' class this week! Please [click](#) on the link to gain an insight into what the children have been learning in class.



Newsletter – WC 27th April 2026

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me

- Philippians 4:13

The words of Jesus: Our Christian Value this week is Forgiveness

PTA Events

Thank you so much to everyone that attended the meeting on Tuesday night. There was lots of discussion around the **Arts Trail Café**. This will be on **27th/28th June – 10am until 2pm**. We need volunteers for the day. There will be 2 shifts. We need 6 adults and 5 children per shift, to help serve, wash, dry, set up and close down.

You can sign up for your time slot. The shifts are 10-12pm and 12-2pm. We will be serving soup, sausage rolls, scones, teas and coffees. Lorna and Roz have said they will make soup.

Claire has said she will make scones.

We need donations of jam please!

Bag2School

Bag2School is the largest textile collection company working with schools in the UK. Founded in 1999, they have now paid over £48 million to schools, nurseries, playgroups, pre-school groups and churches which is helping the Circular Economy. They provide a free fundraising service for anyone wanting to raise funds using a resource EVERYONE has got in their wardrobe – unwanted clothes. Better still, the bags used for collections are all recycled!

Our collection day is Friday 8th May.

Clothes, paired shoes, handbags, hats, bags, scarves and ties, bras, jewellery, socks, belts. Please place all items in the bag and leave outside school on the Friday morning. We get money, so please do give generously.

Lunches

Week 3 WC 04.05.26

Vacancies

We have two vacancies in school. Both would be a great opportunity for someone local to come and join our lovely school family.

Welfare Assistant

Monday, Tuesday, Wednesday 12:00- 13:00

After School Assistant

Monday, Tuesday, Wednesday, Friday, 15:00 – 16:30

Next Week...

04.05.26 – NO SCHOOL BH Monday

05.05.26 – Music CPD

06.05.26 – Mrs T out English CPD

07.05.26 – Miss S Lowland Leader Assessment

07.05.26 – Year 5 (selected) Forest School

08.05.26 – Miss S Lowland Leader

Assessment **Please don't forget to check**

the online calendar for future events

Attendance

Well done to Curlews this week

Curlews 97.3 %

Harriers 96.3%

Bitterns 89.4%

AVERAGE SCHOOL 94.33 %

Horticultural Show Results

Well done to all our children and teachers that produced some wonderful entries for the Spring Horticultural show. Below are the results...

Class H4: Harriers

1st - Sebastian Barclay. 2nd - Harry Smillie

3rd - Alice Harrison

Class H3: Bitterns

1st - Evie Smillie. 2nd - Charles Leadbetter

3rd - Abigail Whitfield

Class H2: Curlews

1st - Axel Welton. 2nd - Teddy Sharpe

3rd - Robin Winter

Class H1: Starlings

1st - Felix Winter. 2nd - Leonie Hannaford

3rd - Ray Pilling

Reception 2026 intake

Currently, we have 3 children down to attend Silverdale St John's, which is below our usual intake. We are aware of low birth years; however, if you know of anyone who is unhappy with their choice of school, please let them know that we have room!

Eco Club

Belinda, Eve and the gang have space at Eco club.

All are welcome. Wednesday 15:15-16:15



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

Vacancy Available

After School Club Assistant

Foundation living Wage

£13.45 per hour

Annual salary £25,949 (pro rata)

Part-time.

Permanent.

Required ASAP

Hours 6.0 hours a week

Monday, Tuesday, Wednesday, Friday

15:00-16:30

Transitions

The information contained within this newsletter can be adapted for use with environmental, emotional, development, tasks at any time regardless of any diagnosis.

Things to consider around Transitions

Not all children and young people find the move from one year to another difficult as they may be excited about trying new things, meeting new teachers and possibly learning a new subject. It's important to focus on the positives if your child or young person is worried about this step. It is also important to validate their worries as some children can find this difficult so listen to their concerns and help them find solutions. Ask for support from school if needed.

In school transitions from one year to another can be difficult for some children especially if moving to a new classroom or part of school. Speak to the class teacher in the summer term about any transition plans or questions you might have.

Young Minds have developed a resource to support children and young people to understand the transition in Primary school. youngminds.org.uk/professional/resources/supporting-school-transitions/

Schools will often have their own transition planning tools for children with additional needs, so please speak to them if you have any concerns as soon as possible.

Transition to High School Top Tips



- Try and ask the young person what they are worried and excited about. Use this as the basis for any support strategies. Don't assume they will have problems with certain aspects, they might have their own strategies already. When you see them at the end of the day, remember they might need a rest and some food before talking about school... Lots of children struggle with open ended questions

such as 'Did you have a good day'. So you could try to ask specific questions such as: Did anything funny happen at lunchtime? Tell me 1 thing that made you smile / happy today? What was your favourite part of the day? Did you meet anyone new? What was the hardest thing about today?

