



Week Commencing
Monday 6th July 2026

Look what we learned!

EYFS

Dog Safety

As part of our "Happy Hearts and Healthy Starts" week in school, we have been learning about dog safety. During this session, we talked about how to stay safe around dogs remembering three important things when we approach a dog.

1. Check - check with the owner of the dog that it is safe to stroke their dog.
2. Call - call the dog to come over to you calmly using its name.
3. Count - stroke the dog gently on the shoulder, counting up to 3 strokes.

We enjoyed role playing dog scenarios with our friends, putting our new learning into practice! We also created posters to make others aware of how to stay safe around dogs. 🐾



Water safety

This week, members of the Fire Service visited our school to teach us all about staying safe near water. They acted out what to do if someone gets into trouble in the water. We learnt to **stop** and never jump in after them, **stay together**, **call 999**, and tell the person in the water to **float on their back like a star** until help arrives. These simple steps can help save lives and keep everyone safe, especially as we head into the summer when more people visit beaches, rivers and lakes. We talked about this again in class, and everyone did a fantastic job remembering the important water safety messages.



Dental Hygiene

We have been loving our learning on how to keep our bodies healthy! Two dental nurses visited us to teach us the importance of looking after our teeth, keeping them strong and helping to prevent tooth decay. We also talked about healthy eating and why it is important not to have too much sugar. We practised the key steps of brushing our teeth and gums for **2 minutes, twice a day**, and everyone received a toothbrush and toothpaste to take home. We also enjoyed reading *The Boy Who Hated Toothbrushes*.

Using *The Very Hungry Caterpillar*, we began talking about healthy and unhealthy foods and why eating is so important which led on really well to our visit from Scarlett's Mum who is a scientist!



RSE – Routines and Hygiene

As part of our RSE in EYFS, we have been learning the importance of daily routines and keeping clean. We read the "Smelly Book" and talked about what would happen if we didn't keep clean... we would be very smelly!

We discussed the different ways we keep clean, including, getting a bath or shower, brushing our teeth, brushing our hair, putting our clothes in the washing machine and washing our hands regularly.

We talked about the importance of keeping clean and how we build these hygiene practices into our daily routines.

Nutrition

A huge thank you to Scarlett's mummy for coming into class today to talk about her job as a scientist! It was amazing to learn about how she uses science in hospital to help people when they are poorly by testing their blood and urine to find out what is making them feel poorly.

She talked about the importance of a balanced and varied diet to ensure we are getting the energy, vitamins and minerals we need to stay healthy.

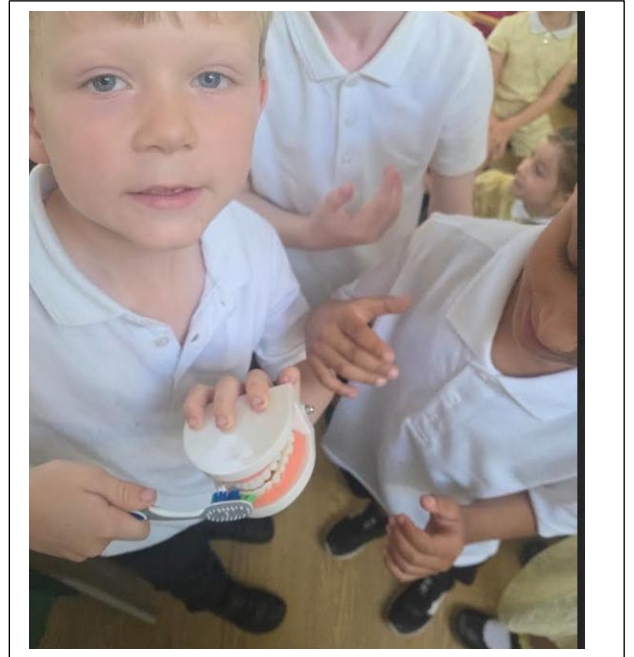
We then had the opportunity to be scientists, testing pretend urine to see if it was healthy before creating our very own food rainbow to take home to help us make sure we are getting all of the vitamins we need.

