

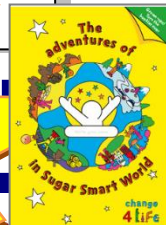
Name: \_\_\_\_\_



# Beckstone Primary

Today every  
child should have a  
World Book Day token and your eldest  
child will have this newsletter!

In addition, there may be a Sugar  
Smart booklet for each child – if not you  
will receive it next week



Tel: 01946 830423

Fax: 01946 834950

Email: [admin@beckstone.cumbria.nhs.uk](mailto:admin@beckstone.cumbria.nhs.uk)

Web site: [www.beckstone.cumbria.nhs.uk](http://www.beckstone.cumbria.nhs.uk)

Newsletter no. 7 March 2019

BECKSTONE  
PRIMARY

Dear Parents,

Welcome to the March edition of our school newsletter. I hope and trust you all had a fabulous half term. There is a lot happening between now and the 'Spring Break' in 4 weeks' time - we hope this newsletter will keep you up to speed with everything that you need to know about school life this month.

The month of March will see World Book Day, our Rock Challenge crew compete in Carlisle, Comic Relief, a visit of the Planetarium and most importantly of all Parents' Evenings - a busy month indeed.

It is of vital importance you attend your child's Parents' Evening on Monday 25th or Tuesday 26th of March. All educational research shows that regular contact between home and school results in greater attainment. In addition, we will be looking to canvass your views about the school in order to ensure that we continue to offer a high quality service to families.

Further details of all these events are contained within this newsletter. Please take time to read it so you are fully aware of all aspects of the life of the school and education generally.

Thank you to all those who continue to support the charitable non-uniform days and the Foodbank collection point. There is further information in this newsletter for those who may wish to contribute in some way.

Finally, if you use any of the services of our advertisers please do let them know where you saw them as their advertising revenue really helps our school fund.

Best wishes,

Mr Warbrick

LARGER PRINT VERSIONS OF THIS NEWSLETTER  
ARE AVAILABLE ON REQUEST FROM THE SCHOOL



Book Fair .....	2
Parents' Evenings .....	2
World Book Day .....	2
World Book Day Themed Dinner .....	3
PE - Pumps & Ear-Rings - Policy Reminder .....	3
Uniform Blitz .....	3
Sporting Success .....	4
Rock Challenge .....	4
School Milk .....	4
Governors' Board .....	5
Non Uniform Days .....	6
Circuits .....	6
Comic Relief .....	6
Mud Kitchen .....	6
Revisewise .....	6
Give Blood - Help Save a Life! .....	6
Attendance Cup .....	7
Homework .....	7
Donations Needed .....	7
School Savings Account .....	8
Carer & Toddler Club .....	8
FAB News .....	8
BINGO NIGHTS .....	8
Fairtrade Fortnight .....	8
Creativity Cup .....	9
Edinburgh Trip .....	9
Illness & Protecting Vulnerable Pupils .....	10
Safeguarding/Child Protection .....	10
Domestic Violence .....	10
Addiction Helpline .....	10
Inappropriate Viewing .....	10
Children's Mental Health .....	10
100 Club .....	11
The Rae Way - Back Path .....	11
Paths in school in icy weather .....	11
Sugar Smart Book/Game .....	12
School Fund .....	12
Extreme Weather/Heating Emergencies .....	12
Nursery Intakes .....	12
Beckstone's Extended Services .....	12
QR Codes .....	13
High Harrington Community Centre .....	13
Facebook .....	14
Cyclewise .....	14
East Croft Crafts .....	14
Screen & Social Media Use .....	15
Breakfast Club Sandwiches .....	15
Clocks Go Forward .....	16
Mother's Day .....	16
Cinema Nights .....	16
Parent Questionnaire .....	16
Free School Meals .....	17
Keeping Children Safe on the Internet .....	18
Road Closures!! .....	18
Walk to School .....	20
Cumbria Primary Ski Trip 2020 .....	20
Change of Assembly Date .....	20
Spring Break Holiday Activities .....	20
School Meals .....	20
And Finally .....	20
Kids Page .....	21
Diary Dates .....	22

This newsletter has been sponsored by the following local businesses, please look out for their advert and support them when you can. Please mention that you have seen their advert in the school's newsletter!!

- Beckstone Cleaning & Electrical Services
- Councillor Marjorie Rae
- Cumbria Coast Karate
- Curzon Street Dental Hygienist
- Harrington Pharmacy
- High Harrington Community Centre
- Robinsons & Co
- Simply Tropic
- Step by Step
- The Wobbly Wand



# Harrington Pharmacy



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❖ Free prescription collection service from Workington and Distington surgeries, for all ages

❖ Regular promotions throughout the shop

❖ Selection of household, baby and toiletry products. Plus, perfumes and gifts

❖ Free repeat medication check-up service

## Opening hours

Mon-Fri 9am-5.30pm  
Sat 9am-12.30pm



## Book Fair

The book



fair visits the school from this Thursday. All classes will get a book browsing time and there should be a flyer showing some of the books available going home on Thursday. The Book Fair is open at playtimes and after school from Friday (1<sup>st</sup> March) through to next Wednesday (6<sup>th</sup> March). The World Book Day tokens can be used at the fair to get a £1 discount and parents may like to know they can buy a gift voucher from the Scholastic web site which then gives 20% extra free.

<https://shop.scholastic.co.uk/search/search?log=t&search%5Bquery%5D=gift+voucher>



Example:

If a parent purchases a £5 voucher they actually get £6 to spend at the book fair.

**The school receives a contribution towards free books for the classrooms with every book purchased so please do try and shop for books with us!**



You will receive a letter regarding Parents' evenings and appointment times in the very near future; the appointments are for **you and your child** (one appointment per child unless there are specific reasons for 2 appointments) to attend to discuss progress to date and success or otherwise in meeting the targets that were set at the autumn meeting. Please note that brothers and/or sisters should not be at these meetings but should be in the crèche. The meeting will focus on a detailed report of your child's progress. In addition you will also receive their coloured ratings for effort, behaviour, attendance and many other things as per the last meeting. We will also be asking you to support your children by setting further targets for you to support them at home and these will be reviewed at the end of the year.

The Parents' meetings will take place on Monday 25<sup>th</sup> or Tuesday 26<sup>th</sup> March. Please note these dates in your diary.



Nursery appointments are children moving into Reception only.

Monday 25<sup>th</sup> March – Nursery Green & Yellow

Tuesday 26<sup>th</sup> March – Nursery Blue & Red

Some of your child's school work will be in the Sports Hall (KS1 & Reception) or the Dining Hall (KS2) for you to look through. We will also be asking you to complete a questionnaire (further details later in the newsletter). In addition to the above there is also a free crèche if you have more than one child so you can spend the quality time with each child separately (the crèche however is not equipped to look after pre-school children). **It is essential you attend** as all educational evidence shows that when school and home work closely together a child makes better progress.

## World Book Day



Every child in school will have received a 'World Book Day' voucher TODAY. The token is worth £1 off a book in a book store; it will allow your child to buy this World Book Day's book or will give £1 discount at the School Book Fair which will be open for sales at the school from this Friday.

On World Book Day itself (**NEXT** Thursday, 7th March) your child is welcome to come to school out of uniform and if possible to come **dressed as a book character** however this is not essential. Photos from last year and from previous years are in our film and photo gallery on the web site if you need inspiration! A photo from last year is at the top of the next page. We will also be asking your child to bring in reading material from home as they will have the opportunity to read for pleasure at various points throughout the school day.

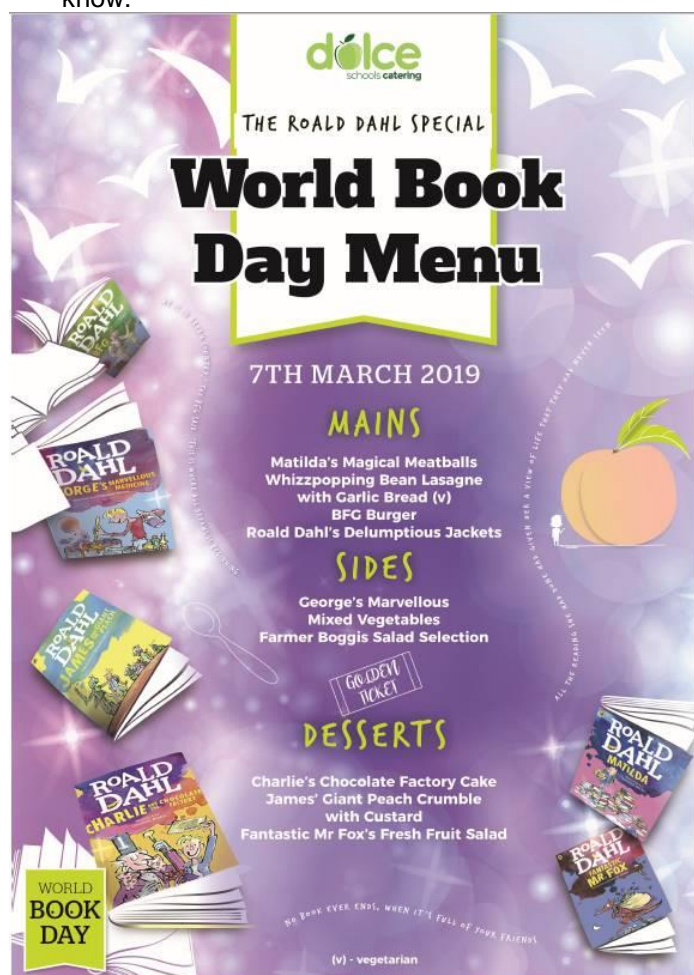






### World Book Day Themed Dinner

There is a special themed lunch for children THIS Thursday and a copy of the menu is below. If your child normally has a packed lunch and would like a special lunch that day then please let the Office know.



