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Beckstone Primary Newsletter



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Newsletter no. 7 - March 2020



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 Easter holidays in only 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 the remaining days of the Book Fair, World Book Day, Sports Relief, hopefully ducks hatching, Bingo Nights, Cinema Nights, a number of trips, egg & bonnet week and most importantly of all Parents' Evenings - a very busy month indeed.

It is of vital importance you attend your child's Parents' Evening on Tuesday 17th or Wednesday 18th of March (or indeed Thursday 19th for some 6HG parents). 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.

Best wishes,

Mr Warbrick

LARGER PRINT VERSIONS OF THIS NEWSLETTER ARE AVAILABLE ON REQUEST FROM THE SCHOOL OFFICE OR USE 'ZOOM' ON WEBSITE VERSION

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!!

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IMPORTANT

Free School Meal Entitlement

If you are eligible for Free School meals **PLEASE DO MAKE A CLAIM**. Even if your child is in Key Stage 1 or Reception and receives Universal Free School Meals making a claim will help the school budget and entitle you to a clothing grant. If you need help simply ask the School Office.



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.



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.

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:

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 (IBJSA);
- 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.



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

You can apply online here.

https://emsonline.cumbria.gov.uk/CitizenPortal_LIVE/Account/Login?ReturnUrl=%2FCitizenPortal_LIVE%2F



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



Book Fair



The book fair arrived in school last Thursday. All classes got a book browsing time and you should have received a flyer showing some of the books available for purchase. The Book Fair is open at playtimes and after school up until this Wednesday, 4th March.



We have issued the World Book Day tokens in advance of World Book Day on Thursday 5th March so they 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!

World Book Day

Every child in school should have received a 'World Book Day'

voucher last Monday. The token is worth £1 and it will allow your child to buy this year's 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 Monday to Wednesday this week.



On World Book Day itself (**THIS** Thursday, 5th 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 below.



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.

Your child will also receive a free keepsake, World Book Day book, during the day to take home and keep.

PLEASE READ: IMPORTANT MESSAGE



FREE PARENT EVENT

Finally we are extending an invitation for you to come and read with your child from **2.30 to 3.05pm on World Book Day itself (this Thursday 5th**

March) for Nursery and Reception children and on Friday 6th March for the rest of the school from 2.30 - 3.05pm also. Please make a date in your diary and if you can come in to school to read with your children you would be most welcome. If you have more than one child then you can move between classrooms.

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Parents' Evenings

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 FREE crèche provided. 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 **Tuesday 17th or Wednesday 18th March**. Please note these dates in your diary. 6HG appointments will be on Wednesday 18th and Thursday 19th March



Nursery appointments are for children moving into Reception only.

Tuesday 17th March – Nursery Blue & Yellow
Wednesday 18th March – Nursery Green & Red



There will again be food tasting in the Halls on the Tuesday 17th and Wednesday 18th to entice those on packed lunches on to school dinners. The more children who take a school dinner the more this will have a positive impact on the school budget which will in turn allow for greater expenditure on learning and opportunities for your children. All school dinners also strictly adhere to national food standards guidelines which aim to ensure children eat healthily for a better health future for them. So all round make the right choice, winner winner chicken dinner!! ☺

To promote school dinners there will also be Caterlink's mascot, JoJo Crow in attendance for some of the time. He is pictured below.



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 below). 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 or insured 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.

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. We 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. You will be asked to complete the questionnaire and then anonymously post it in the dedicated post boxes as you leave the building. It is important these questionnaires are anonymous so we can get a true reflection of parental feelings and comments.

- 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

BEGINNERS CLASSES ENROLLING NOW
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<p>HIGH HARRINGTON COMMUNITY CENTRE TUESDAYS 6pm-8pm SUNDAYS 5pm-7pm</p>	<p>ST BEES SECONDARY SCHOOL MEMORIAL HALL THURSDAYS 6pm-8pm</p>
<p>LAMPLUGH VILLAGE HALL MONDAYS 6pm-8pm</p>	<p>THE GATHER ENNERDALE WEDNESDAYS 6pm-8pm</p>

LEARN KARATE IN A FAMILY FRIENDLY CLUB
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LEARN HOW TO USE IN SELF DEFENCE
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07543 876490

[THIS NUMBER DOES NOT ACCEPT TEXT MESSAGES]

ALL INSTRUCTORS ARE FIRST AID TRAINED AND DBS CHECKED

BINGO Nights

FAB have planned Bingo Nights before the end of this term with the Reception and Key Stage 1 night on **Tuesday 10th March and the Key Stage 2 one on Wednesday 11th March.** Please support these events if you can. Tickets are **NOW ON SALE** from the School Office priced at £3.50 which includes a Bingo Card, a hot dog and a drink. Seats are limited to 100 per night.



Sporting Success

Our Year 3 & 4 Dodgeball team recently came third in an inter school competition. Our table tennis team were runners up in the area competition and our Year 1 & 2 Multi skills team won 3 of the events against many schools across Workington.

Details of sporting provision, expenditure and updates on sporting events and our sports calendar are easily found on our web site by clicking the 'Curriculum' drop down and selecting 'School Sports' or by following the QR Code.



Egg Dumping

Children are invited to take part in an egg dumping competition in the last week of this term. Each class winner will then go through to the 'Grand Final' on the last Friday morning assembly where the 'School Champion' will be crowned. Children wishing to take part will need to bring a **hard boiled** hen's egg to school (not duck, not dinosaur or concrete and not varnished!) on the Monday of the last week— we will endeavour to remind you about this.



Easter Competitions

Children in Nursery, Reception, Year 1 and Year 2 are invited to bring in eggs or bonnets that they have decorated at home in the last week of term. There will be prizes for the most original and they will go on display outside the classrooms.





Children in Key Stage 2 are invited to bring in **hard boiled** eggs (i.e. they will need 2, one for decorating and one for dumping) plus any additional resources they may need for decorating in the last week of term with the competition being judged towards the end of that week.

Easter & Summer Holiday Play Scheme

Following on from the success of the Summer Play Scheme the school is offering an Easter Holiday Play Scheme. The Easter camp will run on a daily basis from Monday 30th March on weekdays through to Thursday 9th April, the day before Good Friday (school resumes on the Tuesday after Easter Monday, 14th April). The play scheme will run from 8am until 5pm. **Further details and a booking form were sent home last week.**

HOLIDAY PLAYScheme



Please also note that the Summer Holiday Play Scheme will be repeated this year and will run for the first 2 weeks and the last 2 weeks of the Summer holiday. Further details and a booking form will be sent home after the Easter Holidays.

Belle Amour
PHOTOGRAPHY

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Cinema Nights



There are 2 Cinema Nights this half term, the one for Reception & KS1 is on Monday 16th March and 'Abominable' will be showing. The second is



on Thursday 19th March for KS2 showing Maleficent 2. It has a PG rating for intense sequences of fantasy action/violence and brief scary images. We will assume if you sign your child up for this film you have given permission for them to see it. If you have children in both ends of the school then we can accommodate that with an older child going to the younger sitting or vice versa! Further information and booking forms will be sent out very soon. The cost of the films including care and copious refreshments will be £6 per child payable when booking.



