

Our value this month is:

## Aspiration



### IS MY CHILD TOO ILL TO GO TO SCHOOL?

- |                          |                 |
|--------------------------|-----------------|
| ✓ Minor coughs & cold    | ✓ Ear infection |
| ✓ Sore throat            | ✓ Cold sores    |
| ✓ Conjunctivitis         | ✓ Tonsillitis   |
| ✓ Respiratory infections | ✓ Head lice     |

### GO TO SCHOOL



- |                        |                 |
|------------------------|-----------------|
| ✗ Whooping cough       | ✗ Covid         |
| ✗ High temperature     | ✗ Flu           |
| ✗ Chickenpox           | ✗ Scarlet fever |
| ✗ Diarrhoea & vomiting | ✗ Measles       |

### STAY AT HOME



### Dates for your diary

- Wednesday 15<sup>th</sup> July 2.15pm arrival Reception Celebration assembly

### Reminders

Please make sure your child is wearing the correct school uniform. Complete guidance can be found on the school website. If you have any questions regarding uniform, please speak to your child's class teacher.

Remember that we have plenty of pre-loved uniform in our Unicycle centre. If you'd like to access this service, please contact Mrs Browne or Mrs Tyrer via Pastoral ClassDojo.



### STAY SMART ONLINE!

- Safe**  
Keep all of your personal information safe.
- Tell**  
Tell a responsible adult if you feel worried or uncomfortable.
- Meet**  
Don't meet up with strangers you have talked to online.
- Accept**  
Think before you accept anything online.
- Reliable**  
Not everyone is reliable. They may not be who they seem to be.

## This Week's Highlights

In **Nursery** we learned about vehicles around the world. The children have all been spending time in their new Reception classes over the past few weeks. Many children enjoyed a "get to know your new friends" party this week too. All of the children are happily talking about the move into their new class/new school. We wish them well.

In **Reception** we have been very busy practising for our assembly next week. We read the story Pantosaurus and talked about how their body belongs to them and that they should always tell a safe adult they trust if anything makes them feel worried or upset. Finally we enjoyed our Transition afternoon with our new Year 1 teachers Mrs Abbott and Mr Towson.

In **Year 1** we have been learning to tell the time to the nearest hour and half hour in Maths. We have reflected on our time in Year 1 and written about our favourite things we have done. In DT we have started sewing our puppets and practicing our sewing skills. We had a lovely visit to the church on Wednesday and on Friday went to meet our Year 2 teachers, Miss Ellis and Mrs Cairns.

In **Year 2** we had a wonderful visit to Blackpool. The boys and girls showed great resilience and courage by going up the tower, and loved the views. They used their knowledge from geography lessons to identify different physical and human features too!

In **Year 3**, we have been learning all about growing and changing in our PHSE lessons. We really enjoyed our DT lessons where we practiced the skill of making mechanisms and levers and created some waving hands! We also loved visiting our new Year 4 class teachers.

In **Year 4**, we have been learning how to interpret charts in maths and have been enjoying reading our class novel 'The Boy at the Back of the Class'. We were incredibly sensible in our SRE lessons, when we learnt more about what happens to our bodies during puberty and why. We also loved visiting our new Year 5 teachers, Miss Williams and Mr Gravener.


In **Year 5**, we been looking at co-ordinates and translating shapes during our maths lessons. We have reflected back on our time in year 5 and all the memories that have stood out to us. We also really enjoyed our transition afternoon meeting our new teachers, Mrs Bannister and Miss Kellett.

In **Year 6** we finally got the chance to WOW everyone with our end of year production. We are all so proud of the children and the show they put together, they really were so courageous, resilient, and not to mention, talented!

# This Week's Value Stars!!

<b>Nursery:</b>	<b>Reception:</b> Olivia Pa, Havana, Athea, Makaveli
<b>Year 1:</b> Kira, Leo, Macie, Sienna	<b>Year 4:</b> Emmanuella, Ishat
<b>Year 2:</b> Bobby, River, Oliver S, Niamh	<b>Year 5:</b> Hasret G, Sophia K, Kylan, Neriman
<b>Year 3:</b> Scarlett, Louie, Ethan, Ollie	<b>Year 6:</b> Mathieson, Zien, Aria, James

## Weekly Winners

 The top Reading Plus readers this year, so far, are:

