



# Euxton Church of England Primary School



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Headteacher: Mrs Mairi Ash

Friday 31st January 2025

Dear Parents,

## **Euxton Superstars!**

Congratulations to this week's class Superstars:

Reception: **Myla**

Year 1: **Alfie**

Year 2: **Jake**

Year 3: **Niah**

Year 4: **Fox**

Year 5: **Charlie R-N**

Year 6: **Sophie**

Well done to you all!

## **Musical Success**

Well done to Florence Garbutt who was today presented with her Copper Music Medal for playing the guitar. Thank you to Mr Wadsworth who comes into school to provide guitar lessons and prepares the children for the music medals.



## **Children's Mental Health Week 3-9th February**

Next week sees the start of Children's Mental Health Week. The theme for 2025 is 'KNOW YOURSELF, GROW YOURSELF'. We will be thinking about our emotions and about what makes us feel happy, sad etc. Each class will be focusing on this theme and will be completing various related activities during the week. Homework will also be linked to wellbeing (please see class blogs on the school website for more information).

## **Sporting Competitions**

On **Thursday 13<sup>th</sup> February**, our Y3/Y4 athletics team (morning) along with our Y5/Y6 athletics team (afternoon) will be competing in the finals of the Sports Hall Athletics competition! Well done to both teams for qualifying for the Finals. Letters have been sent to the parents of the children competing directly.

We wish all children who represent school in these events the best of luck and know they will do us all proud. Thank you to our staff team and parents for attending these events with the children so that they can take place.

## **Parents' Evening**

Parents' Evening will take place in classrooms over two nights **Monday 3<sup>rd</sup> March and Tuesday 4<sup>th</sup> March**. As well as checking on their wellbeing, this meeting will also be about the progress your child is making and for you to have a look at the work they have been doing in school. Slots are now available to book via the school spider app until 12pm on **Friday 28<sup>th</sup> February**.

The appointments will be in your child's classroom and their work will be outside for you to look at. If possible, please try and arrive earlier than your allocated time to view work before meeting with the teacher. I will be available on both evenings should you wish to speak with me. Thank you for your continued support.

## Pre-Loved Uniform

Christine Farrington is now officially up and running with the pre-loved uniform. Any donations of pre-loved uniform to the school office please who will pass on to Christine. Any orders for pre-loved, please use the Facebook page **Euxton C of E pre-loved uniform** to send a message to Christine or email her on [euxtoncofeuniform@gmail.com](mailto:euxtoncofeuniform@gmail.com) and she will confirm with you if she has the items requested, will send them into school and they will make their way home with your child. Thank you Christine!

## PTFA Vacancy

From September 2025 we will have a vacancy for a new treasurer. Helen Shaw has kindly taken on this role for 5 years and will be stepping down. If anyone is interested in supporting the PTFA and taking over as treasurer or would like to know more about the role, please contact either school or Emma Ratcliffe (PTFA chair). There is plenty of time between now and September to have a timely handover with Helen and shadow what's involved in the role.



## PTFA Disco

This will take place in school on **Wednesday 12<sup>th</sup> February – Infants 3.30-4.15pm and Juniors 4.30-5.30pm**. Tickets can be bought in advance at **£3.50**. Please send a named envelope into school with your child's name on it and the correct money inside and the ticket will come back home with your child. Mrs Hodges is issuing tickets and would appreciate orders sooner rather than later. Ticket price includes a drink and there will be tuck on the night up to 50p.

Please note a new disco timing. This is a trial to see if it works better for school, parents and children. Infant children and any children attending after school club will be able to bring a change of clothes into school for the disco and get changed at the end of the day so that they are disco ready!

## PTFA Lucky Numbers Winner

Congratulations to staff member Mrs Tattersall who has won this month's lucky numbers draw which took place in Celebration Worship today!

## Online Safety

Please see the guidance supporting children to develop emotional literacy.

## Runshaw College Adult Courses



We are proud to present our

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Adult Courses

- **Free Maths & English\***
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- **Accounting** Levels 3 & 4
- **Software Development** Level 3
- **Web Development** Level 5

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### **Football Development Holiday Club**

Matt from FD is back in the February half term holiday at our school running his popular football course. The course runs from Monday 17<sup>th</sup> to Friday 21<sup>st</sup> February from 9am to 3pm daily. For more information and to book please see the attached flyer.