Non Uniform Days

The first non-uniform day this half term is on on **Friday this week** (6th March) where we are requesting donations of chocolate/Easter eggs to help with prizes for the Bingo Nights the following week.



The second non uniform day this half term is for the Down's syndrome Association and will take place on **Thursday 19th March**. Children are invited to wear 'odd socks' as part of this.



Sports Relief Mile

We are planning to mark Sports Relief with a mile run/walk across the day on **Thursday 12th March** for all years apart from Reception. Parents/Grandparents will be invited to take part alongside their children if they wish to do so. Classes will be running, weather permitting, at the following approximate times:

Please try to take half an hour out of your busy day to come to school to run/walk a mile with your child. **One mile is 5 laps of our playgrounds – follow the broken orange (gold) line.**

The timetable for the classes/year groups to do their mile is displayed below. If you wish to join in with your child then these would be good times to do so. If you cannot make this time but would like to run the mile with your child then let the school know and we will arrange it. We are asking all participating to make a donation to Sport Relief. There will be a certificate for all those that complete a mile.

Due to RJT being on a trip on that day that class and R/1JWh children will complete their mile on Wednesday 11th March from 9am.

Sport Relief Mile



9.00-9.40	Nursery
9.40 – 10.10	Year 2
10.45 -11.15	6HG
11.15 – 11.45	Year 4
1.00 - 1.30	Year 1
1.30 – 2.00	Year 3
2.00 -2.30	5/6JM & 5LJ

Step by Step Education

THE SUPPLY TEACHER SERVICE



Nathan Doyle - Cert RP
Education Consultant

Telephone: 01772 713819

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Step by Step Education Ltd

80 Lytham Road

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Follow us on:    

www.stepbystepeducation.co.uk

In addition the school will be selling 'Sport Relief' wristbands in the run up to the day. They cost £1 and are pictured here. **They are available from TODAY – stocks are limited**



Cyclewise

Children in Year 5 and some from Year 6, who returned booking forms last month, will be taking part in Cyclewise week during this week. 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.



Year 4 children will have their Cyclewise Beginner Day on Wednesday 18th March

Circuits Morning

The 'Circuits Day' for this half term is on Monday 23rd March. Children can come to school dressed in sports clothes.



100 Club

The February draw took place last Friday. No-one won the £30 prize (20) or the £5 prize (71) and the money returns to FAB. The £15 prize (39) went to Logan in Year 3.. New players are welcome and can play on a monthly basis for a £1 stake. If you wish to buy a number for yourself or your child please see the School Office.

You can now buy numbers for the remaining draws in this school year. The cost for the rest of the year is £5. Please see the School Office. The March draw will be at the end of this month.

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 first half term in the Summer is **£8.00** and needs to be paid by Friday, 17th April **via ParentPay NOT cash or cheque**. If you need help with this please see the School Office. Due to the administrative burden of checking attendance and the inability to change the order daily unfortunately milk money cannot be refunded for absence.



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.



The Wobbly Wand

Handmade, whimsical
arts & crafts

www.wobblywand.co.uk



Wobbly Wand's Page



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!

Coats



We are now asking all children to wear their coats at lunchtimes and playtimes over the winter months. Please ensure they come to school with a coat and one that has their name in – thanks!

School coats which are fully waterproof and have a hood and reflective strips are available from the School Office at a competitive price of just £18.50 (sizes 3-4 up to 11-12); extra small adult upward sizes are £23.20.



Give Blood – Help Save a Life!

The next donor session you can book online is on Tuesday 10th March and Friday 27th March 2020, at the Bridge Centre from 3 to 7pm

**Do something worthwhile and
save someone's life**



Further details and booking details can be found at www.blood.co.uk

Donations Needed

The school would very much welcome any of the following;

- Games, puzzles and jigsaws
- Construction Equipment
- Railway or road sets
- Nursery socks & pants
- Bikes and Trikes for Nursery & Reception
- Good quality books
- Wellingtons for the Early Years
- Comics/games for wet playtimes



School Savings Account



Encouraging your child to save is a financial skill that will serve them well in life. If you would like to 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.

Creativity Cup

The winner for this half term was Neve from Year 6. She has a very talented and creative flair and applies this to her wonderful art work, her creative writing and indeed all aspects of her learning. A deserving winner.

A painting of hers in the style of JMW Turner is also reproduced below. Year 6's study of this artist is quite timely as the artist features on the back of the new polymer £20 note.



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

Screen & Social Media Use

The UK Chief Medical Officer has issued guidance for the use of screens (phones, tablets etc.). A summary

of his recommendations is reproduced at the bottom of this page.

Inappropriate Online Gaming/Interaction

Again we are making an appeal to families to make sure that their children are not using social media apps and games that are not age appropriate. Online games all have a minimum age rating and apps such as Facebook, Instagram, and TikTok etc. **all have minimum start ages of 13!**

We are increasingly having incidents from children seeing inappropriate material, sharing inappropriate posts/texts or saying unkind things to each other when playing on online X-box games spilling in to school. There is a real concern that allowing your children to use this media in such inappropriate ways is having an impact on pupils' emotional health and wellbeing.

Please, please abide by minimum age requirements and if necessary remove inappropriate apps. Please also ensure your parental controls are in place on any device used. If you have older children that use TikTok then over half term it was announced that they have changed the parental controls following numerous incidents of inappropriate viewing by minors. From the BBC website:

"TikTok has introduced new "family safety mode designed to give parents tighter control over teens"

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.



mobile phone habits. TikTok has a minimum age limit of 13. The new feature will let parents link their own TikTok accounts to their child's - and turn features on and off remotely. That includes a "restricted mode" that tries to filter out inappropriate content, and turning off messaging.

What does the new feature do?

Parents and guardians who have their own TikTok accounts - or create one for this purpose - can link their account to their child's, to have direct control over the safety settings.

The adults must open the app on both phones, head to the "digital wellbeing" settings, and identify which phone belongs to them, and which to the child.

Scanning a QR code from one phone with the other links the accounts, and lets the parent password-protect certain features.

That means the adult's phone can now turn on and off the setting for:

- restricted mode, an automatic filter, driven by an algorithm, which tries to hide content that may be inappropriate
- messages, which can be limited so they can only be received from friends - or turned off completely
- screen time controls, putting a hard limit on how long the app can be used each day

These safety features have been on the TikTok platform for some time, but needed to be set on the teenager's phone manually, and locked behind a password that had to be reset every 30 days."

