



St Teresa's

Catholic Primary School

Friday 21st July 2023

Live, Love, Learn and Grow in St Teresa's Little Way

Thank you



Please may I take this opportunity to thank all of you for your support and good wishes over the last academic year. It is a privilege and a great honour to serve the children and families of St Teresa's School as Headteacher—it is really good to be back after my period of absence. I am very proud of our children and staff and all our achievements. We look forward to a new school year with exciting opportunities, filled with fun in September.

I wish you all a very happy, sunny and relaxing summer holiday and we look forward to welcoming you back to your new classes in September.

A couple of important thank yous. We would like to thank Mr Scarisbrick for his service to teaching music in school over the last few years. We are really grateful for all his inspirational work. We are, however, delighted that we will continue to see him in September working with some of our children.

Thank you to our amazing PTFA and parent helpers for their hard work and support at last night's Leaver's Party. The occasion was really special and one we hope all the families of Year 6 will remember and cherish.

May we take the opportunity to wish much love and best wishes to all the children and families who will be leaving our school at the end of term. Thank you for your contributions to our school and we wish you all much love as you commence this new and exciting step.

Goodbye and Good Luck

GOODBYE!

At the end of this term, we say goodbye to Mrs. Penn who has worked in school

this last year. We are really grateful for the dedicated service that she has shown our children and school over the last twelve months. It really has been a pleasure to work alongside her. We wish her much love and best wishes.

The start of a new term

BACK TO SCHOOL

School closes for the summer holidays tonight at 3.15pm. Autumn Term 2023 will begin for the children on Tuesday 5th September 2023 with the new school finishing time of 3.25pm.

St Teresa's Catholic Primary School College, Road, Upholland, Lancashire. WN8 0PY

head@st-teresas-upholland.lancs.sch.uk

www.st-teresas-upholland.lancs.sch.uk

01695 623842



You miss 100% of the shots that you don't take.

Wayne Gretzky



Dates for Your Diary

Friday 1st September 2023 & Monday 4th September 2023—Teacher Training Days. Children do not attend on these days.

Tuesday 5th September 2023—School opens to the children for the Autumn Term

Tuesday 12th September 2023 @7pm—PTFA AGM

Saturday 16th September 2023 @ 4.30pm and Sunday 17th September 2023 @ 10am—With You Always Enrolment Masses for Y4 Families

Tuesday 19th September 2023—With You Always Meeting #1 for Year 4 Families

Tuesday 19th September 2023—Parents/Carers Admissions to High School Meeting for children in Year 6. St Peter's staff to attend.

Wednesday 20th September 2023—Judaism Day in school

Friday 22nd September 2023 @6pm—Back to School Disco

Friday 29th September 2023 @ 9.30am—St Teresa's Feast Day Mass in church all families invited to attend

Tuesday 3rd October 2023 With You Always Meeting #2 for Year 4 Families



Congratulations to Elizabeth Bajkowski in Reception Class for receiving the Head teachers Award!

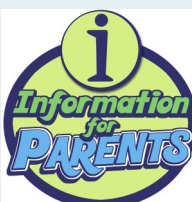
Elizabeth is incredible. She always listens to the her teachers and tries her best in class and as a result her work is of an amazing standard. She is a good friend to others and is very helpful. Not only that, she makes our school very happy because she is great fun. Well done Elizabeth!

Congratulations to the following children who were praised this week. Two children are praised in each class every week. One child receives, 'St Teresa's Award' for showing little acts of kindness to others. The other child receives, 'The Star Pupil Award' for excellent work, attitude or effort in class.

