

Newsletter

“ Together, we grow with God ”

8th May 2026 Issue # 29

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

It may have been a shorter week, but it's certainly been a busy one. We were delighted to welcome the RNLI into school to lead their fantastic water safety workshops.

Living so close to the sea, their key messages are especially important for our children — from understanding tides to knowing how to stay safe and what to do in an emergency. The sessions were engaging, practical and incredibly valuable.

A huge thank you to everyone who donated so generously. Your support helps the RNLI continue their vital work in keeping our coastal communities safe.

And we're not done yet ... we'll be continuing our fundraising next week with a cake sale on Friday.

Picture News

This week we celebrated the birthday of the incredible David Attenborough with a special live session all about his life, his adventures and the amazing work he has done to help us understand our planet. The children loved learning about his journeys around the world, the animals he has helped us discover and why he inspires so many people to look after the Earth.

A huge happy birthday from all of us. What a wonderful way to celebrate someone who has helped generations fall in love with our planet!

Good luck to our amazing Year 6 as you take your SATs next week. We've seen your hard work, your progress and your brilliant attitudes, and we are already so proud of you. Remember, SATs only measure a small part of who you are. They don't measure your creativity in art, your talent in sport, your imagination, your humour or the kindness you show every day. We are proud of you no matter what.

Stars of the Week

Reception: Mia

Year 1: Iris-Mae

Year 2: Frank

Year 3: TBA

Year 4: TBA

Year 5: Joshua P

Year 6: Stanley

Parables of the Talent

(Kindness)

Reception: Tommy

Year 1: Saffron

Year 2: Luca J

Year 3: TBA

Year 4: TBA

Year 5: Evie L

Year 6: Giorgio



Attendance

SCHOOL MINIMUM TARGET: 96.4%

This week's attendance:

Reception: 99.8%

Year 1: 97.7%

Year 2: 89.6%

Year 3: 93.8%

Year 4: 96.4%

Year 5: 94.2%

Year 6: 97.7%

Our Attendance total for this week was 95.6%.

Reception won the Attendance prize with a fabulous 99.8%

Sports day this year will be on the morning of Wednesday 20th May.

EYFS & KS1: 09:00 - 10:30

KS2: 10:45 - 12:30

And the picnic afterwards from 12:30 - 13:00.

Upcoming Events



Mon 11th – Fri 15th May

SATs Week



Tuesday 19th May

Toddler Praise



Wednesday 20th May

Sports' Day and Picnic (am)



Friday 22nd May

PTFA Break the Rules Day
Break up for half term



Monday 8th June

School OPENS
Phonics Screening Check all week (Year 1)
Multiplication Check all week (Year 4)



Tuesday 9th June

KS2 Quad Kids Athletics,
Stanley Park
Toddler Praise



Wednesday 10th June

Year 2 School Trip to Lowlands Farm
Kickboxing starts (after school)

Wake Up Wednesday



10 Top Tips for Managing Exam Stress

Exam periods can place significant pressure on young people, affecting their confidence, focus and overall wellbeing. This guide explores supportive, realistic strategies to help pupils manage their workload, stay organised and maintain balance.

From creating effective revision routines to designing calm study spaces, it offers practical ways to reduce overwhelm and build a sense of control.

It also highlights the value of active study techniques, creative revision methods and the thoughtful use of technology, including AI tools. With an emphasis on maintaining motivation and protecting mental health, the guide encourages a positive, sustainable approach to exam preparation that helps young people feel more confident and resilient.

Blackpool Zoo

Reception had a fantastic day out at the zoo this week. The children were absolute stars — their behaviour was brilliant and they threw themselves into every part of the day with so much excitement. They loved learning about the animals and their habitats. Even though it was very cold, they kept smiling, exploring and asking great questions. It was one of those days that felt fun, busy and full of "Did you see that?" moments.

A great adventure and one we're sure they'll be talking about for a while.

Coffee Morning and Plant Sale

Park Street Methodist Church Hall
Lytham FY8 5LU

Saturday 16th May 2026
10am - 1pm

Cake Stall * Plant Stall * Raffle



Proceeds go to Lytham in Bloom registered charity no. 1076465
www.lythaminbloom.com



Tickets £2.00
includes
tea / coffee
and biscuits



01253 736900



head@lytham.lancs.sch.uk

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM



The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER



A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS



Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES



Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS



Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT



Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE



Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS



Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY



AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS



Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



See full reference list on our website

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?

29th April 2026 @9.30am-11:30am
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

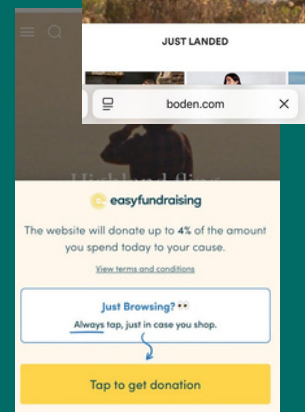
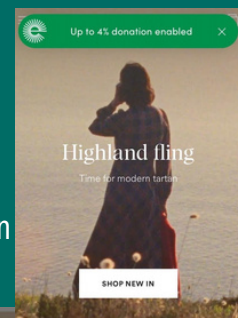
How to support Lytham C of E Primary School PTFA

- 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.