

# ST JAMES' Newsletter

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

Date: Friday 14<sup>th</sup> March 2025



*Doug Stitcher*

**Mr D Stitcher, Headteacher**

## Dear Parents/Guardians

Another busy week in school has come to an end!

Thank you to everyone who participated in our Reception/Year 1 Cake sale! This has really helped us cover the remaining cost of the trip this term so thank you to everyone involved and to everyone who contributed!

Today was our Maths ELO Day! (Nobody can quite remember what ELO stands for – but let's go with 'Extraordinary Learning Day!' which culminated in Key Stage quizzes in the halls! A big thank you to Mrs Williamson, our Maths Leader, for organising the day.

You may have seen in the news this week about the trouble that can be caused with negative social media posts about schools and staff.

We're very lucky here at St James' that most of our community do not post negatively about us online.

I would like to remind you that the best way to solve any issue you may have with school is to come and talk to us!

We find that most problems can be resolved quickly and easily with a short meeting or a quick chat!

Of course, if you'd like to post positive things about us, that's more than welcome!

And finally, I just wanted to give you super-advanced notice that the governors are considering an increase to the cost of school meals (we currently lose around 30p per meal!). This won't be until September, and we will let you know a bit more when the cost has been decided. If you think you may be eligible for free school meals, please contact the office!

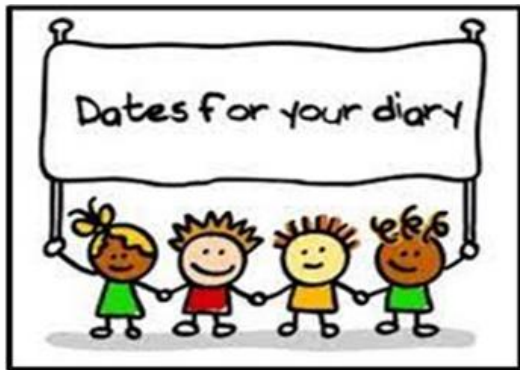
Have a lovely weekend.

Mr Stitcher



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**Monday 17th Mar**

KS2 Cake sale

**Thursday 20<sup>th</sup> Mar**

Year 6 SATs Parent Meeting, KS2 Hall at 3:15pm.

**Wednesday 2<sup>nd</sup> Apr**

Eid Lunch



## KS2 Cake Sale - 17<sup>th</sup> March 2025

A poster for a KS2 Cake Sale. The background is pink with scattered cookies. At the top is the school crest: a blue shield with a white cross, containing a book and a dove, with the motto 'EXCEPTIONAL IN ALL WE DO' on a banner below. Below the crest is the text 'St James' Blackburn C of E Primary School'. The main title 'KS2 CAKE Sale' is in large blue letters, with 'Sale' in a cursive font. Below the title is the text 'a fundraiser to raise money for children's educational visits'. In the center are illustrations of various cakes: a pink cupcake with hearts, a chocolate cupcake with white frosting and chocolate chips, a chocolate cake slice, a white cake slice with a cherry, and a pink cake slice. Below the illustrations is a pink-bordered box containing the text 'MONDAY 17TH MARCH BREAKTIME'. At the bottom of the poster, it says 'KS2 Hall' and 'All cakes are 50p!'.

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## Eid Celebration Meal Wednesday 2<sup>nd</sup> 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



# 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!



## 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](mailto:mhstnewsletter@lscft.nhs.uk)



Follow us for regular updates and helpful tips.

Instagram: [lscft\\_elcas](#) Facebook: [Elcas MHST](#)

This years theme 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.

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



**NEURODIVERSITY**



## 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.



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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	<b>15 October - 30 November</b> (no later than 31 December)
1 January to 31 March	Term starting on or after 1 April	<b>15 January - 29 February</b> (no later than 31 March)
1 April to 31 August	Term starting on or after 1 September	<b>15 June to 31 July</b> (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](mailto: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.



