



Balderstone St Leonard's CE Primary Newsletter 7th February

"rooted and grounded in love..." Ephesians 3:17

Friday 7th February 2025

In This Issue



In this week's edition of the newsletter

- **Mrs Gow's Weekly Words**
- **Spirituality - healthy body, mind and spirit**
- **Free Brekkie club for all (hopefully!)**
- **Flourishers**
- **Church and Community Corner - Cafe Church**
- **Safeguarding section- Sports clubs - do you know if they are compliant?**
- **Dates for your diary**
- **Contact Us**

Weekly Words



This week has been Children's Mental health week.

This year's theme for this year is - Know Yourself, Grow Yourself (perfect for our school mission of flourishing in God's love).

It is so important we understand what makes us all tick, our likes and dislikes, strengths, fears, hopes and dreams. Understanding emotions plays a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness in our children. It is only through knowing ourselves and speaking with others, that we build our children's resilience and ability to grow and develop.

Through our daily worship together and our PSHE (Personal, Social, Health and Economics lessons) we ensure that everyone (young or older) at Balderstone feels listened to, and knows that they're NEVER alone. Not only is God always there for us, but so are our school family. Recent health data, post COVID, published to schools shows that 1 in 5 children and young people now demonstrate some form of probable mental/emotional health condition and this is quite a shocking statistic. However, at Balderstone we know that we are ALL known, noticed and cared for and that we always have someone to talk to when things are tough (and that goes for staff, governors and parents too!)

Forest school run by our wonderful outdoor learning duo Mrs Riddell and Mrs Burton is such an important part of our Balderstone curriculum offer to pupils - not only for the wonderful cross-curricular teaching it offers (Science, Geography, PSHE, English, Art) but also for the way in which being outdoors, playing, being in creation, getting muddy, seeing the beauty of nature heals our emotions and lifts our spirits. Seeing the photos of our youngest pupils in EYFS loving being outdoors and lying on the grass and cloud watching was one of the greatest joys of this week! Thomas O also took this wonderful photo and shared it with us, of signs of approaching Spring - with this beautiful snowdrop display close to his house. What a great way to lift our spirits - seeing these beautiful, delicate flowers.

Have a lovely week and I pray you do something to lift your spirits this weekend.

Mrs Gow



Balderstone School @BalderstoneSch1 · Feb 5



We enjoyed God's creation today by taking a moment to ponder and look up at the clouds

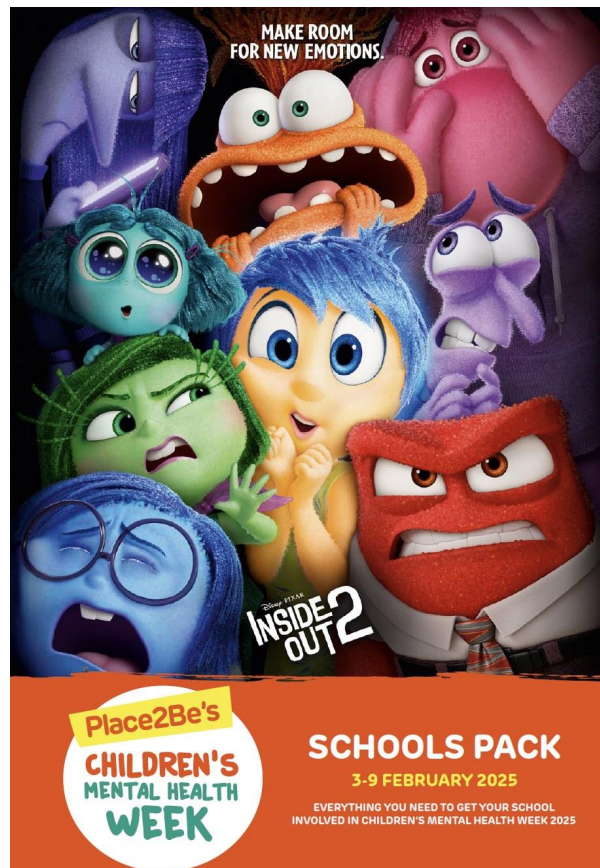


Healthy in body, mind and spirit!



