



Dear Parents/Carers,

It has been fantastic to welcome back our students this week as we start the new school year. We have spent this week focusing on practising our school routines and systems, study skills, demonstrating a positive attitude to learning and team building. Practice makes perfect – but it is not just repeating the routines over and over, it is important to review and get feedback on how to improve and get better each time. Research shows that to develop good habits and to make changes you need to rehearse and practise to reinforce your learning, so that over time it becomes automatic. Students have responded really well during these few days, actively engaged in the sessions and demonstrated their PRIMET values. As we start the new year we also reflected on the opportunity of a fresh start and how they can choose to make their future self proud. This includes a reset on all ClassCharts points, starting the year with a clean slate and a 100% positive ratio. Students are reminded that to achieve their badges they need to ensure they have reached 300 positives for Bronze, 600 for Silver and 1000 for Gold.

Year 11 made a positive return starting the year with their residential which included the same study skills as other year groups and some core booster sessions, as well as lots of outdoor activities and new experiences. They're returning to being in school motivated and ready for the year ahead, with mock interviews coming up in a couple of weeks, as well as their first set of mock exams at the end of this half term. We also look forward to them being back in school from Monday, and being able to see them all together to congratulate all those students who sat GCSE exams during Year 10, with some fantastic results that they know they already have 'in the bag' as they work towards completing the rest of their courses.

Year 7 have made a really great start too as we welcome them into our Primet community. They've shown just how organised they are as they have got to grips with movement around school really quickly, as well as demonstrating our Warm, Welcoming and Friendly ethos and being keen to learn. A brilliant start that I am sure they will keep going with.

We've also welcomed new staff this week – Mr Stephenson, Assistant Principal; Mr Adams, Head of Humanities and MFL; Mrs Giles, Lead Practitioner in MFL; Mr Whitlock, Teacher of History; Mrs Flegg, Teacher of Science and Holly Peers, BFCiC Mental Wellbeing Mentor.

They've had a fantastic first week getting to know their form and year groups who have shown them a WWF start to being part of our Primet community.

**Mrs Pilkington, Principal**



2022-2025

# Stars of the Week

Congratulations to this week's star students:

## Year 7

P - Taylor  
R - Amina  
I - Chester  
M - Jessica  
E - Patricia  
T - Xavier  
A - Shahzoel

## Year 8

P - Mohammed  
R - Natacha  
I - Mia  
M - Zeeshan  
E - Dylan  
T - Nicole  
A - Sophia

## Year 9

P - Mia  
R - Samuel  
I - Megan  
M - Harley  
E - Saffron  
T - Lily  
A - Lily

## Year 10

P - Sophie  
R - Jack  
I - Noah  
M - Logan  
E - Layla  
T - Mollie Jane  
A - Izhan

## Year 11

P - Andrew  
R - Kenya  
I - Hassan  
M - Foster  
E - Darius  
T - Ismail  
A - Oliver

# Primet Positive Focus: Progressing



This week we have been focusing on our core value of being Respectful. At Colne Primet Academy, we are respectful to ourselves, always aiming for our best and making the most of all opportunities. We are respectful to others, being kind with our actions and words. And we are respectful to our environment, at a local, national and global level.

## UNCRC Articles



As part of our UNICEF Rights Respecting Schools Award, we will be looking at each of the United Nations Convention on the Rights of a Child Articles, focusing on a couple each week over the course of the year. There are 54 Articles in total.

## Upcoming Dates

- 19th September – Year 11 mock interviews day
- 22nd Sept to 3rd Oct – Year 7 Tutor meetings
- 23rd September – Year 7 Streetwise Road Safety Theatre performance
- 25th September – Open Evening
- 25th September – Year 11 MEGA Hub Event at Nelson & Colne College
- 25th September – European Day of Languages
- 26th September – Primary Maths Challenge Day
- 2nd October – Year 10 Pendle Careers Fair at The Muni
- 13th – 24th October – Year 11 Mock Exams
- 22nd October – Sports Presentation Evening
- 19th November – Star Awards Evening at The Muni

## Parent Governor Vacancies

Dear Parent or Guardian

The trustees of Pendle Education Trust are seeking two Parent Governors to join the Local Academy Council at Colne Primet Academy and invite parents, foster parents, carers or guardians who would like to be considered, to put their names forward.

Full details are available on our website here: [Colne Primet Academy - Parent Governor Vacancy](#) including an outline of the role, and the short application form. If you wish to be considered, you will need to complete the form below by 9am on Friday 19th September 2025 or if you wish to complete a paper form, contact the school office for this.

