

# CHRIST CHURCH CHARNOCK RICHARD PRIMARY SCHOOL

## WEEKLY NEWSLETTER

INSPIRED TO LEARN, GROW AND FLOURISH WITHIN OUR CHRISTIAN FAMILY



This half term we are learning about Christianity around the world

**02.02.2024**

### HEADTEACHER'S AWARD

Archie and Matthew in Year 2  
for being amazing class buddies



Church Lane  
Charnock Richard  
Chorley  
PR7 5NA

### SPRING TERM CELEBRATION AWARDS 2024

Very well done to the following children for achieving the following awards this week:

	<b>POW - Pupil of the Week</b>	<b>WOW - Worker of the Week</b>
<b>FS</b>	Darcy	Benji
<b>YEAR 1</b>	Isabelle	Mason
<b>YEAR 2</b>	Arlo	Harry
<b>YEAR 3</b>	Kiara	Isaac
<b>YEAR 4</b>	Sam	Evelyn
<b>YEAR 5</b>	Harry	Evie
<b>YEAR 6</b>	Lola	Amelia A

Mrs Helen Brooks  
Head Teacher  
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Tel: 01257 791490

**'I can do all things because Christ gives me strength' Phil 4:13**

## DATES FOR DIARIES

Monday 5<sup>th</sup> February – History Alive – Year 3

Thursday 8<sup>th</sup> February – Special Chinese New Year lunch –  
(see menu below)

Friday 9<sup>th</sup> February – Finish for half term

Monday 19<sup>th</sup> February – School re-opens

Thursday 22<sup>nd</sup> February – Rock Kidz – They are back! Come to school as a rock star for a day of awesomeness and rocking out!

Tuesday 27<sup>th</sup> February – Year 2 RE trip

Thursday 21<sup>st</sup> March – Parents' evening

Thursday 26<sup>th</sup> March – Finish for half term.



It was lovely to welcome Jenni in from Shelter on Monday to share the vital work they are doing to help families across the region.

The charity were blown away by the service that Olivia and Issac demonstrated selling their fabulous snowman pops to raise money. We are so proud of you both!



# EARLY BIRD OF THE WEEK



**FOUNDATION STAGE**



**YEAR 1**



**YEAR 2**



**YEAR 3**



**YEAR 4**



**YEAR 5**



**YEAR 6**





## FOREST SCHOOL

Happy Chinese Year of the Dragon!

Today in Forest school, we have been reading a story about dragons and bogeys and then made dragons to ride on from things we could find around the woodland garden. We made potions to scare dragons away from the woods and played games





Thursday  
8th February

FREE for KS1  
£2.50 for KS2 unless  
you are on free  
school meals

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Chinese Style Chicken  
Curry  
with  
Vegetable Rice & Oven  
Baked Chips  
or  
Sweet & Sour Quorn  
with  
Vegetable & Soy  
Noodles  
~  
Chocolate Rice  
Crispy Cake

Lancashire  
County  
Council



LANCASHIRE  
CATERING SERVICE



# MY VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://CHILDRENSMENTALHEALTHWEEK.ORG.UK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?





# FEBRUARY HALF TERM

CLAYTON BROOK COMMUNITY CENTRE

TUESDAY 13TH 9.30 - 11AM

WEIGH STAY & PLAY SESSION FOR BABIES AND  
PRE-SCHOOL CHILDREN PLAY SESSION

CHORLEY TOWN CENTRE - FAZAKERLEY STREET

THURSDAY 15TH 10AM - 3PM

BIRD FEEDERS AND SPRING ARTS AND CRAFTS

CLAYTON GREEN LIBRARY

TUESDAY 13TH 1.30PM - 3PM

VALENTINES THEMED PLAY SESSION FOR BABIES  
AND PRE-SCHOOL CHILDREN PLAY SESSION

INSPIRE YOUTH ZONE

THURSDAY 15TH 12.30PM - 2PM & 2.30PM - 4PM

WINTER PLAY DAY - ARTS & CRAFTS SESSION

HIGHFIELD FAMILY HUB

WEDNESDAY 14TH 10.AM - 11.30 AM

VALENTINES THEMED CRAFT SESSION

NON-STOP KIDS ENTERTAINER 1.30PM - 3.30PM

TATTON COMMUNITY CENTRE

FRIDAY 16TH 1PM - 2.30PM

PLAY SESSION FOR MOBILE PRE-SCHOOL

SPRING ACTIVITIES

ALL FREE!

RING 01257 516316/516466

FOR MORE INFORMATION



Children and Family  
Wellbeing  
Service



**Choose fun at**



Full day, full week & sibling discounts available

No extra charges for 7:30am drop off or 6:00pm pickup

Tax Free Childcare vouchers accepted

## HOLIDAY CLUB

Holiday's 2024	Opening Dates	Timetable Launch
February	12th - 16th February	8th January
Easter	2nd - 12th April	19th February
May	28th May - 31st May	15th April
Summer	23rd July - 1st Sept	3rd June

For more information phone 07392 790727 or  
Email [chorleyoffice@funfestholidayclub.co.uk](mailto:chorleyoffice@funfestholidayclub.co.uk)  
[waltonledale@funfestholidayclub.co.uk](mailto:waltonledale@funfestholidayclub.co.uk)

Book through our website  
[www.fun-fest.co.uk](http://www.fun-fest.co.uk)



# JOIN US TREK THERAPY



**Chorley**  
Council

## RIVINGTON PIKE - LANCASHIRE 'WELLBEING WALK' - 10.02.24

Trek Therapy CIC are facilitating a 'wellbeing walk' through funding made available by Chorley Council's small grants initiative. On Saturday 10th February 2024 we are excited to be leading a guided circular walk of area around Rivington Pike (362m) and the Tower on Rivington Moor.