### PE – Pumps & Ear-Rings – Policy Reminder



All pupils need a pair of pumps (plimsolls) in school as part of their PE Kit for indoor work. Please ensure these are named inside.

Please also note that jewellery should not be worn to school apart from watches and stud earrings for



the ear-ring.

those with pierced ears, although these must be removed for P.E. lessons & Swimming for Health & Safety reasons – this is a County policy. Children are responsible for removing these (or parents should remove them on PE days). If they are fresh piercings then families need to provide tape to cover

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### Uniform Blitz

This is a polite reminder that all children should come to school in school uniform. The policy is:



Dark navy sweatshirt  
Sky blue polo shirt  
Dark grey or black trousers/skirt  
Dark navy gingham dress  
Dark shoes/trainers



In the run up to half term some coloured footwear and non-uniform trousers were noted. Please ensure that this is not the case with your child as we will be having some routine uniform checks in the very near future.





**CUMBRIA COAST  
KARATE**

**TO ENQUIRE OR ENROL CALL:**

**07543 876 490**

**ENQUIRIES@CUMBRIACOASTKARATE.CO.UK**

**WWW.CUMBRIACOASTKARATE.CO.UK**

**CLUBS IN:**

**ENNERDALE**

**LAMPLUGH**

**HIGH HARRINGTON**

**SEE OUR WEBSITE FOR YOUR  
LOCAL VENUE & TIMES!**



have at the school.

### **Athletics**

Our Athletics team will represent Allerdale in the County finals on Wednesday 27<sup>th</sup> March. We wish them every success.



### **Sporting Success**

The school is now representing Allerdale in 3 (!!) Sports in County Finals – a testament to the excellent sporting provision and opportunities your children



### **Gymnastics**

Our Gymnastics team also take part in the County Finals, again representing Allerdale, on Thursday 28<sup>th</sup> March, again in Penrith.

### **Quicksticks Hockey**

Our Year 3 & 4 Hockey team won the Allerdale competition after qualifying from the Workington one. They go on to represent Allerdale in the County Finals in July.



### **Football**



In addition, our girls' football team did very well at a knockout event at the Sands centre last month reaching the semi-finals! Our thanks go to Ms Gorman and Mrs Chambers for accompanying these teams on their days off.

### **Table Tennis**

Just this week our table tennis team won the Workington tournament at St Joseph's. A big congratulations to the team and the adult member – Mr Wilson!



### **Rock Challenge**

Our Rock



Challenge entry is really taking shape. The theme is 'The Snow Queen' and the routine is looking really good. Costumes and scenery are also being busily prepared. The event takes place on Friday 15<sup>th</sup> March at The Sands Centre, Carlisle.



The Rock Challenge fund raising committee hosted a successful 'Afternoon Tea' at the Green Hut. The event raised an astonishing £613. Our thanks go to the staff who put in a lot of hard work to make this such a success. In addition the subsequent raffle raised a further £105 - amazing!

Other funding for our entry came from the 'Friends at Beckstone' and our gratitude goes to the FAB committee for their generosity in supporting this event.



Finally, a REALLY BIG THANK YOU goes to Mrs Walker., Mrs Chambers and Alexandra Chambers. Without these 3 the show would not go on...we are extremely lucky as a school to have such talented adults helping the children be the best that they can be.

### **School Milk**

Milk is vital for growing children as it strengthens bones and teeth. Children in Reception and Nursery are entitled to free milk as are children who are eligible for free school meals and clothing vouchers (not the universal free meal for all FS & KS1 children).



The cost of milk for the second half term in the Spring is **£6.50** should have been paid by today, Friday, 1<sup>st</sup> March, the first Friday after half term. Due to the administrative burden of checking attendance and the inability to change the order daily unfortunately milk money cannot be refunded for absence.

The cost of milk for after the Spring Break will be £7.50 payable by Thursday 18<sup>th</sup> April.





# Governors' Board

Hello all and welcome to March! I hope you have all been enjoying the sun!

This month brings us World Book Day, which is not only an opportunity for our children to dress up as their favourite character for the day and enjoy a Roald Dahl themed lunch, but the Book Fair also comes along with it (plus a voucher towards a new book!). We will be encouraging everyone to bring in some of their favourite reading material to read for pleasure during the day. It's a very exciting day for us all and really highlights the enjoyment that we can get from books. Reading can provide children with hours of entertainment, free their imagination and open up exciting new worlds. Reading is vital to success in school and at work, expanding vocabulary and helping build independence and confidence. It can also help keep our children safe, allowing them to read and understand warning signs and labels. The children are given varied opportunities to read and be read to at school, both with staff and their peers, but I encourage you all to spend time reading with your children at home and encouraging them to read to you when they are able, to support their learning journeys as often as you can.

You may recently have been made aware of an internet 'challenge' called 'Momo'; it has been around for some time and has come to the attention of children all across the country through social media sites such as Facebook, WhatsApp and, perhaps more worryingly, YouTube and even YouTube Kids. It involves a scary doll-like figure that sends graphic, violent images, asks users to take part in dangerous challenges and has even been associated with self-harm. The 'Momo' figure was actually created as a sculpture featured in an art gallery in Japan, which is completely unrelated to the challenge. We have talked about the appearance of the figure with the children in school, as it has been found to have been 'edited in' to innocent videos on YouTube (such as unboxing of toys and Minecraft videos) by unknown sources. Please be aware of what your children are watching on the internet or via Apps on devices such as tablets and smart phones and please protect them wherever possible by enabling parental controls and reporting inappropriate content should you come across it. Reinforce with your child that this figure *is not real* and nothing bad will happen if they do come across it. There is some information later in this newsletter containing advice on how to keep your children safe online and there is a Momo Guide for Parents on the National Online Safety website at <https://nationalonlinesafety.com/resources/platform-guides/momo-online-safety-guide-for-parents/>

Finally, towards the end of the month, we will be holding the Spring Parent's Evenings! It is essential that someone attends along with each child so that together we can support their progress through the school and we will be seeking your views in the latest Parent Questionnaire. We look forward to seeing you there!

All in all a busy month! Thanks for reading

Vicki Martin  
Chair of Governors





**Facebook**

## Simply Tropic By Shell

**The Fastest growing beauty business.**  
**Explore the world of Tropic , All products are made fresh from naturally derived ingredients.**  
**All products are Vegan & Cruelty FREE**

**Would you like to HOST a Pamper Party ? Or try some FREE samples?**  
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### Non Uniform Days

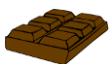
First of all 'Thank You' for your support of the 'Sign2Sing' Non Uniform Day. The children did extremely well in signing the 'Greatest Day' by Take That and hopefully it helps develop their understanding of British Sign language. Money raised went to deaf charities.

There are a number of non uniform days this half term. These are:

**Thursday 7<sup>th</sup> March** – World Book Day – come dressed as a book character (see earlier article)

**Friday 15<sup>th</sup> March** – Comic Relief (see article on this page)

**COMIC RELIEF**



**Friday 22<sup>nd</sup> March** – Non uniform day – chocolate donations for the Bingo Nights would be welcomed.

**Monday 25<sup>th</sup> March** – Circuits Day (see below)



**Friday 29<sup>th</sup> March** – Wear a Hat Brain Tumour Day – in support of a very worthwhile Charity that has supported one of our pupils.

### Circuits



The 'Circuits Day' for this half term is on Monday 25<sup>th</sup> March. Children can come to school dressed in sports clothes.



### Comic Relief

Comic Relief Day will take place later this month on Friday 15<sup>th</sup> March. There will be a non-uniform day on this day and there will be activities in school relating to this national charity initiative. In the run up to the day the school will be selling 'red noses' of various designs as per the picture below. They cost **£1.25** and will go on sale from **TODAY**.



### Mud Kitchen

Our thanks goes to Mr & Mrs Byrne, a grandparent of a Nursery child, who very kindly built the Nursery a fully equipped 'Mud Kitchen'. It is pictured below with Luca, Mr Bryne & Mrs O'Donnell and will provide hours of fun for our Early Years pupils.



### Revisewise



Free revision classes for **Year 6 children** now take place on a Wednesday and a Thursday from 8.20 to 8.50am. Please encourage your children to attend as it has proved to impact on their outcomes in Year 6.

**All Year 6 children should be attending!**

### Give Blood – Help Save a Life!

The next donor session is on Tuesday 5<sup>th</sup> March at the Bridge Centre from 3 to 7pm.



Further details can be found at [www.blood.co.uk](http://www.blood.co.uk)

## School Matters!



### Attendance Cup

The winners of the 'Attendance Cup' for the first half of the Spring term were 6HG with 97.78% attendance. The class are pictured below with their trophy and certificate which was awarded in assembly this morning.



### Homework

Your child will receive homework at different levels and times depending on their school year.

