

## Settling In Nicely

### School Council

Congratulations to the following children voted in to this Year's School Council by their classmates. Well done to all those who took part, don't forget there are plenty of other opportunities to represent the school including further School Council posts in all the Southport High Schools when the children move up.

Year 1—Louise, Patrick, Aaron and Clara. Year 2—Ezrae, Thea, Theo and Lucy. Year 3—Alice, Arthur, Stella and Oliver. Year 4—Zayden, Maisie, Holly and Sebastian. Year 5—Maya, Katie, Elijah and Arabella. Year 6—Tahlia and Samuel, Vice Chair—Eliza, Chair—Tobias.

### Sensory Room

It seems that there will be lots of work undertaken this year to improve the school but one thing I would really like us to save up for is a massive overhaul of our Sensory Room. A really impressive target would be £10,000 for this. So, let's see what we can do to raise this over the course of the year through all the usual events and more. Please feel free to fundraise out of school and all donations will of course be welcome. Providing a quality space for the children to relax would be for all the children to enjoy and experience.

Let's do this! Thank you!

### Halloween Disco Week

Children can wear their own clothes on their disco day but perhaps it's a chance to get the most of out of that Halloween outfit!

Monday, 20th October— Reception and Nursery

Tuesday, 21st October— Year 1 and 2

Wednesday, 22nd October— Year 5 and 6

Thursday, 23rd October— Year 3 and 4

More details including ticket info and times will be made available soon.

### Pumps /Trainers/Shoes

It can be a little confusing but it boils down to : School shoes with uniform. Trainers with PE kit. Pumps for PE in the hall (trainers are too clunky for dance/gymnastics etc) or bare feet if no pumps. Any other footwear should be through arrangement with the classteacher and/ or Mr Gallagher/Mrs Eden via a call to the office. Thank you.

### Extra Curriculum Clubs

Please click the website link for a list of our extra curriculum clubs running during the Autumn term.

<https://www.birkdaleprimary.com/page/?title=School+Clubs&pid=84>

### Lake Birkdale Primary

I think we've had every specialist under the sun provide solutions to the problem when it rains on the main yard. Apologies for this but we hope a swift end is on the cards very soon!

## SWANS

As someone still recovering from a big health scare a while back, I saw this and, as a busy parent, I thought it was quite helpful to remind us what we *should* be thinking about when we think of ourselves:

**Sleep:** Sleep is non-negotiable - it gives your brain time to rest and consolidate memories. Aim for between seven and nine hours each night.

**Water:** Our bodies are about 60% water and even mild dehydration can make you feel unfocused so keep water nearby and sip it regularly

**Activity:** Moving your body boosts blood flow and oxygen to the brain, which helps you think more clearly. Try going on short walks, a light jog or regularly stretching

**Nutrition:** Nourish your brain with whole foods rather than processed ones. Choline is a nutrient vital for brain health so eating food that is rich in it like eggs, fish and nuts can support concentration and focus.

**Stress:** Chronic stress floods the body with cortisol - a hormone that helps regulate your body's response to stress - and that can cloud your thinking. Find ways to lower stress through breathing exercises, mindfulness and hobbies.

### SEND Coffee Morning at Birkdale High School 26th September, 9.15am—11.15am

Join the Sefton Inclusion Team for a relaxed and informative coffee morning which will discuss:

Understand the Graduated Approach to SEND

- What the Graduated Approach means
- How to identify and support children with SEND
- The role of parents and carers in the process
- What to expect at each stage of support.

Whether you are just beginning your SEND journey or looking for more clarity, this session is for you. No need to book—all welcome.

### Two Sides

- Please be reminded that children may focus on letting you know about the worst bits of the school day if they think that's what you want to hear or even react to the most. Try to focus on positives then please check with school regarding anything that concerns you and we will be happy to reassure you. There will often be more to the story.
- As you would expect, school doesn't join in with online discussions about local schools. All the schools in Southport work incredibly hard...together. It's a shame really as I would love to join in on occasion! I'll leave the axe-grinding to a small handful of those who are no longer with us...for a reason.

### Nut-Free School

Please be aware that we are a nut-free school. This includes Nutella sandwiches. Please also consider the healthy nature of any snacks sent in for lunch. Thank you.

Please contact us on 01704 567516 email at : [admin.birkdaleprimary@schools.sefton.gov.uk](mailto:admin.birkdaleprimary@schools.sefton.gov.uk)  
Our Website is : [www.birkdaleprimary.com](http://www.birkdaleprimary.com)

## ICON Week 2025: Helping Parents Stay Calm When Babies Cry

This September, organisations across the country will come together to support parents and carers during **ICON Week 2025 (22–26 September)**.

The national campaign shares the important message: **“Babies cry, you can cope!”**

Crying is a normal part of every baby’s development. For many parents, it can feel overwhelming – especially when combined with the pressures of everyday life. ICON Week helps families understand why babies cry, offers practical coping strategies, and highlights the importance of looking after your own mental health.

The ICON message is simple:

- **I** – Infant crying is normal and will stop
- **C** – Comfort methods can sometimes soothe your baby
- **O** – It’s OK to walk away for a few minutes if your baby is safe and the crying feels too much
- **N** – Never shake or hurt a baby

This year’s theme is about *mental health and staying calm*. And that applies to everyone – mums, dads, and carers. For men in particular, talking about stress and finding ways to calm down before handling a crying baby can be a big challenge. ICON encourages both men and women to reach out for support, talk to someone they trust, and take breaks when needed.

Coping tips that can help:

- Create a calm space – turn off screens, lower the lights, and reduce noise. This can help both you and your baby feel more settled.
- Plan ahead with the **ICON Crying Plan**. In the heat of the moment, being told to “calm down” isn’t always helpful. The Crying Plan helps you think in advance about what works for *you* – whether that’s stepping outside for a breath of fresh air, calling a friend, or listening to music. Having a plan makes it easier to cope when the crying feels too much.

Dr Suzanne Smith, nurse, health visitor and founder of ICON, said: “Crying can push any parent to the edge, and it affects men just as much as women. ICON Week is about reassuring families that crying is normal, encouraging parents to care for their own mental health, and showing that support is always available. Taking steps to stay calm – whether that’s using the Crying Plan, reducing stimulation, or reaching out for help – can make all the difference.”

👉 Download the Crying Plan and find more advice at [www.iconcope.org/iconweek2025](http://www.iconcope.org/iconweek2025)



Find us on Facebook

# Art and Design Club

## After-school sessions



### Our sessions promote:

- reduction of stress and anxiety
- self-expression
- creativity
- growth of patience and resilience
- development of fine motor skills
- social interaction
- communication of thoughts and feelings
- positive wellbeing
- smiling and having plenty of fun!

### MONDAYS

4.15pm - 5.15pm  
or  
5.30pm - 6.30pm



**All materials and resources provided**

**Safe and secure venue (within the YMCA building)**

**Sessions run by a fully-qualified teacher**

message [theartspotcreative@gmail.com](mailto:theartspotcreative@gmail.com)  
for more details and to book your child's place

**Have fun, meet new friends, and explore  
different materials & art techniques**

*Make the mess you can't at home!*

If you would like to advertise an event or business that you feel would be of interest to our school community, please send the pre-prepared information to the admin email address. A half page is £10 and a full page is £20—all money will go to our Sensory Room fund.