Setting Up Parental Controls

Please consider the following:

SETTING UP A DEVICE SAFELY FOR KIDS

- YOUTUBE**
SETTINGS → TICK SAFE SEARCH FILTERING → TICK STRICT
- TURN OFF IN APP PURCHASES**
SETTINGS → GENERAL → RESTRICTIONS → TURN OFF IN APP PURCHASES (NOT GREEN)
- DISABLE SAFARI BROWSER**
(IF YOU DON'T WANT THEM SEARCHING ANYTHING!)
SETTINGS → GENERAL → RESTRICTIONS → ALLOWED CONTENT
- MAKE ITUNES SAFE**
(TO KEEP DEVICES SEPARATE WHERE YOUR ITUNES ACCOUNT HAS BEEN CONNECTED TO)
ITUNES ON YOUR COMPUTER → EDIT → PREFERENCES → DECIDE WHICH SHOWS AND RATINGS ARE APPROPRIATE FOR THIS DEVICE AND OTHER DEVICES.
- SAFARI**
SETTINGS → GENERAL → RESTRICTIONS → SET IT UP THE WAY YOU WANT IT AND APPROPRIATE FOR YOUR CHILDREN
- DISALLOW UPLOADING OR DELETING OF APPS**
SETTINGS → GENERAL → RESTRICTIONS → INSTALLING APPS OR DELETING APPS
- GUIDED ACCESS**
(FOR KIDS TO STAY WITHIN AN APP, TO AVOID GOING TO OTHER APPS AND WEBSITES!)
SETTINGS → GENERAL → RESTRICTIONS → SCROLL DOWN TO LEARNING → ACCESSIBILITY → GUIDED ACCESS → TOGGLE ON

Internet Safety Week

This took place recently and the key message shared with children was not to use sites or apps that had minimum ages above their own age. To report anything that they felt inappropriate to an adult either at home or school and to use technology safely and to think before they did anything online.

The last point about kindness is crucially important. The effect of unkind comments posted on social media was tragically borne out with a high profile celebrity suicide recently. It is important that we are all kind in our comments and crucially we protect children from exposure to this sort of media – again this is why there are minimum ages for the apps we know some of our pupils continue to use. Please protect them by removing access to such apps, Mr Warbrick is happy to be blamed for this. Childhood is precious and should be full of fun, a child should not be disturbed by online posts/dialogue which sadly is happening all too regularly at the moment.

BEFORE YOU POST... THINK!

- T** - is it true?
- H** - is it hurtful?
- I** - is it illegal?
- N** - is it necessary?
- K** - is it kind?

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 is well worth a read!

Addiction Helpline



Call now in confidence immediate help and advice 24/7

0800 088 66 86

ADT Healthcare offers a FREE & CONFIDENTIAL hotline dedicated to helping children and adults suffering from any addiction be it drug, alcohol, online gaming, gambling etc. or mental health problems. ADT Healthcare was established in 2011 by people who overcame addiction themselves.

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





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

LOVE

- Restrict and monitor screentime
- Practice mindfulness together
- Love them unconditionally
- Listen first, talk second
- 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

PLAY

- Provide lots of time for play
- Allow healthy risks
- Use collaboration over control
- Praise effort over achievement
- Use natural consequences
- Support their friendships
- Be consistent and follow through
- Replace yelling with teaching

TEACH

- Model honesty
- Encourage independence
- Teach Growth Mindset
- Accept mistakes
- Set healthy limits
- Nurture your child's gifts/talents



Beckstone Property Services Ltd



All household maintenance jobs catered for.
Small electrical jobs a speciality.
Part 'P' Registered
Contact Harvey Reid on 07576378635
or email: Harvey_reid_69@btinternet.com

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 CSCP (Cumbria Safeguarding Children Partnership) Web Site at

Cumbria Safeguarding Children Partnership



<https://www.cumbriasafeguardingchildren.co.uk/default.asp> 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.



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.

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 is



0333 240 1727



0808 800 5000

Domestic Violence

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



Adverse Childhood Experiences

Adverse Childhood Experiences (ACEs) are traumatic events that affect children while growing up, such as suffering child maltreatment or living in a household affected by domestic violence, substance misuse or mental illness. The long term impact of adverse childhood experiences on a child can have a tremendous impact on a child's future prospects, emotional wellbeing and lifelong health and opportunity. There is a very useful and informative video in the parenting zone of our web site telling the story of how it impacts on a child. It only lasts 5 minutes but is well worth a watch and shows the lifelong effect adult behaviour has on young children.

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.

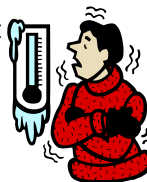
Parent Pay Donations



Now we have the ParentPay system we can offer the facility for families to make an automatic School Fund donation on a monthly basis, from their bank account even £2 per month would cumulate to a great fund to support activities in school. If you would like to support the school in this way please contact the School office for further details on how to set this up. Alternatively if you wish to make a standing order then the school's bank details are available on request from the School Office too.

Extreme Weather/Heating Emergencies

As winter approaches 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.

schoolangel
charity for schools

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.

ANGEL

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



Illegal Parking

Please do not park on the zig zags outside the school

Cars are parking on the zig zags either side of the Eadie Street (school) junction. The zig zags are there to ensure all road users, pedestrians and vehicles have clear lines

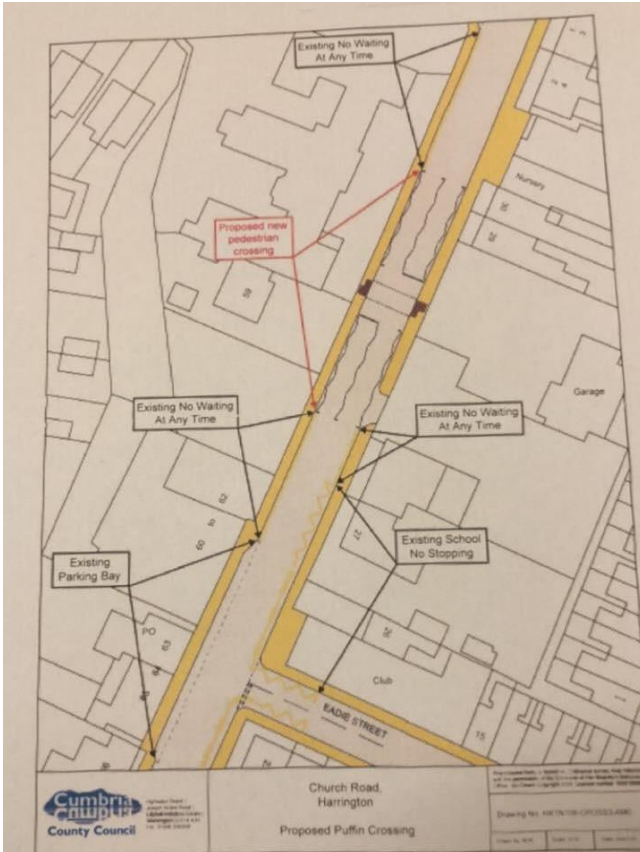
of sight when crossing or driving in that area. Parking in this area impedes vision and could well result in an accident which would be directly attributable to the illegal parking.

County Highways have informed the Police about this issue and immediate fines will be issued in the future and the area will be subject to regular monitoring. Please do not park in this zone.

Puffin Crossing

As part of the housing developments in the area there is money for a Puffin crossing on Church Road. A Puffin crossing is very similar to the older Pelican crossings only the red and green men are lit up on the side the pedestrian is standing rather than across the road.

