



St. Mary's News

March 15th 2024



Important Dates

Wednesday 20th March 2024	<p>Parents' Evening 1 3.40pm - 6.30pm</p> <p>For children in Reception only - there will be a Stay and Play session for parents/carers to attend from 2.15pm - 3.15pm on this day. During this session, there will also be an opportunity for you to look through your child's record/work file.</p> <p>Parents/carers of children in Y1—Y6 will have the opportunity to look through their children's books next week.</p>
Monday 25th March 2024	<p>Holy Week— A Whole School Easter Service to walk with Jesus on his final journey on Earth</p> <p>Parents welcome. 2.15pm start in Church</p>
Tuesday 26th March 2024	<p>PTFA Easter Egg Hunt and Easter Bingo</p> <p>EVENT SOLD OUT</p>
Wednesday 27th March 2024	<p>Parents' Evening 2 3.40pm—6.30pm</p> <p>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.</p> <p>Reception class will not be open to parents/carers this week following the Stay and Play session last week.</p>
Thursday 28th March 2024	<p>Break up for Easter</p> <p>Breakfast and After School Club open as normal</p>
Monday 15th April 2024	<p>School re-opens</p>
Wednesday 5th June 2024	<p>Y6 Residential Holiday (5th—7th June)</p>
Friday 7th June 2024	<p>Y4 Swimming begins—every Friday until 19/7/24</p> <p>Further details will be given nearer to the time</p>
Tuesday 18th June 2024	<p>Sports Day (weather permitting)</p>
Saturday 22nd June 2024	<p>First Holy Communion</p>
Tuesday 25th June 2024	<p>Sports Day - reserve/backup day</p>
Thursday 27th June 2024	<p>Year 6 Stay and Pray session with parents/carers 9.00am</p>
Tuesday 2nd July 2024	<p>Year 5 Stay and Pray session with parents/carers 9.00am</p>
Wednesday 3rd July 2024	<p>Year 4 Stay and Pray session with parents/carers 9.00am</p>
Thursday 4th July 2024	<p>Year 3 Stay and Pray session with parents/carers 9.00am</p>
Wednesday 24th July 2024	<p>School breaks up for summer</p>



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.



Easter Egg Bingo and Egg Hunt

We were amazed by how quickly the event sold out - with all 220 tickets selling by 9.15am on the first day of release.

We have waiting lists for both sessions, so if you are no longer able to attend please return your tickets to school and we can re-sell them and give you a full refund.

Please note that your child's entrance ticket to the Bingo is also their ticket to take part in the Easter Egg Hunt. (The Easter Egg Hunt is for children only.)

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.

Due to the practical nature of the club, places will be limited to 15 children and will be allocated on a first come basis.

If your child would like to attend, let the office know and once their place is confirmed a payment stream will be added to School Money for you.



Congratulations Ewan

A big shout out and huge congratulations to

Ewan from Y5 for successfully passing his Yellow Music Hub Award with excellence, from the School's Music Service.



Well done Ewan we are really proud of you.

Guitar Awards

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



Week beginning 26th February:

Year 3: Ethan

Y4/5/6: Heidi (Y4)





Celebration Page



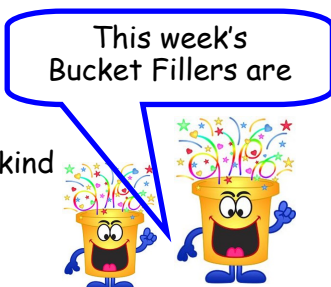
Emile—Key Stage 2 Homework Star of the Week



Year 3	Rosie
Year 4	Thea
Year 5	Harry
Year 6	Heidi

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.



Rec	Billy for always sharing with others
Year 1	Heidi for being a good friend and helping others
Year 2	William for being a kind friend to everyone
Year 3	Amelia for being so helpful in class
Year 4	Ralph for being a fantastic friend
Year 5	Georgia for always being polite and helpful
Year 6	Ruby for taking responsibility for driving her own learning



Good Work Stars



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

Rec	Luna - amazing art work
Year 1	Millie - working hard during registration tasks
Year 2	Rose - marvellous maths
Year 3	Ethan - super maths
Year 4	Erin - great description of Boudicca
Year 5	Tyler - super decimal work
Year 6	Malachy - putting 100% into his writing

ABC Star of the Week

A big SHOUT OUT to Kate from Y6 for being chosen as ABC Star this week. Kate is a pleasure to have in club.



Star Pupil Award



	Matthew House Winner	Mark House Winner	Luke House Winner	John House Winner	Overall Star Pupil
Rec	Emily S	Max K	Harry	Connie	Max K
Year 1	Ava	Henry	Hunter	Amelia	Amelia
Year 2	Lexie	Skylar	Charlie R	Marnie	Lexie
Year 3	Thea	Charlie R	Ethan	T.J	T.J
Year 4	Lyla	Jennifer	Arthur	Eddison G	Jennifer
Year 5	Scarlett	Indiana	Penny	Tyler	Penny
Year 6	Caitlin	Mia	Andrew	Jessica	Andrew

EASTER HOLIDAY CAMP

Full of beans
CHILDREN'S FITNESS & SPORTS COACHING

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: **FOBWirral** 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.

There are 2 different camps on offer – both running from St. Mary's.

Both camps are running from Tuesday 2nd April until Friday 12th April.

- ◆ If you book before the end of next 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

Both clubs are managed and run by the sports coaches who work within our school setting so they are familiar to our children and our children are familiar with them.

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

EASTER FOOTBALL CAMP

Full of beans
CHILDREN'S FITNESS & SPORTS COACHING

Fun filled, action packed football camp for ages 5 – 11 with enough options to keep your child happy and entertained. Run by FA qualified coaches. Includes: A feel for a day of training like a professional player, Football Small Sided Games, Football Dodge, Skills from around the World, Keepy up competitions & Challenge Zones.

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

Email: camps@fullofbeansfitness.co.uk
Telephone: **0151 374 0454**
Facebook: **FOBWirral** Twitter: **FullofBeansFit**

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DATE
Tuesday 2 APRIL -
Friday 12 APRIL
Book just one day or a full week

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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!

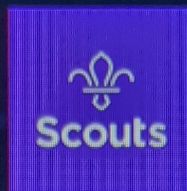
**STALLS
EASTER EGGS ON COMPLETION
REFRESHMENTS**

**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
25111 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.

