



St John's C.E. Primary School
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Friday 23rd January 2026

Dear Parents,

Junior Clubs this half term:

Monday Lunchtime – **Y6 Netball**
Tuesday Lunchtime – **Boys Football**
Wednesday Lunchtime – **Gardening Club**
Wednesday Lunchtime – **Girls Football**
Thursday Lunchtime – **Y3 and 4 Tag Rugby**
Thursday lunchtime – **Chess Club**
Thursday After School - **Dodgeball**
Friday Lunchtime – **Chess Club**
Friday Lunchtime – **Y6 Common Room**
Friday After School - **Dance**

Forest School Update

Over the past year, our Forest School has made tremendous progress, transforming from a developing outdoor space into a vibrant learning environment. Staff and pupils have worked together to nurture the area, improving pathways, establishing designated activity zones, building an outdoor classroom and enhancing the natural habitat to support even richer outdoor experiences.

This term, we are delighted to share that classes have now begun using the new Forest School regularly. Children have already enjoyed hands-on sessions exploring nature, developing teamwork skills, and building confidence through outdoor challenges. It has been wonderful to see the space come alive with curiosity, creativity, and a real sense of adventure.

We look forward to expanding our Forest School opportunities even further as the year continues.



THE SCREEN CYCLE AND THE CHILD'S BRAIN: WHY EVERYDAY LIFE FEELS HARDER AFTER SCREEN USE

www.SocialWorkersToolbox.com



1. FAST REWARDS



TV, games, and videos give instant pleasure. The brain gets a strong dopamine hit.

Dopamine is the brain's reward and motivation chemical.

2. THE BRAIN ADAPTS



With repeated fast dopamine, the brain starts to expect it and needs more to feel satisfied.

3. REAL LIFE FEELS DULL



Play, homework, meals, and conversation feel boring or irritating by comparison.

4. BIG EMOTIONS APPEAR



Without screens, children may feel restless, frustrated, low, or overwhelmed. Their brain struggles with slower life.

5. SCREENS BRING QUICK RELIEF



Screens calm the brain fast. The child learns that screens mean comfort and escape.

6. THE CYCLE REPEATS



Break the cycle: Prioritise connection, outdoor play, and slow, engaging activities such as walking

Lunches next week, beginning Monday 26th January

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|----------------------|----------------------|------------------------|
| Big brunch pork sausage, omelette and baked beans | Loaded mild chilli beef and nachos with rice | Roast chicken dinner | Beef burger in a bun | Fish fingers and chips |
| Or | Or | Or | Or | Or |
| Tomato pasta | Butter pie | Mascarpone pasta | Macaroni cheese | Pizza and chips |
| Or | Or | Or | Or | Or |
| Jacket Potato | Jacket potato | Jacket potato | Jacket potato | Sandwich and chips |

Baked potatoes are offered with cheese, beans or tuna filling.

A salad selection is available every day.

*Packed lunch is a choice of tortilla wrap or roll with a filling of cheese, ham or tuna, carrots, a choice of apple, satsuma or banana and a plain biscuit or a chocolate biscuit.

Attendance - Every day matters.

| Week Beginning | 5 th Jan % | 12 th Jan % | 19 th Jan % | 26 th Jan % | 2 nd Feb % | 9 th Feb % |
|----------------|-----------------------|------------------------|------------------------|------------------------|-----------------------|-----------------------|
| Reception | 92 | 97 | 87 | | | |
| Year 1 | 100 | 100 | 90 | | | |
| Year 2 | 94 | 99 | 99 | | | |
| Year 3 | 98 | 98 | 94 | | | |
| Year 4 | 98 | 98 | 99 | | | |
| Year 5 | 99 | 98 | 98 | | | |
| Year 6 | 89 | 93 | 98 | | | |
| Total | 96 | 98 | 96 | | | |

Dates for your diary

Celebration Assembly Friday 16th January (1st and 3rd Friday in the month)

Celebration Assembly Friday 6th February

Half Term – Monday 16th February to Friday 20th February

Parent's Evening – Thursday 26th February

Celebration Assembly Friday 6th March










Celebration Assembly Friday 20th March

Easter Service in Church Friday 27th March @1.30pm

School finishes for Easter holidays Friday 27th March @2.30pm

Please subscribe to the school calendar for these dates to automatically populate your phone calendar - <https://www.stjohnsburscough.co.uk/diary/grid/2024/09/>

For Church events follow the link <https://sjb-burscough.church/upcoming-events/>

| | | |
|---|--|---|
|  <p>SJB Worship & Prayer Night</p> <p>Mon Jan 26, 2026 7:30 PM - 8:30 PM St John the Baptist Church</p> |  <p>321 Course</p> <p>Tue Jan 27, 2026 7:30 PM - 9:00 PM No 57</p> |  <p>Time4Us Lunch</p> <p>Wed Jan 28, 2026 12:30 PM - 2:00 PM Hesketh Arms Rufford</p> |
|  <p>10.45am - All-Age Worship Special</p> <p>Sun Jan 25, 2026 10:45 AM - 12:00 PM St John the Baptist Church</p> |  <p>SJB Kids Family Lunch</p> <p>Sun Jan 25, 2026 12:30 PM - 2:00 PM St John the Baptist CHURCH HALL</p> |  <p>6.00pm - Outreach and Worship</p> <p>Sun Jan 25, 2026 6:00 PM - 7:00 PM St John the Baptist Church</p> |
|  <p>SJB Community Coffee - No 57</p> <p>Thu Jan 29, 2026 9:00 AM - 11:00 AM No 57</p> |  <p>TOGETHER (Women's Bible Study Group)</p> <p>Thu Jan 29, 2026 7:00 PM - 9:00 PM No 57</p> |  <p>SJB Volunteer Thank You Night</p> <p>Fri Jan 30, 2026 7:00 PM - 10:00 PM CHURCH HALL</p> |

I hope you all have a rested weekend,

Kind regards,

Jayne Wallington