Star Pupil Award St Teresa's Award

| | |
|---------------------|----------------------|
| All of Year 6 | All of Year 6 |
| Sophie Higgins | Kian Beeley |
| Elliot Shannon | All of Year 4 |
| All of Year 3 | Billy Clubb |
| Beatrix Evans | Rocky Armstrong |
| Oliver Dunn | Eva Waterworth |
| Vinny Ashurst-Vagon | Lucia Ellis-Santiago |
| Sophia Fairhurst | Eleanor Shaw |

Meeting for Parents/Carers of Children in Year 6



There will be a meeting to provide advice and guidance for the secondary school admissions process on the 19th September 2023 at 6pm in the school hall. Staff from St Peter's High School will attend the meeting. Please save the date.

Shrek the Musical

Thank you for the support with the raffle at the Shrek performance we raised a total of £444 which helped to pay for the license.

Parent **TEACHER** *Friend* Association



Upcoming events for 23/24

Tuesday
12
Sept

PTFA AGM at 7pm
School Hall

All welcome



Back 2 The Old Skl Disco
6-7:30pm

Friday
22
Sept

Friday
03
Nov

Halloween/Bonfire Disco
6-7:30pm



Christmas Markets
Time TBC

Saturday
25
Nov

Friday
12
Jan

N.Y.E Disco
Shimmer & Shine
6-7:30pm



Summer Festival
Time TBC

Saturday
18
May

Friday
14
June

Euro's Disco
6-7:30pm



IF YOU CAN HELP WITH ANY OF THE EVENTS PLEASE LET THE OFFICE KNOW.

kids over the holidays and to send to any service users/schools etc!



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

Summer Fun



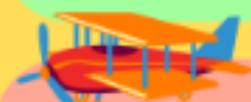
at The British Commercial Vehicle Museum



**Wednesday 26th July:
Curious Critters Workshop**

**Friday 4th August: Ruby
& Blu Slime Workshop**

**Ruby & Blu
to you**



**Wednesday 9th August:
Vehicle Craft Session**

**Wednesday 16th August:
Fun Science Workshop**

Fun Science



**Friday 18th August: Vehicle
Craft Session**

**Wednesday 23rd August:
Curious Critters Workshop**



Fun Science

**Thursday 24th August:
Vehicle Craft Session**

**Thursday 31st August: Fun
Science Workshop**



Please note **pre-booking is required for all** workshops & activities! To book, please give us a call on 01772 451011.

For prices please see our Facebook page @bcvmt

British Commercial Vehicle Museum, King Street, Leyland, Lancashire, PR25 2LE
Registered Charity Number: 328539

Summer Courses

10:30am-3:30pm



The place for ALL sports

Soccer Schools:

26th to 28th July,

9th to 11th and 23rd to 25th Aug

Football fun with FA Qualified Coaches

Multi Sports - 16th, 17th, 18th August

Athletics - Handball - Dodgeball - Netball

Quik Cricket - Rounders - Tag Rugby

Optional Packed Lunch - £4.50 per day

Hot Dog or Burger + Fruit Shoot + Crisps + Chocolate Bar



Fun and Covid Safe Environment

Certificates for Everyone

Qualified & Experienced CRB Coaches

Suitable for All Levels of Ability

Boys and Girls aged 5-12 Most Welcome

£36 per course - £90 if booking on 3 courses

01695 550426

www.jmosportspark.co.uk

info@jmosportspark.com

@jmosportspark



Like us on JMO-Sports-Park



Contact Details

Children and Family Wellbeing Service

Tel: 01695 651350



Compass Bloom

Tel: 01772 280123

Email: Compassbloom@compass-uk.org



CENTRAL & WEST LANCASHIRE
MENTAL HEALTH SUPPORT TEAMS

School Nurses

Tel: 0300 247 0040 –
Monday to Friday 9am to 5pm



Twinkle House

Tel: 01695 455625

Email: enquiries@twinklehouse.co.uk



CANW

Tel: 01254 244596

Email: EHWB@canw.org.uk



West Lancashire

Summer Holiday Support

Children and Young People's
Emotional Health and Wellbeing groups



Children and Family Wellbeing Service

Inside Out for 7-11 yr olds starting Wednesday 26th July, 10.00-11.00am at The Zone