County Highways have consulted on a number of proposals and the latest has the crossing just in front of the old Infant school, the school welcomed the move to this side of the Eadie Street junction and asked for it to be nearer the shops to reduce the number of car parking spaces that will be lost. Highways however explained that due to access points for vehicles on either side of the road this was not possible. The loss of some parking places is a concern however the safety of children crossing the road at all times (e.g. weekends & holidays), not just when a road crossing officer is present, must take priority. Further details on this project will be passed on when we know them, in the meantime a plan of the proposed crossing is below.



CUMBRIA PRIMARY SCHOOLS'



Cumbria Schools' Skiing Trip 2021

Cumbria are again organising

a skiing trip for Primary pupils (for the 28th year!). This year 120 pupils from 31 different schools took part and

the trip was in January to Les Menuires in the 'Three Valleys' in France. For further information do have a look at the 'Cumbria Primary Schools Ski Course' Facebook page which includes photos and comments. This can be found at:

<https://www.facebook.com/cumbriaprimariyskicourse/>

Next year's trip is open to any child in Year 5 or 6 (i.e. **this school Year's 4 or Year 5 children**). The trip is due to depart in January 2021 and will be a week long. We are yet to receive the final details so please keep an eye on the Facebook page if you are interested and we will endeavour to let you know when we receive further details. A number of pupils have gone from this school over the years but we are aware that last year the trip filled up very quickly and all interested from this school were too late so we are giving advance notice.



As a guide these were the details of last year's trip:

The trip cost £815 per child (however this did cover all costs e.g. 6 day lift pass, full board en-suite accommodation, equipment hire, insurance, ski school, a snow guarantee etc. and payments were spread over the months up until Christmas). A non-refundable £150 deposit was needed to secure a place and a 'first come, first served' system was in operation if the trip is oversubscribed (the maximum is 120 pupils).

Edinburgh Trip

The Year 5 city residential trip to Edinburgh has now been organised and will take place from Wednesday 17th June to Friday 19th June at a cost of £185 . Letters went out before half term. The trip will include a visit to Edinburgh Castle, Edinburgh Zoo, the Camera Obscura, the National Museum of Childhood and St Giles' Cathedral as well as a Ghostly Walk amongst many other sites as well as also finding time to visit the cinema and explore the city on foot. Special thanks go to Ms McGill for organising the trip this year. Photos of last year's trip are available to view in the film and photo gallery zone of our web site to give parents an idea on what is involved. One photo is reproduced below.



We have a Foodbank collection point just inside the Reception classes' entrance if you would like to donate any items. It is collected regularly. 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 www.thefoodbank.org.uk or tel: 0750 2311 452

A list of foods welcomed is below.



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

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

Nursery Intakes

Children born between **1 January 2017** and **31 March 2017** can receive their free 15 or 30 hours a week Nursery education from **April 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.

Children born between **1 April 2017** and **31 August 2017** can receive their free 15 or 30 hours a week from **September 2020**.



Children born between **1 September 2017** and **31 March 2021** can receive their free 15 or 30 hours a week from **January 2021**.

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

Please let friends/relatives know we now have a number of spaces for Nursery in January and April and can enrol children from their 3rd birthday for 15 hours and for the full 30 hours from the term after their 3rd birthday.

Carer & Toddler Club

This runs every Wednesday afternoon from 1.30 to 3pm and is a very popular club. It is a great way to meet new friends. There is no cost to join but a £3.00 levy is charged to cover the cost of refreshments etc.

Play Group & Chat

Open to all!

**Every Wednesday
1.30 pm –3.00 pm**



**£3 cost covers: tea,
coffee, homemade
cake, raffle ticket,
snacks for children.**

**Additional Child - £1.50
Additional Adult - £1**



Sign in at the office, sessions held in dining hall/breakfast club. Even if you fancy a cuppa and a chat before collecting your child, please come & join us!

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 at below) 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.



There are themed days in Beckstone Xtra such as Go Noodle Dancing Tuesdays and Baking Thursdays as well as themed weeks. Booking early is advised.

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.



Retiring Governor

The Governing Body of the school would very much like to thank Jill Morgan, who has been a Local Authority Governor at the school since October 2018, for her support of the school over this time. She will be missed.



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"*

Lending Library



There are high quality texts on book stands across school. Children are welcome to borrow them as long as they complete the signing out card, return them as soon as they have read them and then sign them back in again. We are hoping to instil a love of reading so

please encourage them to do this.

If you wish to sponsor a book for this library then please see the School Office. We will place a bookplate with the donor's name in the front of the book.

Ducks

The school will receive some duck eggs on Monday 9th March. They will be incubated in the Reception classes and hopefully, when hatched, go on tour of the school the following week. You may get to see them on parents' evenings!



ParentPay

The school is now operating an online cashless payment system from the start of this half term. Money for school lunches, milk and trips will now only be accepted through this system.



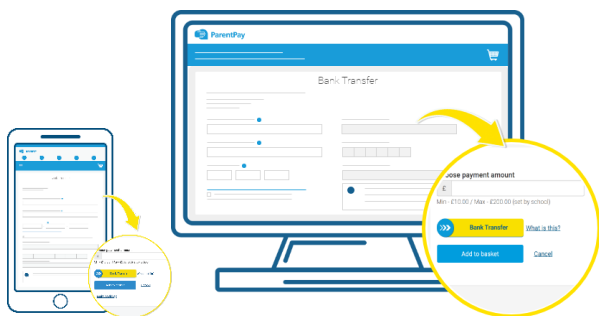
The only money that will be accepted into school will be for the extended services (Breakfast Club, Educare, Beckstone Xtra and Afterschool Clubs) but please note these services can be paid through your employer as tax free childcare vouchers. The companies registered to the school are Eden Red and the Computer Share Voucher scheme.

The system has been updated recently and the following is from their web site:

Bank Transfer is here!



Our fastest way to pay



You can log into your account by using this URL, follow the link from our web site by clicking on 'ParentPay' from the drop down 'School Info' tab or follow the QR Code.



<https://app.parentpay.com/public/client/security/>

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.



School Council Mayor's Parlour Visit

The School Council visited the Workington Mayor's Parlour last Friday. The Councillors received a talk about the role of the Mayor in the Town Council and their civic duties. The current Mayor is Councillor Janet King. The School Council found the visit very informative and learnt about how local government works and a lot about the history of the post and of Workington itself. A photo from the visit is below and there are more in the film and photo gallery of our web site.



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 Friday 27th March.



Easter Holiday Zone

As we receive information about activities in half term



we will place the information in the Holiday Activity zone of our web site which can be found in the Parents' drop down menu or by following the QR code.

Shopping Gateway

We are in partnership with a charity called 'School Angel' to raise money for the school. This is really simple to use and you can visit via our web site by clicking on the 'Shopping Gateway' Once on the page all you need to do is click on the logo for whatever shop/service you would like to visit. The school will receive commission from these firms at no extra cost to you; it is just a gateway to access websites.





