



St. Mary's News

March 22nd 2024



As we finish for Easter next Thursday this will be the final newsletter of the Spring term.

As we come to the end of another busy term, we would like to thank you all for your continued support. There will be lots more exciting things happening next term, so keep up to date by reading our weekly newsletter.

Have a lovely half-term break. Stay safe and we will see you all on Monday 15th April.
Happy Easter everyone !



Important Dates

Monday 25th March 2024	Holy Week— A Whole School Easter Service to walk with Jesus on his final journey on Earth Parents welcome. 2.15pm start in Church
Tuesday 26th March 2024	PTFA Easter Egg Hunt and Easter Bingo EVENT SOLD OUT See newsletter for full details
Wednesday 27th March 2024	Parents' Evening 2 3.40pm—6.30pm For children in Y1-Y6, school will be open this afternoon from 2.15pm - 3.15pm for parents/carers to spend time looking through their children's books and sharing their work with them. Reception class will not be open to parents/carers this week following the Stay and Play session last week.
Thursday 28th March 2024	Break up for Easter Breakfast and After School Club open as normal
Monday 15th April 2024	School re-opens
Wednesday 5th June 2024	Y6 Residential Holiday (5th—7th June)
Friday 7th June 2024	Y4 Swimming begins—every Friday until 19/7/24 Further details will be given nearer to the time
Tuesday 18th June 2024	Sports Day (weather permitting)
Saturday 22nd June 2024	First Holy Communion Mass - 10.00am. Children in school for 9.00am
Tuesday 25th June 2024	Sports Day - reserve/backup day
Thursday 27th June 2024	Year 6 Stay and Pray session with parents/carers 9.00am
Tuesday 2nd July 2024	Year 5 Stay and Pray session with parents/carers 9.00am
Wednesday 3rd July 2024	Year 4 Stay and Pray session with parents/carers 9.00am
Thursday 4th July 2024	Year 3 Stay and Pray session with parents/carers 9.00am
Wednesday 24th July 2024	School breaks up for summer



Holy Week Easter Service

We will be holding an Easter Service, in Church, on Monday 25th March at 2.15pm.

The service will retell the events of Holy Week through song, scripture and art work.

You are more than welcome to come along to the service. Church doors will only open once

all of the children have been seated.

Following the service the children will be brought back to school and dismissed from the classrooms. For safeguarding purposes no child will be dismissed from Church.

Guitars and ABC will run as normal.



First Confession

Our Y4/5 children, who are making their First Holy Communion, will make

their First Confession on Tuesday 30th April at 2pm in Church.

It will be a simple service, led by Fr. Paul with our choir supporting the children.

You are more than welcome to attend the service.



Y3/Y4 ART CLUB

Following two very successful sewing clubs with Y4/5/6, Mrs Whipp is offering an art club to our Y3/4 children for 6 weeks on Tuesday evenings - 30th April, 7th May, 14th May, 21st May, 11th June and 18th June.

In order to cover the cost of resources/equipment, and to pay Mrs Whipp for her time, the club will cost £25 for the 6 weeks.

There are 3 places remaining – if your child would like to attend, please let the office know by Monday evening. Any spare places, after Monday, will be offered to Y5 children.

Easter Egg Bingo/ Easter Egg Hunt

We will be holding our extremely popular Easter Egg Bingo and Easter Egg Hunt on Tuesday 26th March. Both sessions are completely sold out so please do not turn up without a ticket, as entry will be refused.

The first session will run from 3.45pm - 4.45pm. Entry is by the side fire door of the Infant Hall.

The second session will run from 5.00pm–6.00pm. Doors will open at 4.55pm to give the PTFA time to tidy up from the first session.

Refreshments will be on sale at both sessions.

Please remember that for safeguarding purposes **all** children must be accompanied by an adult. Staff and the PTFA are not there to supervise the children.

Adults are able to join in the Easter Bingo - and hopefully, if lucky will win an egg



BUT - the Easter Egg Hunt will be for children only and will take place inside the school grounds so that the children are safe.

Numbered tickets will be hidden around the school grounds for the children to find one ticket. They will bring that ticket inside to match it up to a ticketed Easter Egg with the same number. All of the children will be able to win one egg in the hunt so no-one will be disappointed.



Guitar Awards

Congratulations to the following children who have been chosen as Mrs Connolly's 'Guitar Stars of the Week'.



Week beginning 18/3/24

Year 3: Daisy

Y4/5/6: Lucy (Y4)





Celebration Page



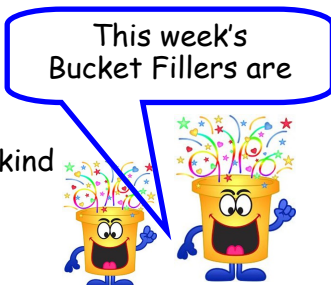
Emile—Key Stage 2 Homework Star of the Week



Year 3	Ethan
Year 4	Ralph F
Year 5	Amelia
Year 6	James B

Bucket Fillers

Bucket fillers are children who fill other people's buckets (lives) with kind words and deeds. They are shining examples to others around them.



Good Work Stars



A huge well done to the following children who have all been recognised for their super work week.

