

Together, we grow
with God

'Grow in the grace and knowledge of our Lord and Saviour Jesus Christ' 2 Peter 3:18

Our fantastic dance team will be heading off on Monday 2nd February to take part in their long-awaited competition at Blackpool Tower Ballroom. They have been working incredibly hard over the last couple of months, showing real dedication, teamwork and enthusiasm. We can't wait to see them shine on stage. Whatever the outcome, we know they'll enjoy every moment of the experience, and we are already so proud of each and every one of them.

We're also fully prepared for the tired faces on Tuesday morning... and that's just the staff!

Looking ahead, on Sunday 8th February, I will be at St Cuthbert's Church for the All-Age Service. It would be lovely to see some familiar faces there. Children are more than welcome to come and sit with me during the service.

Stars of the Week

- Rec: Gaby
- Year 1: Lydia
- Year 2: Rory
- Year 3: Finley
- Year 4: Sam
- Year 5: Oscar
- Year 6: Declan

Parables of the Talent

(Determination)

- Rec: Maisie
- Year 1: Charlie A
- Year 2: Fleur
- Year 3: Alex
- Year 4: Sapphire
- Year 5: Nova
- Year 6: William



Christian Value

DETERMINATION

Our worship this week looked at how Jesus showed determination during his time in the wilderness. We explored the story of Jesus' Temptation (Matthew 4), where he stayed strong and focused even when he was tired, hungry and tempted to give up. We discussed everyday temptations — giving up on homework, being unkind, or taking the easy option — and how determination helps us choose what is right, just as Jesus did.

Dear God,
Thank you for Jesus' example of determination. Help us to stay strong when we are tempted to give up or do the wrong thing.
Amen.

Attendance

SCHOOL MINIMUM TARGET: 96.4%
This week's attendance:

- Reception: 99.0%
- Year 1: 98.1%
- Year 2: 95.5%
- Year 3: 99.5%
- Year 4: 93.3%
- Year 5: 96.0%
- Year 6: 100%

An fantastic week of attendance with an overall score of 97.3%. Well done to Year 6 for winning the Attendance Prize this week!

Brownies

If any girls in Years 2-4 are interested in attending Brownies, please contact Brown Owl for more details on 07813917193.

Upcoming Events



- 2nd February
Tower Ballroom Dance Competition
- 3rd February
Whole School Eucharist (in School)
- 9th - 13th February
Children's Mental Health Week
- 10th & 11th February
Parent / Carer Evening
- 10th February
Safer Internet Day
- 11th February
St Bede's Matinee Performance
- 13th February
PTFA Bonkers Bar Sale
- 13th February
School closes for half-term break at 3:30pm
- 24th February
School Reopens

Golden Threads

Over the last few months, our staff have been working hard to develop our Golden Threads to personalise the curriculum for our children and it's been wonderful to see this come to life across school. More recently, the children have started confidently spotting the different threads in their learning and they've absolutely loved testing my knowledge whenever they see me around school!!

- Diversity- by celebrating uniqueness we aim to prepare our children for life in modern Britain.
- Resilience- through providing challenge and new opportunity, we aim to develop our pupils' resilience.
- Christian Values- we aim for our children to follow the principles of life that Jesus taught.
- Locality- opportunities and experiences will be fully explored within our local area.
- Vocabulary- by immersing pupils in tier 3 vocabulary across all subjects, we aim to help children understand what they read and to confidently speak, listen and communicate their opinions.

Safeguarding

What Parents and Educators Need to Know about Mental Health Misinformation Online



Children and young people are increasingly turning to social media for mental health advice, but much of what they encounter online is unverified, oversimplified or misleading. This guide explores why platforms like TikTok and Instagram have become go-to sources, and how misuse of clinical language and viral trends can distort children and young people's understanding of mental health.

Aimed at parent and educators, it offers clear, expert-led strategies to counter misinformation. The guide looks at topics such as encouraging open conversations, identifying reliable sources, and strengthening school-home collaboration. Use this information to build young people's critical thinking, resilience and confidence in seeking appropriate professional help when needed.

Marketing

We're looking to strengthen our school's promotional efforts and would love to connect with anyone who has experience in marketing. If you, or someone you know, works in this field and might be willing to offer guidance or support, we'd be incredibly grateful. Even a small amount of expertise could make a meaningful difference as we continue to share the great things happening in our school.



