



St Teresa's Catholic Primary School

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

'Christ be in our heads, in our hearts and in our hands'

Weekly Newsletter

Friday 27th March 2026

Head Teacher Letter

Dear Parents / Carers

On Monday, we held our second Wellbeing Festival for the classes who had not yet taken part. The children enjoyed learning a range of wellbeing techniques such as mindful breathing, simple relaxation strategies and ways to manage their emotions. The sessions created a peaceful atmosphere throughout school, giving pupils practical tools to support their mental and emotional health.

Also on Monday, our Year 2 children went on a visit to the synagogue in Southport. They were welcomed warmly and given a guided tour, learning about the significance of the Torah and seeing it being carefully stored and handled. The children explored important Jewish traditions, looked closely at symbolic objects, and gained a deeper understanding of how Jewish people worship and celebrate their faith. It was a memorable trip that broadened their understanding of different religions and cultures.



Over the last two weeks, our Year 5 children have visited the Gujarat Hindu Society temple, where they learned about the Hindu religion and its key values. Experiences like this help broaden their understanding of different faiths, encouraging empathy, respect, and open-mindedness by learning directly from others.

This visit links closely to our commitment to promoting the Catholic Social Teaching values of solidarity, dignity, and the common good. It also supports our work towards achieving the Lancashire Equality Mark, as it reflects our aim to celebrate diversity, challenge stereotypes, and ensure all children understand the importance of treating everyone with kindness and respect.



On Thursday, each class contributed to creating a beautiful and reflective Stations of the Cross display in the school hall. Throughout the day, classes visited the hall to take part in prayerful reflection, with our Mini Vinnies leading thoughtful prayers at each station. The atmosphere was peaceful and reverent, offering pupils a meaningful way to prepare for Holy Week. We were delighted to welcome parents to join us at the end of the day and we thank you for sharing in this special time with us.



Today, the whole school gathered at St. Teresa's Church to celebrate Mass with Fr Ian and the parishioners as we near the end of Lent and prepare to enter Holy Week. It was a beautiful celebration and a valuable opportunity for us to come together in prayer, reflect on our Lenten journey and prepare spiritually for the important days ahead.

Jillian Holmes

General News

- ❖ Prayer and Liturgy Theme Next Week: Palm Sunday
- ❖ Letters home this week: Y3 Swimming Consent Reminder; Thursday 2nd April School Closes 1:30pm; Non-uniform Day Tuesday 31st March Reminder; Asthma Action Plan Request; Message from Tempest Photography; Class Orders; Y5 Martin Mere Trip.

Parking at drop off and pick up

We kindly ask for your cooperation in ensuring the safety of all children and families by adhering to the following guidelines when dropping off or picking up your child:

- ❖ Please do not park on the double yellow lines on Stanley Grove. These restrictions are in place to maintain clear visibility and safe passage for pedestrians, cyclists, and other vehicles. Parking on these lines can create hazards, particularly for our young children.
- ❖ Please do not park on the corners of the road around the school as local residents have complained they cannot get passed, especially when they have strollers.
- ❖ Drive carefully and be mindful of your speed when navigating the area around the school, especially during busy drop-off and pick-up times. There are many children and families crossing the roads, and extra caution is vital to avoid accidents.

Online safety

[Please click here to view the latest Online Safety Newsletter](#)

After school clubs

After school clubs finish at 4.20pm. To ensure the safeguarding of all children, parents must wait at the bottom of the steps outside the main school entrance for their child.

Monday Reception Multi Sports

Sports news

This Girl Can

On Tuesday, some of our Year 5 & 6 girls went along to Lostock Hall Academy after school to take part in the annual 'This Girl Can' Festival organised by South Ribble School Games.

Over 120 girls from various primary schools participated and they completed some well-organised activities.



They took part in an energetic warm up, archery games, dodgeball, cheer/dance and pickleball! The girls showed great energy and enthusiasm; getting stuck into all

the activities. There were definitely some red faces by the end.
Well done to all our girls - it was a pleasure to take you and we were thrilled with your effort!

'I liked the archery, I hit the bullseye!' - Alex 'I loved the dodgeball, it was great!' - Lexi 'It was fun, my favourite activity was dodgeball!' - Amaya 'I enjoyed pickleball and cheer!' - Maria



Loving God, show us how to work together with others in love and with hope, so that together we may build a better world.
Amen.

Whole-School Attendance

This Week: 97.6%
Current academic year overall attendance: 96.8%
Target academic year overall attendance: 97%
Let's keep up the great effort together!

Week 1 lunches w/c 30th March

Tuesday 31 st March	All Day	Non-Uniform Day for CAFOD
Wednesday 1 st April	All Day	Deadline to pay and consent for Reception Mrs Dowsons trip Deadline to pay and consent for Y1 Imagine That trip Deadline to pay and consent for Y2 Humblescough Farm trip Deadline to pay deposit for Y6 (current Y5) Towerwood residential
Thursday 2 nd April	1:30pm	School closes for Easter Holidays
Friday 3 rd April	All Day	Good Friday
Sunday 5 th April	All Day	Easter Sunday

Schools calendar can be found here:

<https://www.st-teresas-penwortham.lancs.sch.uk/special/google-calendar/>

Mini
Vinnies

Attendance
Update

Dates for
the diary

Community & Parish Information

Weekend Mass Times:

St. Teresa's: 6:00pm (Saturday night) 9:30am (Sunday morning).

St. Mary Magdalen's: 11:00am (Sunday morning).

St. Oswald's: 5:00pm (Saturday night) 8:30am (Sunday morning).

HOLY WEEK

Palm Sunday: normal Mass times.

At 9:30am & 11am Masses, Margaret Wright will lead Godly Play at Children's Church. This is a very engaging way for children to understand this very special week.

Holy Thursday: Mass of the Lord's Supper at 7pm followed by Watching until 9pm in St Mary Magdalen's Church

Good Friday: The Lord's Passion at 3pm in both churches

Holy Saturday: The Easter Vigil & First Mass of Easter at 8pm in St Teresa's Church

Easter Sunday: Easter Day Masses at 9:30am in St Teresa's Church & 11am in St Mary Magdalen's Church



April 2026 Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Understanding Anger	6 April 10am
School Anxiety	6 April 7pm
Facing Defiance	7 April 10am
Supporting Healthy Screen Use	7 April 7pm
Anxiety Explained	13 April 10am
Cannabis and Ketamine Awareness	13 April 7pm
Introduction to OCD	14 April 10am
What is ACT?	14 April 7pm
Decreasing Depression	20 April 10am
Raising Self-Esteem	20 April 7pm
Understanding the Teenage Brain	21 April 10am
Supporting Healthy Sleep	21 April 7pm
FREE Decreasing Depression	23 April 7-8pm
Improving Family Communication	27 April 10am
Autism: Improving Communication	27 April 7pm
Supporting a Child with ADHD	28 April 10am
Understanding Addictive Behaviour	28 April 7pm