## SPIRITED ARTS COMPETITION 2025



We'd like to draw your attention to the Spirited Art Competition 2025. This annual competition gives children the opportunity to get creative and all art forms are welcome including:

- Painting, drawing, sketching, etc
- Poetry
- Photography
- Dance
- Music
- Drama
- Sculpture

As a school we are able to submit 10 entries and we have chosen the theme of 'Living in a Diverse World' which supports our commitment to Equity, Diversity and Justice. This is the guidance given for this theme:

*Strong communities cope well with diversity. RE can make a good contribution to communities by teaching pupils about the wisdom of religious and non-religious worldviews on human equality and by challenging negative attitudes. We are all different, and all religions are different – but are we all the same too? What holds our communities together? Is it faith? Hope? Love? Music? Sport? What threatens to tear us apart – racism, hatred, bigotry? How can we conquer the forces of division? You might focus on your local community, look at a national perspective or even consider a global community.*

Any work submitted should include a written commentary of up to 400 words. Here is some guidance for this writing:

### Prompts for pupils' writing

**Pupils might use a selection of these. Approximately 8 makes a good set, but please don't use them all!**

**Adapt them freely for different age groups and in any way suitable. Written commentary on artwork should be under 400 words.**

- The title I chose is ... because ...
- The deepest thing about my work is ...
- The religion that inspired my work is ...
- My RE art work ...
- This art work is spiritual because ...
- I think my work connects to religion because ...
- A quote from a holy book that fits with my work is ...
- I've been investigating ...
- This picture is all about ...
- My 'Art is Heaven' work is about ...
- In RE it is good to explore ... so ...
- Doing this work has made me think ...
- I've tried to show my thoughts/ideas/vision/feelings by ...
- I've discovered ...
- In my picture, you can see ...
- What I like best about my work is ...
- I hope people will notice ...
- This work has helped me to realise ...
- If you look carefully at the work, you will see ...
- My vision is ...
- To make the image, what I did was ...
- I like the theme I have been working on because ...
- My main ideas are ...
- My inspiration came from ...
- While I was making this, I thought a lot about ... and I would like to say ...

Please can all entries be sent into school and passed to class teachers by **Friday 25<sup>th</sup> April**. We look forward to seeing what you create!





## 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.

	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
<b><u>Reception</u></b> <b><u>(RG &amp; RW)</u></b>	Friday 28th Feb	Friday 7th March	Friday 14th March	Friday 21st March	Friday 28th March	Friday 4th April
<b><u>Year 1</u></b> <b><u>(1A &amp; 1F)</u></b>	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
<b><u>Year 2</u></b> <b><u>(2K &amp; 2W)</u></b>	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 Thursday 3rd April
<b><u>Year 3</u></b> <b><u>(3B &amp; 3M)</u></b>	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
<b><u>Year 4</u></b> <b><u>(4A &amp; 4S)</u></b>	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
<b><u>Year 5</u></b> <b><u>(5B &amp; 5R)</u></b>	Friday 28th Feb	Monday 3rd March Friday 7th March	Friday 14th March	Monday 17th March Friday 21st March	Friday 28th March	Monday 31st March Friday 4th April
<b><u>Year 6</u></b> <b><u>(6H &amp; 6V)</u></b>	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



# attendance **MATTERS**



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

WHO WILL BE THE WINNERS NEXT WEEK?

RG	55.0%
RW	80.8%
1A	90.9%
1F	96.8%
2K	88.2%
2W	84.3%
3B	94.7%
3M	94.0%
4A	99.0%
4S	96.7%
5B	94.0%
5R	97.2%
6H	96.3%
6V	98.7%

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		Minhal A, Aydaan A, Halima L & Ibraheem A	
RG	Andreea Anisia D. & Muhammad Zakariya A.	RW	Shayzan K & Mohammad S
1A	Feroz K & Aisha P	1F	Stars Haleema A and Amara A.
2W	Amaya F & Hussain F	2K	Momina S & Eesha Y
3M	Aiza R & Muhammad I	3B	Fatima K & Mahir K
4S	Mohammed Umar M & Ulfah R	4A	Zainab A & Anayah G
5B	Hamza C & Amna M	5R	Norhan A & Aizah N
6V	Ayra K & Hashim H	6H	M. Ali & Zainab G