Please try to ensure your child completes the homework set as it will help them with their studies. **This is particularly important at holiday times** when a lot of thought goes into the nature and type of homework set and it is designed to keep the children 'on the boil' with their studies. The school tries hard not to make homework too time consuming so as to allow lots and lots of quality family time. Many of the children will receive holiday homework over the Spring Break, please ensure they complete it as they

will be assessed next term for their end of year outcomes. This is particularly important for Year 2 and Year 6 children.

In addition to any homework set please ensure that you read to or with your child for **at least 20 minutes a day**. We would urge every parent to ensure this happens. ***Research shows that children who read on a daily basis at home make the most progress.***



To support home learning **across a range of subjects** we are again reminding you that we are subscribed to an EXCELLENT online resource that is packed with reference books for all ages across all Primary subjects. If you have internet access at home or on phones/tablets then please do encourage your child to use this resource and read around their areas of study or indeed any area that interests them e.g. if your child wants to find out about space, dinosaurs, volcanoes or even pirates then they can access top quality material. To access the site follow the QR code, this web link or go through the 'Computer Home Access' Zone of our web site.

[www.curriculumvisions.com](http://www.curriculumvisions.com)

To access all areas click on



you will need the following user name and password:

***See the paper newsletter for log in details***

Support for homework is also provided in school at Breakfast Club and in Beckstone Xtra.

### Donations Needed

One particular item that we still would very much welcome at the moment are any unwanted car BOOSTER Seats as the school needs a number for transporting children in cars as a routine or in an emergency.



**Step by Step Education** is growing its reputation as the preferred supply agency to many local Schools and Nurseries.

We are looking for:

**Teachers and Nursery Nurses.**

If you would like to join our team with excellent rates of pay, regular work and local knowledge call:

Phil Doyle or Nicola Jones on  
01772 713819 or

Alternatively email:

[admin@stepbystepeducation.co.uk](mailto:admin@stepbystepeducation.co.uk)





The school would also very much welcome any of the following;

- Games, puzzles and jigsaws
  - Construction Equipment e.g. K'Nex, Meccano or Lego
  - Railway or road sets
  - Bikes and Trikes for Nursery &



Reception

- Good quality books
- Comics/games for wet playtimes



Thank you in advance for any donations.

### School Savings Account

Encourage your child to start saving for something special they would like (or for next Christmas!) and make use of our school savings account facility. Simply call in at the School Office to open an account if your child does not already have one



### Carer & Toddler Club

This runs every Wednesday afternoon from 1.30 to 3pm. There is no cost to join but a £1.50 levy is charged to cover the cost of refreshments etc.



### FAB News

The Friends at Beckstone have organised 2 sets of Bingo Nights, in Easter week

and in June. The dates are on the back of this newsletter so please note the in your diaries and see the article at the top of the next column.

### BINGO NIGHTS

These are taking place on Tuesday 16<sup>th</sup> April and Wednesday 17<sup>th</sup> April from 6pm in the School Sports Hall. **Tickets will go on later this half term from**

the School Office. All tickets cost £3.50 which includes a Bingo book, a hot dog and a drink) Tickets MUST be shown on the night to receive your Bingo book (additional books will be on sale at the door priced at £1). Additionally, there will also be a 'stand up bingo' game after the interval costing £1 with a cash prize.



The school will be marking the importance of 'Fairtrade' in lessons over the next couple of weeks.

The picture on the next page shows how the cost of non-Fairtrade bananas is divided up with only the proportion of the tiniest tip at the end of the banana going to those who work in the plantations. This share is barely enough to survive on and maintains poverty for these workers, indeed child labour is often used by farmers to help them earn more.



The second image (with US spelling) shows the principles involved if you purchase a banana with the Fairtrade logo. It is these principles which ensure that plantation workers are paid a living wage and that the distribution of profit from the sale of a banana is much fairer.

Please discuss the importance of Fairtrade with your children and try to purchase products that have the



# The Wobbly Wand

Handmade, whimsical  
arts & crafts

www.wobblywand.co.uk



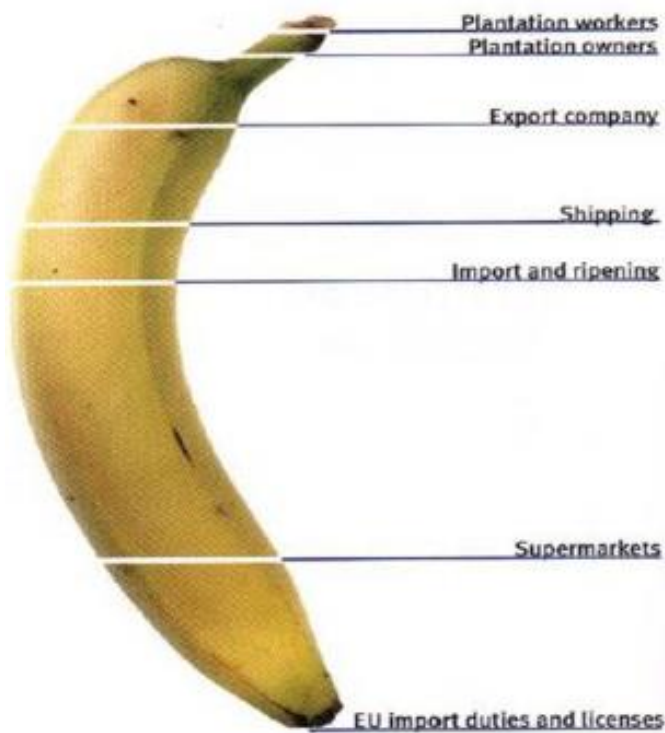
**Wobbly Wand's Page**





## BANANASPLIT

Who gets what for the price of a banana?



## ten simple principles of fair trade

- 01 Creating opportunities for economically disadvantaged producers
- 02 Transparency & accountability
- 03 Fair trading practices
- 04 Payment of a fair price
- 05 Ensuring no child labor or forced labor
- 06 Commitment to non-discrimination, gender equality, women's economic empowerment & freedom of association
- 07 Ensuring good working conditions
- 08 Providing capacity building
- 09 Promoting fair trade
- 10 Respect for the environment



Wouldn't you like cleaner teeth?

It's **easier** and **cheaper** than you think.

FIONA WOODWARD, DENTAL HYGIENIST WITH 23 YEARS EXPERIENCE IS AVAILABLE FOR APPOINTMENTS AT CURZON STREET DENTAL SURGERY IN MARYPORT.

SO IF YOU'RE SUFFERING WITH STAINED TEETH, BLEEDING GUMS OR BAD BREATH COME AND LET ME IMPROVE YOUR SMILE AND THE HEALTH OF YOUR MOUTH.



**LET ME IMPROVE YOUR SMILE ....**

**CALL FOR AN APPOINTMENT  
01900 812109**



### Creativity Cup

Bailey was awarded the Creativity Cup for this half term in assembly this morning. He was awarded it for his all-round creative approach to all of his tasks. His teacher showed all his books to the assembly and the quality of work was phenomenal.



### Edinburgh Trip



30 of our Year 5 pupils visited Edinburgh last month on a city residential trip. They had an action packed 3 days and saw many of the famous and historic sites Edinburgh has to offer. We are pleased to report that their behavior was exemplary and all enjoyed the trip. Our thanks go to Mrs Needham, Mrs Chambers, Mrs Sewell, Mrs Trotter and Mrs Stamper who all gave up their home life for a few days to give the children this wonderful experience. Photos from the trip are in our Photo gallery on the web site.

## Illness & Protecting Vulnerable Pupils

One of our pupils is receiving medical treatment after being very poorly and in hospital. The child is in Nursery but we would like you to notify us if your child has measles, chicken pox or shingles as this could put their treatment at risk. In addition where there is diarrhoea and vomiting in Nursery it is important that a child stays off for 48 hours to prevent infection spreading.

The health and well-being of a pupil depends on your full co-operation with these requests. Thank you in advance.

## Safeguarding/Child Protection

Full details on the county's policies, procedures and processes with regard to safeguarding plus analysis of outcomes of serious case reviews can be accessed through the Cumbria LSCB Web Site at [www.cumbrialscb.com](http://www.cumbrialscb.com). The site also has a parental information zone.

In addition to the above the school has a 'Safeguarding Zone' on its web site which contains the above link as well as relevant school policies, further information and a diagram showing how we keep your child safe in school. It is well worth a look.

**Sharing information is in the best interests of children and their safeguarding. The school reserves the right to share and receive information from other agencies that may have had dealings with your child.**

Safeguarding is  
**everyone's**  
responsibility.



If you ever have any concerns about the safety or well-being of a child, then you can ring your concerns through to the County's 24 hour 'Safeguarding Hub' number and you can remain anonymous if you wish. Callers can outline their concerns and the Safeguarding Hub will give advice (consultation) and if necessary undertake an assessment of need.



**0333 240 1727**

There is now also an adult NSPCC helpline where any concerned adult can seek advice if they are concerned about a child and would like advice on whether to make a referral. The number to call is



**0808 800 5000**

## Domestic Violence

Debbie Cook, our Educational Support Manager has trained to be a 'Domestic Violence

**Operation  
Encompass**

Champion' and is a resource available to any adult who would like to confidentially share incidents with her and is a very good source of advice. Just contact the School Office to get in touch with her.