I wonder how many different colours of the rainbow you will eat this weekend?



Dental Hygiene

Thank you to Mohamed's mum who came into teach us the best way to brush our teeth, and which sugary snacks and drinks to avoid!

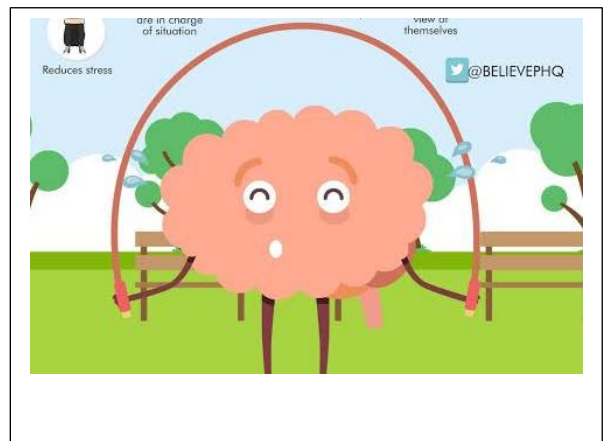


I didn't know that you should brush your tongue as well! I learned that the best drink for your teeth is water.

Promoting confidence, self-awareness and the connection between movement and feeling good

Alba's mum helped us learn lots about how different types of exercise and fitness can help our mental health as well as keeping us happy and active!

My favourite was the boxing and learning about press-ups. As Holly said, it's like a superpower!!



Dog Safety

We had great fun learning about the three Cs when meeting dogs out and about. Check with the owner, Call the dog safely and gently and Count 3 gentle taps.



I loved roleplaying and being a friendly dog, and a not-so-friendly dog!



We had lots of fun pulling faces to show the different emotions!

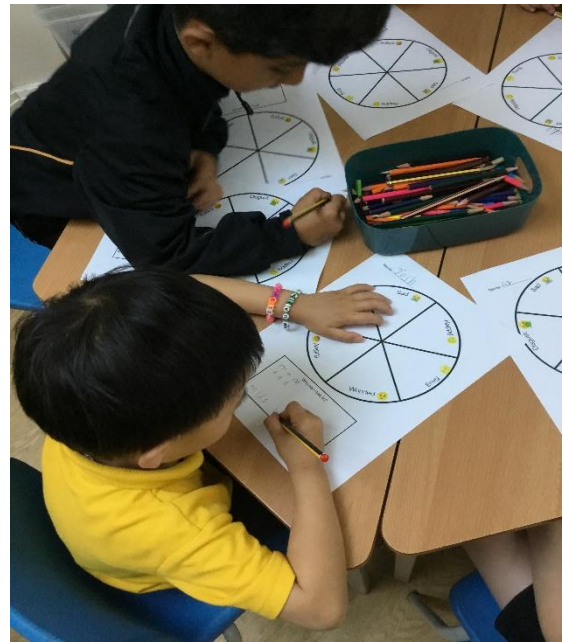
Emotional Literacy

Lovely Babita, Subhir's mum, taught us all about feelings and how they are all okay. We learned some great tips such as counting to 10 when we are feeling angry.

1B

MHST – Emotional Literacy

We began our session by looking at the different emotions from Inside Out – thinking of how these might look and times we may feel them. Lots of us had seen Inside Out before and it supported us in understanding its meaning in more depth.

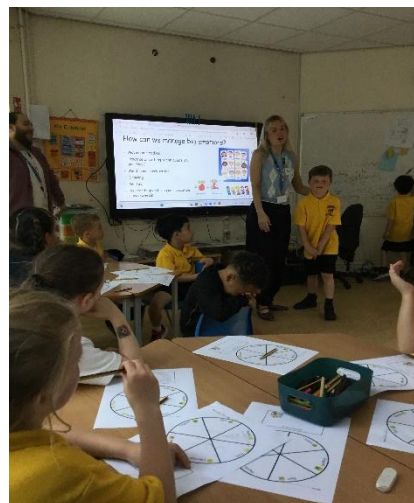


I really enjoyed when we played the game where we moved to the different tables depending on how we feel. I thought it was really fun –
JL

Promoting confidence, self-awareness
and the connection between movement
and feeling good

We discussed adults who we can trust
and created our very own emotions wheel.
We looked at a range of movement and
breathing techniques to support us in
feeling more regulated!