**KNOW YOURSELF,
GROW YOURSELF**

**WE'RE TAKING PART IN
CHILDREN'S MENTAL
HEALTH WEEK**



As a staff this week we have been thinking hard about how we develop all our children in body, mind AND spirit. We spend so much of our time making sure that we offer the highest quality education, sports and care in school to make sure we are mentally and physically healthy. Yet, we also want our children to be healthy in spirit - knowing that they can ask BIG questions about the world, connect with God and feel joy, awe and wonder! We want our children to be self-aware and mindful of their spirits. Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel JOY and what may cause us SADNESS. It is also about understanding what makes us unique creations from God. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we form strong and healthy relationships at Balderstone, from the earliest years here with the EYFS team right through to Year 6 with Mrs Cast and Mrs Heyworth - making our children equipped to cope with the challenges that life brings our way. With this in mind we wanted to share with you this special video about developing spirituality in our children.



TIPS FOR FAMILIES

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

- 1 Encourage journaling**
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)

Breakfast club- free for all our children (TBC)



A huge thank you to the parents who completed the survey sent out on Parentmail this week about our early adoption of the government's new universal breakfast club offer. Please do look on parentmail and fill it in to let us know if you would be interested in a place! We are hoping to be confirmed as one of the first trial schools for the scheme. We should find out later this week if our place on the scheme has been confirmed. If so, we will be offering **free breakfast club for ALL** children from after the Easter holidays. The club will run from 8.10am in the morning and children will be given their breakfast (served until 8.30am) and will then have a range of wake up and shake up activities and a reading buddy session. I urge all parents to take up this provision please, not only to give their child the opportunity to have this social brekkie time, but start the school day in such a positive way! Our wonderful wraparound providers Progressive Kids will be helping to run the provision. Paid wraparound care will be continuing to be offered too, so parents who need to drop off earlier can still do so! We are also looking to expand our wraparound hours to extend from 7.30am till 6pm for those parents who need this time to work.

We are also hoping to be offering the OUTSTANDING holiday club provision over the Easter and Summer holidays too to help support our children and families. More news to follow!

PE Kit/Trainers/Jewellery in school



Please could you make sure that your child has their PE kit in school every day (infant children) and that the junior children have their trainers and PE kits in school if they are not coming into school wearing it on their PE days. We have so many clubs going on that we need to make sure that all children have their trainers/kits in school. Please can we also recap that jewellery (other than a wristwatch and a plain, small pair of gold/silver studs) is the ONLY jewellery allowed in school and NOT on PE days. We are bound by Lancashire's PE policy to not allow children to wear earrings for PE lessons, even if they are plastered!

MP visit- Report by our very own journalist



Our budding news reported Sophia has written a wonderful press release about our recent visit from MP Maya Ellis. It is so good that I am sending it off to the Lancashire Evening Post.

Balderstone observer & times

MP Visit to Balderstone School

Friday 31st January 2025

Reporter: Sophia Valli-Adam

Balderstone St Leonard's Primary School in Lancashire had a very special visit from their local MP, Maya Ellis. Maya is a representative of Labour and is a new MP for the area, being only eight months into the role.

Headteacher, Mrs Gow, and the whole school including staff and pupils were excited about the visit. In preparation, Mrs Gow chose two School Parliamentarians to represent the school and ask Maya some important questions. The School Parliamentarians were Abdullah Ilyas and Sophia Valli-Adam, both from Year 5.

When Maya came to school, she was greeted by the two Parliamentarians who asked her to come into the school hall to have a relaxing brew before meeting the local Parish Council and joining the school worship.

A few minutes later, the pupils from the whole school joined Maya in the school alcove ready for an exciting celebration worship. Parents of the pupils also joined a thoroughly enjoyable time.

Balderstone were delighted that Maya Ellis came to visit their school.

During worship, the School Parliamentarians asked Maya their prepared questions. Maya talked about her favourite subjects in school which included singing, reading and how she would like to improve access to more youth groups. She even said that she liked being an MP, but the hardest part of the job was being responsible for a lot of people. Maya included that she wanted to be an MP because she felt privileged, and she had young children and wanted to represent young families.

Maya works in the Houses of Parliament to represent the voices of those who she believes are underrepresented.