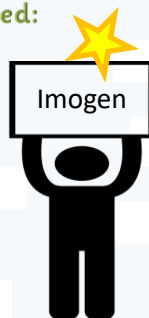
- 1<sup>st</sup> **Y3NO (25/26)**
- 2<sup>nd</sup> **Y5EK (25/26)**
- 3<sup>rd</sup> **Y5GW (25/26)**
- 4<sup>th</sup> **Y4EH (25/26)**



- 1<sup>st</sup> **Y5 GW**
- 2<sup>nd</sup> **Y3 NO**
- 3<sup>rd</sup> **Y5 EK**
- 4<sup>th</sup> **Y4 EH**

### Mathswizz

Most used:



## Attendance

**School Target:**  
96%

<b>Nursery</b> 91.9%	<b>RLB</b> 96.9%
<b>RKL</b> 94.4%	<b>Y1LA</b> 96.1%
<b>KS1 – Y1PT</b> 91.8%	<b>Y2LW</b> 96.9%
<b>Y2TE</b> 98.3%	<b>Y3NO</b> 88%
<b>LKS2 – Y3MC</b> 87.7%	<b>Y4MM</b> 94.6%
<b>Y4EH</b> 97.2%	<b>Y5GW</b> 91%
<b>UKS2 – Y5EK</b> 92.4%	<b>Y6KK</b> 97.2%
<b>Y6JM</b> 93.1%	

(This week's winners are highlighted in yellow)



## This Week's Learning at Home

### Word of the Week:

**Nursery** – excited

**Reception** – private

**Year 1** – Baptism

**Year 2** – germinate

**Year 3** – mechanisms

**Year 4** – interpret

**Year 5** – astounding

**Year 6** – triumphant



## Young people urged to stay safe around open water as hot weather continues

Dear Headteacher,

Across the UK, recent hot weather has already been linked to a high number of water-related deaths, many involving children and young people. With further warm weather anticipated over the summer period, the Merseyside Water Safety Forum would like your support in raising awareness of key water safety messages with children, young people and families before the summer holidays, particularly around the coast and inland waterways including rivers, lakes and reservoirs.

We also understand that water safety will become part of the curriculum under PHSE moving forwards – this is an opportunity to save lives and impart education on our children.

**One drowning is too many.** Please ask teaching staff to reiterate these simple life-saving messages to learners and families. Knowing what to do can save a life.

### Key Messages

- There has already been a high number of water-related deaths across the UK during recent hot weather, and further warm weather is anticipated. Drowning risk increases significantly during periods of hot weather, including when air temperatures reach or exceed 25°C.
- Please remind learners never to jump into open water from bridges, piers, rocks or ledges. Cold water, hidden hazards, changing depths and currents can quickly lead to difficulty, even for confident swimmers.
- Be aware of sudden changes in depth, current and underwater hazards.
- Cold water shock is a key factor in drowning, even for experienced swimmers. This occurs when the person inhales deeply as a reaction to immersion. This can be triggered in water of 12 degrees and under which is common in England and lead to respiratory failure and increased fatigue.

Always follow the **Water Safety Code** when in, on or around water.

- **Stop and Think** – take time to assess your surroundings and look for dangers.
- **Stay Together** – when around water always go with friends or family and swim at a lifeguarded venue.
- **Float** – if you find yourself in trouble in the water.
- **Call 999** – in an emergency, do not enter the water.

Children and young people should be actively supervised around open water. Friends can help by staying together, but they should not be expected to act as lifeguards or enter the water to rescue someone.

If you find yourself in trouble in the water, **float to live**:

- Tilt your head back with your ears submerged.
- Try to relax and breathe normally while you move your hands to help you stay afloat.
- It's OK if your legs sink, we all float differently.
- Once the effects of the cold-water shock pass, shout for help.

For students in or above key stage 3, we would urge that if you see someone else in trouble in the water this summer, remember **Phone, Float, Throw**:

- **Phone** 999 to get help
- Tell the person in the water to stay calm and **float** on their back
- **Throw** rescue equipment (if available) to help them until the emergency services arrive.

## Resources

Please share this letter with parents and guardians before the summer holidays.

StayWise has free education resources available to download from <https://staywise.co.uk> These resources are designed to support schools to deliver age-appropriate water safety messages in line with the Curriculum and include practitioner materials, activities and supporting content that can be used in lessons, assemblies, wellbeing work and wider safety education.

We encourage teachers to explore the resources and download the materials most relevant to their setting and learners. The package covers themes including recognising risk, making safe decisions around water, the Water Safety Code, cold water shock, Float to Live, and what to do in an emergency.