Need to get the Kids off the Sofa?

We Can Help!

Come and Join us at the Workington Zebras where we have Rugby Sessions for School Reception to Yr 6!



WORKINGTON R.F.C.

Physical exercise, Make lifelong friends, Challenging,
Build self-esteem, Improve social skills.

Learn the RFU Core Values, Respect, Sportsmanship,
Discipline, Enjoyment, Teamwork.

Ellis Sport Ground @ 10am every Sunday.
Contact Andrew Branthwaite 07725236661



 @workingtonRFC
  01900 602625
  /workingtonrfc

Relationships and Health Education

The Department for Education have asked every school to share the information below with parents as it is a change to the National Curriculum. If you have any queries with regard to this please contact School

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching '**relationships and health education**' on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching '**relationships and health education**' on GOV.UK.

Walk to School – Feet First



We aim to improve the health and fitness of our youngsters and reduce congestion and the hazard of traffic outside school.

We hope that our children **are taking part in Feet**

First. All who have been making an effort will receive a badge at the end of this term. It should help develop road safety skills and it is hoped they will be encouraged to think about the environmental and health benefits of walking, cycling or scooting to school. If your child has to travel a long distance by car – why not park remotely from the school and walk, cycle or scoot the rest of the way (Park & Stride/Ride/Glide).

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.



To support home learning **across a range of subjects** we are again reminding you that we have subscribed to an 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

To access all areas click 'Sign In' you will need the user name and password in the paper copy of this newsletter available from the School Office.



Multiplication Tables Checks

These will be taking place in June for Year 4 children. However it is important that all children are learning their times tables – it is a life skill and supports more complex mathematical problem solving throughout adult life.. Here's what you need to know:



1. We love maths. It's an awesome subject to learn and to teach.
2. Maths is a big subject and we appreciate there's more to it than times tables and there's more to times tables than learning them off by heart. However, a lot of the rich, interesting maths is all about the multiplicative relationships and these are hard to fully grasp without fluent recall of the tables. **For that reason, learning the tables is fundamental** – they are a key facilitator to the maths that sits on top.
3. The checks are compulsory from 2020.
4. The results of the test are not published publicly, they're not going to end up on a league table and they're not to worry about. There's no pass or fail, there's just a score out of 25 marks which will be included in your child's Year 4 report.
5. The checks consist of 25 questions. The questions will only be multiplication and they will go up to 12 X 12. There's nothing novel about the questions and they don't require problem solving so there's nothing to trip them up.
6. Given that the questions are relatively simple, age appropriate and the length of the check, which is carried out on a computer, is under 5 minutes, then the tests in themselves shouldn't cause anxiety.
7. You may notice us taking even more initiative when it comes to learning the tables with more options for home learning. If you are practising with your child, remember you're practising for the benefit of their wider maths education, not for them to get a high score on the tests. So please enjoy the opportunity to work with your child.

The times tables are in the back of the reading journals and reproduced for use at home on page 19.

Printable worksheets are available here;
<http://www.timestables.me.uk/printable-pdf-quiz-generator.htm>

Your child should be able to log on to Mathletics

<https://www.mathletics.com/uk/>



and Times Tables Rockstars

<https://trockstars.com/login>



There are now also **phone apps** available to support Times tables learning – a good example is Maths Rockx which is available in the stores for Android and for iPhones. The 'Quiz' section is free and is a great fun way of learning tables e.g. on a phone when travelling.



Alternatively there are many great videos on YouTube such as Mr DeMaio's covers of recent pop hits but with



times table lyrics (Mr DeMaio is an American maths teacher who has made some excellent videos simply search DeMaio Times Table Songs). CDs/MP3's are easily available through Amazon etc. to play in the car when travelling etc.

Kitchen Vacancy



Caterlink are looking to recruit a relief Kitchen Assistant to join our team at Beckstone and the wider Workington area. The position is on a zero hour contract basis and is term time only. As a relief you would assist in all aspects of the kitchen, ensuring a high standard of hygiene and cleanliness throughout the kitchen area. The job involves basic food preparation, the serving of meals, washing up and cleaning. Appointments are subject to DBS clearance and references. Food Safety & Hygiene Level 2 is required however training is available to attain this. If you are interested or would like an informal chat then please contact Susan Armstrong (Cook Supervisor) in the kitchen at the school on 01946 830423

Children's Eyesight



14% of Primary children nationally wear glasses in school. That would equate to around 50 children in this school but this is not the case with much fewer children than the national average wearing glasses. In addition 1 in 12 boys nationally are colour blind or roughly one per class in school! Due to cuts children are now only screened in reception and indeed are never screened for colour blindness. **A full eye check for your child should be something that is prioritised.** If your child has vision issues it will impair their learning so needs to be sorted as soon as possible. Opticians recommend a regular eye check every 2 years for children from age 3 upwards. Eye checks are FREE for children under the age of 16.

We have put some quick checks on page 20 but these are no substitute for a full eye check and we urge all families to do this for their children.



x 1

$1 \times 1 = 1$
 $2 \times 1 = 2$
 $3 \times 1 = 3$
 $4 \times 1 = 4$
 $5 \times 1 = 5$
 $6 \times 1 = 6$
 $7 \times 1 = 7$
 $8 \times 1 = 8$
 $9 \times 1 = 9$
 $10 \times 1 = 10$
 $11 \times 1 = 11$
 $12 \times 1 = 12$

www.class-templates.com

x 2

$1 \times 2 = 2$
 $2 \times 2 = 4$
 $3 \times 2 = 6$
 $4 \times 2 = 8$
 $5 \times 2 = 10$
 $6 \times 2 = 12$
 $7 \times 2 = 14$
 $8 \times 2 = 16$
 $9 \times 2 = 18$
 $10 \times 2 = 20$
 $11 \times 2 = 22$
 $12 \times 2 = 24$

www.class-templates.com

x 3

$1 \times 3 = 3$
 $2 \times 3 = 6$
 $3 \times 3 = 9$
 $4 \times 3 = 12$
 $5 \times 3 = 15$
 $6 \times 3 = 18$
 $7 \times 3 = 21$
 $8 \times 3 = 24$
 $9 \times 3 = 27$
 $10 \times 3 = 30$
 $11 \times 3 = 33$
 $12 \times 3 = 36$

