

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

- Mon 6th- Y2 Blackpool Trip
- Wed 8th- Y1 St Peter's Church
- Wed 8th+ 9TH - Y6 Production
- Fri 10th – Parent Reports

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 listened to the story "Who sank the boat?" and then created a storymap. The children spent some time with their families as they took part in the Pirate activity day. We were very impressed by their eagerness to try all the activities and their patience and kindness with making sure that everyone had a turn. Well done Nursery!

In **Reception** we had a great time at Sports Day and have loved practising our races and supporting our friends this week. We have enjoyed reading 'The Pirate Cruncher' and continued our theme of looking for treasure and following maps!

In **Year 1** we have been learning how to tell the time in maths. In PSHE, we learnt about the parts of our body and how to keep ourselves safe. We had lots of fun printing in art and had a fantastic time at our trip to Imagine That!

In **Year 2** we are looking forward to our trip on Monday, please make sure you are in on time. We have worked hard in English learning all about the inspirational Dame Floella Benjamin and the Windrush generation.

In **Year 3**, we have been working on statistics in maths. In English, we have been writing a setting description of the fairground and working hard on spelling and punctuation as well as handwriting. In Science, we have enjoyed planting seeds and investigating different conditions on the rate of growth.

In **Year 4**, we have been learning about different types of triangles and quadrilaterals in maths. We have been finding local landmarks on OS maps in geography, as well as creating our own colour quizzes on PowerPoint in our computing lessons.


In **Year 5**, we have enjoyed gathering information on how handspans change as we grow. We compared results within our classroom before looking at more data to help find conclusive results. We also have been working hard in History, to see how the Gamble building has changed from when it was first built and what its purpose is now,

In **Year 6** we have been working tirelessly to get ready for our Y6 production – A Night at The Musicals. We had a really thought-provoking afternoon working with the Daniel Fox Foundation – discussing the importance of safety on the streets. Our Y6 children have also wowed us with their bravery and confidence attending their individual transition days at high school. Well done Y6!

This Week's Value Stars!!

| | |
|--|--|
| Nursery: All Nursery children for their efforts at the Pirate Activity Day! | Reception: Lucas D, Finnley, Evie-Louise, Lucas J |
| Year 1: | Year 4: Olivia D, Jaxson W |
| Year 2: Alfie M, Ella H | Year 5: Kenzie, Kavinesh |
| Year 3: Alister R, Charlie c, Aurthur W, Mason W | Year 6: Ozan, Beverly, Scarlett, Millie |

Weekly Winners

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

1st **Y3MC (25/26)**

2nd **Y5EK (25/26)**

3rd **Y5GW (25/26)**

4th **Y3NO (25/26)**



1st **Y5 EK**

2nd **Y5 GW**

3rd **Y4 EH**

4th **Y3 MC**

Mathswizz

Most used:



Attendance

School Target:
96%

| | | |
|----------------------|-------------------|-------------------|
| Nursery 91.3% | RKL 93.1% | RLB 91.7% |
| KS1 – | Y1PT 91.9% | Y1LA 90.7% |
| | Y2TE 92% | Y2LW 95.8% |
| LKS2 – | Y3MC 92.4% | Y3NO 90.4% |
| | Y4EH 93% | Y4MM 91.1% |
| UKS2 – | Y5EK 90.4% | Y5GW 92.8% |
| | Y6JM 88.1% | Y6KK 95.6% |

(This week's winners are highlighted in yellow)



This Week's Learning at Home

Word of the Week:

Nursery – past

Reception – compliment

Year 1 –

Year 2 – structure

Year 3 –

Year 4 – advantageous

Year 5 – beseeched

Year 6 – audacity



2026 SUMMER READING CHALLENGE LAUNCH: **David Gibb's Family Jukebox**

Join us for the launch of The Reading Agency's Summer Reading Challenge 2026: Read to the Beat. We're kicking things off with a special performance of David Gibb's Family Jukebox!

Join David and his magical music Jukebox as he takes you on a trip through his hilarious and often surreal imagination. Guaranteed to appeal equally to parents and children alike, this is music that the whole family can enjoy together!

Scan the QR code to book your tickets now.

Saturday 4th July
St Helens Library
11:00am



General Admission: £8.00 | St Helens Library Card Holder: £7.00 | Concessions: £5.00



Libraries
Development
Framework

ST HELENS
BOROUGH COUNCIL



<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.



OPEN WATER: DON'T TAKE THE RISK

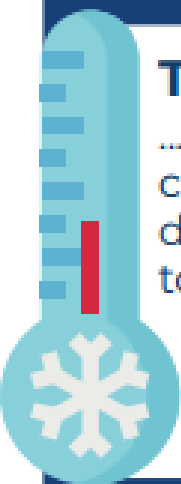


Swimming in or playing near rivers and canals may seem like a great idea, particularly on a warm day, but it could all end in tragedy. **DON'T take the risk.**

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.

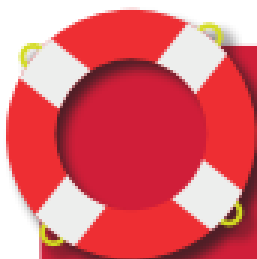
Debris under the water such as shopping trolleys, broken glass and cans can cause **injury** or **trap** you.



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



Mondays 6 - 7pm | Ages 5 - 11

Wildcats Girls Academy

Parkdale FC, Elton Head Road, St Helens, WA9 5XT

**Have
Fun!**

Make Friends

**Play
Football**

**#LET
GIRLS
PLAY**

**CONTACT
DAVE SHIELDS**

davidshields1@sky.com
07894148684



The theme for this year's Mental Health Awareness Week is 'kindness matters'. It's been chosen because of its ability to strengthen relationships, develop a sense of community and deepen solidarity. It seems an appropriate choice given the current times. That's why this week, in support of Mental Health Awareness Week, we wanted to help promote the message of displaying kindness and to remind people how often, doing something good can also do you good too.



WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KIVIST

The National College

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



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>