Yours faithfully,



Ged Knock

Chair of the Merseyside Water Safety Forum

Group Manager Community Safety – Merseyside Fire & Rescue Service



# OPEN WATER: DON'T TAKE THE RISK



Swimming in or playing near rivers and canals may seem like a great idea, particularly on a warm day, but it could all end in tragedy. **DON'T take the risk.**

## THE WATER IS COLD...

...even on very warm days, rivers and canals contain water barely above 10 degrees. Sudden immersion can lead to cold water shock, which can cause gasping and intake of water.

**This can be deadly in a matter of seconds.**

## DID YOU KNOW?

Even the narrowest of rivers can be considerably deep. Rivers are subject to strong flow and **hidden currents** which can trouble even the strongest of swimmers.

## WHAT LIES BENEATH?



**The water is untreated and can make you ill.**

Canals and rivers contain pollutants, sewage and often unseen underwater obstructions and snag hazards.

Debris under the water such as shopping trolleys, broken glass and cans can cause **injury** or **trap** you.



Remember, there are no lifeguards to help you at your local river, lake, canal or dam.



Rivers can be very difficult to climb out of, especially with steep or slimy banks. **Stay clear of rivers with steep or unguarded banks.**

**IN AN EMERGENCY...NEVER** enter the water to try and help a person or animal. You could get into difficulty yourself. Instead, dial 999 and use any water rescue equipment that is available.

**If you fall into the water unexpectedly, fight your instinct to thrash around. Instead, lean back, extend your arms and legs & float.**



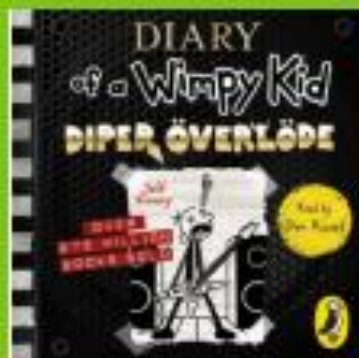
MERSEYSIDE  
FIRE & RESCUE  
SERVICE

[www.merseyfire.gov.uk](http://www.merseyfire.gov.uk)

# BORROW FOR FANTASTIC TALES

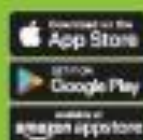


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# St Helens Library Service



## St Helens Library

The World of Glass	Monday:	10am – 7pm
Chalon Way East	Tuesday:	10am – 5pm
St Helens	Wednesday:	10am – 1pm
WA10 1BX	Thursday:	10am – 5pm
	Friday:	10am – 5pm
	Saturday:	10am – 1pm

Tel: 01744 676954  
Email: [sthelenslibrary@sthelens.gov.uk](mailto:sthelenslibrary@sthelens.gov.uk)

## Moss Bank Library

Community Hub	Monday:	10am – 5pm
North St Helens	Tuesday:	10am – 5pm
Kentmere Avenue	Wednesday:	CLOSED
Moss Bank	Thursday:	10am – 5pm
St Helens	Friday:	10am – 5pm
WA11 7PQ	Saturday:	CLOSED

Tel: 01744 676988  
Email: [mossbanklibrary@sthelens.gov.uk](mailto:mossbanklibrary@sthelens.gov.uk)

## Chester Lane Library

Community Hub	Monday:	10am – 5pm
South St Helens	Tuesday:	10am – 5pm
Four Acre Lane	Wednesday:	CLOSED
Clockface	Thursday:	10am – 5pm
St Helens	Friday:	10am – 5pm
WA9 4DE	Saturday:	CLOSED

Tel: 01744 677081  
Email: [chesterlanelibrary@sthelens.gov.uk](mailto:chesterlanelibrary@sthelens.gov.uk)

## Newton-le-Willows Library

Crow Lane East	Monday:	10am – 7pm
Newton-le-Willows	Tuesday:	10am – 5pm
St Helens	Wednesday:	10am – 1pm
WA12 9TU	Thursday:	10am – 5pm
	Friday:	10am – 5pm
	Saturday:	10am – 1pm

Tel: 01744 676985  
Email: [newtonlewillowslibrary@sthelens.gov.uk](mailto:newtonlewillowslibrary@sthelens.gov.uk)

## Eccleston Library

Broadway	Monday:	10am – 5pm
Eccleston	Tuesday:	10am – 5pm
St Helens	Wednesday:	CLOSED
WA10 5PJ	Thursday:	10am – 5pm
	Friday:	10am – 5pm
	Saturday:	CLOSED

Tel: 01744 676577  
Email: [ecclestonlibrary@sthelens.gov.uk](mailto:ecclestonlibrary@sthelens.gov.uk)