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x 4

$1 \times 4 = 4$
 $2 \times 4 = 8$
 $3 \times 4 = 12$
 $4 \times 4 = 16$
 $5 \times 4 = 20$
 $6 \times 4 = 24$
 $7 \times 4 = 28$
 $8 \times 4 = 32$
 $9 \times 4 = 36$
 $10 \times 4 = 40$
 $11 \times 4 = 44$
 $12 \times 4 = 48$

www.class-templates.com

x 5

$1 \times 5 = 5$
 $2 \times 5 = 10$
 $3 \times 5 = 15$
 $4 \times 5 = 20$
 $5 \times 5 = 25$
 $6 \times 5 = 30$
 $7 \times 5 = 35$
 $8 \times 5 = 40$
 $9 \times 5 = 45$
 $10 \times 5 = 50$
 $11 \times 5 = 55$
 $12 \times 5 = 60$

www.class-templates.com

x 6

$1 \times 6 = 6$
 $2 \times 6 = 12$
 $3 \times 6 = 18$
 $4 \times 6 = 24$
 $5 \times 6 = 30$
 $6 \times 6 = 36$
 $7 \times 6 = 42$
 $8 \times 6 = 48$
 $9 \times 6 = 54$
 $10 \times 6 = 60$
 $11 \times 6 = 66$
 $12 \times 6 = 72$

www.class-templates.com

x 7

$1 \times 7 = 7$
 $2 \times 7 = 14$
 $3 \times 7 = 21$
 $4 \times 7 = 28$
 $5 \times 7 = 35$
 $6 \times 7 = 42$
 $7 \times 7 = 49$
 $8 \times 7 = 56$
 $9 \times 7 = 63$
 $10 \times 7 = 70$
 $11 \times 7 = 77$
 $12 \times 7 = 84$

www.class-templates.com

x 8

$1 \times 8 = 8$
 $2 \times 8 = 16$
 $3 \times 8 = 24$
 $4 \times 8 = 32$
 $5 \times 8 = 40$
 $6 \times 8 = 48$
 $7 \times 8 = 56$
 $8 \times 8 = 64$
 $9 \times 8 = 72$
 $10 \times 8 = 80$
 $11 \times 8 = 88$
 $12 \times 8 = 96$

www.class-templates.com

x 9

$1 \times 9 = 9$
 $2 \times 9 = 18$
 $3 \times 9 = 27$
 $4 \times 9 = 36$
 $5 \times 9 = 45$
 $6 \times 9 = 54$
 $7 \times 9 = 63$
 $8 \times 9 = 72$
 $9 \times 9 = 81$
 $10 \times 9 = 90$
 $11 \times 9 = 99$
 $12 \times 9 = 108$

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x 10

$1 \times 10 = 10$
 $2 \times 10 = 20$
 $3 \times 10 = 30$
 $4 \times 10 = 40$
 $5 \times 10 = 50$
 $6 \times 10 = 60$
 $7 \times 10 = 70$
 $8 \times 10 = 80$
 $9 \times 10 = 90$
 $10 \times 10 = 100$
 $11 \times 10 = 110$
 $12 \times 10 = 120$

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x 11

$1 \times 11 = 11$
 $2 \times 11 = 22$
 $3 \times 11 = 33$
 $4 \times 11 = 44$
 $5 \times 11 = 55$
 $6 \times 11 = 66$
 $7 \times 11 = 77$
 $8 \times 11 = 88$
 $9 \times 11 = 99$
 $10 \times 11 = 110$
 $11 \times 11 = 121$
 $12 \times 11 = 132$

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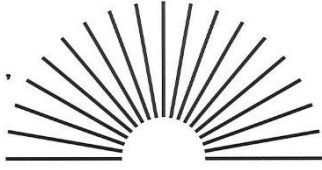
x 12

$1 \times 12 = 12$
 $2 \times 12 = 24$
 $3 \times 12 = 36$
 $4 \times 12 = 48$
 $5 \times 12 = 60$
 $6 \times 12 = 72$
 $7 \times 12 = 84$
 $8 \times 12 = 96$
 $9 \times 12 = 108$
 $10 \times 12 = 120$
 $11 \times 12 = 132$
 $12 \times 12 = 144$

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You might want to consider booking your child in for a full eye health check with a trained optometrist if the answer is **YES** to any of the following questions:

👁️ CHECK 1: Astigmatism check



Did your child think that some of the lines in this image were darker and clearer than others?

Astigmatism is when the curve of the front surfaces of the eye affects focusing. This check helps to identify astigmatism.

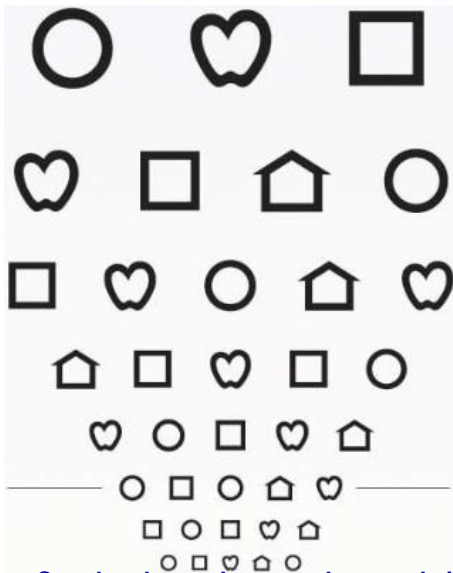
👁️ CHECK 3: Duochrome check



Are the letters and circles less clear on one of the backgrounds?

This helps to check the ability of the eyes to focus correctly.

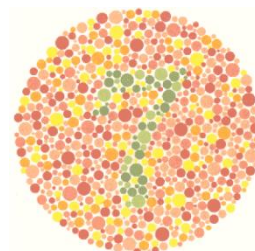
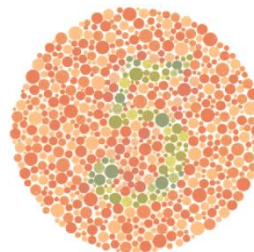
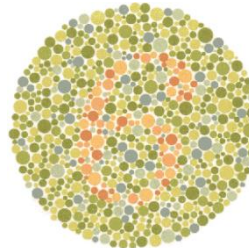
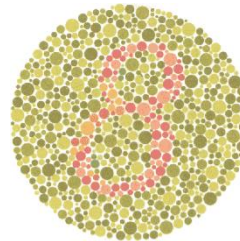
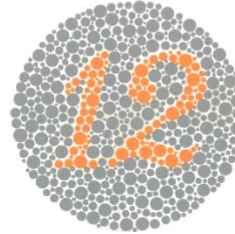
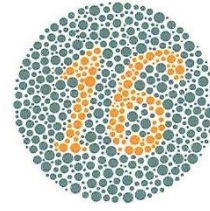
👁️ CHECK 4: Visual acuity check



Can the shapes be named correctly in each row??

Visual acuity is the accuracy and sharpness of your vision in distinguishing detail.

👁️ CHECK 2: Colour vision check



Can your child not see some or all of the numbers?

British Science Week

This takes place next week. To support the week the Royal Institute of Science has developed a 'Families Experimental Zone'.



<https://www.rigb.org/families/experimental>

The zone is packed with over 30 ideas for Science experiments at home using things found in the house. There are easy to follow videos plus printables and certificates when experiments are completed. The experiments cover physics, chemistry and biology and are based on things children will find exciting e.g. balloon racer cars, fizzy bottle rockets, play dough recipes, parachutes, music making, eggsperiments and homemade lava lamps to name but a few.



You could complete an experiment a day with your child(ren) during the Easter holidays to help develop a love of Science in them.

Supporting Children over the Holidays

We have noted the following life skills are lacking in some children and would like to urge parents to help their children in developing these over the holidays.