# YEAR GROUP *updates*



## Forest Pre-School & Nursery

"The children have had a fantastic week reading 'Jasper's Beanstalk' and learning about the life cycle of a plant. We have observed daffodil flowers and what happens when the buds open, planted our own bean seeds and watched a bean seed time lapse to see how it grows. The children can talk about why the roots grow down and the stem grows up. Well done everyone! "

### Action

Please check the Family App for advice on toilet training.

## Reception

"This week we started a new book called 'The Smartest Giant in Town'. The children listened to the story, joined in with reading key parts and answered questions about the characters. In maths they ordered numbers 11-20, practised making the number 15 and discussed any patterns they noticed. We also looked at colour mixing and made the colour green to paint beanstalks. "

### Action

- Please continue to check the Spider App for any key messages.



# YEAR GROUP *updates*



## *Year 1*

"This week we have been innovating the story of the Gingerbread man. The children came up with some creative names for their characters such as; Cupcake girl, Choc chip boy and Mrs Rainbow cake. Ask your child to retell their innovated story to you.

## *Action*

- Please continue to read with your child at least 3 times a week and sign their planners.

## *Year 2*

"Thank you so much for all of you who have brought back your slips and money for Blackpool. Only a couple left to collect! As part of International Maths day today we have been making mathematical elements using nature. This week we have also written a story about our own 'Traction Man' and continued working on our adding and subtraction, this time using exchanging. Tricky!"

## *Action*

- "Please bring in any last Blackpool Slips. Please could you send in boxes for our DT on Friday."



# YEAR GROUP updates



## Year 3

"This week, the children in year 3 have been writing their own recount from the perspective of Tim from "Cliffhanger". I wonder which problems occurred during their activity. In Maths, we have been looking at missing numbers and using the inverse. It has been very difficult but the children have shown great perseverance to meet their learning objectives."

## Action

Next week, we will move onto biographies. However, for your child's home, please can they write an autobiography about themselves.

## Year 4

Year 4 have been busy finding their way around while learning Orienteering skills in PE. As we're sure you've probably heard, we replicated the whole digestive process from mouth to toilet during our science lesson this week. It was lots of fun but also quite messy. We have been writing an innovated story based on our call novel in English and learning new vocabulary in mathematics. Can your child tell you what an obtuse angle is? Some brilliant children represented their house teams in a times table competition for International Maths Day and we also enjoyed a special lesson on symmetry.

## Action

- Please read with your child 3 times per week and encourage them to practise their spelling and times tables. Thank you





# YEAR GROUP *updates*



## Year 5

Year 5 are really enjoying basketball at the moment and we've seen some great skills developing. We have started to sew together our cushions which has taken some patience and resilience at times but we're really proud of the pupils for how much effort they've put into this. We had a try at writing our own adventure/fantasy stories this week based on Beowulf and some fantastic vocabulary has been chosen. We've also enjoyed World Maths Day today.

## Action

"We've spoken to pupils about bringing in some collage materials and a piece of cardboard for Art. Please speak to them about this. A letter will be coming out shortly regarding our upcoming visit to Bowley Scout Camp."

## Year 6

"Year 6 have completed their final Mock SAT test this week. They have worked very hard for these test and have remembered most of their revision. Well-done to them all. 6V have also completed their flowers for their art topic, which they made from clay last week and this week they panted it with their choice of colour. 6H will paint their flowers next week"

## Action

- "Please continue to help your child revise at home by using their Century Tech account, this is very useful to polish their skills in all main subjects. Next week, we have a workshop for parents, for the preparation of SATs. If you cannot attend please ask Miss Hussain or Mrs Valli for details. Have a lovely weekend."
- 



# 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](https://www.facebook.com/StJamesCofEBlackburn)

Twitter: [@st\\_blackburn](https://twitter.com/st_blackburn)

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