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Recently, a new award, called the Jane Goodall Earth Medal, has been created to celebrate people who work to help others and care for the world. It is named after Dr Jane Goodall, who spent her life protecting animals and encouraging people to look after nature. The award recognises kind and caring actions that make a positive difference, even when people are not looking for praise.

The Bible teaches that true faith is expressed through action, not just words. Real change begins with small, daily choices to live fairly and avoid taking too much. As John the Baptist taught, we demonstrate love for our neighbours by sharing generously with those in need and ensuring there is enough for everyone.



Prayer

Dear God,

Thank You for teaching us that faith is about what we do, not just what we say.

Please help us to make positive changes in the world every day. Help us to be fair and generous, sharing what we have with those in need.

Show us how to love our neighbours through our actions and to never take more than we truly need.

Amen.



**British
Values**



Mutual Respect and Tolerance

The Jane Goodall Earth Medal shows us that being respectful means looking after all living things. It encourages tolerance by focusing on a goal that brings different cultures and beliefs together to protect our world.

Picture News

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.



RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.



LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.



IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.



MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.



REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.



Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.



SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.



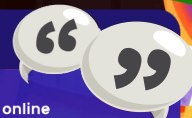
IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.



ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.



Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College®

School Nursing Team DROP IN

Speak to a member of our school nursing team about various health topics including emotional health, diet, healthy lifestyles, sleep, bed-wetting & constipation, head lice and behaviour.

When?

20th May 2026 @ 9.30am-11:30am

17th June 2026 @ 9.30am-11:30am

15th July 2026 @ 9.30am-11:30am

Where?

Oak Tree Children's Centre

Sydney Street

Lytham St Annes

FY8 1TR



Lytham C of E Primary School PTFA

£295.81 raised

38 supporters

HOW IT WORKS

easyfundraising partners with over 8,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

GET STARTED

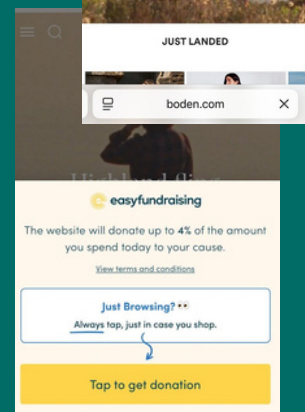
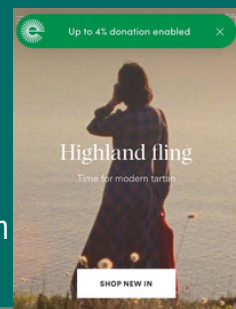
How to support Lytham C of E Primary School PTFA

- 1 Sign up**
Provide us with a few details to set up your profile with easyfundraising.
- 2 Download our browser extension**
Our Donation Reminder plug-in pops up automatically when you shop to let you know when a donation is available.
- 3 Track your donations**
You'll be able to see how much you've raised in your account and we'll send updates on when Lytham C of E Primary School PTFA gets paid.

A quick & easy guide!

It couldn't be simpler, it really is hassle free donating!

1. Download the app
2. Every time you shop on a website, this banner appears to enable the donation
3. Just click it, and the retailer will do the rest for you!



Any questions - we're happy to help at

ptfa@lytham.lancs.sch.uk

Affordable Pre-Loved Uniforms – Supporting Every Family.

The PTFA is proud to offer a range of pre-loved school uniform through our Uniformerly page, helping families save money while promoting sustainability.

What's Available:

Non-branded items – Free of charge

Jumpers & Cardigans – £5

Blazers – £10

Ties - £1.50

Book Bags - £2.00

Items with minor marks or damage are listed at half price, and everything is sent home with your child for convenience.

How to Order: Browse online and place orders easily. You can even set up alerts to be notified when new items are listed.

Peace of Mind: If you receive something you're not happy with, just get in touch—refunds are available, no fuss.

Need support? If you're finding it difficult to purchase uniform, please speak to your child's teacher. Alternatively, you can email us at ptfa@lytham.lancs.sch.uk and we'll work with the school to ensure support is provided discreetly.

Want to Donate? If you have uniform to donate, simply drop it into the collection bin in the school office. Every item helps another family and keeps good clothing out of landfill.

Let's work together to make sure every child has what they need to feel confident and comfortable at school.