Transitions for those starting High School starting Thursday 27th July, 10.00-11:30am at The Zone

Compass Bloom and CFW will be delivering Five Steps to Wellbeing starting Thursday 27th July, 10.00-11.30am at Eavesdale

School Nurses

Will be available at The Zone on:
Wednesdays from 2nd-30th August
Thursdays from 27th July-31st August, 10.00-11:30am

CANW

Will be continuing with their commissioned support throughout the school holidays

Twinkle House Time to Relax

Weekly activities throughout August

Relax and Craft Mondays 1-3 pm

Yoga Thursdays

5-9 year olds: 10:00-10:45

10-15 year olds: 11:30-12:15

Summer Art 5-11 year olds

Saturday 12th and Saturday 19th, 10:00-11:00am

Limited spaces, contact: services@twinklehouse.co.uk

Compass Bloom

21st Aug – Lathom High – Y7's coping with change

25th Aug - Lathom High – Y7's coping with change

24th Aug – West Lancs College – results day

24th Aug – Our Lady's High – results day

31st or 1st Sept – West Lancs College – Induction day

Key tick awareness messages

- **'be tick aware'** and remember that you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you or your family. It is important to remember that bites can occur on any part of the body and more than one tick can be attached at a time
- you can reduce the chance of tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped** tweezers or a tick removal tool
- if you begin to feel unwell with flu-like symptoms, or develop a spreading circular rash (which usually appears within 1 to 4 weeks after being bitten), **contact your GP or dial NHS 111 promptly**

More information

For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites: www.nhs.uk www.gov.uk

www.gov.uk/government/collections/lyme-disease-guidance-data-and-analysis

www.nhs.uk/conditions/lyme-disease/

www.nhs.uk/conditions/tick-borne-encephalitis/

You can also send any ticks you find to our Tick Surveillance Scheme. Visit www.gov.uk/guidance/tick-surveillance-scheme to find out more.

NICE Lyme guidance: www.nice.org.uk/guidance/ng95

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UKHSA supports the Sustainable Development Goals



UK Health
Security
Agency

Enjoy the outdoors but 'be tick aware'



'Be tick aware' to avoid tick bites and know how to take action if you or your family get bitten by ticks



Tick sizes compared to a one penny coin

What are ticks?

Ticks are small, spider-like creatures that feed on the blood of animals, including people. The size of a tick can vary, with a larva being as small as a tiny freckle, and fully fed females similar in size to a baked bean.

Where do you find ticks?

Ticks survive in many habitats, but prefer moist areas with leaf litter or longer grass, like in woodland, grassland, moorland, heathland and some urban parks and gardens.

Ticks don't fly or jump. They wait on vegetation for a host to pass by, and then climb on. They bite and attach to the skin and feed on blood for several days, before dropping off. Ticks are found throughout the year, but are most active between spring and autumn.

Main health risks

- ticks can sometimes transmit microbes that may cause human diseases such as Lyme disease and tick-borne encephalitis (TBE), though TBE is rare in the UK. It is important to be tick aware and see your GP promptly for diagnosis and treatment if you recognise the symptoms of tick-borne diseases which can include:
 - a flu-like illness, fatigue and muscle and joint pain
 - a characteristic expanding red rash, known as erythema migrans (present in many but not all cases)
 - persistent headache, confusion or sensitivity to bright light
- you may not always remember being bitten by a tick, so if you have spent time outdoors and develop any of these symptoms, seek advice from your GP or dial NHS 111
- Lyme disease can be treated with a course of antibiotics. Without treatment, more serious conditions can develop such as swelling in some joints or problems with the nerves and heart, so prevention and early detection are key
- rarely ticks transmit tick-borne encephalitis (TBE), however the risk in the UK is very low. Symptoms include flu-like illness, persistent headache, confusion and sensitivity to bright light

Avoiding ticks

- walk on clearly defined paths to avoid brushing against vegetation
- wear light-coloured clothes so ticks can be spotted and brushed off
- use repellents such as DEET
- carry out a tick check

Carry out a tick check

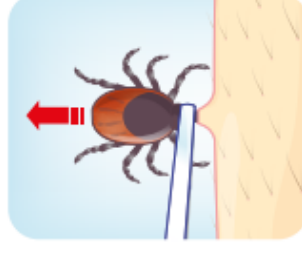
Make it a habit to check your clothes and body regularly for ticks when outdoors and again when you get home. Check your children and pets as well.