After these challenging questions which Maya answered very well, the school gave out their weekly special certificates called Flourishing Friday awards. The hardworking pupils who received these valuable certificates were very lucky to be presented by the MP, Maya.

The assembly concluded with a song that the pupils sang and a bye as well as a thankyou to Maya for the amazing visit. Maya also thanked the school for the excellent opportunity to learn about Balderstone School life and meet the staff and pupils.

Balderstone were delighted that Maya Ellis came to visit their school.

FOBS events calendar



Our wonderful F.O.B.S team have just published their calendar of events for the coming months. There is SO much to look forward to. Please do follow them on socials

<https://www.facebook.com/p/Friends-of-Balderstone-School-61565495400505/>

and get involved. The team have now finalised all event dates for the rest of the term and are excited to share them with you so you can save the dates in your diary. There's plenty to look forward to, and each event will bring us closer to our goal of starting work on the playground. More details for each event will be shared as they draw nearer.

Chocolate Bingo 21st March

Mother's Day Gifts 28th March

Spring Trail 5th April – 20th April

Sponsored Colour Run 15th May

Father's Day Gifts 13th June

Summer Fun Night 21st June

World Book Day- advance notice!

WORLD
BOOK
DAY[®]

6 MARCH 2025

Just advance notice World Book Day on **Thursday 6th March**- we are going to continue in our school tradition of celebrating World Book Day together. This year we are adopting a Mr Men and Little Miss theme for the day. This is to celebrate (not only this super range of books) but also to celebrate our uniqueness! You can go all out and make a full costume OR simply wear the colour of your Mr Man/Little Miss and bring an accessory. We are going to have a range of reading based fun events, book swap/book stall, booky brekkie and competition on the day. PLEASE DO NOT BUY A SPECIAL OUTFIT for the day - it should not cost you any money, but is more about using your creativity, recycling and reusing items to make a fun costume! A full list of the characters can be found at:

<https://mrmn.com/pages/characters>

We shall hold a craft making session in school before the event too! This might be a fun half-term art project for the children too!







Flourishers



It was lovely, in Friday's worship, to celebrate the achievements of children in school and a huge well done to **ST DAVID** who were this week's winning team. The following children were presented with a Flourishing Award for shining brightly this week:

Pre school. Alaia

Reception Isla

Squirrels Muhammad

Year 3 Aaminah

Year 4 Tessa

Year 5 Juwairiyah

Year 6

William

Half-term house point winners



Well done St David - you won last half-term's house points! You will be off to the cinema next half-term. Keep up the great work everyone living our mission - Loving God, loving learning and loving each other.

TESCO- Community grants- Collect your blue tokens!

16:31

41



07725186861
22/01/2025, 17:38



Vote for the project that means the most to you.
Each project could receive up to £1,500.

Balderstone St Leonard's CE Primary and Pre-school

Trin Trail Togetherness
Building a new sustainable adventure playground for school, toddler group and community use, giving our diverse families a place to meet, play and have fun together.

Balderstone

Vote in-store until 31 March 2025



The BIG Sing SOUL administered by Imagine The Day

FREE Music for Children
Support mental health, wellbeing, increase self-confidence, reduce social isolation for children by delivering FREE positive music resources at Oakden Primary School.

Blackburn

Vote in-store until 31 March 2025



Working with



Cruse Bereavement Support Lancashire

Bereavement Support for Children
Grief can be devastating. Can you help us be there for more children and young people who are struggling with the death of a loved one in the Blackburn area.

Blackburn

Vote in-store until 31 March 2025



Every little helps



👍👍 3



Reply



Please do support our school's Stronger Starts collection at our local Blackburn Tesco stores over the coming weeks. The blue token scheme fundraiser finishes at the end of March. All of the three charities in stores is worthwhile, but we do need your help to spread the word. Our project - Trim Trail togetherness - aims to raise money so we can build our new adventure playground (with community access) so our children and families can come together to actively play together, bridging all divides!

You can vote for Balderstone at the following stores:

Blackburn Superstore BB1

Darwen Express Express BB3

Blackburn Bank Top Express Express BB2 1TN

Roe Lee Blackburn Express BB1 9AX

Livesey Blackburn Express BB2 5AY

Please check out our video of support from Jessica Ennis-Hill (how exciting!)