Domestic violence is on the increase and causes terrible harm to victims and the associated children.

It is everyone's responsibility to ensure it is eradicated. We are working closely with the Police and the school will learn of any incidents to support any children whose lives are affected by such an occurrence.



## Addiction Helpline

Call now in confidence immediate help and advice 24/7

**0800 088 66 86**

ADT Healthcare offers a free hotline dedicated to helping women and families suffering from drug, alcohol and mental health problems. ADT Healthcare was established in 2011 by people who overcame addiction themselves.

<https://www.adt-healthcare.com/>



## Inappropriate Viewing

It has come to our attention that some children are watching scary films not suitable for their age which is causing upset in school. In addition we are also noting a sizeable number of children talking about games they play that have an 18 certificate. The age ratings are for a purpose, please protect your child's mental health by ensuring they only access age appropriate material. This equally applies to social media sites which all have a lower age limit of 13.

## Children's Mental Health

Whilst on the subject of children's mental health there is a list of 40 ways to strengthen a child's mental health in the first column of the next page – well worth a read!





# 40 Ways to Strengthen a Child's Mental Health Today

## EMOTIONS

- Let them cry.
- Validate their feelings
- Establish Routines
- Respect their boundaries
- Talk about feelings often
- Teach them how to journal
- Teach emotions words
- Know behavior is communication
- Teach body safety

## PHYSICAL

- Give them responsibilities
- Provide a safe living environment
- Healthy diet
- Restrict and monitor screentime
- Practice mindfulness together
- Love them unconditionally
- Listen first, talk second

## LOVE

- Provide positive physical touch
- Have family meetings
- Be on your child's team
- Eat family meals
- Play board games
- Connect with your child daily
- Create family rituals
- Encourage frequent exercise
- Get outdoors often
- Provide lots of time for play
- Allow healthy risks

## PLAY

- Use collaboration over control
- Praise effort over achievement
- Use natural consequences
- Support their friendships
- Be consistent and follow through
- Replace yelling with teaching
- Model honesty
- Encourage independence
- Teach Growth Mindset
- Accept mistakes
- Set healthy limits
- Nurture your child's gifts/talents

## TEACH

### Beckstone Cleaning Services

High quality domestic  
cleaning...with a 'smile'



### Beckstone Electrical Services

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**Contact Harvey on 07576378635  
or email: harvey.reid\_69@btinternet.com**

### 100 Club



The fourth draw for February took place in the assembly today the winner of the £30 was number 81 (Tracey Curwen) the £15 number, 34 (James Croft) and the £5 number was 67 (Juliet Fryer) The next draw is at the end of this month for March. New players continue to be welcome as there are still a few numbers left. (if a non-player number is drawn then the prize will go to FAB), the cost for the rest of the year is £5. Please see the School Office if you wish to join.

### The Rae Way – Back Path



Please be careful using the back path in frosty weather as it was an issue last year and already this year with frost making the tarmacked parts of the path slippery. Unfortunately, the school is unable to grit this access path as H&S regulations only allow the school to grit pathways into the building within its grounds. The local Council sadly do not have the resources to employ gritters. In cases of bad frost, it is therefore advisable to access the school from the front entrance if you feel the Rae Way is too dangerous.



### Paths in school in icy weather

The school's caretaker will grit the hill and paths as the crow flies to the entrance doors. There is not the time nor the facility to grit everywhere, please do not stray from the gritted areas/gritted lines to the doors as the slip hazard greatly increases and the it is only incumbent on the school to grit walkways to entrances only. The path up to the hill now has a new



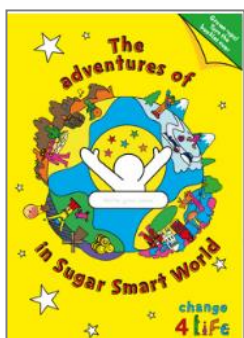
non slip surface which should improve access on frosty days.

DO YOU KNOW SOMEONE WHO WOULD LIKE

**FREE**

**FRESH FOOD**

PLUS PACKET AND TINNED PRODUCTS  
AVAILABLE TO ALL, AT  
WORKINGTON BRITISH LEGION  
JANE ST. WORKINGTON  
ON THE  
**THIRD FRIDAY OF EACH MONTH**  
**DOORS OPEN 11.00A.M. be prompt !**  
Organised by FareShare and  
WORKINGTON DERWENT ROTARY CLUB  
"fighting hunger, tackling food waste"  
DONATIONS ARE ALWAYS WELCOME



### Sugar Smart Book/Game

As many of you will have noted from various news items, childhood obesity has reached really high levels – 22% of children are overweight or obese when they start Primary school and this rises to 34% when they start Secondary school. Sugar is a big part of the problem. Children aged 4 to 10 years old are

eating and drinking more than twice the amount of sugar that they should. The purpose of the 'Sugar Smart' booklet that comes with this newsletter is to enable the children (& the whole family) to learn about healthier swaps they can make to help them lead healthier and happier lives.

### School Fund

**We need donations to this fund** as funds are getting REALLY tight so please help if you can. The fund is donation based (for example the businesses advertising in this newsletter provide donations to this fund) and is used to fund the coaches for sporting events, buy many consumable items and fun activities for the pupils as well as many other things for school that enable us to provide services free of charge.



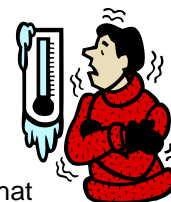
Please have a ratch down the sofa or anywhere to find some spare money to donate to the school to support all the children.

**Please help if you can by donating to this fund.**

### Extreme Weather/Heating Emergencies

Now winter is here it is to be hoped that inclement weather is not serious, and that the heating system works effectively. If this happens not to be the case and the school is forced to close, then the following will be points of information;

- ! A text message will be sent to all parents (***it is of vital importance we have an up to date mobile number contacts for every child***)
- ! The County Council web site carries information on schools that are closed
- ! CFM and Radio Cumbria will be informed, and closure details will be included in their broadcasts
- ! The school web site will be updated underneath the 'Weather Warnings' link



### Nursery Intakes

Children born between **1 January 2016** and **31 March 2016** can receive their free 15 or 30 hours a week from **April 2019**.



Children born between **1 April 2016** and **31 August 2016** can receive their free 15 or 30 hours a week from **September 2019**.

Children born between **1 September 2016** and **31 December 2016** can receive their free 15 or 30 hours a week Nursery education from **January 2020**.

**If you know of any children with birth dates between these times and would like their child to come to this school, then please ask them to get in touch with the School Office as soon as possible.**

Forms for applying for any of these intakes are available from the School Office or just ring and we can post them out.

### Beckstone's Extended Services



Our extended services include the Breakfast Club (£4.00 from 7.30am, £3.50 from 8am); Educare (our popular afternoon child care provision for morning Nursery children – see table alongside) Please note that unfortunately we are unable to offer facilities for packed lunches for Nursery children. Beckstone Xtra (again £3.50 an hour) runs from the end of the school day until 5.15pm

The prices for our extended services are





extremely competitive to support families in these difficult economic times. The price per hour is only £3.50. This is very good value and an extremely competitive rate for child care.



### 15 HOURS ENTITLEMENT

Sessions will run from:

12:10—1:10 p.m. = 1 Voucher

12:10—2:10 p.m. = 2 Vouchers

12:10—3:10 p.m. = 3 Vouchers

A charge of £3.10 will be required to cover the cost of a school dinner and midday care from 11.50am to 12.10pm.

\*Vouchers cannot be split, for example if you collect your child at 1.45 p.m. you will be charged 2 vouchers, likewise if you collect your child at 2.30p.m. you will be charged 3 vouchers regardless.

### NON-ENTITLEMENT

Sessions will run from:

12:10—1:10 p.m. = £5.00

12:10—2:10 p.m. = £8.50

12:10—3:10 p.m. = £12.00

Please note Vouchers can be used in Breakfast Club and Beckstone Xtra or barked to use elsewhere.

## QR Codes

QR stands for 'quick response'. QR Codes, if you don't know, are those funny black and white boxes you see in newspapers and magazines such as the image alongside. These are placed within this newsletter at relevant points to give you quick access to websites mentioned. All you have to do is install a free QR code reader to your phone/tablet, just search the App/Play store using 'QR', and simply scan the code.

Why not try downloading it and scan this code and see if it works. It should take you directly to our school web site.



## High Harrington Community Centre

The Community Centre is in Crooklands, High Harrington and is colloquially known as the 'Green Hut'. It is a very competitively priced and useful resource for all in the community to use. To hire this facility for any event then



please contact Marjorie Rae on 01946 831004. The venue can be used for children or adult parties, meetings etc. and hire rates are very reasonable indeed. If you do hire this venue, please let Marjorie know you read about it in this newsletter.

Also, please pass on the following details to anyone you think may be interested:

Ladies Club, every Tuesday from 1.30 to 3.45pm. All ages are welcome to attend. A great opportunity to get to know new people and make new friends.

## Ladies Club

### Tuesday

from 1.30 to 3.45pm at High Harrington Community Centre.



All ages are welcome to attend.

*"A great opportunity to get to know new people and make new friends"*

**NEW MEMBERS WELCOME**

**For all the family**



**MESSY MARY'S**

Taking place every 3<sup>rd</sup> Saturday of each month

4pm - 6pm

In St Mary's Parish Church Hall

Come and join us for church with a difference

Messy craft, games, interactive worship and

delicious food!