We are particularly looking to recruit parents who, as well as wishing to support Colne Primet Academy in improving outcomes for students, have an interest in further developing the school as a community asset and working with the other Pendle Education Trust schools in the area. If you are interested in standing as a Parent Governor and wish to find out more about what the role entails, please contact Val Townsend, Clerk to the Trust at [vtownsend@pendleeducationtrust.co.uk](mailto:vtownsend@pendleeducationtrust.co.uk) If we have more suitable candidates than there are vacancies, an election process will be held. We do hope you are interested in standing and look forward to receiving your application.

Val Townsend, Trust Clerk

# The Safeguarding Team

If you don't feel safe or you're worried about another student, our Safeguarding team is here to help. Come and find us anytime!



**Mr Thomas**  
Designated Safeguarding Lead



**Ms Marston**  
Designated Safeguarding Lead



**Mr Horsley**  
Safeguarding Governor



**Mrs Eaton**  
Deputy Safeguarding Lead



**Mrs Tomlinson**  
Deputy Safeguarding Lead



**Mrs Swain**  
DSL Trained



**Mr Farmer**  
DSL Trained



**Mrs Bielby**  
DSL Trained



**Mrs Sagar**  
DSL Trained



**Mrs Said**  
DSL Trained



**Ms Allison**  
DSL Trained



**Mr Cornforth**  
DSL Trained

# PRICE List COLNE PRIMET ACADEMY

Break Items	Price	Lunch Items	Price
Pizza Bagel	£1.20	Meat Main	£2.53
Tater Tots	£1.30	Veggie Main	£2.53
Croissant	£1.40	Pizza Slice	£2.48
Pain au Chocolat	£1.30	Chicken Wrap	£2.48
Sausage Roll	£1.35	Jacket potato	£1.30
Vegan Sausage Roll	£1.35	1 Filling	£1.95
Cheese Toastie	£1.40	2 Fillings	£2.45
Bacon Sandwich	£1.50	Pasta and Sauce	£2.53
Sausage Sandwich	£1.50	Sandwich	£2.00
Toast	38p	Cold Baguette	£2.45
Bean and Cheese Bagel	£1.05	Cold Wrap	£2.00
Waffle	£1.20	Salad Box	£2.53
Pancakes	£1.20	Pasta Salad	£2.53
Half Cheese Panini	£1.10	Small Cake	75p
Half Currant Teacake	55p	Large Cake	£1.10
		Fruit Pot	£1.15
500ml Water	£1.05		
Radnor Carton	65p		
Radnor Fizz	£1.10		
Viva Milkshake	£1.15		

**MEAL DEAL** – Choose a main meal OR cold 'grab & go' item,  
with a small drink OR home-made cookie for only **£2.73**

# Year 7 Football and Netball Trials

On Monday 8<sup>th</sup> September there will be football and netball trials at Primet for any student in Year 7 who wishes to try out for the teams. They are free of charge and we welcome all students to come and have a go if they are interested. Students should bring their full school PE kit and, if trialling for football, should bring trainers and football boots so they are covered for any weather, and shin pads are advised. They should come to PE after period 5, change and then take part in the trials which will finish at 4:30pm. Please make arrangements to either pick up your child or arrange for them to make their own way home afterwards. We look forward to welcoming them on Monday!

## Primet Teens Netball

A huge congratulations to these students who played with 6 players last night for Primet Teens in the local ladies netball league. They were winning at half time and then narrowly lost 16-13 in the end. Mrs Driver was so proud of their resilience and teamwork to get such a great result against a full team, without any Year 11 players who were on a residential trip. We're looking forward to the rest of this season. So proud to be Primet!



# Year 11 PGL

Year 11 have had an action-packed start to their school year attending a three-day residential to Newby Wiske Hall. Each day involved a mix of adventurous activities such as giant paddleboard racing and archery tag; and study skill lessons such as core subject masterclasses and mock exam preparation sessions. Students have excelled and made us Proud to be Primet. Here are a few photos and we'll share the full selection in the newsletter next week!



