

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

It's been another wonderfully busy week in school!

Our Year 6 pupils thoroughly enjoyed themselves during a theatre workshop from AKS. It was wonderful to see their final performance. Photographs and videos to follow soon!

Reverend Emma welcomed families for the first Toddler Praise session of the year; it was lovely to see our relationship with the Church community continue to grow. Stay and Play enjoyed another successful week, with even more new faces enjoying the activities and the treats on offer!

What truly brightened our days though, was the feedback from visitors who commented on how warm and welcoming our school feels and how polite and considerate our children are. We're never surprised, as the children make us proud every day, but it's always wonderful to hear it recognised by others.

## Stars of the Week

- Rec: Oliver
- Year 1: Joseph
- Year 2: Posie
- Year 3: Sienna
- Year 4: Mia
- Year 5: Joshua P
- Year 6: Indy

## Parables of the Talent

(Determination)

- Rec: Rupert
- Year 1: Saffron
- Year 2: Lily
- Year 3: Elena
- Year 4: Millie
- Year 5: Daisy
- Year 6: Rocco



## Christian Value

# DETERMINATION

Our worship this week focused on the famous Bible story of David and Goliath. We explored how David showed courage and determination when facing a giant who seemed impossible to defeat. We talked about our own 'giants', challenges that feel large, and how, like David, we can take small but brave steps forward. The story helped us see that determination often begins with believing we can make a difference.

Dear God,

Help us to be brave like David. When things feel too big for us, remind us that you are with us and that determination can help us face our challenges.

Amen

## Attendance

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

- Reception: 94.0%
- Year 1: 96.2%
- Year 2: 94.0%
- Year 3: 98.0%
- Year 4: 93.3%
- Year 5: 93.7%
- Year 6: 92.7%

Our overall school attendance this week was 94.6%. Well done to Year 3 for winning the Attendance Prize for the second week running!

## Brownies

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

## Thank you

A big thank you to Lytham in Bloom for their generous cheque supporting our gardening projects in school. The contribution will help us to develop our outdoor spaces for the children. We would also like to extend a huge thank you to Caecillian, who kindly rebuilt our planters on the Key Stage 2 playground over the Christmas break. We truly appreciate the time, effort and support given to our school community.

## Upcoming Events



- 18<sup>th</sup> January  
Winnie the Pooh Day
- 22<sup>nd</sup> January  
Toddler Stay and Play
- 2<sup>nd</sup> February  
Tower Ballroom Dance Competition
- 3<sup>rd</sup> February  
Whole School Eucharist (in School)
- 9<sup>th</sup> - 13<sup>th</sup> February  
Children's Mental Health Week
- 10<sup>th</sup> & 11<sup>th</sup> February  
Parent / Carer Evening
- 10<sup>th</sup> February  
Safer Internet Day
- 11th February  
St Bede's Matinee Performance
- 13th February  
School closes for half-term break at 3:30pm

## Safeguarding



### What Parents and Educators Need to Know about Digital Devices & Wellbeing

Digital devices are woven into everyday life for children and young people, but balancing the benefits with potential risks can feel challenging. This #WakeUpWednesday guide explores how screen use can influence sleep, emotional regulation, physical health and online experiences, offering clear context around why concerns about wellbeing are growing.

Written with schools and families in mind, the guide shares practical, realistic advice for setting boundaries, encouraging open conversations and building digital literacy. With insights from an experienced mental health professional, it supports adults to help children develop healthier, more mindful relationships with technology.

## 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.

## Athletics

A huge well done to our fantastic Year 5 and Year 6 pupils who took part in the recent athletics competition. They represented the school with real determination, teamwork and enthusiasm, giving their very best in every event. We're incredibly proud of how brilliantly they showcased our school values throughout the afternoon.

head@lytham.lancs.sch.uk



## Parents' Evening

Parents' Evening slots are now available to book. If you need help booking, please contact Mrs Moran.



01253 736900



# What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

## WHAT ARE THE RISKS?

### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

### ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

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?

20<sup>th</sup> May 2026 @ 9.30am-11:30am

17<sup>th</sup> June 2026 @ 9.30am-11:30am

15<sup>th</sup> 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

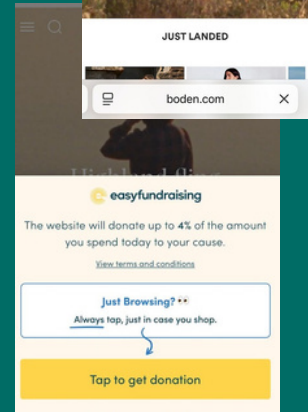
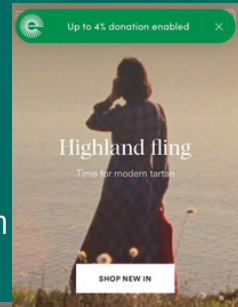
#### How to support Lytham C of E Primary School PTFA

- 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](mailto: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](mailto: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.