I really liked making the
emotions wheel, especially
drawing all the different
emojis to show our feelings
– LM



Dental Hygiene

We learnt all about the importance of looking after our teeth. We used models of teeth and were taught how to brush our teeth properly, making sure not to miss our gums!



I thought this was very fun and really liked the tooth paste and tooth brush that we were given! - AA

Dog Safety



I learnt about how important it is to use the 3 C's. Not all dogs like to be stroked and might get scared - SN

Promoting confidence, self-awareness and the connection between movement and feeling good

We discussed the role of our heart, muscles, brain and bones. They all work together to help us move. We loved doing lots of different movement to help switch on our brains and make us feel good.

I really liked looking at the dogs trust website at all the dogs that are looking for a new home. It made me want to take them all and look after them! - FB



My favourite exercise was jumping and lunges. This make me feel really awake. - LM



Year 2

Dental Hygiene

We learned how to effectively brush our teeth twice a day. We talked about how to limit sugar and fizzy drinks.



I didn't know you had to do the toothbrush sideways too- I'm going to tell my family.



Fire Safety

We had a great visit from the fire service! Not only did we learn the importance of fire safety and the role the fire brigade play, we also squirted the hose and sat inside the engine!

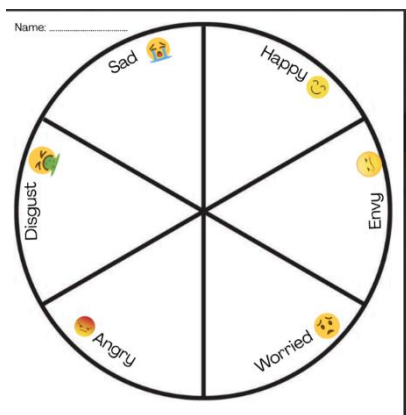


I think I might like to be a firefighter when I'm older. I know I will have to be really fit but I like exercise and I like helping people.



RSE – Life cycles

We talked about the differences between boys and girls. We recapped the correct vocabulary, talked about privacy and revisited the NSPCC PANTS campaign.



We were visited by MHST for a session about understanding our emotions. This was linked to Inside Out, which we all really enjoyed.



I liked making my feelings wheel. Joy is my favourite!

Luna



You have to make sure you are sensible if you don't know the dog.

Patrick

Year 2

Dental Hygiene

A huge thank you to our visitors from the dentist who came to visit Class 2M. The children learned how to keep their teeth healthy and strong as well as practising how to brush their teeth. The children loved the session and are very excited to use their special gifts at home 🍷



'We need to brush our teeth two times a day for 2 minutes.'

'I can't wait to be a firewoman.'

'That was so COOL!'

Fire Safety

What a fabulous morning the children had! The children enjoyed learning all about the work of the fire service, discussing and trying on their uniform and helmet and becoming mini fire fighters for the day. The children were very inquisitive and knowledgeable during the session and a big thanks to Mr McDiarmid for answering all of our questions!

Dog Safety

We learned about the wonderful work of the Dogs' Trust foundation and how we can live safely with dogs and how to stay safe around dogs when out and about.



'It is ok to feel different emotions.'

'We can speak to our trusted adults.'

'If you are sad, you could ask if your friend wanted to play or read a book.'

Emotional Literacy

Thank you to the ladies for MHST who helped us understand the different emotions we can feel and what we can do/ who we can talk to when we feel our emotions.

RSE – Life cycles

This week, the children learned the differences between males and females. We discovered that female animals feed their offspring milk to help them grow. We also discussed body parts and their scientific names.