# Year 11 PGL



# Year 11 PGL

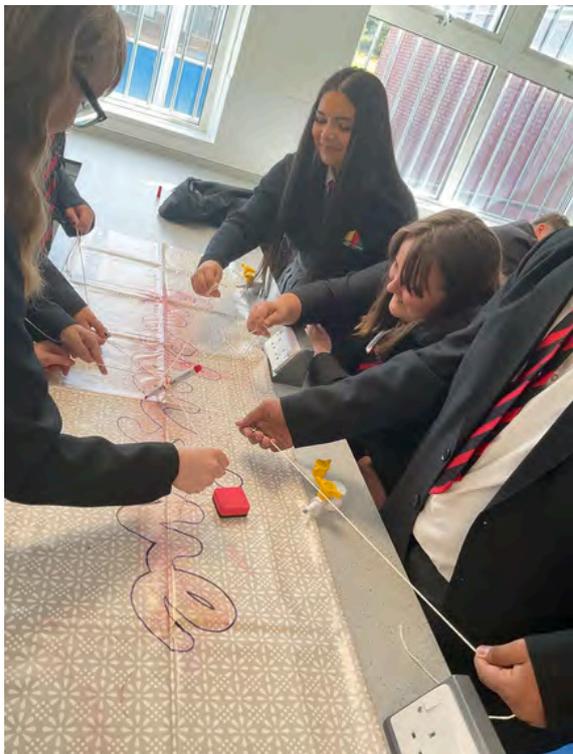
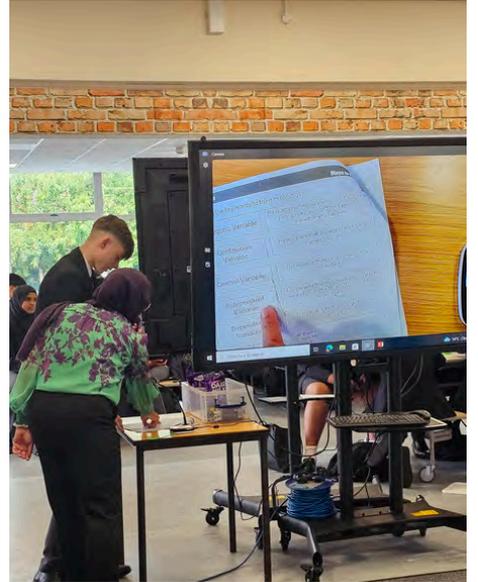


# Year 11 PGL



# Year 10

Year 10 have begun their KS4 journey and have already immersed themselves into their learning! We are exceptionally proud of their work ethic and look forward to seeing their progress!



# Year 9



# Year 8



# Year 7



# Year 7



# Action for Happiness Calendar

**Self-Care September 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

**ACTION FOR HAPPINESS** Happier · Kinder · Together

## Academy Expectations – Uniform and Mobile Phones

As we start the academic year, I would like to take this opportunity to remind you of our expectations regarding mobile phones and uniform. Supporting our school policies and ensuring your child arrives with correct uniform are part of our Home-Academy Agreement which is signed on admission to Primet and again at the start of each school year. Your child will be bringing this home along with our ICT Acceptable Use Agreement to be signed and returned.

Overall students have returned looking smart and taking pride in their appearance with the correct uniform. Uniform is an important part of a school's identity. It reinforces who we are as a community and helps students to feel pride in their school. Our uniform policy is available on our website and in our Parent Handbook. Students in incorrect uniform will be loaned uniform including shoes which they will need to put on, asked to remove jewellery and provided with products so that they can remove makeup, false nails or nail polish.

We recognise that mobile phones are an integral part of our lives, however during the school day they are an unnecessary distraction and result in students not focusing fully in lessons. Our aim here is to ensure that the school is a safe and distraction free environment for our students to learn and progress. Phones must be switched off and stored in students' bags during the school day.

Phones will be confiscated if seen during the school day and then stored securely. On the first occasion the student will be able to collect it at the end of the day, but repeat incidents will require a parent/carer to come into school to collect the phone. If you need to contact your child during the school day please contact the school office and the message will be passed to them. If your child needs to contact you during the school day the pastoral team will facilitate this process.

Thank you for your support, in the return to school this week and in advance of the year ahead.



# Home-Academy Agreement

The Home-Academy Agreement represents as a minimum our commitment to our students and their parents/carers and what we ask and expect in return to support this. This agreement is signed at the start of each school year by students, a parent/carer and form tutors on behalf of the academy.

## The academy expects that you as a student:

- Follow the Academy rules and routines as an active member of the Academy community
- Are punctual and attend regularly
- Prioritise your learning and **progress**, including completing homework on time and being fully equipped
- Wear your uniform with pride, showing you belong and represent our Academy
- Are **respectful** and **inclusive** to others, being kind with your actions and words
- Take responsibility for our environment and look after Academy resources and facilities
- Work hard at all times, being **motivated** to do your best and making the most of all opportunities
- Comply with the ICT acceptable use and use of mobile devices policies
- Work **together** with others, including in student leadership, extracurricular clubs, teams, trips and visits
- Communicate clearly, **expressing** any concerns or problems that you might have, with us and your parents quickly