### **Musical Mischief**

Message from Helena O'Reilly, Thomas' mum -

*Does your little one (0-5years) love music, dancing and being around other little ones? Musical Mischief is a safe environment where you can meet other parents or carers while children learn and grow into confident little people. I have a different theme each week where I share my crazy little ideas.*

*It's an active, interactive class where children can loose themselves in creativity and the world of play. Booking is now open for our Spring term at Lancaster Way Community Centre, Buckshaw Village. This term is 6 weeks and will include the following themes – World Book Day, St Patrick's Day, Mothers' Day and Easter.*

*Please contact Helena to book your place or ask for a trial session to see if you like it – flyer at the bottom of the newsletter.*

*Musical Mischief  
07786166284*

### **Chorley Panthers RLFC New Girls Section**

Chorley Panthers are looking for girls to join their new girls' section of their club starting February 2025. If your child is currently in Y5 or Y6 and would like to give rugby a go please see the flyer below and contact the club.



Happy Lunar New Year!

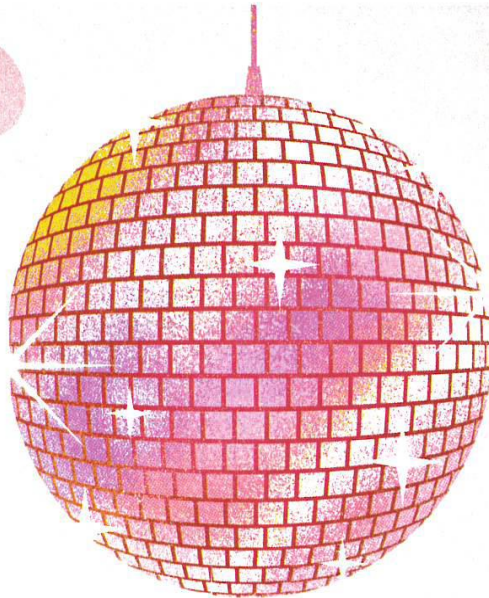
Have a lovely weekend.

Best wishes

Mrs Mairi Ash  
Headteacher

In our Christian family, we all **SHINE** in the light of Jesus.  
Wisdom Compassion Humility Friendship Peace Trust Forgiveness Hope





# Disco

WEDNESDAY 12TH FEBRUARY



INFANTS | 3.30 - 4.15PM

JUNIORS | 4.30 - 5.30PM

Advance tickets\*

**£3.50**

**Tuck shop**

Sweet Treats  
up to 50p

Euxton C of E Primary School

**PTFA**

Registered Charity 1046942

\*via named envelope into school

Tickets on the door £4.00

All tickets include a free drink



# The Football Development Programme

Football, Numeracy and Healthy Eating in Lancashire



## February Half Term Football Course 2025



The Football Development Programme  
[www.thefootballdevelopmentprogramme.co.uk](http://www.thefootballdevelopmentprogramme.co.uk)

Monday 17<sup>th</sup> – Friday 21<sup>st</sup> February 2025

9am – 3pm each day

Boys and Girls aged from 5 - 12

£65.00 for the week

\* Courses run by UEFA 'A' & 'B' Licence Coaches \*



The Football Development Programme  
[www.thefootballdevelopmentprogramme.co.uk](http://www.thefootballdevelopmentprogramme.co.uk)

**BOOK ONLINE** by visiting [www.thefootballdevelopmentprogramme.co.uk](http://www.thefootballdevelopmentprogramme.co.uk)



Children will take part in a variety of practices that involve:  
Dribbling, Running with the Ball, 1 v 1's, 2 v 2's, Turns & Skills  
as well lots of Shooting and Small Sided Games



Football Development Gym Bag for all who attend  
Nike Prizes and Engraved Trophies to be won on the final day



**BOOK ONLINE NOW**





# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

## Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penlstone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



# #WakeUpWednesday

The National College



# musical mischief

## Class timetable:

Monday 11.30-12.15  
Tuesday 9.30-10.15  
Wednesday 12.30-1.15  
Thursday 9.30-10.15  
Friday 12.30-1.15



## Spring Term

24th February- 4th April.

6 week term

£45

Suitable for 0-5 years.

Siblings half price.



Contact Helena to book:  
[musical.mischief@hotmail.com](mailto:musical.mischief@hotmail.com)  
07786166284





## GIRLS! Want to try Rugby League?

We at Chorley Panthers are hosting open training sessions for school years 5, 6, 7 & 8. Our club along with support from the RFL & various Womens Super League teams are looking to promote girls rugby league in our local area.

Spread the word because the Pink Panthers are back!

Our first session is Saturday 15th February 10:00-11:00 @ Panther Park

If you're interested, or have any more questions please email [play-for-us@chorley-panthers.co.uk](mailto:play-for-us@chorley-panthers.co.uk) for more details