The weather was kind to us this week in Forest School! Although we love the rain, it's always good to have a dry day for lighting a fire! First there were jobs to do. We're in the process of bundling up our willow branches to pack into the banks of the brook to stop the erosion that's taking place. The children made some bundles ready for us to use and we also tried planting some willow cuttings in part of the bank. If there's anyone in your family who has any experience in this or is willing to help, please let me know. After all the hard work, we enjoyed toasted marshmallows by the fire and had a go at lighting a cotton wool ball with a dragon sneeze!









We love the fact that so many of our children are involved in sports clubs outside of school. This week we are exploring what parents/carers should look out for when choosing a good sports club for their child - in terms of best practice in safeguarding.

What parents should look for when choosing a good sports club or activity for their child

Here are the key points you should check out when choosing a sports club or activity for your child.

Policies and procedures

Does the organisation have a safeguarding policy to help protect your child?

Sports clubs and organisations should have a safeguarding policy, with a clear procedure for dealing with poor practice concerns or risks of abuse. You should be advised how you can access the policy.

If you or your child have any worries, who can you talk to?

Every organisation should have a named welfare officer and promote their contact details. Well-run clubs should be prepared to listen and advise you what to do if you have any concerns. They should have information about local or national services that can also offer advice and support.



Keeping children safe in sport

A Parent's Charter



Does the organisation have a written code of behaviour or code of conduct?

There should be a written code of behaviour (or conduct) showing what is required of staff, volunteers and participants (including children). Avoid organisations that do not have a commitment to address bullying, shouting, racism, sexism or any other kind of oppressive behaviour. Any unacceptable behaviour should be challenged and dealt with in a professional manner by the sports organisation.

What boundaries exist concerning club relationships?

The club should have clear guidelines about appropriate relationships and social activities between staff, volunteers, participating young people, and parents. Find out who in the club you can speak to if you have concerns about boundaries not being observed.

Quick checklist for Parents

Has the club or organisation achieved a sports body or local council accreditation (eg Clubmark) that is up to date? If so, then this can be viewed as evidence that the club/organisation has attained a certain level of safe practices as assessed by the awarding body.

Even if the club is accredited, you should check that the organisation has:

- a named and contactable welfare officer responsible for the implementation of their safeguarding policy and issues regarding the protection of children or young people
- procedures for dealing with complaints or concerns regarding poor practice, abuse or neglect
- written standards of good practice (ie a code of conduct/behaviour)
- a parental consent/emergency details form that you must return to the club
- safe recruitment procedures for those working with young people that include: a clear job description, appropriate references, criminal records checks (eg DBS) for relevant posts and technical qualifications
- access to appropriate safeguarding (child protection) training for its staff/volunteers

Remember, a well-run club will welcome your questions about their activities and policies. They'll know they have a responsibility to have the right arrangements in place, and to give this kind of information to anyone who leaves a child in their care.



What ratio of supervising adults to children is there?

Find out what the recommended supervision ratios are for your child's chosen activity. You can do this by referring to the organisation responsible for the sport or activity. It is important to identify that the organisation ensures that no staff/volunteer members are left alone and isolated when in charge of the young people.

Does the club ask for signed parent's consent and emergency details?

As part of your child's registration, are you asked to complete a consent form? This should ask for emergency contacts, key medical information (allergies, asthma, etc.) and whether there are any other issues the club needs to know about in order to help your child get the most out of their participation.

What about arrangements for away fixtures and other events?

The sports club or organisation should inform you about the event arrangements and planning, including transport to and from the venue. You should also be given information about the venue itself. If it's a long way from home, you should be given a contact number for use in emergencies.

Recruitment of staff and volunteers

have all staff and volunteers been selected through a proper recruitment process?

This should include interviews, references and Disclosure and Barring Service (DBS) checks – often known as police checks – for eligible staff/volunteers working with children.

What safeguarding training has been provided for staff and volunteers?

All staff and volunteers should have up-to-date recognised safeguarding training. Sports organisations often require and are able to provide sport-specific training programmes for staff and volunteers.

This charter forms part of the work for the National Assembly for Wales' Saving Futures Cross Party Group.