## The academy expects that you as a parent/carer:

- Support our ethos and policies as set out on the academy website
- Ensure the regular and punctual attendance of your child, and when needed supply absence notes promptly
- Support your child's learning and **progress**, monitoring their homework and any rewards or sanctions issued
- Ensure your child arrives with correct uniform and equipment
- Provide an appropriate environment and time at home to enable your child to complete homework
- Guide and **motivate** your child to achieve their best and take up all opportunities
- Work **together** with the Academy, engaging with regular communications and endeavouring to attend parents' evenings and other events
- Ensure your contact details are up-to-date and you inform the Academy promptly when your details change
- Advise us of problems/achievements/issues concerning your child

## Students and parents/carers are entitled to expect that we as an academy will:

- Provide a positive Academy culture, where all members of the Academy community are **respected** and valued, and students feel confident to be able to **express** their knowledge and ideas fluently and creatively
- Deliver a challenging, **inclusive** curriculum that ensures all students can make **progress** and achieve the grades and qualifications that open doors to the next stage of their development
- Provide engaging, evidence-based teaching & learning that has most impact for students' **progress**
- Set appropriate homework for your child and advise you of our expectations
- Support and **motivate** students to work hard and achieve their best, with appropriate rewards and sanctions
- Enable students to access wide ranging enrichment and extracurricular opportunities and experiences
- Work **together** with parents/carers, including with regular communication about your child, and advising you about any equipment and resources that are required and providing timely information about events

Student Name: ..... Form: .....

Signed:.....(Student).....(Parent/carer).....(Form Tutor)



# Catching the school bus

Please behave sensibly and responsibly when travelling to and from school for your own safety. If you misbehave you may have your travel pass taken away or be excluded from using school bus services.

- 1 **Be at the stop 5 minutes before. Queue sensibly and keep well away from the kerb. Give a clear signal so the bus driver knows to stop. Make sure you are boarding the bus at the correct stop stated on your pass.**
- 2 **Pay your fare and try to have the correct change. Keep your ticket to show the inspector and/or for your return journey.**
- 3 **If you use a bus pass/season ticket, it must always be presented to the bus driver - allow time for it to be examined. Bus passes/season tickets are not transferable and should only be used on the service for which they are assigned.**
- 4 **If you cannot show a VALID pass/season ticket you must pay your fare. The information marked on the pass/season ticket must be clearly legible to the driver. Lost or damaged passes/season tickets can be replaced for a fee by contacting the county council on 0300 123 6738.**
- 5 **Misuse and fraudulent use of travel passes is treated very seriously and could lead to prosecution.**
- 6 **Take your seat, please wear a seat belt if one is provided. Don't take up more than one seat. Place bags in the luggage compartment/under your seat/on your knees. Don't place bags on seats or in the aisle.**
- 7 **If all seats are taken, you should stand sensibly behind the driver area and use grab rails where available. You should not stand adjacent to emergency exits, on staircases or upstairs on a double deck vehicle. Do not walk around during the journey.**

- 8 **Antisocial behaviour/damage to the bus or anyone's property/bullying on the bus, is taken very seriously and can be reported to the police. Please report incidents to the driver, a teacher or a parent. Do not throw anything whilst on the bus, at the bus or from the bus.**
- 9 **All bus and taxi services have No Smoking Policies including all e-cigarettes and vaping devices. Please be aware that vaping or smoking may result in sanctions and removal of your pass/season ticket.**
- 10 **Respect others at all times and never distract your driver.**
- 11 **Make sure you know which stop you are getting off at and to alert the driver by pressing the bell only once or asking them to stop at the next bus stop. Never override past the stops marked on your pass/season ticket. Overriding could lead to prosecution.**
- 12 **When leaving the bus please take the time to thank your bus driver.**
- 13 **Remember to take all of your belongings including any rubbish when you leave the bus.**
- 14 **Let the bus depart before crossing the road. Find a safe place to cross and remember: Stop, Look and Listen.**
- 15 **Do not text/use your mobile phone when crossing roads. Remove ear accessories to allow you to hear any oncoming traffic. Concentrate - often accidents happen due to a lack of concentration.**



# 10 Top Tips for Parents and Educators

# RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

## 1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

## 2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

## 3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

## 4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

## 5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

## 6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

## 7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

## 8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

## 9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

## 10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



# COLNE PRIMET ACADEMY



**Pendle**  
Education Trust



**Thursday 25th  
September 6pm-8pm**

**OPEN  
EVENING**



**01282 863970**



**Colne Primet Academy**



**Colne Primet Academy**

Book your tickets now [www.colneprimet.co.uk](http://www.colneprimet.co.uk)