



Lea Endowed CE Primary School  
Newsletter No 16  
Friday 12<sup>th</sup> February 2021  
This week our theme is  
PEACE

"Let your light shine." Matthew 5:16

NUMBERS 6:24-26

THE LORD BLESS  
YOU AND KEEP  
YOU; THE LORD  
MAKE HIS FACE  
SHINE ON YOU AND  
BE GRACIOUS TO  
YOU; THE LORD  
TURN HIS FACE  
TOWARD YOU AND  
GIVE YOU PEACE

Dear School Family,

As we finish for the half term break today, we are very thankful for the signs of Spring - lighter mornings and evenings, birds singing, the snowdrops are out and daffodils are ready to bloom. These things bring us a sense of hope that we are turning a corner after such a long dark Winter. I realise that for many families, the days will have rolled into one however I wish to stress the importance of making next week, a holiday from Home / School Learning. It's great to keep busy, but in terms of switching off, I believe it's important for you and your children to press the reset button next week and try to do some different things.

And now for some...

#### ... Good News

I am delighted to announce... the safe arrival of our 3<sup>rd</sup> Lea Lockdown baby. Just in case anyone missed any of our new arrivals...

Congratulations to:

Mrs Lucarelli who had baby Nathan in August,

Miss Morris who had baby Molly in December,

and this week,

Mrs Bamber who had baby Grace on Wednesday.

We are celebrating and thanking God for these precious new lives!

#### LENT

Next Wednesday, 17<sup>th</sup> February marks the beginning of the season of Lent - a 40-day period of preparation before Easter. Traditionally this is celebrated by eating pancakes on Shrove Tuesday (16<sup>th</sup> Feb) the day before the time of prayer focus and fasting begins. It would be lovely to see some photos if you choose to take part in this tradition.

#### Get Caught Reading

Please look out for Mrs Bolton's Reading competition - see separate flyer

**Where will you get caught?**

All entries to be sent to [r.bolton@leacofe.lancs.sch.uk](mailto:r.bolton@leacofe.lancs.sch.uk)

by the 1<sup>st</sup> March please

Continued...

## MENTAL HEALTH & WELLBEING

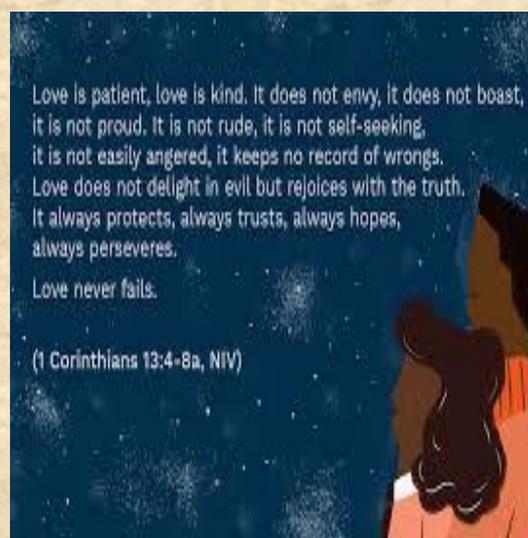
Everyone has Mental Health - this affects how we think, act and feel. Throughout our lives, most of us experience times when we struggle to regulate our thoughts, emotions and behaviour; this can be true of children and adults.

There are many ways we can help to keep our minds healthy.

When our Mental Health is suffering, (just like when our Physical Health is suffering) we can get help and support. We have added a **Mental Health and Wellbeing** tab to the school website to help provide you with a wealth of resources and ideas for ways to promote positive Mental Health.

I hope you find this helpful but if you feel the need to speak to someone in person about these matters, please don't hesitate to get in touch.

**Please don't suffer in silence!**



**For the latest government Covid advice for parents and carers please see the link below:**

**[What parents and carers need to know about early years providers, schools and colleges](#)**

Remember, there is a wealth of useful information, advice and guidance on Online Safety, Mental Health, Covid Health etc on our website

### **I thought this may be of interest to some families...**

#### **Love to Ride Lancashire invites you to -**

Get healthier, happier, wealthier and greener – Join us and ride this pandemic out!

The days are getting longer and the temperature is gradually rising...must be time to go for a bike ride! Riding a bike can make you happier and healthier and it makes our communities cleaner, greener and more liveable...it's also really good fun. This March we're inviting everyone to sign up for Ride it Out – a month of reasons to get back in the saddle! Or even for the first time. We'll have a different theme each week.

Ride HEALTHY – ride your bike to sleep better, live longer and smile wider

Ride RELAXED – it's not all about how fast or how far, shift down a gear and enjoy your ride

Ride GREEN – ditch the car and try one of your regular journeys by bike

Ride FREE – big or small, this week is all about adventure and going somewhere new to you by bike

There will be some great prizes on offer as well.

It only takes 30 seconds to register at:

<https://www.lovetoride.net/lancashire>



A huge thank you to everyone in our school family for making it through this half term. I am very proud of you all. I hope you can find some times to relax, have fun and be thankful for the many blessings we can still enjoy.

With love and prayers,  
CM Seagrave