Rec	James T - marvellous maths
Year 1	Alannah - excellent effort in phonics
Year 2	Bobby - wonderful writing
Year 3	Eliza - trying hard in maths
Year 4	All of Y4 - making amazing pizzas in DT
Year 5	Elliot - excellent effort in Literacy
Year 6	Alex - amazing effort in all of his work

Rec	Esme for being a wonderful class role model
Year 1	Harley for being so positive and happy
Year 2	Taylor for being such a good friend to everyone
Year 3	Freddy for always being the best that he can be
Year 4	Lyla for always being polite and respectful
Year 5	Harry for always being polite and holding doors open for others
Year 6	Michael for helping our Reception children with their shoe laces

ABC Star of the Week

A big SHOUT OUT to Wilson (Y4) who has been chosen this week for being a super helper - picking up after others. Thank you Wilson.



Star Pupil Award



	Matthew House Winner	Mark House Winner	Luke House Winner	John House Winner	Overall Star Pupil
Rec	Theo	George	Luna	Aayushi	George
Year 1	Carter	Millie	Nancy	Chloe	Carter
Year 2	Theo	Arlo	Tyler	Charlie H	Arlo
Year 3	Abir	Emily	Charles	Isla	Abir
Year 4	Leo	Mae	Romeo	Delilah	Mae
Year 5	Theo	Alfie Br	Tilly	Sophia	Alfie Br
Year 6	Ishaan	Tristan	Molly	Kate	Ishaan



Kurling

Congratulations to our Y5 children, Elliot, Martha, Alfie, Theo, Scarlett and Robert who were chosen to represent the school at a local Kurling Festival. The children played brilliantly and were super sporting ambassadors for our school. Well done children.



EASTER HOLIDAY CAMP







Fun filled, action packed holiday camp for ages 5 – 11 with enough options to keep your child happy and entertained. Activities include a variety of **fun games, crafts, biscuit decorating** etc and their choice of popular sports such as **Football, Dodgeball, Gym, Dance, Basketball, Cheerleading, Fun games, Craft, NERF Zone, Glow Sports, Party games, Athletics and Obstacle courses**

Bookings can be made via our website
www.fullofbeansfitness.co.uk

Email: camps@fullofbeansfitness.co.uk
 Telephone: 0151 374 0454
 Facebook: FOBWiral Twitter: FullOfBeansFit

COST

£25 Standard - 9am - 4pm
 £35 Extended - 8:30am - 5:30pm
 Get 5 Days for the price of 4!

LOCATION

Birchley St. Mary's,
 Birchley Rd,
 Billinge, Wigan WN5 7QJ

DATE

Tues 2nd - Fri 12 April



Our coaches all hold professional qualifications and an enhanced DBS. Expert and qualified instruction in a safe, non-competitive environment. We go out of our way to ensure a personal and special day.



Easter Holiday Camp

Our very popular Easter Holiday Camp will be running again this Easter.

- ♦ If you book before the end of **this week**, a 10% discount will be automatically added to your booking at check out.
- ♦ A discount is also automatically applied for siblings.
- ♦ Payments can be made using child care vouchers.

**AND AS A SPECIAL EASTER OFFER -
 BOOK 5 DAYS AND ONLY
 PAY FOR 4**

Please do consider using our holiday club as it will only continue to run if numbers remain viable.





25TH STHELENS

LET'S SCOUT IN BILLINGE

NEW MEMBERS NIGHT

25TH APRIL 6 - 8:30PM

BISPHAM HALL SCOUT ESTATE, BILLINGE

BEAVERS

Age 6 - 8

cubs

Age 8 - 10.5

Scouts

Age 10.5 - 14

We have a variety of fun-filled activities for scouts to earn badges, learn something exciting, and have fun.

OUR ACTIVITIES

- Day Trips
- Badge Programs
- Overnight Camping

OUR FEATURES

- Certified Trainer
- Indoors in winter
- Outdoor woodland in summer



eve.cranston@sthelensscouts.org.uk



BILLINGE



BILLINGE SCOUTS PRESENT

**FRIDAY
29TH MARCH, 2024**



VILLAGE EASTER SCAVENGER HUNT 2024



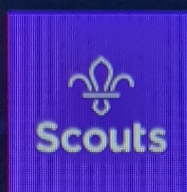
Looking for a fun and exciting way to celebrate
Easter 2024 with your family? Look no further
than our Easter Scavenger Hunt event!

**STALLS
EASTER EGGS ON COMPLETION
REFRESHMENTS**

**10AM – 2PM STARTING AT BILLINGE
PARISH HALL.**

**£3
PER CHILD**

£8 admit one ADULT only



YOU ARE INVITED TO A

QUIZ NIGHT

AT GARSWOOD UNITED FOOTBALL CLUB, GARSWOOD

FUND RAISER FOR
25TH ST. HELENS BILLINGE SCOUT GROUP

HOT FOOD INCLUDED IN THE PRICE
QUIZ INCLUDED IN THE PRICE

STAND UP BINGO (PAY ON THE NIGHT FOR YOUR TICKETS)

RAFFLE (PAY ON THE NIGHT FOR YOUR RAFFLE TICKETS)

FOOTBALL CARDS (EXTRA COST TO ENTER)

DJ/MUSIC

SCOUTS VERY OWN COMPERE

APRIL 15TH 7:00 PM

GARSWOOD ROAD, ASHTON-IN-MAKERFIELD,

WIGAN, WN4 OXA

Adult Ticket £8 each

Child Non-Scout Member £4 each

Child Scout Member £2 each

Please contact our GSL

Markyp4@yahoo.com

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: '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.