Year 3

Nutrition

The children really enjoyed finding out about all of the different vitamins and minerals that our bodies need to function properly and to stay healthy. They learnt about which foods to eat, to ensure that they get enough vitamins and minerals in their diet. They also learnt about the symptoms that people can experience, if they are lacking in certain vitamins or minerals. The session concluded by encouraging the children to eat a 'Food Rainbow', with a variety of fruits and vegetables of various colours, to ensure that their bodies stay strong and healthy.



"The 'Water Safety' assembly taught me not to jump in to try to save someone, because I might end up drowning." Theo

"I enjoyed watching Theo having his finger pricked by the blood sugar testing machine!" Keira

"It was very interesting to learn about what might happen to our body, if we don't have enough Vitamin D". Romy

Water Safety

The children learnt what to do if they see someone in difficulty in open water. They learnt that they shouldn't jump in themselves, because they might get into difficulty too. Instead, they should tell the person to float like a star and they should call 999 immediately. They were advised to check how cold and how deep the water is, before entering it and they were informed about cold water shock and how it affects the body. They were also advised not to paddle board on a windy day, because the wind could blow them out into deeper waters.



Emotional Literacy

The children were given scenarios and had to move to the emotion that showed how they would feel in that situation. Then children were chosen to explain why they thought they would feel that emotion. They learnt to understand how their emotions can affect their bodies and how to manage their emotions. The children also completed a 'Feelings' wheel and wrote down who they can talk to.



Promoting confidence, self-awareness and connection through movement.

In this session, the children were 'body detectives'. They learnt about the benefits of doing regular exercise and the positive effects that it has on our bodies and minds. The children really enjoyed participating in some exercises, including press up competitions! They learnt that exercise releases endorphins, which makes them feel happy. They also took part in a quiz to test how much they had learnt.



The Emotional Literacy session can help you to tell a grown up how you feel. (Joshua).

It can help you realise what makes you feel certain ways. (Josie)

"I learned to respect other people's personal space." Anya

"I learned that talking to a trusted adult can help if something has made me feel uncomfortable." Charlotte

"I learned that everyone likes different things and that's okay." Summer

RSE – Understanding personal space

In our RSE lessons, the children learnt to consider touch and to identify different types of touch that people like and do not like. They learnt that everyone has the right to say what they like and dislike. The children understood that everyone is different and that it's important to respect a person's wishes and their personal space. The children looked at some scenarios from a 'Year 3 Problem Page' and they gave some excellent suggestions for how to help the person.

Year 4

VR Wellbeing session

On Tuesday, Year 4 enjoyed a virtual reality wellbeing session. We were immersed in a variety of calming environments, including a forest, beach, and waterfalls. It was a wonderful, relaxing experience and the perfect way to unwind after a busy day.



Alice- It was so fun and it made me realise the world has lots of things in it that you don't think of, for example, Formby beach doesn't always look like what you think and it made me feel more confident about the world.



Sadie: If anyone gets stuck in the water don't jump in but stay together.

Alistair: Have lots of people you trust to help you.

Water Safety

We started our week with a whole-school assembly all about staying safe near water. The fire brigade came to visit us and taught us what to do if we ever got into trouble while swimming in open water. We learned the Water Safety Code: Stop, Think, Stay Together, Call 999, and Float like a starfish while waiting for help. We enjoyed learning these important safety tips and now know more about how to keep ourselves and others safe in and around water.



Fire safety

Annie- It was a good session. We learned that when your smoke detector doesn't work to ring the fire service so they can fix it, so if there is a fire you can call 999 no matter where you are in the house. The equipment can save people's lives.

Jake- It was good and I learned that the helmet protects your head as if something falls on it then it will bounce off and it is rainbow coloured. The fire engine has lots of tools to stop fires.

Hygiene

Alice- She was really kind and helpful and the sheet really helped me because I liked finding out about emotions and health.

Elizabeth- She helped us understand how things in your body work and how to stay healthy.

Orla- She helped me understand how important health is.

