

Friday 9th October, 2026

Diary Dates

15/10/26 - Year 5 Educational visit to Bowley

20/10/26 - Virtual Parents' Evening - details already shared with parents

21/10/26 - Face to Face Parents' Evening - details already shared with parents

22/10/26 - School closes for Half Term at 3.00pm (please note the day - Thursday)

Sad Farewell



Today we say goodbye to Mrs Baron, our receptionist, who leaves us after just over two years at Lammack. She has built excellent relationships with pupils, parents and colleagues during her time at Lammack. We are very sorry to see her go — she has been a valuable member of our team and will be greatly missed. On behalf of all staff and governors, we wish Mrs Baron every success and happiness as she embarks on an exciting new adventure.

Foodbank Harvest Collection



As we approach the Harvest Festival, a time for giving and sharing, we're reminded that not everyone in our community has enough food to fill their tables. Sadly, there are many families, who, through circumstances often beyond their control, are facing financial hardship. With food prices continuing to rise, people from different faiths/cultures are turning to Blackburn Foodbank for the most basic of necessities. In light of this, we would like to have a harvest collection on **Tuesday 20th October, which will then be collected by the Foodbank on Wednesday 21st October.**

The Foodbank has made a special request for tinned carrots from our school (other schools have been allocated other food items). They are also happy to accept all other food items (tinned food, dry pasta, etc) but if you are shopping, tinned carrots will be a great choice to buy!

Let's all work together to support families during the tough winter months ahead. Every contribution will be greatly appreciated.

Gardening

We are looking for a volunteer who loves gardening to help maintain some of our garden areas around school. We know we have many talented parents, grandparents and carers who may have a passion for gardening and want to contribute to the local community. We would love you to get involved to help maintain key areas around school — digging out weeds, planting and general tidying. If you are interested, please contact Mr Hyslop via the main office. All volunteers will be subject to successful DBS checks in line with our safeguarding arrangements.

World Mental Health Day

World Mental Health Day takes place every year on 10 October. It's a reminder of the importance of good mental health and the need to prioritise and invest in good mental health. We have highlighted the importance of looking after our mental health through KS1 and KS2 assemblies and teachers have also done some work in class.

We believe that taking care of our *mental health* is just as important as looking after our physical health. When children feel calm, confident, and supported, they are better able to learn, grow, and enjoy their time at school and at home.

Why Mental Health Matters

Good mental health helps children:

- Build strong friendships
- Solve problems calmly
- Try new things with confidence
- Bounce back from challenges

Just like adults, children can feel stressed, worried, or overwhelmed at times. That's why it's important for families and school to work together to create a caring and supportive environment.

Helpful Strategies for Parents and Children

Here are some simple ways to support mental wellbeing at home:

👨👩👧👦 **Talk Regularly**

Make time to talk about feelings each day. Ask open questions like "What was the best part of your day?" or "Is anything worrying you today?"

🌳 **Encourage Play and Outdoor Time**

Physical activity and fresh air help children relax and release stress. Try going for walks, playing games, or exploring nature together.

😌 **Create Calm Routines**

Having regular routines, especially around bedtime, helps children feel safe and secure.

Practice Mindfulness or Breathing Exercises

Even a few minutes of quiet breathing or stretching can help children feel calmer and more focused.

💖 **Model Healthy Habits**

Children learn a lot from watching adults. Show them it's okay to ask for help, take breaks, and talk about feelings.

If you ever have concerns about your child's mental wellbeing, please know that you are not alone. Our staff and Well-Being Lead (Mrs Blackmore) are always here to help.

Together, we can help our children feel happy, safe, and ready to thrive!