Areas that ticks may frequently be found include skin folds, armpits, groin, waistband area, back of the neck and hairline. Data from UKHSA's Tick Surveillance Scheme shows that adults are commonly bitten on the legs, whilst children are commonly bitten on the head or neck area. It is important to remember, however, that bites can occur on any part of the body and more than one tick can be attached at one time.

If you have been bitten

- remove ticks as soon as possible
- the safest way to remove a tick is to use a pair of **fine-tipped** tweezers or a tick removal tool
- grasp the tick as close to the skin as possible
- pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection
- clean the bite area with antibacterial wash/soap and water, and monitor it for several weeks for any changes
- contact your GP promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors

Tick removal with tweezers



Tick in the environment



Tick attached to skin



Lyme disease bullseye rash



Tick found under hair





COLD WATER KILLS

IT'S MORE DANGEROUS THAN IT LOOKS



Scan here for more **water**
safety advice and resources



EVERY YEAR PEOPLE DROWN IN LANCASHIRE

As temperatures rise, it's tempting to cool off with a swim in a river, canal, lake or reservoir. Lancashire Fire and Rescue Service is regularly called to rescue people who have got into trouble in the water.

WHAT ARE THE DANGERS?

- ⚠ There is no supervision.
- ⚠ The cold water temperature can claim your life in minutes - even if you are a strong swimmer.
- ⚠ It's difficult to estimate the depth of the water. It may be much deeper or much shallower than expected.
- ⚠ There are often no suitable places to get out of the water due to steep slimy banks or sides.
- ⚠ There is no way of knowing what lies beneath - there could be weeds, pipes, shopping trolleys, sharp metal or broken bottles.
- ⚠ Swimming in open water can lead to a variety of serious illnesses. There may be hidden currents. Flowing water or swimming in the sea can be especially dangerous.
- ⚠ Alcohol and swimming don't mix - perception and capability are both affected by drinking

WHAT SHOULD I DO IF I SEE SOMEONE IN DIFFICULTY?

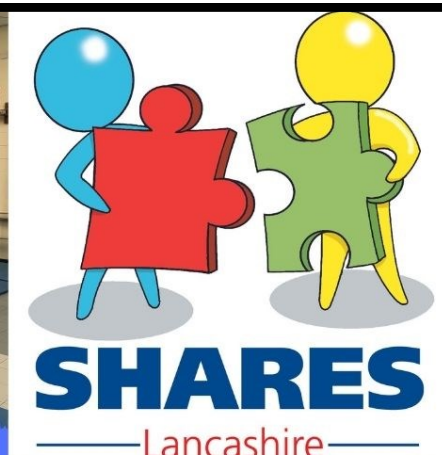
Alert someone, preferably a lifeguard. Dial 999 and ask for the fire and rescue service if you are at a river, canal or reservoir and ask for the Coastguard if you're at sea. Explain your location clearly and describe any landmarks.