Amelie- It helped me to understand that health isn't just about eating healthy and keeping clean.

Rail Safety

This week, we also learned about rail safety. We found out how to stay safe at a train station, how to cross a level crossing carefully, and why it is important to follow the warning signs.

We learned that listening carefully, staying behind the yellow line, and always following safety rules can help keep everyone safe when travelling by train.

SWITCHED ON!

Max: I learnt that you always need to Stop, Look and Listen.

Evelyn: I learnt that you need to stand behind the yellow line at all times whilst waiting for a train in the train station.



Year 5



"The session was really fun because I learnt a lot about how to keep myself healthy. It has also made me think about how much sugary food I eat." **Francesca**

"I learnt a lot about vitamins and minerals. I didn't know about vitamin K and how important it is before the session but I do now" **Aviya**

A huge thank you to Hannah Fearon (Heidi's mum) for taking the time to come into school today to kick off our Happy Hearts and Healthy Starts Week! The children (and myself!) learnt a great deal about the importance of a balanced, healthy diet, gaining a much deeper understanding of nutrients, vitamins, minerals and the different food groups. Hannah also explained why keeping our blood sugar levels balanced is so important and how the foods we eat can affect our bodies and our energy throughout the day. The children were a real credit to themselves. They listened respectfully throughout, answered Hannah's questions brilliantly and asked lots of thoughtful, inquisitive questions of their own. They particularly enjoyed taking part in a vitamins and minerals quiz before becoming food detectives, examining the packaging from everyday foods such as cereals and eggs to spot naturally occurring and added vitamins and minerals. We were all amazed to learn about one of the incredible machines Hannah uses in her job, which uses a plasma to analyse blood samples—and that the plasma is actually hotter than the surface of the Sun! Every day really is a school day! Thank you once again, Hannah, for sharing your time, knowledge and enthusiasm with us. It was a fascinating session and the perfect way to get our Happy Hearts and Healthy Starts Week off to a flying start!

Water Safety

A big thank you to our special visitors who came into school today to deliver a fantastic assembly all about water safety. With the summer holidays fast approaching and the recent heatwave, the timing couldn't have been better.

The children learnt some incredibly important messages about staying safe around water, including the Water Safety Code: Stop and Think, Stay Together, Call 999 and Float. The session was engaging, informative and full of practical advice that could one day save a life. The children listened brilliantly throughout, answered questions thoughtfully and showed a real maturity when discussing different water safety scenarios. We hope the children will remember these important messages over the summer and share them with their families too. Thank you once again to our visitors for helping us all stay safe and for delivering such an important message.



"It was a really fun assembly that taught us many important things such as always sticking together, calling 999, throwing a ball or float in if possible and not jumping in to save someone." **Abe**

"The actions and chants that we did helped us to remember how to stay safe around open waters and lakes" **Amber**

Year 5/6 World Cup Tournament

What an unforgettable afternoon at our Year 5/6 World Cup 2026! After a four-year wait, it was fantastic to see the return of our Year 5/6 World Cup, and what an incredible afternoon it turned out to be! With six boys' teams and six girls' teams competing in round-robin tournaments across three pitches, every child had the opportunity to represent their country, play plenty of football and create memories with their friends. The afternoon was packed with fantastic goals, superb saves, moments of individual brilliance and outstanding teamwork. The tournament culminated in two incredibly nail-biting finals. Amazingly, both the boys' and girls' finals finished 0-0, with neither side able to find a breakthrough despite some fantastic defending, determined performances and outstanding goalkeeping. After all that drama, both World Cup winners had to be decided by penalty shootouts!

Girls' World Cup Champions: Mexico who defeated Norway on penalties.

Boys' World Cup Champions: France who edged past England on penalties.