## Thatto Heath Library

Thatto Heath Road	Monday:	10am – 5pm
Thatto Heath	Tuesday:	10am – 5pm
St Helens	Wednesday:	CLOSED
WA10 3QX	Thursday:	10am – 5pm
	Friday:	10am – 5pm
	Saturday:	CLOSED

Tel: 01744 676842  
Email: [thattoheathlibrary@sthelens.gov.uk](mailto:thattoheathlibrary@sthelens.gov.uk)

## Haydock Library

Church Road	Monday:	10am – 5pm
Haydock	Tuesday:	10am – 5pm
St Helens	Wednesday:	CLOSED
WA11 0LY	Thursday:	10am – 5pm
	Friday:	10am – 5pm
	Saturday:	CLOSED

Tel: 01744 676801  
Email: [haydocklibrary@sthelens.gov.uk](mailto:haydocklibrary@sthelens.gov.uk)

## St Helens Archive Service

Temporary address	You can access
The World of Glass	St Helens Archives by
Chalon Way East	appointment only.
St Helens	
WA10 1BX	

Tel: 01744 671748  
Email: [archives@sthelens.gov.uk](mailto:archives@sthelens.gov.uk)

**To keep up to date follow us on social media:**



@STHLibraries



@sthlibrariesandarts

MORE THAN A TEAM  
A BROTHERHOOD

JOIN PENLAKE U12'S

BACK TO BACK  
WARRINGTON  
LEAGUE CUP  
WINNERS!

GOOD PLAYERS  
JOIN TEAMS.  
GREAT PLAYERS  
BUILD THEM.



WE'RE LOOKING FOR  
A FEW **NEW PLAYERS**

As we move up to U12's for the 26/27 season, we're looking to add a few committed players to our strong and ambitious squad.



**GREAT GROUP OF LADS**

Positive, respectful and hungry to improve



**MID TO HIGH LEVEL FOOTBALL**

Competitive matches and quality training



**DEVELOPMENT FOCUSED**

Helping every player become their best



**NO COMMITMENT**

Just come along, train with the lads and see for yourself



THINK YOU COULD BE THE  
MISSING PIECE?



TRAIN WITH US ON  
**THURSDAYS**



VENUE  
TBC



OPEN TO PLAYERS  
CURRENTLY PLAYING  
U10 OR U11 FOOTBALL  
DURING THE 25/26 SEASON

INTERESTED? DROP US A **DM** TO REGISTER YOUR INTEREST!



# SUMMER HOLIDAYS

AT



**MEMBER OPEN DAY  
THURSDAY 30TH JULY  
10AM - 2PM**



**SAINTS V HULL FC  
THURSDAY 6TH AUGUST  
KO 8:00PM**



**THE BOOTS 500  
WEDNESDAY 19TH AUGUST  
FROM 9AM**



**ENTER  
ONLINE**



**SAINTS V CASTLEFORD TIGERS  
SATURDAY 22ND AUGUST  
KO 3:00PM**



**SAINTS V LEEDS RHINOS  
FRIDAY 28TH AUGUST  
KO 8:00PM**



AND SO MUCH MORE... VISIT [WWW.SAINTELSFCOMMUNITY.COM](http://WWW.SAINTELSFCOMMUNITY.COM)  
FOR FULL DETAILS OF OUR RUGBY, CHEER, & DANCE CAMPS,  
BOOTS TOTS, STADIUM TOURS AND HAF ACTIVITIES

<https://costoflivinghelp.campaign.gov.uk/summer-savings/>



Summer Savings are here. Families across the UK can take advantage of lower prices on children's days out, meals and travel, designed to take some of the pressure off this summer:

#### UK wide



##### VAT cut on children's days out 🌸

###### Reducing VAT from 20% to 5%

We're cutting VAT to reduce the cost of children's restaurant meals, children's tickets for theatres and cinemas and all tickets for attractions like soft play, amusement parks, and museums. That means lower prices at the till, automatically.\*

#### England outside London



##### Free bus travel for children 🚌

###### Free travel on local bus services in August

Children aged 5-15 travelling on local bus services in England can travel free in August. Whether it's going on a day out, visiting family or just getting around, the bus is on us.

This applies to local bus services in England. It does not apply in London, where children's free travel is already in place through TfL, or in Scotland, Wales and Northern Ireland, where travel support is devolved.

