

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

- July Friday 17th - start of the summer holidays!!!
- Sept Weds 2nd - school opens for the new year

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 safe in the sun



Tape to Your Refrigerator!

Ten Tips for Staying Safe This Summer

—And All Year Long!

Summer is a time to have fun. Here are some things you can do to help you stay safe, too. How many can you remember?



- 1 Take a friend with you whenever you go places or play outside.
- 2 Know your full name, address, telephone number and your parents' names.
- 3 If you ever get lost in a public place, talk to someone in charge right away. He or she will help you find your parents.
- 4 Before taking anything from anyone, even from someone you know, check with your parents or a grown up you trust.
- 5 Check first with your parents or the person in charge before you go anywhere or get into a car, even with someone you know.
- 6 Say no if someone tries to treat you in a way that makes you confused or scared, and tell your parents or a trusted grown up right away.
- 7 Talk with your parents about which online activities are safe and which are not.
- 8 Use the "buddy" system when you go swimming, and always make sure a trusted grown up is watching.
- 9 Always cross a street at a corner or crosswalk. Look left and right before crossing.
- 10 Whenever you ride in a car, ride in the back seat and buckle up.

Important Phone Numbers to Remember:

Police _____
Ambulance _____
Fire Department _____
Dad at Work _____
Mom at Work _____
Other Important Numbers: _____



This Week's Value Stars!! ★

Nursery:	Reception:
Year 1:	Year 4:
Year 2:	Year 5:
Year 3:	Year 6:

Weekly Winners

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

1st Y3NO (25/26)

2nd Y5GW (25/26)

3rd Y5EK (25/26)

4th Y4EH (25/26)



Mathswizz

Most used:

1st Y5 EK

2nd Y4 EH

3rd Y3 MC

4th Y3 NO



Attendance

School
Target:
96%

Nursery 93.6%

RKL 80% **RLB 96%**

Y1PT 94.3% Y1LA 95%

Y2TE 93% Y2LW 96.2%

Y3MC 86.9% Y3NO 92%

Y4EH 97.9% Y4MM 94.6%

Y5EK 91.4% Y5GW 92%

Y6JM 97.2% **Y6KK 97.9%**

(This week's winners are highlighted in yellow)



This Week's Learning at Home

Word of the Week:

Nursery –

Reception –

Year 1 –

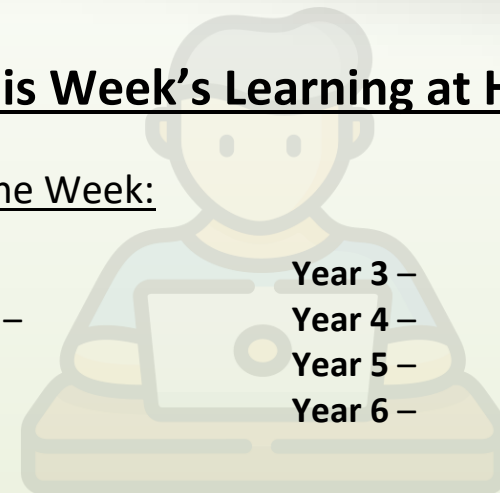
Year 2 –

Year 3 –

Year 4 –

Year 5 –

Year 6 –



Breathe Buddy

WORKSHOPS

SEA PRINCESSES

& SEA PRINCES

JOIN US FOR A MAGICAL UNDERWATER ADVENTURE!



Children will enjoy an **interactive story**, filled with ocean magic!



We'll then explore ocean inspired **breathwork** to help us feel calm, happy and full of ocean energy!



Then, we'll make our own Sea Princesses and Sea Princes that have breath activated **magical tails**!

ALL WORKSHOPS ARE FREE!



SUITABLE FOR PRIMARY SCHOOL AGED CHILDREN



NO NEED TO BOOK, BUT PLEASE MAKE SURE YOU ATTEND AT THE START TIME, SO YOU DON'T MISS ANYTHING!



SESSIONS WITH A ★ ARE FOR CRAFT BASED ACTIVITIES ONLY AND WILL NOT FEATURE STORY OR BREATHWORK.