If you would like more information please contact


The Rev. Julia Powley on 01946 830215

## Foodbank

The Foodbank is designed to help individuals and families in crisis through the provision of emergency food supplies. Local professional care-workers within Allerdale and Copeland refer them, with a food voucher, to the Foodbank centre where they are given food supplies, a cup of coffee and help in finding other professionals who can help them out of their crisis. For further details of the work of the Foodbank and how you can be involved contact; the North Lakes Foodbank; email:

[info@thefoodbank.org.uk](mailto:info@thefoodbank.org.uk) [www.thefoodbank.org.uk](http://www.thefoodbank.org.uk)  
or tel: 0750 2311 452

A list of foods welcomed is at the top of the next page.




Reg Charity No 1067541

### Shopping List

Please help local people in crisis  
by buying items from the list  
below and giving them to the  
**North Lakes Foodbank**

Thank you!

- \* **Milk** (Full Fat or Semi- Skimmed UHT)
- \* **Fruit Juice** (1 ltr carton UHT)
- \* **Pasta Sauces** (jars or sachets)
- \* **Biscuits or snack bars**
- \* **Cereals** (Medium sized boxes)
- \* **Tinned Meat**
- \* **Tomatoes** (Tinned or Carton)
- \* **Tinned Fish**
- \* **Tinned Fruit**
- \* **Tinned Vegetables**
- \* **Soup** (Tinned no Cuppa Soup)
- \* **Rice Pudding** (Tinned)
- \* **Instant Mash Potato**
- \* **Sponge Pudding** (Tinned)
- \* **Sugar**
- \* **Jam**
- \* **Pasta** (Medium bags of dried pasta. No sachets of 'pasta & sauce' mixes)
- \* **Tea Bags/Instant coffee** (Med)



**No Low Calorie Foods**



## Facebook

The school has a live Facebook page – it is called “Beckstone Primary School (Official Facebook Group)”, you



should be able to search for the group or you can use this address or QR code.



<https://www.facebook.com/groups/1922762928000636>

The top of the Facebook page should look like the image above...there appears to be other sites with the school name on but these are not official:

We have created this page to let you know when our school website is updated and to send messages. It is for information only and doesn't accept comments.

If you are a Facebook user and would like to receive news feeds and updates about the school, then don't forget to 'join' the group and select the “see first” button. The Facebook page has open access and will also contain links to updates on our web site and messages from school – there is no facility to message school, please use other methods. As a result, any photos etc. will only appear from our web site following clicking on a link. It is hoped this will dissuade children who are under 13 using Facebook but will allow adults to receive updates about the school.

Indeed, please note no children should have Facebook accounts under the age of 13 and applications to join the group will be refused/accounts will be deleted.

## Cyclewise



Children in Year 5 and some from Year 6, who returned booking forms earlier this school year, will be taking part in Cyclewise next week, the week beginning the 4<sup>th</sup> March 2019. All children taking part will need warm and waterproof clothing. They will also need a cycle helmet (the instructors will have spares if they forget). In addition, all bikes need to be road worthy and have air in their tyres and brakes that work! Bikes should be locked up against the fence in the Infant yard at the start of each day. If you wish your child to leave their bike on site during the week then they can bring it in at the end of the day and leave it in the corridor.

We have also been informed that funding has been secured for Level 1 Year 4 Cyclewise training. Children in Year 4 received a letter towards the end of last term. Their Cyclewise 'day' will take place on the last day of this term, Friday 29<sup>th</sup> March.

## East Croft Crafts

The school will be supporting the residents of East Croft Old People's Home by visiting the home on one Friday each month. Around 6-8 children will go with staff to support the residents in craft activities or to read them. As well as supporting the residents we hope you agree that it is a good community building activity for the children.



# UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

## Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



## Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



## Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



## Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



## Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



## Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



## Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



## Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



**Source:** United Kingdom Chief Medical Officers' commentary on 'Screen-based activities and children and young people's mental health and psychosocial wellbeing: a systematic map of reviews' (February 2019)

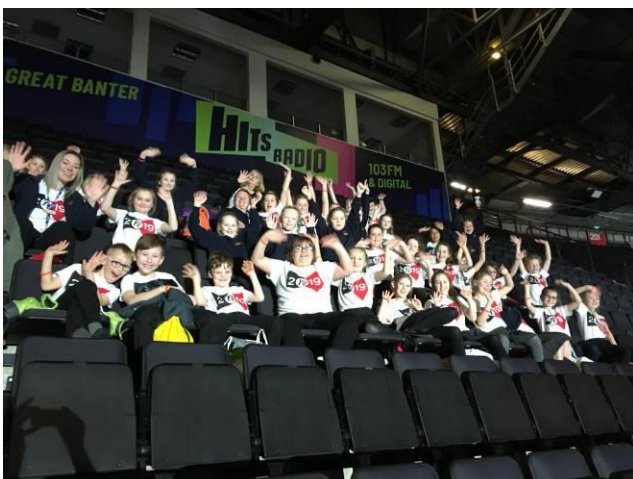
**YOUNG VOICES**



## Young Voices Trip

Key Stage 2 members of the school choir went to Manchester on Thursday 14<sup>th</sup> February to take part in the 'Young Voices' festival. The trip was a great success this year and the concert was enjoyed by the children and the parents that attended. On the day the children sang with 5,000 other children from schools across the North of England. Thanks, go to Mrs White who kindly took over the organisation of the trip in Mrs Yoxall's absence.

A photograph from the event is reproduced below.



## Screen & Social Media Use

The UK Chief medical officer has issued guidance for the use of screens (phones, tablets etc). You may have seen this covered on the news. A summary of his recommendations is reproduced above.

**BEFORE YOU POST...**

**THINK!**

**T** - is it true?

**H** - is it hurtful?

**I** - is it illegal?

**N** - is it necessary?

**K** - is it kind?



## Breakfast Club Sandwiches

On the last Friday of each month the Breakfast Club serve bacon or sausage sandwiches at a cost of 50p per child or £1.50 per adult. Parents can purchase a buttie as they drop their children off and can eat in or take away. The take-away option is also available to any parents even if their child is not in the Breakfast Club. The next Breakfast Club sandwich day is on Friday 29<sup>th</sup> March (the Friday before the start of the Spring Break)

## Clocks Go Forward

Clocks go forward on the last Sunday of this month (31<sup>st</sup> March). This will result in lighter evenings in readiness for the Spring Break. Fingers crossed for good weather too!



Please use School Angel every time you shop online for anything from great holidays & hotels to the latest ipad, mobile phone or must have fashions. All the major UK retailers have agreed to make a donation to your school every time you shop from the School Angel website.

**School Angel is Super Simple**

No accounts, No passwords, No email or names needed. Just click on whichever shop you want to use and schoolangel will make sure your donation gets right back to school.

Your School Needs Your Help – School Angel makes it easy, simple and free for you to make a real difference to your school children

Simply click on the 'Shopping Gateway' link on our web site or scan the code

## Mother's Day

All children in school have been drawing a picture of their Mum or female guardian for the News and Star. The paper will have a special supplement close to Mother's day and we hope all the children's drawings will be included. We hope you like them.



These take place towards the end of this term on Monday 18<sup>th</sup> March for



Reception & Key Stage 1 children and Thursday 21<sup>st</sup> March for Key Stage 2 children. If you have children in both areas of the school then they both can attend one of the evenings of your choosing.

The film for both events is 'Small Foot'. Letters will go out soon and the cost is £5 which covers refreshments and care.

## Parent Questionnaire



We will be asking you to complete a questionnaire at the Parents' Evenings later this month as we would like to canvas your views of the school. The questions you will be asked are reproduced below so you can give some thought to your answers prior to these meetings. For each question we are asking you to make a choice between '**Strongly Agree; Agree; Disagree; Strongly Disagree or Don't Know.**

There will also be some free text boxes for views on other aspects of school life. Please do try to complete these boxes as we very much value your opinions and will analyse your answers and study the written comments to inform our development and to ensure we offer the highest quality service to all our families.

- **My child is happy at this school**
- **My child feels safe at this school**
- **My child makes good progress at this school**
- **My child is well looked after at this school**
- **My child is taught well at this school**
- **This school ensures the pupils are well behaved**
- **This school deals effectively with bullying**
- **This school is well led and managed**
- **This school responds well to any concern I raise**
- **I receive valuable information from the school about my child's progress**
- **I would recommend this school to another parent**



# IMPORTANT

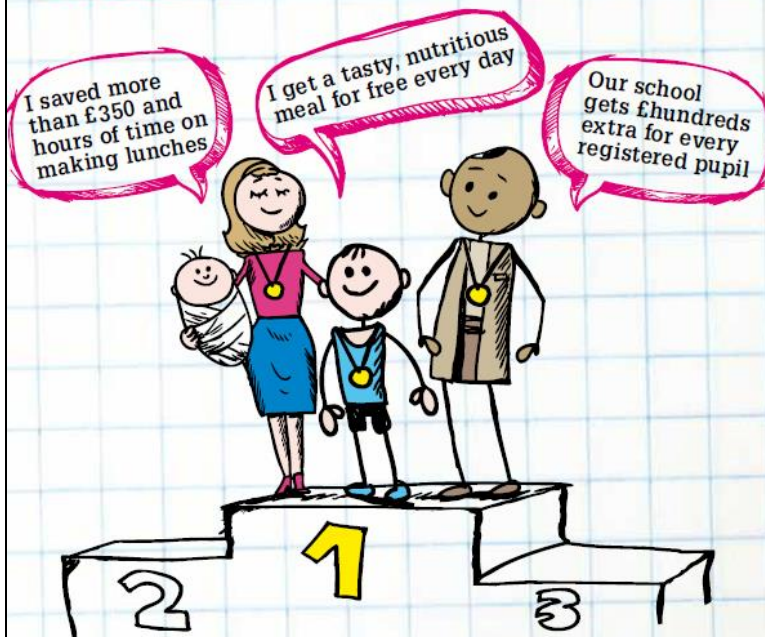
## FREE SCHOOL MEALS AND CLOTHING GRANTS

Are you entitled?