#### Wider cost of living support

These summer measures are part of a broader package the government has put in place to help households with the pressures of rising costs, made worse by the conflict in the Middle East affecting global supply chains and energy markets.

##### Energy bills

£150 off bills through the Warm Home Discount. Insulation grants. Tariff switching support.

[See energy support](#) →

##### Fuel costs

Fuel duty frozen. Fuel Finder to compare prices. £3 bus fare cap extended to April 2027.

[Find cheaper fuel](#) →

##### Families and children

Free breakfast clubs. Free school meals. Holiday Activities and Food programme.

[Children's support](#) →

##### Wages and work

National Living Wage up 4%. 2.7 million workers receive at least £900 more a year.

[Check your pay rate](#) →



We know that families across the country are feeling the impact of the cost of living – it's the number one issue impacting working people.

It's why we're taking action to reduce everyday costs, whether it's freezing rail fares and prescription charges or increasing wages and lowering energy bills. We are taking practical steps to help make every day easier. See our website for more information:

## Support we're delivering

### **Pay boost for millions of workers**

2.7 million workers will receive a 4% pay rise from April. Full-time workers on the National Living Wage will see a rise of £900 a year, while full-time workers on the 18-20 National Minimum Wage rate will see a £1,500 rise.

Check the rates that apply to you

### **Energy price cap lowered by £117**

The energy regulator Ofgem has now confirmed the energy price cap for April – which limits the amount customers on standard variable tariffs pay for each unit of gas and electricity.

Find out more about changes to the price cap

### **30 hours funded childcare**

Eligible working parents of children aged 9 months to school age in England can get up to 30 hours a week of government-funded childcare for 38 weeks of the year, saving up to £8,000 a year.

Find out about available childcare support

### **£3 bus fare cap**

We're extending the £3 bus fare cap in England until April 2027.

Check the routes included in the scheme

### **Rail fares frozen**

We have frozen rail fares in 2026 in England, saving the average commuter £315 per year

Find out more about the freeze

### **Fuel duty cut**

We're extending the 5p fuel duty cut until Sept 2026, cancelling the planned inflation increase for 2026-27, and introducing Fuel Finder to drive price competition, saving the average family £89 this year.

Check fuel duty rates

### **Free breakfast clubs for primary school children**

Free breakfast clubs for all primary school pupils in England will save parents £450 a year.

Find out about free breakfast clubs

### **Extending Free School Meals**

Extending Free School Meals to all children in England in households on Universal Credit puts £500 back in the pocket of the families of over half a million children.

Apply for free school meals

### **Removal of the two-child limit**

The two-child limit on Universal Credit will be removed from April, lifting an estimated 450,000 children out of poverty and making sure children have the best start in life.

Find out more

### **Cold Weather Payments**

Cold Weather Payment will return this winter. If you're getting certain benefits or Support for Mortgage Interest, you could automatically receive £25 for every 7-day period where temperatures in your area drop to zero degrees Celsius or below, between 1 November 2026 and 31 March 2027.

### **Winter Fuel**

If you were born before 28 June 1960, you could get up to £300 to help with your heating bills this winter 2026 to 2027 — and most eligible people receive it automatically, with no need to apply.

### **Parental Leave**

Parents and carers are entitled to 18 weeks' unpaid leave to look after their child's welfare or help with care arrangements.

For many young people, the summer holidays can easily become dominated by phones, gaming, streaming and social media. This guide offers reassuring, realistic advice for parents, carers and educators who want to encourage 11- to 16-year-olds to spend more time offline without making technology feel like the enemy.

From phone-free challenges and micro-adventures to active travel, outdoor clubs and creative alternatives to scrolling, the guide focuses on small, achievable changes. It also highlights the importance of giving teens choice, responsibility and social motivation, helping them build confidence, wellbeing and healthier habits throughout the summer.



# 10 Top Tips for Parents and Educators

## TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

### 1 BUILD OUTDOOR CHOICE



Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.

### 6 MAKE TRAVEL ACTIVE



Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scoot short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.

### 2 PREPARE THE KIT



Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.

### 7 USE PHONE-FREE CHALLENGES



Rather than simply saying, "Put your phone away", turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in-time afterwards.

### 3 TRY MICRO-ADVENTURES



Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.

### 8 OFFER REAL RESPONSIBILITY



Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.

### 4 LINK TO REAL INTERESTS



A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.

### 9 REPLACE, DON'T REMOVE



If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.

### 5 CREATE SOCIAL PULL



For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.

### 10 CELEBRATE SMALL WINS



Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.

### Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.



See full reference list on our website



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.07.2026