

NEWSLETTER

Our Lady of Lourdes Catholic Nursery and Primary School



ISSUE: 5

DATE: 9th October 2026

Headteacher Thoughts

Our school was filled with yellow as we celebrated World Mental Health Day and supported the Hello Yellow campaign by wearing yellow to school. Behind the bright colours was a deeply important message: you matter, your feelings matter, and you do not have to face difficult times alone.

**MENTAL
HEALTH
MATTERS**

As a Catholic school, we believe that every person is made in the image and likeness of God, with a dignity that can never be diminished. Our worth does not depend on our achievements, our confidence or whether we are having a good day. We are loved by God in every moment, including the moments when we feel anxious, overwhelmed or unsure of ourselves.

We want our children to understand that caring for their mental health is just as important as caring for their physical health. If something hurts on the inside, they deserve the same care and attention as they would for an injury we can see.

Too often, children and adults hold things in. We say "I'm fine" when we are struggling, perhaps because we feel embarrassed, do not want to worry others or believe we should manage alone. Yet we are created for relationship with God and with one another. Our faith calls us to help carry one another's burdens, and that begins by making it safe to speak.

Asking for help is an act of courage. A conversation might begin with "I'm worried," "I feel sad," or simply "Can we talk?" We do not need perfect words. We need someone who will listen with patience, kindness and without judgement.

Jesus showed us what compassionate care looks like: noticing those who were struggling, drawing close to them and treating them with love. As parents, carers and staff, we are called to follow His example. A worry that seems small to an adult can feel enormous to a child. When a child opens up, our response can make all the difference: "Thank you for telling me. You are loved, and we will find help together."

Prayer can offer comfort and a space for honesty with God. Alongside prayer, we must encourage conversations and seek the right support when it is needed. Having faith does not mean we will never struggle; it means we can bring our struggles into the light, knowing that we are worthy of care.



NEWSLETTER

The yellow clothes may be put away, but our commitment continues. If you are concerned about your child's wellbeing, please speak to their class teacher or contact us at school.

Let us be a community where nobody has to hide their hurt, where listening is an expression of love, and where every child knows: I am seen. I am loved. I am never alone.

With warmest best wishes

Mr D McCann

Celebration of the Word

This week, our theme was Harvest. We reflected on the words of Isaiah 58:10, which remind us that when we share with those who are hungry, darkness can be turned into light. We talked about practical ways we can help others and considered how we can make a difference in our community. As part of this, we collected donations for Southport Foodbank. Thank you for your generosity and kindness. Your donations will help support those in need and bring hope and light to others.



Pope Leo's Thought for the Week

Families participate in the Church's mission in the ordinary fabric of their lives, through love and fidelity, care and forgiveness, the education of children, their efforts in transmitting faith, attention to the elderly and the vulnerable, and the many ways in which they serve their communities and society. In all these ways, families bear witness to the Gospel and contribute to the life and mission of the Church.

LiveSimply

Make time for someone who may need a little extra kindness. Phone an elderly relative, check on a neighbour or help someone at home. Give them your time and attention.
At the end of the week, talk together: **How did our family share God's love?**

Weekly Gospel Resource for Families



Looking for a quick, creative way to explore the Sunday Gospel with your child? Deacon Justin Malewezi provides fantastic, free weekly resources including:

Live, Love, Learn



NEWSLETTER

- 🕒 1-minute video homilies created especially for children
- 🖨️ Free printable activity worksheets to colour, solve, and discuss

Take a minute to watch and print out this week's activity sheet at:

👉 <https://malewezi.com/childrenshomilies/>

LOLO Shoutouts

If your child or your family have done something you are proud of outside of school and you would like us to give them a 'Shoutout' please send an email to school with details by lunchtime each Thursday to be included in the Newsletter. The school admin email address is:

admin@lolol.pfcmat.org



This week's OLOL Shoutouts:
Happy 7th Birthday to Isla!

Congratulations Myla whose team came
1st in their Morris Dancing Competition



High School Applications

It is an important decision for many families when considering which schools to apply for when your child is starting school in reception or transferring to secondary school Year 7 from primary school Year 6. Sefton Council has prepared information which provides parents/carers with lots of helpful and important information to guide you through the school admissions process. Please click on the link below.

<https://www.sefton.gov.uk/childrens-services/schools-and-learning/school-admissions/starting-primary-or-secondary-school-in-september-2027/>

Closing date for applications to start Secondary School is 31 October 2026.

Closing date for applications to start Primary School is 15 January 2027.

Young Carers

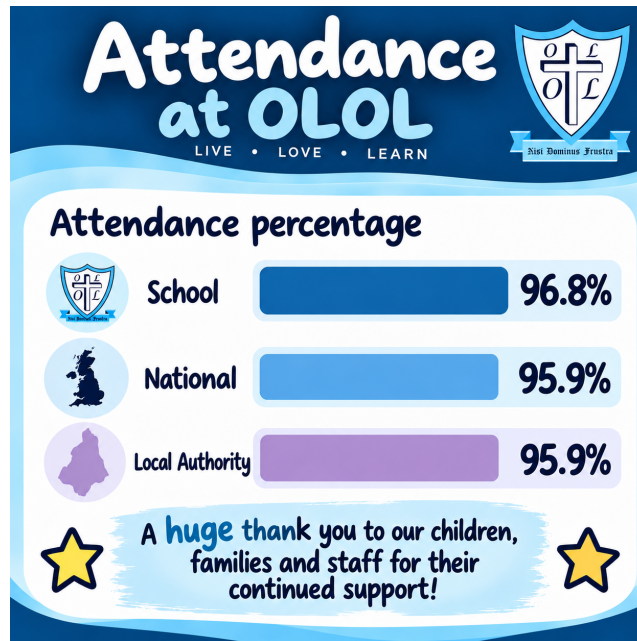
This week, we welcomed Andrew from Sefton Young Carers to school to speak to the children about what a young carer is and what support is on offer. Andrew then caught up with our young carers to see how their year has started!