The Government have changed some of the eligibility criteria for applying for Free School Meals and Clothing Grants. With the rollout of Universal Credit the level of qualifying income drops from £16,190 to £7,400 making it much more difficult to claim.

If you claim before you are moved to Universal Credit then the £16,190 possibly still applies and your entitlement would last until 2022 with **no re-application**. Please see letter from Cumbria below.

## Claim your free school meal...



...and everyone's a winner!

# APPLY NOW

If you think you are eligible then PLEASE DO APPLY. Even if your child is in Reception or Key Stage 1 and has free meals it is still worth registering as eligibility will continue into Key Stage 2 and you will receive a clothing grant each year. It is a win-win scenario as the school will receive additional funding for every child that is registered.

Further details can be found here:

<http://www.cumbria.gov.uk/childrensservices/schoolsandlearning/freeschoolmeals.asp>



You can apply online here.



[https://emsonline.cumbria.gov.uk/portal\\_LIVE/Account/Login?ReturnUrl=%2FCitizenPortal\\_LIVE%2F](https://emsonline.cumbria.gov.uk/portal_LIVE/Account/Login?ReturnUrl=%2FCitizenPortal_LIVE%2F)

Cumbria County Council



Eligibility  
Changes

Free School  
Meals

### Free School Meals – Eligibility Changes

From 1 April 2018, the government are introducing a Universal Credit earning threshold of £7,400 per year for free school meal eligibility. Children who are eligible for free school meals by 1 April 2018 will continue to receive them until at least 2022, without the need for further eligibility checks while Universal Credit is rolled out across the country.

All children who currently receive free school meals are not affected and **do not** need to apply again. They will continue to receive free school meals and clothing vouchers until at least 31 March 2022.

To ensure children continue to receive clothing grants it is crucial that all parents update any change of personal details, i.e. address / name / parent / guardian during this period to March 2022. Failure to do so may result in delays in receiving clothing grants. Personal details can be updated online or contact the Free School Meal Service by calling 01228 606060.

### Do I qualify for free school meals and school clothing vouchers?

Free school meals and clothing vouchers are available for your child(ren) if you are receiving one of the following qualifying benefits:

- Income Support (IS);
- Income Based Jobseekers Allowance (IBJA);
- An income-related Employment and Support Allowance;
- Support under part VI of the Immigration and Asylum Act 1999;
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by Her Majesty's Revenue and Customs) that as of April 2012 does not exceed £16,190. Note: From 1st May 2009 where you are entitled to Working Tax Credit during the four-week period immediately after your employment ceases, or after you start to work less than 16 hours per week, your children are entitled to Free School Meals, this may be extended.
- The Guarantee element of State Pension Credit;
- Universal Credit

Please note: If you are in receipt of **working tax credits** you **may not** be eligible for free school meals or clothing grants.

Children who receive Income Support or Income Based Jobseekers Allowance in their own right are also entitled to receive Free School Meals.

Free schools meals are available to statutory school aged children attending full time education (full days only e.g. 9.00am to 3.00pm), excluding private nurseries and further education colleges.

# SETTING UP A DEVICE SAFELY FOR KIDS



## Keeping Children Safe on the Internet

Further to our communications earlier in the week the character that can pop in to children's browsing on the internet called Momo is causing a lot of worry and concern for many of the children. The character is

scary looking and encourages 'self-harm' and suicidal thoughts. It is of extreme importance that our children are protected from this. Please talk to your child to allay any fears, you may be surprised by their knowledge of it. Children are encouraged to play a game on WhatsApp - no child should be on this platform, it has a

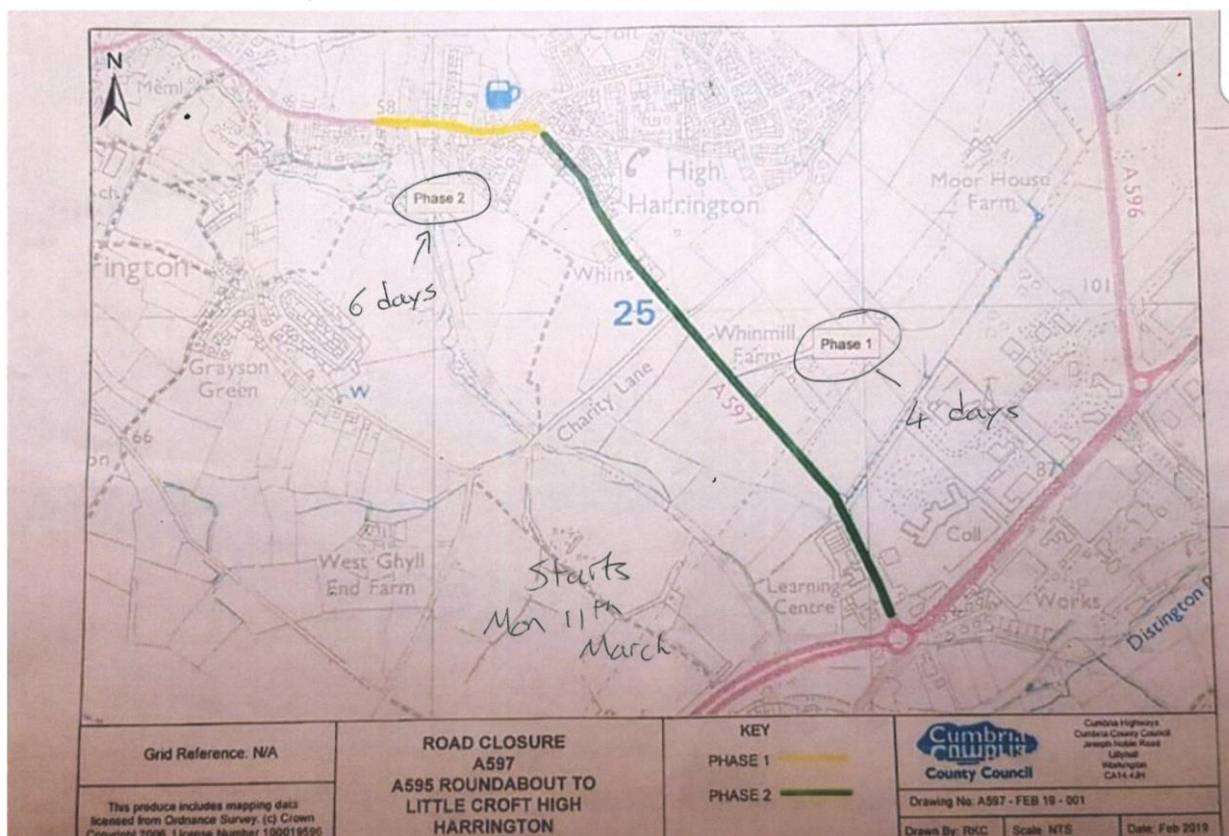
minimum age of **13** for a reason (as does Instagram and other social media platforms). Please **delete their accounts** if they have one for their own safety and please blame Mr Warbrick if there is a fuss over it. Some advice on how to set up parental controls from the police is above. In addition there is a whole page poster from 'National safety Online' with information for parents.

We also have learnt that it would also be worth deleting 'cookies' as if this character has been seen previously or you have checked to see what the fuss is about as an adult then cookies will have been placed on your device and these cookies will allow it to pop out again.

## Road Closures!!

We have learnt that the road from Lakes College to the Galloping Horse (Scaw Road roundabout) will be closed for re-surfacing for 4 working days from Monday 11th March ('Phase 1' on map below). After that the road from that roundabout to Little Croft will close for a further 6 working days ('Phase 2' on map below).

This will cause major disruption on the route to school for the 2 weeks from that Monday. Please set off to school earlier than normal if driving so your children aren't late (the traffic going the other way will be much heavier due to increased displaced traffic. Indeed please give serious thought to **walking** to avoid this disruption.





It's important to note that new challenges are arising on the internet all the time. We have created to this guide to raise awareness of the issue and offer advice on helping parents to talk to their children about making safer decisions online. See also our '7 conversation starters' guide for more tips on better communication with your child.



Momo is a sinister 'challenge' that has been around for some time. It has recently resurfaced and once again has come to the attention of schools and children across the country. Dubbed the 'suicide killer game', Momo has been heavily linked with apps such as Facebook, WhatsApp, YouTube, and most recently (and most worryingly)... YouTube Kids. The scary doll-like figure reportedly sends graphic violent images, and asks users to partake in dangerous challenges like waking up at random hours and has even been associated with self-harm. It has been reported that the 'Momo' figure was originally created as a sculpture and featured in an art gallery in Tokyo and unrelated to the 'Momo' challenge we are hearing about in the media.

