

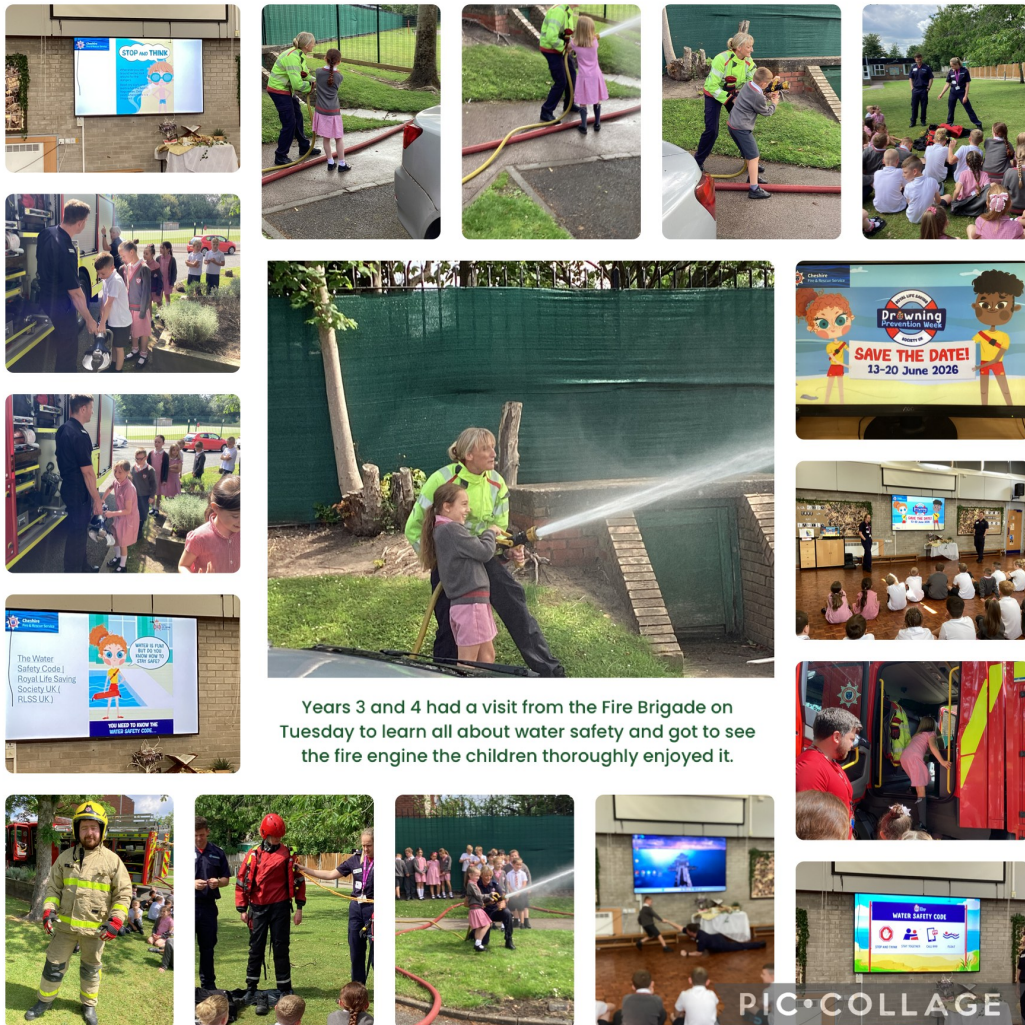


St John Fisher Catholic Primary School  
"With God's love, we are a family,  
CARING, LEARNING and  
GROWING together."

## Newsletter 19th June 2026

### Cheshire Fire Service

We would like to thank Cheshire Fire Service for their visit to help educate KS2 on water safety during Drowning Prevention Week. The children got to take a look at the fire engine, use the water hose (which gave all the cars a good wash) and Mr. Redmond and Miss. Sweeney considered a new career trying out the uniform.



# SCIENCE

Illustration featuring the word "SCIENCE" in large, bold, white letters with a black outline. Above the word are a DNA double helix, a microscope, and several colorful stars. Below the word are a molecular structure, a beaker with blue liquid, and the equation  $F=ma$ .

Thank you to everyone who was able to make our "Curiosity—what is your question?" science workshops this week.  
We hope you enjoyed them—the children certainly did.



# SCIENCE



Year 3 Science lesson with parents



Year 6 became scientists this week as they investigated real lamb hearts as part of their learning about the circulatory system. The children carefully explored the structure of the heart, identified key features such as the ventricles, valves and aorta, and discovered why the left ventricle has such a thick muscular wall.

They then shared their knowledge with parents, confidently explaining how the heart pumps blood around the body and why it is such an important organ.

A fantastic afternoon of hands-on science, curiosity and learning!



# SJF's First Ever PTA Colour Run!

Come and join us for the very first SJF Colour Run!

The event will take place after school on either Wednesday 15th July or Thursday 16th July, weather dependent.

If you normally collect your child from their classroom, please bring them to the Infant Playground, where you will be able to:

- Pay the £5 entry fee
- Sign the waiver and risk assessment form

The Colour Run will begin at 3:30pm, and parents are welcome to stay and spectate.

What to wear:

A white T-shirt (recommended to show off all the colourful powder!)  
Sunglasses and/or a hat (optional) Sunglasses and hats will also be available to purchase on the day, along with a selection of refreshments.

This is set to be a fantastic, fun-filled event for all involved, and we can't wait to see everyone there!

Further details and permission letters will follow soon.

"Get ready to run, laugh, and get colourful!"



### When was the last time you took time for yourself?

Between school runs, work, appointments, housework and everything else that comes with family life, many parents find themselves running on empty.

If you've been feeling overwhelmed, stressed, exhausted or simply in need of a reset, you're invited to join our free online wellbeing workshop:

 Friday 26th June

 9:30am

 Online

Delivered by HENRY in partnership with the NHS, this friendly session will help you recognise the signs of stress and burnout, explore practical self-care strategies, and prioritise your own wellbeing.

One parent told us:

*"I know I can't pour from an empty cup. This workshop helped me realise I'd been running on empty, but I now know what I need to do."*

Places are limited.

Book your free place here:

<https://www.eventbrite.co.uk/e/well-being-workshop-looking-after-yourself-with-henry-tickets-1518168174879?aff=oddtcreator>



## Warrington Road Nursery School

Naylor Road, Widnes, WA8 OBS

'Learning, Nurturing and Growing Together'

- Run by qualified teachers and experienced teaching assistants
- Dedicated SENCo
- Smooth transition to Reception classes
- Small classes to support individual learning needs
- Enrolling children between 2-to-4 years
- 15 or 30 hours funded sessions available
- New from September 2025, 30 hours 2 year old funding, see eligibility on - <https://www.childcarechoices.gov.uk/15-and-30-hours-childcare-support>



### Contact the nursery school for more information

- Monday - Friday
- 9am-12pm - Morning
- 12.45 - 3.45pm Afternoon
- Full days available
- Wrap around care with existing nursery staff for continuity and familiarity for your child
- 8am - 9am and 3.45-5pm and school holiday club subject to availability
- Plenty of parking for easy drop off



To register your interest, send name and contact details to [reception@affns.co.uk](mailto:reception@affns.co.uk) or call 01514244686 for more information