11TH
AUGUST

Newton Family Hub
10am – 11am

***13TH**
AUGUST

Central Link Family Hub
12:30pm – 2pm*

14TH
AUGUST

Parr Children's Centre
1pm – 2pm

***17TH**
AUGUST

Parr Children's Centre
10:30am – 12noon*

19TH
AUGUST

Central Link Family Hub
10am – 11am

24TH
AUGUST

Sutton Family Hub
10am – 11am

***28TH**
AUGUST

Newton Family Hub
10:30am – 12noon*

BIG ADVENTURES IN BLACKBROOK!

Join the 26th St. Helens (Blackbrook) Scout Group!

NEW! SQUIRRELS (4-6 YRS)
- STARTING SEPT 2026!

BEAVERS (6-8 YRS)

Learn stories and play!
Meeting Time: Wednesday, 5:30pm until 6:30pm

Fun, games & discoveries!
Meeting Time: Tuesday, 6:30pm until 7:30pm

CUBS (8-10½ YRS)

SCOUTS (10½-14 YRS)

Camping, Survival Skills & Fun!
Meeting Time: Monday, 6:30pm until 8:00pm

Leadership & Independence!
Meeting Time: Wednesday, 7:00pm until 8:45pm

#SKILLSFORLIFE



26th St. Helens
(Blackbrook)

Spaces fill up fast! To register your interest
or book a trial contact us today!
EMAIL US: rainbowshell@live.co.uk

free creative summer clubs in st helens

Weekly creative clubs for young people aged 8–16 in St Helens.
Primarily for those eligible for benefits-related free school meals, with limited places are also available for young people who are in receipt on a support plan via Early Help, Child in Need or Children We Look After, young people who have an Education Health Care Plan (EHCP), young people who receive additional hours at school or young people who are an asylum seeker or refugee.



Location: Park Farm Community Centre, St Helens

Week 1:
27 - 30 July

Game Design Week
(Video Game Design and Board Game Design)

Week 2:
3 - 6 August

Minecraft Week
(Build Challenges, 3D Character Design and Free Play)

Week 3:
10 - 13 August

Animation Week
(LEGO, Digital and Paper Animation)

Week 4:
17 - 20 August

Digital Art & Craft Week
(3D Pens, Tote Bag Design, Bead Art and Digital Art)



Digital Arts Box

sign up now:

info@digitalartsbox.org
0151 433 2223





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

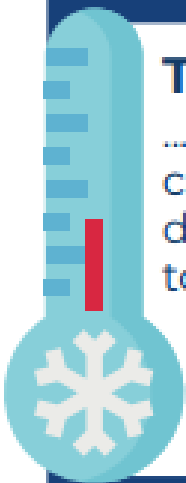


Swimming in or playing near rivers and canals may seem like a great idea, particularly on a warm day, but it could all end in tragedy. **DON'T take the risk.**

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.

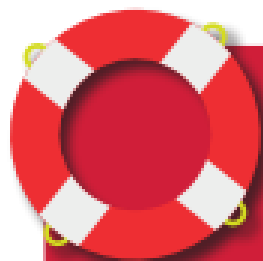
Debris under the water such as shopping trolleys, broken glass and cans can cause **injury** or **trap** you.



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.



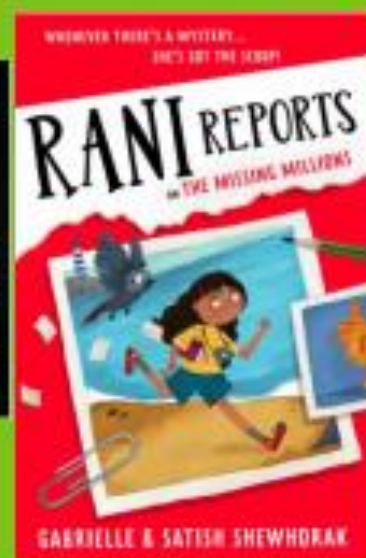
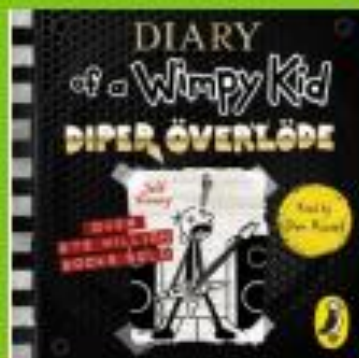
MERSEYSIDE
FIRE & RESCUE
SERVICE

www.merseyfire.gov.uk

BORROW FOR FANTASTIC TALES

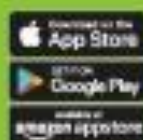


Enjoy stories anytime
with BorrowBox.



