



One Family in Christ

St John the Baptist RC Primary School

Headteacher: Mrs L. Campbell

Newsletter

8th May 2026

We have a few dates to share:

Monday 11th May – Friday 15th May:
Year 6 SATs. Please ensure children are in every day, and nice and early for a snack before we start.

Thursday 21st May: Parents coffee morning in the hall at 9am – come for a chat, make connections and support one another :)



#onefamilyinchrist
© Mrs Campbell

<https://www.stjohnthebaptist.stoccat.org.uk/key-information/iqm-inclusive-school-award/>

Head-teacher awards	Qualities of the class 'woman of the Bible'	Celebration of Talent spotting
Nursery (Jochabed)	Edna	Jarron Jo Tasniah
Reception (Miriam)	Ysabella	Beauty Rumi
Y1 (Elizabeth)	Adam	Solomon-Blessing Uzair
Y2 (Prisca)	Amanda	Joseph Ademide
Y3 (Sheba)	Max	Peniel Hafsa
Y4 (Deborah)	Kayla	Omar Kobi
Y5 (Esther)	Naomi	Lucas Margarida
Y6 (Lydia)	Nimra	Edvinas Eva

Class	Reception	Y1	Y2	Y3	Y4	Y5	Y6
Attendance: week beg 4.5.26	97.6%	93.2%	98.6%	97.5%	99.3%	100	98.7%

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Catholic life

May: the month of Mary



As we are in the month of May, our school came together to honour Mary, the mother of Jesus, with a special Crowning of Our Lady this week. The liturgy was led by Y5 pupils and the choir led with the hymns. The children showed great reverence and joy as they took part in prayers, hymns, and the placing of a beautiful crown of flowers on Mary's statue. This meaningful tradition reminds us of Mary's love, kindness, and faith, and encourages us to follow her example by caring for others and showing compassion each day. It was a lovely occasion that brought our school community together in prayer and reflection. Thank you to all those families who contributed flowers to this celebration.

Love of learning and playing together. One community, aiming high, helping each other and praying together. On our journey with Christ.

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The Importance of Attendance

Our attendance this week is **98.4%** which is absolutely brilliant – well done everyone!

Last 5 days (01 May 2026 to 07 May 2026)



Overall attendance %

98.4%

Overall absence %

1.6%

Unauthorised absence %

0.1%

Our attendance this year so far is **96.4%**



Current academic year up to Thursday 07 May 2026

Number of pupils

226

Overall attendance %

96.4%

Overall absence %

3.6%

Unauthorised absence %

1.1%

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Parental support: worry and anxiety

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](#).

What Parents & Educators Need to Know about **WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It is essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussing one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Heslons Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



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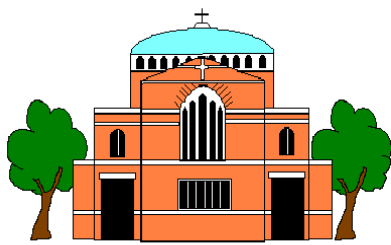
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Golf

We had a great result in the golf event last Friday as we finished in 1st place out of 8 schools. The team now progress to the borough finals next month.



Water Polo



On Wednesday this week we sent a team to compete in the water polo event at Rochdale Leisure Centre. We finished in 2nd place overall which is a great achievement.

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David Attenborough's 100th Birthday



Can you see Crocodile Campbell ?

Today we have been celebrating David Attenborough's 100th birthday in school. Each class have completed work about our common home and what we can do to protect it. EYFS have been looking at hot and cold habitats. KS1 have been investigating which animals live in different habitats in the UK and the wider world. LKS2 have been researching pollution in the ocean and finding the location of 'The Great Pacific Garbage Dump' and UKS2 have been creating slideshows about the issues we face due to deforestation. All the children have had a fabulous day and it has been wonderful to see them all dressed up for the celebration.



“Love one another as I have loved you.” John 15:12

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