



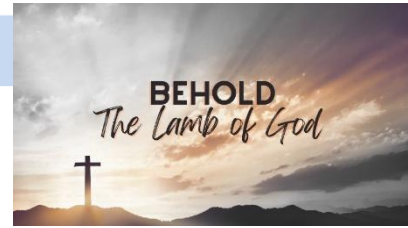
Our Lady of Lourdes Catholic Primary & Nursery School News

SCHOOL CONTACT DETAILS
01524 732289
www.olol.lancs.sch.uk



Friday 16th January 2026

Our Gospel Value Service



I hope that you have all had a great week. This week has been strange for me as I was poorly at the beginning of the week so, a very big thank you to all the staff for looking after school for me. You were all AMAZING! In school the week began on Monday, with assembly that focused on the baptism of Jesus. In the afternoon Willow Class had their first swimming sessions at Carnforth pool. I hear that they all had a great time and tried really hard. On Tuesday, Morecambe Football Club came and did some sports activities with Willow and Oak Class and Mrs Bowden came and continued to deliver music to these classes too. After school the staff had some training and we welcomed a new visitor from the Trust who emailed me to say how lovely school was and that we should be really proud of it. It is always lovely to hear that people have enjoyed what they have seen. On Wednesday, our Willow tunnel had its annual haircut and after school the staff had some more training that focused on Phonics. On Thursday we enjoyed celebrating Winnie-the-Pooh's 100th birthday with our special lunch and the children completed some activities in class. Today (Friday), I attended an Attendance Conference with the MCMAT and Miss Townson has taken Celebration Assembly for me. A very big thank you to her.



Next week, we will begin on Monday, with assembly that will focus on the gospel from Sunday. In the afternoon Willow Class will continue with their swimming sessions at Carnforth pool. On Tuesday, we have a visit from Life Education and Harold and Katie will be taking sessions for the children in class as well as holding a session for parents and staff. In the afternoon, Morecambe Football Club and Mrs Bowden will do sport and Music with Oak and Willow Classes. On Wednesday, the children in EYFS will be having another visit from the Mini City. I am sure that they are going to have a fun filled time dressing up and role-playing. On Thursday the English Hub will coming to visit to help us continue to develop reading across school. On Friday, we will end the week with our Celebration Assembly. This will be at the usual time of 3pm.

As always, if anyone has any concerns or worries, please do not hesitate to call, and make an appointment to see us; we are always happy to help and support families as best we can.

Liz Kendall



Our VIP's this week are:

LITTLE ACORNS (Nursery)	
Junior Taylor	
CHESTNUT CLASS	
Hugo McNeely	
ELDER CLASS	
Jersey Ryan	
WILLOW CLASS	
Alayah Stephenson	
OAK CLASS	
Bobbie Hockham	
WELFARE AWARDS	
Lola Murrell	Casey Connell

NEWS FROM THE CLASSROOM

LITTLE ACORNS & CHESTNUT CLASS

In Little Acorns we have explored what happens on a farm.

ELDER CLASS

In Elder Class this week, we have worked hard on Nouns and Verbs this week.

WILLOW CLASS

In Willow Class this week, we have looked at regions of the UK naming capital cities.

OAK CLASS

In Oak Class this week, we have learnt about latitude and longitude.

PRAYER & LITURGY

Our assemblies this week will focus on how John the Baptist understands Jesus' true identity. With the help of the Holy Spirit, we too can recognise Jesus as God and be witnesses for Him in the world.



SCHOOL LUNCHES

Next week is Week 3



Attendance Update

We are trying really hard to improve attendance in school so that we reach the national targets. The children's target is 95%. Let's all keep trying to work hard to improve our attendance.

This week

Chestnut Class	Elder Class	Willow Class	Oak Class
80.91%	94.44%	93.33%	94.5%

Well done to **OAK CLASS**



Last week, we started to welcome 2-year-olds to our school Nursery provision. We are very pleased to welcome some new children and their families into our school family.

A very BIG Hello to:

Alba, Junior, Leo, Neveah, Carter, & Reggie



After-School Clubs

You will have received a letter last week detailing the different clubs that are running over the next term.

We still have some spaces left. Please return your letter to Miss Townson as soon as possible.



NEW TEN:TEN PARENTS NEWSLETTER

We have put the new Parents Information for Collective Worship onto the school website. Go to Key Information – Collective Worship and click. Please have a look at some of the things we will be talking about in assemblies over the next few weeks.

SCHOOL WEBSITE

Thank you all for your patience. We are really struggling to get this working well so please continue to bear with us. I will continue to use Reach More as well as putting what I can on the website.



Autumn Diary

Dates

We have included as many dates as we are aware of at this time. We will keep updating this, the school website and will send texts as reminders.

Monday 19 th January	9am Assembly 2.15pm Willow Class Swimming
Tuesday 20 th January	Life Education Van Visit 1.15pm Morecambe Football Club & Music (Oak & Willow Class)
Wednesday 21 st January	9.15am EYFS Mini City Role-play
Friday 23 rd January	3pm Celebration Assembly
Monday 26 th January	9am Assembly 2.15pm Willow Class Swimming
Tuesday 27 th January	1.15pm Morecambe Football Club & Music (Oak & Willow Class)
Wednesday 28 th January	10am Dentist Visit (Reception)
Friday 30 th January	3pm Celebration Assembly
Monday 2 nd February	9am Assembly 2.15pm Willow Class Swimming
Tuesday 3 rd February	1.15pm Morecambe Football Club & Music (Oak & Willow Class)

SCHOOL ADMISSIONS September 2026

PRIMARY SCHOOL ADMISSIONS ARE OPEN for children who will start these schools in September 2026. Parents need to apply for a primary school place by **15th January 2026**.