Rivington Pike is a prominent landmark and from the summit it is possible, on a clear day, to see as far as Blackpool Tower, the Lake District, Liverpool, the Welsh mountains and as far as the Isle of Man.

We invite participants who reside in the Chorley area to join us on this wellbeing themed walking activity. See details below to register your place.

 09:45am - 14:00pm (Approx. 4 hours duration)

 Cleveland Street Car Park, Chorley, PR7 1BH

 11.2 kilometres / 7 miles - Total ascent 362m



Trek Therapy CIC is a not-for-profit organisation. Company No. 15342085



Follow Us



Register your place by  
scanning the QR code  
or [click here](#)





# What to take on a walk...



Walking is one of the most cost-effective ways to stay physically and mentally well. Whether you're hiking long distances or on a leisurely walk on easy terrain, it all helps as part of a positive self-care routine. We have compiled a list of our recommended items for a safe and enjoyable day out walking in the outdoors.

## Clothing... treat it like your armour!

Waterproofs and appropriate footwear will help you deal with the elements and terrain underfoot keeping you warm and dry. It is important to avoid denim, cotton and normal trainers as once they get wet they will stay wet resulting in you feeling uncomfortable and increasing the chances of injury. The correct clothing and footwear, at the very least, will make your walk more comfortable but more importantly keep you protected.

### What to wear:

- Appropriate Footwear (ideally walking boots as these will protect your ankles on loose ground)
- Walking Socks (part of your footwear system, these need to be breathable to keep feet dry and avoid blisters)
- Waterproof Jacket (keep this in your rucksack until needed, don't leave home without it)
- Waterproof Trousers (for wearing over your walking trousers when it rains)
- Breathable Base-layer (breathable material is best, avoid cotton t-shirts)
- Insulating Mid-layer (fleeces, softshell jackets, hoody, dependent on the weather)
- Legwear (light quick drying trousers, or shorts, with a good range of movement are best, avoid denim)
- Hat, Gloves & Buff (weather can change quickly so keep these in your rucksack until needed)

### What to carry in your rucksack:

- A rucksack or 'daysack' (a 25 Litre rucksack is a good option for a day out)
- Medication and Personal First Aid Kit (keep accessible in a waterproof bag)
- Water Bottle (at least one litre for a 2-3 hour walk to stay hydrated, more in Summer)
- Torch or Headtorch (important item through the Autumn and Winter months)
- Sunscreen (even if it doesn't look that sunny, UV rays can still get through cloud)
- Sunglasses (useful for eye protection in bright conditions including winter)
- Flask of Hot Drink (brilliant on colder days and provides a sense of comfort)
- Food (general packed lunch plus high energy foods such as flapjacks, chocolate and trail mix)
- Mobile Phone (fully charged in a waterproof bag)
- Pocket Sweets (great morale boosters, good options include jelly babies, wine gums and boiled sweets)
- Map & Compass and the skills to use them (group leaders always carry these items)
- Emergency Group Shelter & Whistle (group leaders always carry this equipment)

### Optional extra's:

- Walking Poles (useful to help stability and take pressure off knee joints)
- Camera (to capture great views, record your adventures and maintain the life of your phone battery)
- Gaiters (very useful in wet and boggy terrain to help prevent water seeping over the top of your boots)
- Sit Mat (cheap, simple and helps keep you comfortable during rest stops)

### Follow Us



Visit Us  
[www.trektherapy.co.uk](http://www.trektherapy.co.uk)



COMMUNITY  
FUND



# Harry Potter Event

**Saturday 10<sup>th</sup> February  
9:30am – 12pm**

**Wands at the ready, our magical annual event is back!**

This year Coppull and Standish Brass Band will play us out at 11.30am with a selection of favourites from the Harry Potter films.

All your favourite Diagon Alley 'shops' will be waiting for you with slime making, potion making, wands to choose from and much, much more!

No need to book, just turn up throughout the morning.



**Mrs H Brooks - Head Teacher**

Tel: 01257 791490

Email: [bursar@charnockrichard.lancs.sch.uk](mailto:bursar@charnockrichard.lancs.sch.uk)

Please contact us to view our school



# Christ Church Charnock Richard C of E Primary School



**Pupils are exceptionally well cared for. Their mental health and well-being are prioritised**

**Ofsted 2021**

**Breakfast Club**

opens at 7.30am

**Afterschool Club**

runs until 6pm.



**As a result of living out its distinctive Christian vision, this is truly an exceedingly special, strong and loving Church school family. All are embraced in the warmth of this school and are blessed to be part of it**

**SIAMs 2023**



[www.charnockrichard.lancs.sch.uk](http://www.charnockrichard.lancs.sch.uk)

**X (Twitter) @CCCRPrimary**