Is the coach qualified?

Your child's coach should have a recognised qualification to clarify they are qualified and have the technical competence in the sport/activity at the right level. Coaches need to be competent to deliver and oversee the sport or activity safely. **health and safety**

Make sure that the organisation has guidance on first aid (and ideally a qualified first aider), and that the following are available within the club:

- first aid box
- procedure for reporting and responding to injuries or accidents that occur within club time
- arrangements for providing participants with drinks and dissemination of medications (parental consent will be required for dissemination of medication)
- that the premises satisfy fire and other relevant regulations

If your child needs help with using the toilet, changing, feeding or their medication, discuss and agree how these personal care needs will be addressed.

For further advice, visit the NSPCC's Child Protection in Sport Unit (CPSU) website, thecpsu.org.uk/parents, or email cpsu@nspcc.org.uk.

If you have any concerns or worries, you can call the NSPCC helpline on **0808 800 5000** or email help@nspcc.org.uk for further advice.

©2017 NSPCC. Photography by Tom Hull. The children pictured are volunteers. Registered charity England and Wales 216401 Scotland SC037717

Church and Community Corner



Come and join us for Cafe Church at 4pm on Sunday 9th February at school. This is a social event where we'll be enjoying a brew and some sweet treats! It's a chance to catch up with friends, there'll be activities for the children and a chance to make your own smores!

Café Church



Come and join us for worship with tea, coffee and cake!

@ Balderstone School

EMPLOYMENT, SKILLS AND SUPPORT HUB

Blackburn College

Department for Work & Pensions

GET WORK READY

11th February 2025 10am-3pm

DAY 1 Blackburn Central Library, Town Hall St, Blackburn, BB2 1AG

WORKSHOP 1 Enhance Your Career Prospects <i>Booking Essential</i>	Explore employment, volunteering, and training opportunities while planning your next steps. Learn how to identify and use transferable skills to stand out in any field.	10.30am-11.30am hosted by
WORKSHOP 2 Insider tips to Impress Employers <i>Booking Essential</i>	Unlock the secrets to impressing employers! Learn how to ace that interviews using the STAR method and showcase your unique strengths. Take the next step toward your dream job today!	12.30pm-1.30pm hosted by
WORKSHOP 3 Support into Employment <i>Booking Essential</i>	In receipt of benefits? explore support to move forward. Learn about programs for employment, education, and training. Start your journey towards your career goals with expert guidance.	2pm-3pm hosted by
Update Your CV	Need help and support with updating your CV or cover letters? Drop in - no booking required	10am-3pm
Speak to the Experts	Unsure what's next in your career? Talk to our experts for the guidance you need to move forward. Drop in - No booking required	10am-3pm

BOOKING IS ESSENTIAL FOR WORKSHOPS

Scan the QR Code to register

FREE EVENT - OPEN TO ALL



Little Voices Theatre Camp

For ages 5-16

Wicked

Easter Theatre Week Camp

Monday 14th - Thursday 17th April 2025
Drop off 8:30am - 9am
Pick up 3:30pm
St Mary's Centre, Clitheroe, BB7 2DG
£130 per child
(Little Voices pupil discount available)

HOW TO BOOK [✉ bdrv@littlevoices.org.uk](mailto:bdrv@littlevoices.org.uk) © 07717 711715



Dates for the diary



Tues 28th Jan Maths Boosters starting in Y6 (Letter to follow)

Wed 5th Feb Reception and pre-school parent lunch

- Fri 7th Feb** Y5/6 Sportshall Athletics
- Fri 14th** Y5/6 parent lunch and Café creative
Half Term
- Mon 24th Feb.** Term Starts
- Tues 25th Feb** Parents' Evening
- Friday 28th Feb** Pre School Stay and Play session
- Tues 11th March** Year 3 and 4 Let's Go Sing Concert in Blackpool
- Wed 26th March.** Y5/6 trip to Salford to Imperial War Museum and The Lowry



Keep in touch with the school family using the details below (or call into the school anytime to see us)

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Balderstone

Blackburn

BB2 7LL

01254 769150

head@balderstone.lancs.sch.uk

Visit us on the web at <http://balderstoneschool.co.uk>