# What parents need to know about **MOMO**

## CHILDREN'S VIDEOS BEING 'HIJACKED'

There have been recent reports that some seemingly innocent videos on YouTube and YouTube Kids (such as 'surprise eggs', unboxing videos and Minecraft videos) have been edited by unknown sources to include violence provoking and/or other inappropriate content. Even though YouTube monitor and remove videos that include inappropriate content, clips can be uploaded and viewed thousands of times before they get reported and removed. As a parent, it's difficult to spot these videos as the harmful content doesn't appear until partway through the video.

## DISTRESSING FOR CHILDREN

Popular YouTubers and other accounts have been uploading reaction videos, showing their experience of the MOMO challenge. Some of the videos include a disclosure message warning that the content may be "inappropriate or offensive to some audiences" and that "viewer discretion is advised" but these videos are still easily accessed by clicking 'I understand and wish to proceed'. The image of the 'Momo' character can be deeply distressing to children and young people and it's important to note that it may slip through parental settings and filters.

## SUGGESTED VIDEOS ON YOUTUBE

Video apps such as YouTube include an 'up next' feature which automatically starts playing another video based on the video just watched. Due to YouTube's algorithm, users are shown 'suggested videos' that they may be interested in. The thumbnails used on suggested videos are purposefully created in a way to encourage viewers to click them. During our research, we found that when watching one Momo related video, we were shown countless other Momo themed videos and other scary content which would be age-inappropriate for children under 18.



**National  
Online  
Safety**

# Top Tips for Parents

## TELL THEM IT'S NOT REAL

Just like any urban legend or horror story, the concept can be quite frightening and distressing for young people. Whilst this may seem obvious, it's important for you to reiterate to your child that Momo is not a real person and cannot directly harm them! Also, tell your child to not go openly searching for this content online as it may only cause more distress.

## BE PRESENT

It's important for you, as a parent or carer, to be present while your children are online. This will give you a greater understanding of what they are doing on their devices, as well as providing you with the opportunity to discuss, support and stop certain activities that your child may be involved in. As the nature of each task become progressively worse it's also important to recognise any changes in your child's behaviour.

## TALK REGULARLY WITH YOUR CHILD

As well as monitoring your child's activity, it's important for you discuss it with them too. Not only will this give you an understanding of their online actions, but those honest and frequent conversations will encourage your child to feel confident to discuss issues and concerns they may have related to the online world.

## DEVICE SETTINGS & PARENTAL CONTROLS

Ensure that you set up parental controls for your devices at home. This will help to restrict the types of content that your child can view, as well as help you to monitor their activity. In addition to this, it's vital that you are aware of your device and account settings to ensure your child's utmost safety. For example, on YouTube you can turn off 'suggested auto-play' on videos to stop your child from viewing content that they have not directly selected.

## PEER PRESSURE

Trends and viral challenges can be tempting for children to take part in; no matter how dangerous or scary they seem. Make sure you talk to your child about how they shouldn't succumb to peer pressure and do anything they are not comfortable with, online or offline. If they are unsure, encourage them to talk to you or another trusted adult.

## REAL OR HOAX?

As a parent it is natural to feel worried about certain things you see online that may be harmful to your child. However, not everything you see online is true. Check the validity of the source and be mindful of what you share as it may only cause more worry.

## REPORT & BLOCK

You can't always rely on parental controls to block distressing or harmful material. People find ways around a platform's algorithm in order to share and promote this type of material. Due to this, we advise that you flag and report any material you deem to be inappropriate or harmful as soon as you come across it. You should also block the account/content to prevent your child from viewing it. Also encourage your child to record/screenshot any content they feel could be malicious to provide evidence in order to escalate the issue to the appropriate channels.

## FURTHER SUPPORT

Speak to the safeguarding lead within your child's school should you have any concerns regarding your child's online activity or malicious content that could affect them.

If your child sees something distressing, it is important that they know where to go to seek help and who their trusted adults are. They could also contact Childline where a trained counsellor will listen to anything that's worrying them.

The Childline phone number is  
0800 1111.



SOURCES:  
<https://www.mirror.co.uk/news/world-news/sick-videos-youtube-youtube-kids-14052196>  
<http://www.bbc.co.uk>  
<https://www.bbc.co.uk/news/uk-northern-ireland-47359623>





### Walk to School

This is a reminder that children who walk to school on a regular basis will receive a badge at the end of this term. The badge features a blue whale and is

pictured here.

### CUMBRIA PRIMARY SCHOOLS'

### Cumbria Primary Ski Trip 2020



The Cumbria Ski Trip for Year 5 & 6 pupils (this year's Years 4 & 5) is taking place for the 29th year at the end of January 2020. The total cost is £865 spread in instalments. The price includes flights, luxury coach transfer, full board hotel accommodation. There is a letter with further details available from the School Office. Initial booking this year is all online and through the Eventbrite ticketing service (www.eventbrite.com). 120 places will be available on the site. The trip will go live at 7pm on Tuesday 5th

March. Please search for Cumbria Primary Schools Ski Course or use the link below.

<https://www.eventbrite.com/e/cumbria-primary-schools-ski-course-2020-tickets-55505058123>



**DO YOU LIVE IN OR AROUND WORKINGTON?**  
**DO YOU HAVE YOUNG CHILDREN?**  
**LOOKING FOR A NURSERY SETTING?**

**30 HRS FREE CHILDCARE FOR ELIGIBLE FAMILIES**

<b>Beckstone Primary</b> 01946 830423	<b>Distington Community School</b> 01946 830526	<b>St Michael's Nursery &amp; Infant</b> 01900 608111	<b>Derwent Vale Primary &amp; Nursery</b> 01900 601233
<b>St Gregory's Catholic Primary</b> 01900 606050	<b>Westfield Nursery &amp; Primary</b> 01900 874000	<b>Ashfield Infant &amp; Nursery</b> 01900 606301	<b>Seaton Academy</b> 01900 66982

**THE SCHOOLS ABOVE WOULD BE HAPPY TO ARRANGE A PRE-VISIT WITH YOU, TELL YOU MORE ABOUT THE SERVICES THEY OFFER OR ANSWER ANY QUESTIONS!**

**THIS ADVERT HAS BEEN PLACED THROUGH THE WORKINGTON PRIMARY SCHOOLS CONSORTIUM**

### Change of Assembly Date

2SF's class assembly is now on Friday 15th March, not the 8th as previously listed in the dates.

### Spring Break Holiday Activities

Any local activities for the Spring Break will be placed in the Holiday Zone of our web site for your information.

### School Meals



The West Cumbrian School Meals Consortium has been the umbrella organisation that has provided the school meals service from 2004. Mr Warbrick was Chair of the group however the Consortium will cease to exist at the end of this month. As a result the school is involved in a tender exercise for a new contract after the Easter holidays. We will let you know the outcome in the April newsletter and any changes that the new contract may have on the service provided. A key driver is to keep the school meal price as competitive as we can whilst also having a high quality service.

We are also pleased to announce that the school recently had an unannounced 'food Hygiene Inspection' and was awarded the top mark. Some of you may recognise the format of the award we were given below.



Today is Ms Cunningham's last day (Friday 1<sup>st</sup> March) before she starts her maternity leave.

We all wish her well and are very excited about hearing about the birth in the near future. She has asked for the following to be included:

"As I am about begin my maternity leave, I would like to say a big thank you to all the families for your continued support and kind words. I have really enjoyed working with you all. Thank you to the children for all your hard work and for making my job so enjoyable. I know you will keep on trying your best at everything you do, I am very proud of you, you superstars!"

Ms Cunningham will be replaced by a Miss Rhodes from next week.



# Kids Page

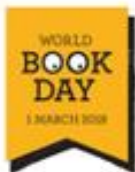
Articles, jokes, puzzles and reviews done by pupils would be welcomed on this page. All you need to do is hand it in to Mr Warbrick.