ENJOY THE WATER SAFELY THIS SUMMER

- ✓ Swim somewhere safe, like the swimming baths.
- ✓ Obey the warning signs around reservoirs, lakes, canals, rivers and at the beach.
- ✓ Value your own safety first - jumping into the water to rescue pets or belongings can be highly dangerous.
- ✓ Know what to do in an emergency - ring 999 and explain your location clearly and describe any landmarks.
- ✓ Enjoy organised water sports in a safe environment - with the correct equipment and a qualified instructor.

www.lancsfirerescue.org.uk/watersafety





SHARES Multi-Sports Activity Club



FANTASTIC RANGE OF SPORTING
ACTIVITIES INCLUDING
TENNIS, FOOTBALL, BASKETBALL,
DODGEBALL AND ATHLETICS.
ALSO, ARTS AND CRAFTS



St Francis Monday 24th July -
Friday 4th August
Cobbs Brow 7th August - Friday
18th August

9am - 4.30pm Monday to Friday

£15 per Day/£65 per week SHARES School
£20 per day/£90 per week non SHARES School



NUT FREE site

Ages 5-11

Bookings will close on Thursday 20th July. Bookings will not
be taken after this date.

<https://shareslancashire.co.uk/community/holiday-clubs/>

All staff are recruited to DfE safer recruitment standards
including DBS

THIS SUMMER

at **MARTIN MERE**

Wetland Centre



Summer wetland adventures



Quentin Blake
Drawn to Water

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Endless blue skies, warm sunshine and thriving wildlife – a trip to Martin Mere in the summer is always unforgettable.

We've got lots of amazing animals from elegant flamingos and adorable otters, to white storks and magnificent southern screamers.

For little explorers, visit our huge adventure playground for zip wire screams, scramble net laughs, tree-house trailblazing and water zone wonders.

Share your visit with us – we're on

Facebook, Twitter and Instagram @WWTmartinmere.



Wild Walk play area

An extra adventure now awaits at our popular Wild Walk! Test your balance on the balance weaver and balance beam, take on the swinging steps, and brave the rickety bridge.



Talks and feeds

Daily.

Join our team of friendly volunteers for our daily talks and feeds. Meet our otters, Kenai and Penny, as they forage for their food and play around their enclosure. You can also get up close to our flamingos and touch real skulls, feathers and feet and learn interesting facts about these flamboyant birds.



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Summer wetland adventures

Sat 22 July – Sun 3 Sep

Collect your FREE activity guide and start your wetland adventure.

View our wetlands through the eyes of the UK's best loved illustrator, Quentin Blake, as part of our Drawn to Water trail.

- Step back in time at our Mere Tun Village and see how wetland materials were used.
- Get your defenses ready with weapons training to protect our village
- Forage for wetland materials and have a go at your own wetland crafts.
- Set sail on our award-winning canoe safari or guided boat tour
- Dive deep into our ponds and discover creatures under our waters

And much more!

Complete at least 6 activities and come along to our daily ceremony at 4pm to get your Drawn to Water badge!

Gorgeous gifts and yummy treats

Enjoy warming lunches, freshly-brewed teas and coffees, and delicious cakes overlooking Swan Lake in our Mere Side Café. In our shop, we've gorgeous gifts, books and toys for you – and every penny you spend in our shop and café goes to support our vital conservation work.

Everything you need for an unforgettable day out...

How to find us

Our address – Fish Lane, Burscough, Lancashire, L40 0TA.

By car – follow the brown duck signs from Junction 8 on the M61, Junction 3 on the M58 and Junction 27 on the M6.

By bike – use New Lane Circuit and A Grand Tour of West Lancashire routes.

By train – Burscough Bridge Interchange (2 miles), New Lane (0.8 miles) and Burscough Junction (3 miles).

We're open

Visit us 364 days a year – that's every day except Christmas Day.

You can visit us between **9.30am – 6pm** (4.30pm in winter and 3pm on Christmas Eve) and our last admission is one hour before closing.

We're buggy and wheelchair friendly!

Get in touch

Call us on **01704 895181**

Email us at **info.martinmere@wwt.org.uk**

Visit **wwt.org.uk/martin-mere**

Connect with us **@WWTMartinmere**   



WWT is the leading conservation charity that protects, preserves and promotes wildlife and wetlands. Come along, explore, get close to the animals, enjoy unique experiences and learn about these amazing habitats.

WWT reg. charity in England & Wales, no. 1030884 and Scotland, no. SC039410