- Home-school communication - Is there a person the family can contact about any issues and what is the best way to get in touch? Please remember this is daunting for all parents of first-time year 7 starters. There may be a few hiccups to start with but hopefully your young person should settle in fairly quickly. If there are any major concerns, try to find a solution and contact the school where necessary. Please be patient and provide solutions if possible as you know your young person best, school will have strategies ready to go but it's important that young people are given the opportunity to try for themselves first to build their confidence, self-esteem and independent skills.



We are

kind • a team • respectful • always learning

We are
LSCft



- New uniform – Check the school policy and don't leave it too late to buy what you need. School shoes are an issue for some, buy early if possible so they have time to try them on and get used to them. LABEL EVERYTHING! AND show them where their name is on their clothes so they can check it's theirs. I guarantee they will lose at least one thing including coat, calculator, drinks bottle & PE socks! Asda (George Online) do some great sensory friendly pieces of uniform as do M&S

- Do they take a mobile phone? There are lots of apps you can install to track their journey, with their consent, if you need that extra reassurance they have made it to school or have set off home. Mobile phone rules – Schools have different policies around phones in school, please make sure to check these out before they start.



- Forgotten items - What to do if they forget their PE kit, pencil case, lunch. Who can they ask for help? Lost items - What to do if they leave their PE kit, coat, lunch box etc. and can't find it. Does it get taken to a specific area? If so, where and how do they access it? Make an easy to read list of what ifs and put it in their pocket / pencil case / phone case. Keep copies as they may lose those too!

- Homework – expectations and explanations. Consider if the young person will need help recording homework details in their planner. Asking the teacher or Learning Support Assistant/Teaching Assistant to check they have the right info recorded saves a lot of stress and worry. Does the school offer homework support sessions? Some young people have a mental barrier with completing homework at home. Can they access the library after school or have access to support during the week to help with homework issues?



Carol Gray- Social Stories

Carol is best known for the development of Social Stories, a respected evidence-based practice used worldwide with people with autism of all ages. Carol is also known for initiating a very effective social philosophy that 1) 'abandons all assumptions', 2) regards both the typical and autism perspective as 'equally valid', and 3) recognizes the 'social impairment in autism' as shared (noting the well-intentioned but nonetheless misguided mistakes of parents and professionals). She has completed ground breaking work on some of the toughest topics in autism by reviewing the research, developing new theories, and proposing practical instructional strategies, most notably Gray's Guide to Bullying (2004) and Gray's Guide to Loss, Learning, and Students with ASD (2003). <https://carolgraysocialstories.com>

Visual supports

Visual supports are a communication tool that can be used with autistic people. They can be used in most situations, are adaptable and portable. <https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/visual-supports>

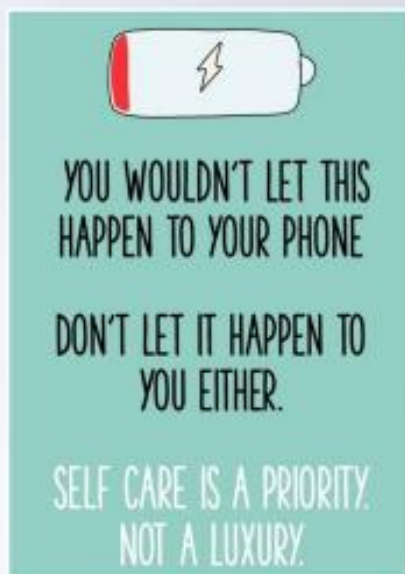
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If you have a child with special educational needs or a disability and are looking for a school for them, you may find information from SENDIAS useful please visit their website for more details lancssendias.org.uk/information-and-advice/choosing-a-school/



As parent carers, we always prioritise the needs of our children. Their wants and needs come first, as they should. However, to maintain this level of support for our kids, it's important that our own wants and needs are also taken care of. If you can make time for yourself, you absolutely should and you should also NOT feel guilty for it. As the saying goes, you cannot pour from an empty cup. Your own mental and physical health can be impacted by the constant level of stress you experience when raising a child / children with additional needs. Everyone has different ways of keeping themselves going. Even planning something can give you a boost to keep you going until you can find the time. If you are lucky enough to have friends or family that have offered to help, take them up on it. It might not happen often but if they can give you a break now and again, it will help.

Suggestions include: wild swimming with a local group has become increasingly popular, going for walks, talking with friends, meeting other parent carers on virtual or in person groups, sleeping whilst the kids are being looked after / at school, doing

something creative like writing, arts and crafts, making clothes, decorating, or even going to work can be a way to make you feel like you again. This is not a complete list and you may find you already have your own strategies. Whatever it is, if it brings you joy, is healthy and makes you feel like you again, **don't feel guilty for making the time to do it! Your children will notice the difference in you too.**

If you feel you are struggling and need support for your own mental health, please speak to your GP. For urgent advice and support call 0800 953 0110

For a range of mental health support charities please go to <https://www.mentalhealth.org.uk/>



10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM



$$I = E \times R$$

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER



A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS



Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES



Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS



Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT



Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE



Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS



Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY



AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS



Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's '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.



The National College®

See full reference list on our website



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STAY & PLAY



Our sessions are
every Friday
morning.
Term time
In our early years
classroom.
09:00-10:30
All welcome



Silverdale St John's Primary School