## World Book Day

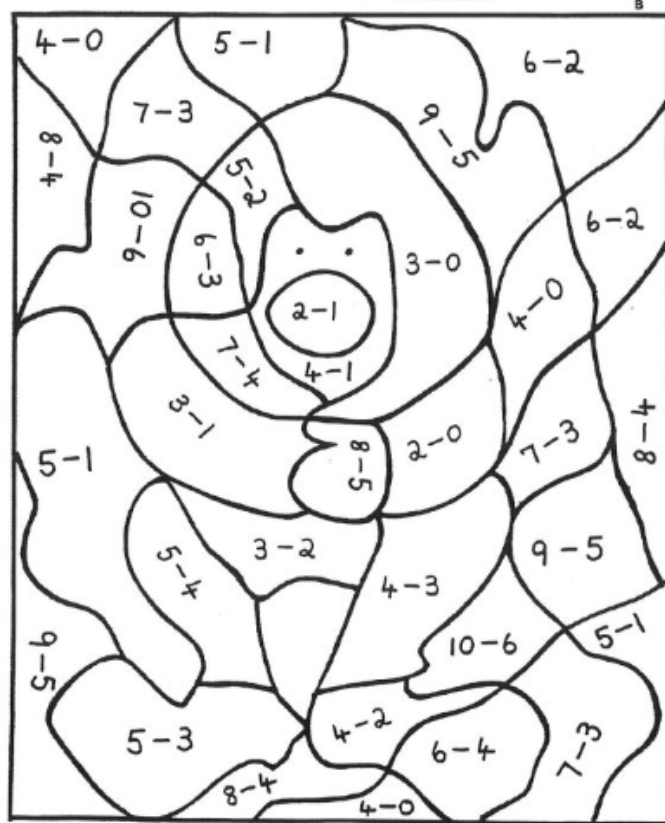
W S E I T I V I T C A C I S W  
B O O N R S S I S J E A L N O  
Y R R E U D C R G L W N L E R  
B C A L R R O H E X Z N U K L  
S D A O D H S B O X U U S O D  
E K W R T B R E O O N A T T W  
S T O U E A O M R E L L R K I  
E T A O T T A O S I O S A O D  
G F L I B R I C K V E B T O E  
A I O U C Z O L L D D S O B C  
L N K H N E E Y A D A I R O V  
L C O U N T R I E S D Y S Q K  
A N E Z X B Y P R E A D I N G  
E Y L R A E Y S P W O R L D P  
N E R D L I H C K A W H E D P

ACTIVITIES  
ANNUAL  
AUTHORS  
BOOKS  
CELEBRATION  
COUNTRIES  
ILLUSTRATORS  
MARCHONE  
READ  
SCHOOLS  
WORDS  
WORLD BOOK DAY

ALL AGES  
APPRECIATE  
BOOK  
BOOKTOKENS  
CHILDREN  
DAY  
LITERACY  
NURSERY  
READING  
UNESCO  
WORLD  
WORLDWIDE



## Solve then shade.



## Need to contact your Councillor?



**Marjorie Rae**  
County Councillor for  
Harrington, Clifton and Stainburn

3 Springfield Avenue • High Harrington  
Workington • Cumbria • CA14 4LW

Tel: 01946 831004 • Mobile: 07719 325644  
Email: marjorie.rae@cumbriacc.gov.uk



Building pride in Cumbria

All the local businesses advertising in the newsletter have made financial contributions to the school. Please let them know you have seen their advert in the newsletter if you use their services. If you know of anyone who would like to place an advert then they can contact the School Office.

## Diary Dates



	Spring 2019	Summer 2019	Autumn 2019	Spring 2020	Summer 2020
<b>Start of Term</b>	Tuesday 8 <sup>th</sup> January	Monday 15 <sup>th</sup> April Good Friday – 19 <sup>th</sup> April & Easter Mon – 22 <sup>nd</sup> April May Day – Mon 6 <sup>th</sup>	Wednesday 4 <sup>th</sup> September	Tuesday 7 <sup>th</sup> January	Tuesday 14 <sup>th</sup> April May Day – Mon 7 <sup>th</sup>
<b>Half Term</b>	Monday 18 <sup>th</sup> February – Friday 22 <sup>nd</sup> February	Monday 27 <sup>th</sup> May – Friday 31 <sup>st</sup> May 2017	Monday 21 <sup>st</sup> October – Friday 25 <sup>th</sup> October	Monday 17 <sup>th</sup> February – Friday 21 <sup>st</sup> February	Monday 25 <sup>th</sup> May – Friday 29 <sup>th</sup> May 2017
<b>End of Term</b>	Friday 29 <sup>th</sup> March	Friday 19 <sup>th</sup> July	Friday 20 <sup>th</sup> December	Friday 27 <sup>th</sup> March	Friday 17 <sup>th</sup> July

## March

**1<sup>st</sup> – 6<sup>th</sup> March – Book Fair**

**4<sup>th</sup> – 8<sup>th</sup> March – Cyclewise Week for Y5&6**

**Tue 5<sup>th</sup> – Beano artist visiting**

**Thu 7<sup>th</sup> – World Book Day**

- Play in a Day

**Fri 8<sup>th</sup> – A group visiting East Croft**

**Mon 11<sup>th</sup> – 5JT visiting Rosehill – National Youth Choir**

**Tues 12<sup>th</sup> – Inclusive Dodgeball at St Joseph's**

**Fri 15<sup>th</sup> – Rock Challenge Day**

- **Class Assembly 2SF**

- Comic Relief Non-Uniform Day

**Mon 18<sup>th</sup> – Cinema Night – R & KS1**

**Tue 19<sup>th</sup> & Wed 20<sup>th</sup> – Planetarium visiting**

**Wed 20<sup>th</sup> – Nursery taster session for new starters**

**Thu 21<sup>st</sup> – Cinema Night KS2**

**Fri 22<sup>nd</sup> – Class Assembly RJWh**

- Non Uniform Day – Chocolate for Bingo Nights

**Mon 25<sup>th</sup> – Circuits Day**

- **Parents' Evening (inc Nursery Green & Yellow Groups)**

**Tue 26<sup>th</sup> Mar – Level 1 Tennis tournament Lakes College**

- **Parents' Evening (inc Nursery Blue & Red Groups)**

**Wed 27<sup>th</sup> – Sports Hall Athletics Finals in Penrith**

- Curriculum & Pupils 5pm, Governors 6pm

**Thu 28<sup>th</sup> – Gymnastics County Finals**

**Fri 29<sup>th</sup> – Class Assembly 3JWa**

- **National 'Wear a Hat Day' for Brain Tumour Research**

- Cyclewise training for Year 4

- Breakfast Club Sandwich Day £1.50

- Break up for Spring Break



**Sun 31<sup>st</sup> – Mother's Day**

- Clocks go forward



COMIC RELIEF



## Dates for March to July

**Mon 15<sup>th</sup> Apr – Children start back & Eggs & bonnets week**

- Harbour Tales performance

**Tue 16<sup>th</sup> Apr – FS & KS1 Bingo Night 6pm**

**Wed 17<sup>th</sup> Apr – KS2 Bingo Night**

**Thu 18<sup>th</sup> Apr – Egg Dumping Final**

**Tue 23<sup>rd</sup> Apr – Staffing & Finance 5pm, Governors 6pm**

**Fri 26<sup>th</sup> Apr – Love Rocks Y6**

**Mon 29<sup>th</sup> Apr – Eggs arrive for hatching into Chicks**

**Wed 1<sup>st</sup> May – Fiddle Music men visiting**

**Friday 3<sup>rd</sup> May – Class Assembly 3/4DP**

- CfM Superhero Day

**Week beg. 6<sup>th</sup> May – Chicks on tour around the school**

**Wed 8<sup>th</sup> May – Class Photos**

- Workington Academy Pre-Admission Evening for Y6

**Fri 10<sup>th</sup> May – Class Assembly 1RM**

**Week beg. 13<sup>th</sup> May – Y2 & Y6 SATs Week**

**Tues 14<sup>th</sup> May – Y1&2 Football competition**

**Fri 17<sup>th</sup> May – Circuits Day**

**Tue 21<sup>st</sup> May – Governor Challenge Day**

**Wed 22<sup>nd</sup> May – School Swimming Gala**

**Thu 23<sup>rd</sup> May – Y5&6 Cricket Festival**

- FAB(PTA) meeting 3.30pm

**Fri 24<sup>th</sup> May – Class Assembly 3LJ**

**Wed 5<sup>th</sup> June – Maths & Science EdExcel test day for Year 5**

**Fri 7<sup>th</sup> June – Sponsored Mile**

**Week beg. 10<sup>th</sup> June – Y1 & Y2 Phonics Check Week**

**Thu 13<sup>th</sup> June – Workington Swimming Gala**

**Fri 14<sup>th</sup> June – Y1&2 Kinder Cricket Festival**

- Non Uniform Day – Chocolate for Bingo Night

**Mon 17<sup>th</sup> June – 'Off by Heart' Individual recitals**

**Tue 18<sup>th</sup> June – FS & KS1 Bingo Night 6pm**

**Wed 17<sup>th</sup> June – KS2 Bingo Night**

**Fri 21<sup>st</sup> June – Reception visiting Harrington Shore**

- Y6 Workington Academy Tutor Day

- Wed 26<sup>th</sup> – Y5 English Transition Day at Workington Academy

**Thu 27<sup>th</sup> June – Workington Football Cup**

**Fri 28<sup>th</sup> – Y6 Transition Day**

**Mon 1<sup>st</sup> July – Wheelchair Basketball**

**Tue 2<sup>nd</sup> July – Sports Day (reserve on Thu 4<sup>th</sup> July)**

**Wed 3<sup>rd</sup> July – Year 3 & 4 fencing**

**Fri 5<sup>th</sup> July – Y1&2 Kinder Cricket Festival**

**Thu 9<sup>th</sup> July – Reception Muncaster Summer Trip**

**Thu 11<sup>th</sup> July – Nursery Summer Gincase Trip**

**Fri 12<sup>th</sup> – Meet new classes day part 1**

**Mon 15<sup>th</sup> July – Meet new classes day part 2**

- Curriculum Evening & reports out

- Curriculum & Pupils 5pm, Governors 6pm

**Tue 16<sup>th</sup> July – Y6 Graduation 6pm**

**Thu 18<sup>th</sup> July – Fun Day**

**Fri 19<sup>th</sup> July – Beckstone's Got Talent & Break up for Summer**