A huge congratulations to our World Cup winners and runners-up, as well as all of our fantastic individual award winners, including our Star Players, Most Improved Players and Values Award recipients. Every award was thoroughly deserved, and we are incredibly proud of all those who were recognised for their efforts and achievements. What impressed us most, however, wasn't just the football—it was the way every single child represented our school. Throughout the afternoon they demonstrated our school values of Ready, Respect and Resilience, showing fantastic teamwork, determination and sportsmanship from the first whistle to the last. They encouraged teammates, respected opponents and officials, bounced back from setbacks and celebrated each other's successes. They truly were a credit to themselves and our school. A special mention also goes to the children who chose not to play. Your enthusiasm from the sidelines, constant encouragement and brilliant support for your friends helped create an amazing atmosphere throughout the afternoon. You played a huge part in making the event such a success. Finally, a huge thank you to all of the families who came along to support us. Your cheers, encouragement and positivity made the occasion even more special for the children and created a wonderful World Cup atmosphere on our school field. After a four-year wait, the event was certainly worth it! It was a fantastic celebration of football, friendship and our school values, and one that I'm sure the children will remember for years to come. Well done to every single child—you should all be incredibly proud of yourselves!

"I really enjoyed playing at the World Cup tournament. It was so much fun and my team (Mexico) won and I got to lift the World Cup trophy. I also had to be resilient for my team which is a school rule." **Sophie**

"I really loved the World Cup event. I got to do what I love with all my friends in the sunshine. I loved the competitiveness and organisation of a proper tournament and had a fantastic afternoon." **Heidi**



Road Safety

A busy morning of learning! This morning, Year 5 took part a fantastic workshop that taught the children some really important life skills. A huge thank you to Susan for delivering an engaging and informative road safety session. The children learnt some incredibly important messages about staying safe near roads and around vehicles. They were particularly interested in the demonstrations showing how larger vehicles, such as vans and lorries, have significant blind spots and are unable to see smaller people or objects close by. It was a really valuable session that encouraged everyone to think carefully about how to stay safe. The children also became crime scene investigators for Merseyside Police!

They worked together to investigate a mystery, gathering clues, identifying who was involved, working out what had happened and discussing what could have been done differently. It was fantastic to see the children using their teamwork, observation and problem-solving skills to crack the case. Well done, Year 5, for your brilliant engagement and enthusiasm throughout both sessions!



"It was such a fun session but with a really important message. I learnt about the importance of everyone in a car wearing a seatbelt as someone sat behind you without one on, could potentially kill you in an accident." **Ryan**

"I really enjoyed the road safety session because, even though it was really fun, it taught us really important life lessons which will help us for when we start going to school by ourselves." **Max L**

Year 6

Wellbeing session

Year 6 also took part in a thoughtful wellbeing session with Natasia from BTales. Together, they explored how we are all made in the likeness of God, while also being wonderfully different and enjoying different things. The children reflected on the Old Testament scripture from Jeremiah: "For I know the plans I have for you," declares the Lord, and discussed the importance of not comparing our journeys with others, remembering that God has a plan for each of us. It was a calm and reflective session, with some lovely mature contributions from the children.



I enjoyed this lesson as it helped me to see that I am perfect as I am because God made me this way and this is the way he intended me to be.

The lesson was really fun and influential as we learnt a lot about drug and alcohol abuse and the effect it not only has on us but how it also affects others too.



General Drug Awareness

Year 6 took part in a drug and alcohol awareness session with River today, following on from our previous meeting at Crucial Crew in the autumn. The children discussed legal and illegal drugs, how to respond safely in different situations, and ways to stand up to peer pressure. They also had the chance to try the "beer goggles", which helped them understand how alcohol can affect vision, balance and decision-making.

This session was really good because it made me think a bit more sensibly about being on the road as I will be walking to school every day in September.

Road Safety

Year 6 took part in an important road safety session today with the Liverpool City Council Road Safety Team. The children investigated a staged "crime scene" involving a bike involved in a road injury, then worked in groups to complete incident reports and share what they thought had happened. This led to thoughtful discussions about staying safe when walking, cycling and travelling as passengers.



The world cup tournament was amazing because it helped lots of people's confidence grow by working as a team and helping the pupils throughout the day. It was hardworking - everyone tried so hard.