If you are wondering if your child would qualify- complete this short questionnaire [Young Carers Form](#)

If you have any questions- please speak to Mr Gallagher.

NEWSLETTER

Attendance



Road Safety



We would like to remind all members of our school community to drive carefully and considerately along Grantham Road. Recently, several staff members and parents have witnessed cars travelling well above the speed limit near our school. ***This is a serious safety concern***, especially with children and families walking or cycling to and from school each day.

Hot Chocolate with Mr McCann

The child nominated this week for getting it right and going above and beyond are:

Austin Obom
Jared Matthews
Emily O'Farrell
Ruby Seddon
Harrison Haslam



First Holy Communion 2027

Greetings from church!

Thank you for signing up for the first holy Communion Preparation.

The preparation takes place monthly on Saturdays/Tuesdays.

Please choose to attend either Saturday or Tuesday. (If you miss the Saturday, you could come on the following Tuesday).

Each session will last about 45 minutes and no longer than an hour. You are welcome to stay with your child/children.

We look forward to welcoming you.

Live, Love, Learn



NEWSLETTER

With my best wishes,
Fr Atli

The dates are as follows:

At St Joseph's 11am – 12 Noon

Saturday 10 October 2026

Saturday 7 November 2026

Saturday 5 December 2026

Saturday 9 January 2027

Saturday 6 February 2027

Saturday 13 March 2027

Saturday 17 April 2027

For those who cannot make Saturday mornings:

St Joseph's 6pm – 7pm

Tuesday 13 October 2026

Tuesday 10 November 2026

Tuesday 8 December 2026

Tuesday 12 January 2027

Tuesday 9 February 2027

Tuesday 15 March 2027

Tuesday 20 April 2027

Date of First Reconciliation: Saturday 20 March (Group 1 at 11am, Group 2 at 12 Noon)

First Holy Communion Mass: 8 May and if numbers warrant a second Mass also 15 May.

Big Question of the Week!

Can you be happy without having lots of things?

I would love to hear your answers!

Books Alive

Stories are coming to life in Southport this October half-term! **Books Alive!** runs from **24–31 October 2026**, with a free week of activities for families and young readers. Follow *The Jolly Postman* Trail through the town centre, explore the Festival of Stories at The Atkinson and Southport Library, and discover book-themed events at venues across town. The full programme will be announced soon at [Visit Southport](#).

NEWSLETTER

Diary Dates

OCTOBER

Day	Date	Event
Friday	16.10.26	Dare To Be Different Day (Friends and Family of OLOL)
Wednesday	21.10.26	YR4 Chester Trip
Friday	23.10.26	INSET DAY
	26.10.26–30.10.26	Half Term Holiday

NOVEMBER

Day	Date	Event
Wednesday	04.11.26	YR5 Bikeability
Thursday–Friday	05.11.26–06.11.26	YR4 Anderton Trip
Wednesday	11.11.26	TEMPEST PHOTOS – Individuals and Families
Friday	13.11.26	Non-Uniform Day (Friends and Family of OLOL)
Tuesday	17.11.26	Governors Meeting – 4.30pm
Thursday	26.11.26	Year 3 trip to the World Museum

DECEMBER

Day	Date	Event
Wednesday–Friday	02.12.26–04.12.26	ROBINWOOD – Year 6
Tuesday	08.12.26	YR1 & 2 Nativity
Wednesday	09.12.26	EYFS Nativity – 10.00am and 2.00pm
Friday	11.12.26	Christmas Disco (Friends and Family of OLOL)
Tuesday	15.12.26	Carol Concert – Grandparents
Friday	18.12.26	CHRISTMAS PARTY DAY; Last Day – 1.30pm Finish
	21.12.26–06.01.27	Christmas Holidays

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WE NEED YOUR BLUE TOKENS!

TESCO BLUE TOKENS

Do you shop at Tesco in Formby?

OUR LADY OF LOURDES SCHOOL IS IN THE FINAL DRAW

Please support our Eco Group

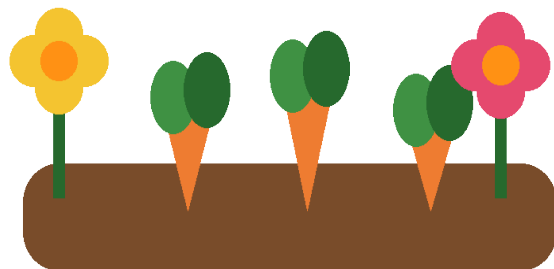
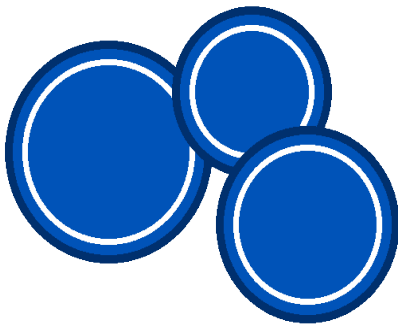
We hope to grow our own vegetables and flowers

FOR OUR SCHOOL

Fresh produce and flowers to use
and enjoy in school

FOR OUR COMMUNITY

Home-grown produce and
flowers to share locally



USE YOUR BLUE TOKENS TO VOTE FOR US
in store at Tesco Formby

Every token helps our project grow