

Do things for people
NOT BECAUSE OF WHO
THEY ARE OR WHAT
THEY DO IN RETURN,
BUT BECAUSE
OF WHO YOU ARE.

HAF

Rossendale
Holiday Activities & Food



In Rossendale, we are running a **free holiday club programme** for children and young people who receive free school meals.

Come and enjoy fun activities, healthy meals, meet new people and learn new skills.

Sessions run from **Tuesday 2nd-Friday 5th April** and **Tuesday 9th - Friday 12th April**

Limited spaces available on each activity.

Scan me



More information on the HAF activities on page 5!

For more information & to register visit www.rltrust.co.uk/haf

Parents/guardians are not required to stay for sessions unless requested to do so. All attendees to any primary school aged sessions (Reception – Yr 6), must be signed in and signed out each day

HOLIDAY ACTIVITIES AND FOOD PROGRAMME



MAYOR'S SPRING PARTY

• THE ASHGROFT, WHITWORTH. OL12 8DP

SAT 27TH APRIL @ 7.30PM

FEATURING

- ROSSENDALE DRUM MAJORETTES
- HARRIET WILLIAMS
- KYLE & RODGEN

LIGHT REFRESHMENTS

TICKETS £6

AVAILABLE FROM THE COUNCIL OFFICE @ THE.ASHGROFT.ORG.UK



Fun in the mud: Red Class writing up their reflections in their Forest School Diaries at the end of a very wet Forest school Session.





Please remember to visit our website for long term dates. Thank you.

Tuesday 19th March: Pink Class parent's assembly.

Wednesday 20th March: Orange Class parent's assembly.

Thursday 21st March: Favourite Socks Day.

Thursday 21st March: Vision Screening for children in Reception.

Tuesday 26th March: White Class parent's assembly.

Wednesday 27th March: Green Class parent's assembly.

Wednesday 27th March: School Choir go to St Mary's Rochdale.

Thursday 28th March: Easter raffle.

Thursday 28th March: School closes for Easter holidays.

Monday 15th April: School reopens for Summer Term 1.

Monday 22nd April: Red Class parent's assembly.

Monday 22nd April: Earth Day.

Thursday 25th April: Class/Team photograph day.

Monday 29th April: KS1 SATS week begins.

Thursday 2nd May: School closed– polling day.

STAR PUPILS

Nursery:	Albie M.
Green Class:	Darcy H.
Pink Class:	Joshua P.
White Class:	Lara B.
Red Class:	Lara S.
Yellow Class:	Eden A.
Orange Class :	Scarlett B.
Lime Class:	Tom D.
Turquoise Class:	Bruce J.
Gold Class:	Jaden S.
Purple Class:	Sam H.

HOUSE POINTS

Dolphin: 344

Octopus: 317

Seahorse: 352

Starfish: 368

Well done

to the Starfish Team who are this week's winners!

ATTENDANCE

We aim for at least 97% attendance each week; here are the attendance figures for last week:

	Yellow Class:	95.1%	
Green Class:	96.1%	Orange Class:	95.3%
Pink Class:	95.8%	Lime Class:	97.1%
White Class:	96.7%	Turquoise Class:	91.8%
Red Class:	96.3%	Gold Class:	96.4%
	Purple Class:	97.8%	

Our overall school attendance figure for week ending

Friday 8th March 2024 is 95.4%

FRIENDSHIP AND KINDNESS AWARD

Imogen D.

For always taking care of school grounds and helping to keep areas clean and tidy!



What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Belinda Jennings has more than 20 years' experience in the field of relationships, sexual health education (RSE). As well as delivering workshops and training for young people, parents and schools, she is also subject matter expert on RSE for the Department of Education.