1. Firstly there are a significant number of children of all ages who are unable to use a knife and fork correctly when eating. There is a lot of 'toffee apple' eating where food is stabbed with a fork and then eaten like a toffee apple. Please check your

child is using cutlery properly and support them in learning how to use it properly if they are not.

2. Children do not usually have the fine motor skills or coordination to **tie their shoelaces** until they are at least 5 years of age. Certainly by Year 2 they should be able to do this. Learning to **tie shoelaces** also requires patience and determination (which can be just as challenging for parents as it is for children) because it requires lots of practice. Again please try and support your child with this over the holidays if they are unable to do this.

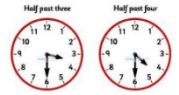


3. Finally please help children from Year 2 upwards to tell the time. The National Curriculum for Year 2 children states that by the end of Year 2 children should be able to tell and write the time to five minutes, including quarter past/to the hour and draw the hands on a clock face to show these times, know the number of minutes in an hour and the number of hours in a day. Again, if your child is this age or above and can't do it please help them with this too.

Children's Raffle



There will be a children's raffle of a large teddy bear complete with Easter Egg in the run up to the Easter holidays. Tickets will cost 50p and the draw will take place in the final assembly of the term.



Attendance Cup

School Matters!



The winners of the 'Attendance Cup' for the first half of the Spring term were 2SF with 98.33% attendance. The class are pictured below with their trophy and certificate which was awarded in assembly on Friday last week.



East Croft Crafts

The school continues to support 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. We are also grateful to Hobans coaches who provide the transport free of charge as part of their community initiative.



Class Assembly Changes

2SF will now be hosting their class assembly on Friday 27th March and 1/2RM will host theirs on Thursday 7th May.

Assemblies start at 9.05am. The new dates are on the back of the newsletter.

School Office

Mrs Davis returns from her maternity leave in the last school week of March. We have missed her!

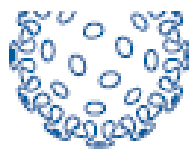


Please note:

1. It is Mother's Day on Sunday 22nd March

2. Clocks go forward on the last Sunday of this month (29th). This will result in lighter evenings in readiness for the Easter holidays. Fingers crossed for good weather too!





Advice on the coronavirus for places of education

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

If you need to cough or sneeze



Catch it with a tissue



Bin it



Kill it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser



After breaks & sport activities



Before cooking & eating



SCHOOL ETC.
On arrival at any childcare or educational setting



After using the toilet



Before leaving home



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels



Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: campaignresources.phe.gov.uk/schools

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19). Parents can visit **NHS.UK** to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Wuhan and Hubei Province in China should self isolate, and NOT attend education or work for 14 days. See **NHS.UK** for advice on coronavirus.

If there is an emergency, call **999** immediately



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.

EASTER Wordsearch

E	A	S	D	I	H	A	P	P	P	A	H
Y	G	E	A	S	T	E	R	E	G	G	R
N	E	L	I	D	O	F	F	A	D	E	N
N	T	N	U	H	G	G	E	S	T	U	H
U	A	M	B	U	N	N	E	S	B	N	S
B	L	D	A	F	R	B	A	S	K	E	T
R	O	A	S	E	G	E	M	B	A	K	S
E	C	L	D	H	Y	G	M	R	C	T	A
T	O	I	C	P	N	A	C	I	A	S	E
S	H	B	P	E	L	H	H	I	G	E	G
A	C	A	E	G	A	C	O	F	I	N	D
E	H	Y	A	D	I	R	F	D	O	O	G

Find the Easter words. They are hidden left to right, right to left, up and down.

1. Basket	8. Find
2. Chick	9. Good Friday
3. Chocolate	10. Happy Easter
4. Daffodil	11. Hide
5. Easter Bunny	12. Lamb
6. Easter Egg	13. Nest
7. Egg Hunt	14. Search

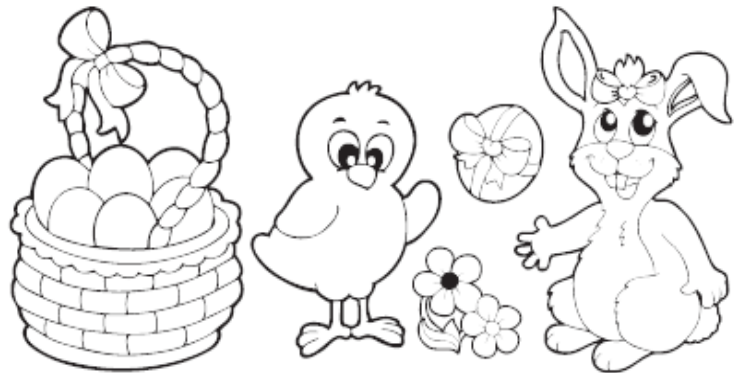
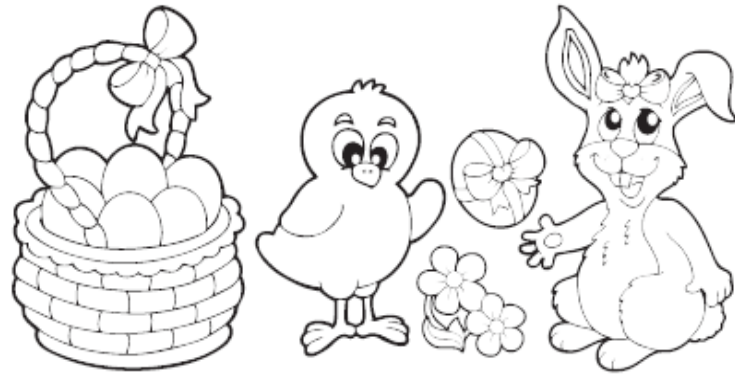
Easter Maze

Help Mickey find the last Easter egg!