Applications can be made at www.lancashire.gov.uk/schools



ONLINE SAFETY

Please find attached a useful Online Safety Poster for parents. It is a really useful document that shows how we can keep our children safe whilst using the computer.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

- 1 START EARLY CONVERSATIONS**
Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.
- 2 PROMOTE SAFER SHARING**
Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.
- 3 ENCOURAGE DIGITAL BALANCE**
Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.
- 4 CREATE A SAFE SPACE FOR CONCERNS**
When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.
- 5 STAY INFORMED AND CURRENT**
With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.
- 6 TEACH CRITICAL THINKING**
Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.
- 7 SET CLEAR BOUNDARIES**
Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.
- 8 LEAD BY EXAMPLE**
Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.
- 9 EXPLORE PRIVACY SETTINGS TOGETHER**
Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.
- 10 KNOW WHERE TO GET HELP**
Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and C10P can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

Meet Our Expert
Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.
[See full reference list on our website](#)

#WakeUpWednesday
The National College

[@wake_up_weds](#) [/www.thenationalcollege](#) [@wake.up.wednesday](#) [@wake.up.weds](#)

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COMMUNITY NEWS



What's on at our centres?

Spring 2026 Jan - Feb



Morecambe Central (Library) LA4 5DL

Monday	Thursday	Saturday
Development Matters (0-5 years) 9.30am-11am	Coffee & Connect 9.30am-11.30am 1st Thursday of the month	MATCH 10am-12 noon Every 1st Saturday of the month
Infant Massage (Pre-book) 1pm-2pm	Baby & You Sensory Time (0- to pre-walking) 1pm-2pm	
School's Out (8-11 years) 3.30pm-4.45pm	Friday NCT Breastfeeding Peer Group 11.30am-1pm	

Lune Park LA1 2LN

Monday	Tuesday	Wednesday	Thursday	Friday
Baby & You (0-pre-walking) 10am-11am	Mucky Makers 9.30am - 10.30am	Development Matters 9.45am-11.15am	Colourful Footsteps (0-8 years Additional Needs) 1pm-2.30pm	Mini Move & Groove (0-5 years) 9.30am-11am
	Infant Massage (Pre-book) 11am-12pm			SEND Support Group 1pm-3pm 1st Friday of the month
	Chatter Play (0-5 years) 1pm - 2.30pm			
	Wellcomm Screening (Pre-book) 1pm-2.30pm			

Westgate Hub LA4 4XF

Tuesday	Thursday	Friday
Baby & You (0-pre-walking) 10am-11am	Chatter Play (0-5 years) 9.30am-11am	Development Matters (0-5 years) 9.30am-11.00am
	Infant Massage (Pre-book) 1pm-2pm	Babbling Babies (0-18 months) 1pm-2pm

Carnforth LA5 9LS

Monday	Friday
The Listening Lounge 9.30am-11.30am 1st Monday of the month	Carnforth Food Club 2pm-4pm
Babbling Babies (0-18 months) 1pm-2pm	To sign up email members@eggcup.org or call 01524 928027
School's Out (8-11 years) 3.30pm-4.30pm	

Sandylands Community Hub LA3 1EJ

Tuesday	Wednesday
Early Explorers 9.15am-10.15am	Infant Massage (Pre-book) 1pm-2pm

Salt Ayre Leisure Centre LA1 5JS

Thursday	Online
Ready, Steady, Go! 1pm-2.30pm	Virtual Brew & You 10.30-11.30am Virtual peer support drop-in for Mental health Please call 01524 581280 for more information

Courses

Our bookable sessions/courses are:

- Bump, Birth & Beyond (Antenatal)
- Infant Massage (Attachment and Bonding)
- Wellcomm Screening (Speech and Language)
- Nurture Parenting Programme (Parenting Support)
- New Horizons (Self-esteem and Personal Development)

To book onto these, please call us on 01524 581280, book online at the link below: <https://events.apps.lancashire.gov.uk/w/webpage/all-events> or scan the QR Code.

01524 581280

Lancaster and Morecambe Family Hubs

Lancasterfamilyhub@lancashire.gov.uk

Children and Family Wellbeing Service

LANCASHIRE FAMILY HUBS NETWORK

Lancashire County Council

The Nurture Parenting Programme

How to get the best out of family life

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges.

Centre	Time	Date
Westgate	9:30-11:30	12/1/2026
Lune Park	9:30- 11:30	15/1/2026
Westgate	9:30- 11:30	20/4/2026
Lune Park	9:30- 11:30	23/4/2026
Westgate	9:30-11:30	14/9/2026
Lune Park	9:30-11:30	17/9/2026

This programme is for parents with children aged 3-11 years and runs for 10 weeks. Call 01524 581280 to book on or see QR link



BREW & YOU

FEELING OVERWHELMED, ISOLATED, OR JUST IN NEED OF A CHAT WITH PEOPLE WHO GET IT? YOU'RE NOT ALONE

WHY NOT JOIN US ON OUR WEEKLY VIRTUAL PEER SUPPORT GROUP

WHETHER YOU'RE NAVIGATING YOUR OWN MENTAL HEALTH OR SUPPORTING A CHILD, PARTNER, OR LOVED ONE. THIS GROUP IS FOR ALL.

OUR SUPPORT GROUP IS A WARM, WELCOMING SPACE WHERE YOU CAN CONNECT WITH OTHERS WHO TRULY UNDERSTAND.

EVERY WEDNESDAY 10:30-11:30AM PLEASE CALL 01524 581280 FOR MORE INFORMATION AND LINK

GRAB A BREW AND JOIN US

Lancashire County Council