The National College

NOS National Online Safety
#WakeUpWednesday



HOLIDAY ACTIVITIES AND FOOD PROGRAMME



Tuesday 2nd April

Venue	Time	Age Group	Activity	Provider
Marl Pits Leisure Centre BB4 7SN	8.00-12.00pm	Rec-Yr 6	Multiports Activities	Absolute Futbol
Doals Community Centre, Burnley Road, Weir, OL13 9RU	8.30-3.00pm	Rec-Yr 6	Dance Workshop	Fusion Dance
2-6 Adelaide Street, Crawshawbooth, BB4 8PW	9.00-1.00pm	Rec-Yr 6	Multiskills Holiday Club (Quizzes, Indoor/Outdoor Activities, Games & More)	Crawshawbooth Community Association
Water Primary School BB4 9PX	9.00-3.00pm	Rec-Yr 6	Forest School Activities	Elemental Forest School & Outdoor Learning
Haslingden Primary School Main Hall BB4 4BJ	9.00-3.00pm	Rec-Yr 6	Dance, Musical Theatre And Arts & Crafts	Dansworks
Stacksteads Methodist Church OL13 0LD	9.00-4.00pm	Rec-Yr 6	Multiskills Holiday Club	Stacksteads Methodist Church
Newchurch St Nicholas Primary School BB4 7UA	9.00-3.00pm	Rec-Yr 6	*Please Note Parents Are Not Permitted To Stay For These Activities Animal Handling Workshop	Emmas Crazy Creatures
Stubbins Primary School, Bolton Road North, BLO 0NA	9.00-1.00pm	Rec-Yr 6	Multiports Activities	Quality Sport
Broadway Primary School BB4 4EH	9.00-1.00pm	Rec-Yr 6	Multiports Activities	Quality Sport
St James The Less Primary, Unity Way, Rawtenstall, BB4 8SU	9.00-1.00pm	Rec-Yr 6	Multiskills Holiday Club	Play & Learn Scheme
The Ashcroft, Whitworth OL12 8DP	9.00-3.00pm	Rec-Yr 6	Hula Hooping, Yoga and Arts & Crafts	The Valley Hoopers
Haslingden Primary School Gymnasium BB4 4BJ	9.30-3.30pm	Rec-Yr 6	Multiskills Holiday Club	RLT
Water Primary School BB4 9PX	10.00-2.00pm	Rec-Yr 6	Multiskills Holiday Club	Sportscool
West Freestyle Martial Arts, York Avenue, Helmsshore, BB4 4HG	10.00-2.00pm	Rec-Yr 6	Martial Arts Activities	West Freestyle Martial Arts
The Hill BB4 8RR	10.00-2.00pm	Rec-Yr 6	Skiing & Tubing	The Hill
Halo Dance, 104 Bury Road, Rawtenstall BB4 6DD	10.00-3.00pm	Rec-Yr 6	Dance & Circus Activities	Halo Dance & Fitness
The Pony Paddocks, Laund Lane, Haslingden, BB4 8XG	10.00-2.00pm	Rec-Yr 6	Equine Assisted Learning & Forest School Sessions	The Pony Paddocks
Alderside Mill, Alder Street, Bacup, OL13 8BB	11.00-3.00pm	Rec-Yr 6	Boxing, Fitness & Health Sessions	Jacksons Boxing
Stubbins Primary School, Bolton Road North, BLO 0NA	12.00-4.00pm	Rec-Yr 6	Multiports Activities	Quality Sport
Broadway Primary School BB4 4EH	12.00-4.00pm	Rec-Yr 6	Multiports Activities	Quality Sport
2-6 Adelaide Street, Crawshawbooth, BB4 8PW	12.30-4.30pm	Rec-Yr 6	Multiskills Holiday Club (Quizzes, Indoor/Outdoor Activities, Games & More)	Crawshawbooth Community Association
Stacksteads Methodist Church OL13 0LD	9.00-4.00pm	Yr 7-11	Multiskills Holiday Club	Stacksteads Methodist Church
Lucardo Escape Room BB4 7LS	9.30-10.30am	Yr 7-11	*Please Note Parents Are Not Permitted To Stay For These Activities Escape Room Activity - Dragons Heart Magic Room	Lucardo



Term Dates – 2023-2024

September 2023						
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November 2023						
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December 2023						
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31						

January 2024						
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February 2024						
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April 2024						
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May 2024						
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June 2024						
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July 2024						
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August 2024						
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	Training Days (children do not attend school)
	Holidays

School Holiday/Term Dates 2024-25



September 2024							October 2024							November 2024							December 2024						
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January 2025							February 2025							March 2025							April 2025						
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May 2025							June 2025							July 2025							August 2025						
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18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30
																					31						

	Training days (children do not attend school)
	Holidays