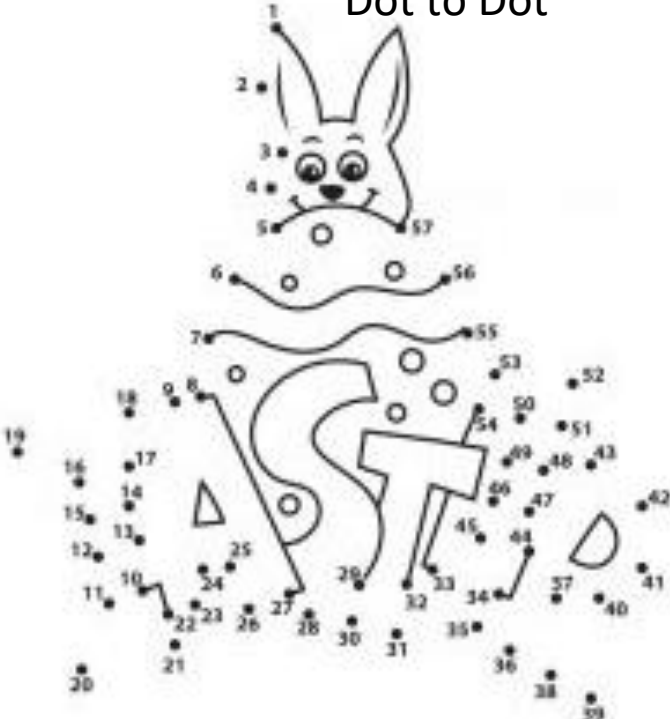
Start



Find 10 differences then colour



Dot to Dot



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

Term Dates until Summer 2023

	Spring 2020	Summer 2020	Autumn 2020	Spring 2021	Summer 2021	Autumn 2021	Spring 2022	Summer 2022	Autumn 2022	Spring 2023	Summer 2023
Start of Term	Tuesday 7 th January	Tuesday 14 th April May/VE Day – Fri 8 th	Wednesday 2 nd September	Tuesday 5 th January	Monday 19 th April May Day – Mon 3 rd	Thursday 2 nd September	Wednesday 5 th January	Wednesday 20 th April May Day – Mon 2 nd	Wednesday 7 th September	Wednesday 4 th January	Monday 17 th April May Day – Mon 1 st
Half Term	Monday 17 th February – Friday 21 st February	Monday 25 th May – Friday 29 th May	Monday 26 th October – Friday 30 th October	Monday 15 th February – Friday 19 th February	Monday 31 st May – Friday 4 th June	Monday 25 th October – Friday 29 th October	Monday 14 th February – Friday 18 th February	Monday 30 th May – Friday 3 rd June	Monday 24 th October – Friday 28 th October	Monday 20 th February – Friday 24 th February	Monday 29 th May – Friday 2 nd June
End of Term	Friday 27 th March	Friday 17 th July	Friday 18 th December	Thursday 1 st April	Friday 16 th July	Friday 17 th December	Friday 1 st April	Wednesday 20 th July	Tuesday 20 th December	Friday 31 st March	Wednesday 19 th July

Diary Dates



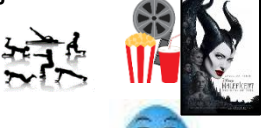
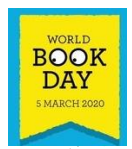
Dates for rest of School Year



- Tue 14th Apr – Children start back
- Week beg 14th April – Nursery Home Visits
- Mon 20th April – New April Nursery starters start
- Tue 23rd Apr – Class Photo Day
- Fri 24th Apr – Class Assembly – Year 3**
 - A group from Reception visiting East Croft
- Tue 28th Apr – Staffing & Finance 5pm, Main Governors 6pm
- Fri 1st May – Class Assembly – RJT**
- Tue 5th May – Y1&2 Football Competition
- Wed 6th May – Workington Academy Pre-Admission Evening
- Thu 7th May – Class Assembly 1/2RM**
- Fri 8th May – VE Bank Holiday
- Mon 11th – Thu 14th May – KS2 & KS1 SATS week**
- Mon 18th – KS1 & R Cinema Night
- Tue 19th May – School Swimming Gala
 - Governor Challenge Day
 - KS2 Cinema Night
- Wed 20th – Fri 22nd May – Y6 Kingswood Trip
- Fri 22nd May – Class Assembly – 4DP**
 - A group from 1AC are visiting East Croft
 - Break up for half term
- Wed 3rd June – Uniform try on event for Workington Academy, 3.45 to 6pm
- Fri 5th June – Class Assembly – 1AC**
- Mon 8th June – Phonics screening week & Y4 X Table tests (for 3 weeks)**
 - Sponsored Circuits Day
- Thu 11th June – Workington Swimming Gala
- Fri 12th June – Y1&2 Kinder Cricket Competition
- Wed 17th to Fri 19th June – Y5 Edinburgh Trip
- Thu 18th June – ‘Off by Heart’ Individual Challenge
 - Workington Academy Tutor day
- Tue 23rd June – Workington Academy, St Joseph’s & Cockermouth Transition Day
- Wed 24th June – Y5 Workington Academy Familiarisation Day
 - Cockermouth Transition Day #2
- Thu 25th June – Imran Kowal visiting
- Fri 26th June – A group from 4DP are visiting East Croft
- Mon 29th June – Health Week, begins. An Olympian is visiting
- Tue 30th June – Sports day (reserve on 2nd July)
- Wed 1st July – Y6 First Aid Training
- Fri 3rd July – Workington Football Cup
- Mon 6th July – Laura Berry, Kooth, visiting Y6 re supporting Transition
 - KS1 & R Cinema Night
- Tue 7th July – Curriculum & Pupils 5pm, Main Governors 6pm
 - KS2 Cinema Night
- Wed 8th July – Summer Trip for classes RJT & R/1JWh to Maryport Aquarium
- Thu 9th July – Circuits day
 - Y6 Keswick Transition Day
- Fri 10th July – Meet new classes’ day part 1
 - A group from 3LS visiting East Croft
- Mon 13th July – Meet new classes’ day part 2
- Tue 14th July – Y6 Graduation
- Wed 15th July – Curriculum Evening & Reports Out
- Thu 16th July – Fun day
- Fri 17th July – Beckstone’s Got Talent & close for summer

March

- Mon 2nd – Wed 4th – BOOK FAIR**
- Week beg 2nd – Cyclewise Week for Y5 & Y6
- Thu 5th – World Book Day & ‘Play in a ‘Day’
 - Nursery & Reception ‘Share a Book’ afternoon 2.30-3.05
- Fri 6th – Non Uniform Day – Chocolate Donations!**
 - Main School ‘Share a Book’ afternoon 2.30-3.05
- Mon 8th – Duck eggs arrive
- Tue 10th – Year 4 Tullie House Viking Trip
 - KS1 & R Bingo Night
- Wed 11th – Reception Sport Relief Mile
 - Year 3 Tullie House Viking Trip
 - KS2 Bingo Night
- Thu 12th – Sport Relief Mile
 - RJT visiting Helena Thompson Museum
- Mon 16th – Ducks on tour!
 - KS1 & R Cinema Night
- Tue 17th – Parents’ Evenings (inc. Yellow & Blue Nursery Groups – children moving to Reception in September).**
- Wed 18th – Year 4 Cyclewise**
 - Parents’ Evenings (inc. Red & Green Nursery Groups – children moving to Reception in September).
- Thu 19th – Non Uniform for Down’s Syndrome Association
 - 6HG additional parents’ evening
 - KS2 Cinema Night
- Fri 20th – Class Assembly – R/1JWh**
- Sun 22nd – Mother’s Day
- Week beg. 23rd – Egg & Bonnet week
- Mon 23rd – Circuits Morning
- Tue 24th – Y3&4 Tennis Tournament
 - Y5&6 Reservoir Visit
- Tue 24th & Wed 25th – Reception Come & Play 2-3pm**
- Wed 25th – Governors 6pm
- Thu 26th – Egg Dumping Final**
 - County Gymnastics Final
 - A group from 4JWa visiting East Croft
- Fri 27th – Class Assembly – 2SF**
 - Breakfast Club sandwiches for sale
 - Break up for Easter
- Sun 29th – Clocks go forward



Children start back on Tuesday 14th April

