



Newsletter

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Message from Mr McCoy

Another very busy and successful week in school. Our school council thoroughly enjoyed their trip to London and the Houses of Parliament this week. We visited the Houses of Parliament and watched a live debate in the House of Commons - the tour was amazing. We then managed to take in some of the sites and visited: The Cenotaph, Downing Street, Trafalgar Square and Buckingham Palace. A very long day, but well worth it. What a great day!

Yesterday's Maths Day was brilliant, thank you to everyone for taking part, what a great way to show off our maths skills and knowledge. It was great to see so many of you in 'maths' costumes. Thanks to FOBH for supporting us with the Power Hour, everyone had a great time and seemed to enjoy trying to work out how many Jelly Beans were in the jar. A huge thank you to Mr Harrison for organising the whole event.

Just a reminder that next week is the final week of this half-term. School is closed for half term - Monday 12th to Friday 16th February. Clubs finished this week (with the exception of the YR Y1 Y2 Gymnastics who have their last session on Thursday 8th Feb) and you can find the list of available clubs for Spring B term on the extra-curricular page of our website. Have a lovely weekend.

Merit Award - Children who are enthusiastic mathematicians

	R.O.T.W	W.O.T.W	M.O.T.W	Bronze	Silver	Gold
RHE	Eden L	George D	Isaac McK	Penny W-P	Una W	Xander P
RHU	Noah R	Sofia D	Oliver McD	Jasmine H	Louie S	James G
RR	Ava J	Harvey B	Hollie G	Lincoln S	Caleb T	Ella D
1A	Arthur D	Alfie H	Sophie M	Roman G	Ethan H	Lottie A
1CS	Sadie C	Nancy S	Reuben C	Oliver A	Ilaria O'N	Nancy L-G
1M	Frahzer N	Rosie G	Alannah P	Daniel F	Hadassah B	Leo B
2G	Mollie B	Sid S	Bernard R-G	Seren A	Harry B	Lucas C
2J	Charlie G	Hanna S	Martha B	Ella A	Darcey L	Oliver H
2W	Edie F	Clyde W	Joe T	Rose B	Beatrice P	Alex D
3D	Elliot K	Evie F	Charlie D	Lucy D	Jude H	Luca D
3H	Eloise M	Joel D	Cohan W	Daina R	Ted R	Archie J
3M	Jude M	Fifi N-W	Imogen D	Milo G	Nancie J	Corey R
4C	Nancy W	Hattie H	Alfie W	Phoebe A	Oscar D	Joel C
4MC	Max R	Eleanor C	Evie S	Hannah K	Charlie Bru	Joseph S
4MO	Hallie S	Gracie L-G	Marcie L	Zac G	Lucas W	Annabelle S
5B	Eva M	Niamh P	Flynn O'B	Alex B	Damian P	Jonah H
5W	Amber H	Henry M	Charlie McK	Imogen J	Andrew S	Elliott C
6D	Joseph B	Alice T	Isla B	Amelia M	Poppy F	Stanley W
6W	Abigail T	Charlie B	Reuben L	Oliver A	Elodie A	Seren R

What's on w/c 05.02.24

MHST Children's Mental Health Week

05.02.2024	Before School	During School	After School
Monday		Y2 & Y6 PE	
Tuesday		YR, Y4 & Y5 PE <i>Safer Internet Day</i> <i>3H Assembly 9.15am</i> <i>3D Assembly 10.15am</i> <i>3M Assembly 11.15am</i>	Young Voices
Wednesday		Y1 & Y3 PE	
Thursday		Y1, Y2, Y3 & Y5 PE	Gymnastics YR, 1 & 2 - Future Gym (external provider) 4 of 4 Exit via main reception at 4.15pm
Friday		YR, Y4 & Y6 PE	<i>Finish for Half Term</i> <i>Return Monday 19.02.24</i>

Friends of Bleak Hill

Dates for Your Diaries

Mothers' Day Shop 08.03.24

Bags 2 School 18.03.24

Easter Bingo 27.03.24

Easter Raffle 28.03.24

Own Clothes Day Bring a Bottle for Gala 28.03.24

The winner of the February 300 Club Draw is:

Daniel F Y1M

Congratulations !



All Day. Every Day.



Attendance Matters



Attendance

Whole School	95.9%
Reception	97.6%
Year 1	94.5%
Year 2	96.2%
Year 3	93.6%
Year 4	97.4%
Year 5	97.6%
Year 6	95.8%

Please remember term time holidays should not be taken, and in most cases will not be agreed. However all term time holidays must be requested by filling out the correct form from the office or off the website. A response will be sent within 7 days.

SEPTEMBER TO DATE

Attendance for the whole school
96.2% please support us in raising this
Percentage.

Equates to:



"It can be difficult to know whether your child is too ill to attend school. NHS guidance is clear that it's fine to send them in with a minor cough or common cold, provided they don't have a temperature."

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Useful website

[Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk)

We are here to support so please contact

Mrs Aspinall-Wood

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY
MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE
BOX

The
National
College



National
Online
Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2024

Happy ValentIN'S Day!



Donate a tin of food and
Spread  this
Valentines Day!



Happy ValentIN'S Day!

We are currently collecting the following items:

- UHT long life milk
- Tea, Coffee, Hot chocolate, Cordial
- Tinned meat: Corned beef, Ham, Hot dogs ect
- Tinned Vegetables and fruit
- Tinned custard and rice pudding
- Jam, Marmalade, Chocolate spread
- Tinned Beans, Spaghetti hoops/Ravioli
- Jars of pasta and curry sauce
- Gravy granules
- Pot noodles/packet noodles
- Biscuits/Sweets/Chocolate
- Toiletries: Shower gel, shampoo, conditioner, toothpaste, toothbrushes, deodorant, razors, shaving cream

Donations can be dropped off at the following places:

- Teardrops Hub, 110 Crab Street, St.Helens, WA10 2DJ.
Monday – Friday (9:30am – 4pm) and Tuesday, Wednesday and Friday
evenings (6:30pm till 8:30pm)
- Tesco, St.Helens Linkway Store (Katie's Project Trolley)

♥ THANK YOU! ♥



School are supporting the ValentIN's Day collection for Teardrops.
Donations can be dropped off at the main school office Monday-Friday next week.
Thank you for your support.



www.merseyside.police.uk

TELLUS



**THINK ABOUT
WHAT YOU KNOW**



**VISIT OUR
WEBSITE**



**TELL US
WHAT YOU KNOW**

The Merseyside Police website is the quickest, easiest and most reliable way of sharing information with us.

As a partner agency your aims are often the same as ours - to keep people safe and improve the places where they live and work.

If you have information about crime, anti-social behaviour or vulnerable people simply go to our website and click the 'Tell Us About' button.

The form you fill in will be sent to the right people within the police to act on your important information.

Alternatively you can contact our Force Contact Centre on social media



Direct Message @MerPolCC



Direct Message Merseyside Police CC

'Tell us' campaign

Merseyside Police have asked us to help them by reporting anything suspicious to their website which is the quickest way to report any information with them:

www.merseyside.police.uk

or through social media channels of:

Facebook - direct message Merseyside Police CC

X (formerly Twitter) - direct message @MerPolCC

Please help to keep everyone safe by reporting relevant information at the earliest opportunity.