DOWNLOAD THE APP NOW

1. Install the BorrowBox app
2. Select your library service
3. Activate with your library membership
4. Borrow eBooks and eBooks





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

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

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

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

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

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

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

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

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**



<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 →

<https://costoflivinghelp.campaign.gov.uk/>



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.

Skin betting is an emerging trend where players gamble using in-game cosmetic items that can carry real-world value. This guide helps parents and educators understand how these systems work, why they appeal to young people, and how easily they can blur the line between gaming and gambling.

It also highlights key risks, including unregulated platforms, social pressure and influencer promotion, while offering practical advice on spotting warning signs and putting safeguards in place. Supporting adults to have informed, open conversations, it aims to promote safer, more positive gaming experiences for children and young people.



What Parents & Educators Need to Know about SKIN BETTING

WHAT ARE THE RISKS?

'Skin betting' is the term used when players gamble using virtual in-game items, such as weapon 'skins' or character cosmetics. Although these items appear purely decorative, some can hold significant real-world value. Research suggests that children as young as 13 have engaged in this type of betting, often on sites with limited age checks or safeguards, blurring the line between gaming and gambling.

UNREGULATED PLATFORMS

Skin gambling typically takes place on third-party websites that are not licensed or regulated. These platforms often lack age verification, making them easily accessible to children. By linking their gaming accounts, users can deposit skins, place bets, and withdraw winnings as cash or higher-value items – often without adults being aware these activities are happening.

REAL-WORLD VALUE

Skins may look like simple cosmetic upgrades to in-game items and characters, but some are worth hundreds or even thousands of pounds. They can be traded or sold on online marketplaces, meaning they function much like real money. When young people bet with skins, they are risking items of genuine financial value, even if no physical cash is exchanged directly.

INFLUENCER PROMOTION

Some gaming influencers and streamers have promoted skin betting sites in their content. This can make the behaviour appear normal or even desirable, potentially encouraging younger audiences to engage in these activities without fully understanding the risks involved.

SOCIAL STATUS PRESSURE

In games such as Counter Strike: Global Offensive (CS:GO) and Fortnite, rare skins can act as status symbols. Young players may feel the pressure to own high-value items to fit in with peers. This can lead them to take risks – such as using gambling sites – to obtain desirable skins, similar to how branded goods can influence behaviour offline.

LIMITED OVERSIGHT

Skin betting can take place both in-game and on external websites that parents and educators may not be familiar with. Because skin betting does not always resemble traditional gambling, it can go unnoticed until significant losses have occurred, in both items or money.

GATEWAY BEHAVIOURS

Skin betting mirrors many aspects of traditional gambling, including chance-based outcomes, reward systems and excitement. Early exposure to these mechanics can normalise betting behaviours before children and young people even reach legal gambling age. Research indicates that this may increase the likelihood of developing unhealthy habits later, particularly if early wins create a false sense of control or skill.

Advice for Parents & Educators

UNDERSTAND IN-GAME ITEMS

Familiarise yourself with the games young people are playing and learn whether they include tradable or sellable items. Titles like CS:GO and Rust are known for skin marketplaces, but similar systems are increasingly common across games.



LOOK FOR WARNING SIGNS

Be alert to changes in behaviour, such as secrecy around gaming, a strong focus on acquiring specific skins, or a sudden loss of in-game items. These could indicate involvement in skin gambling and provide an opportunity to start a conversation about it.



DISCUSS VALUE AND RISK

Help children and young people understand that cosmetic items like skins can carry real-world value. Explain that losing them through betting is comparable to losing money, therefore reinforcing the connection between in-game actions and real financial consequences.



USE CONTROLS AND SAFEGUARDS

Make use of parental controls and platform settings to restrict trading, purchases, and access to external websites. Where possible, disable marketplace features on games and monitor young people's account activity to reduce the risk of unauthorised transactions.



Meet Our Expert

Nathan David is Head of Foundation and Programme Lead for Esports Coaching at the University Campus of Esports.

Bubba Gaeddert is a Senior Lecturer and Head of Events at the University Campus of Esports, as well as President and Co-Founder of the Videogames and Esports Foundation.



The National College®

See full reference list on our website



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/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

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