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Beckstone Primary Newsletter



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Newsletter no. 6 - February 2022



Dear Parents,

Welcome to the second newsletter of 2022. Half term is just under two weeks away and indeed we are exactly half way through the school year on the issue day of this newsletter.

We are now returning slowly to a more normal life in school with the lifting of restrictions. January was a very challenging month with a number of absences due to the Omicron variant. We are grateful for your support and compliance with all we have asked as we have managed to keep the school running as smoothly as possible. Again we are all indebted to the amazing staff team we have at the school who have, to a person, ensured seamless teaching and learning against a backdrop of at times, significant staff absence.

There are updates on Covid and what procedures are in place as we strive to ensure that as we leave the Pandemic there is little or no disruption.

In the week after half term there will be Parents' Evenings. There are further details inside. I would urge each family to ensure they attend as this is an opportunity to learn about your child's academic progress. All educational research shows that where school and home work closely together the child flourishes.

We hope you find this newsletter informative and useful and would very much welcome feedback either verbally or in writing. Please use the Parent Suggestions box at the top of the school hill or indeed the 'Parents' Online Suggestion Box' on our web site. If ever you wish anything to be included in a newsletter then please do let me know

I hope you all have a fabulous half term when it comes.

Best wishes,

Mr Warbrick

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!!

- Crone's Motors Limited
- Cumbria Coast Karate
- Harrington Pharmacy
- High Harrington Community Centre
- Robinsons & Co
- Step by Step
- The Wobbly Wand



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Harrington Pharmacy



25 Church Road
Tel 01946 833565

❖ 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



Parents' Evenings



Parents of children in classes from Y1-Y6 will receive a Seesaw message regarding booking a Parents Evening slot hopefully today. There will be a hyperlink to Calendly.com to book a 10 minute appointment on Tuesday 22nd or Wednesday 23rd February with your child's teacher. The appointments are for **you and your child** (one



appointment per child unless there are specific reasons for 2 appointments) to attend to discuss academic progress to date school life in general. 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 report of your child's progress. In addition you will also receive their coloured ratings for effort, behaviour, attendance and many other things. We will also be asking you to support your children by setting targets for you to support them at home

Sporting Success

The ongoing Sporting Success at school continues. We entered 2 teams into the Workington KS1 Dodgeball competition and the tournament ended with a final that had our Team A playing our Team B. As a result we were winners and also runners up! The 2 successful teams are pictured at the top of the next column.



Sporting Achievement



The school awards trophies for sporting behaviour on a termly basis. The children who won trophies for showing specific sporting values last term can be seen in the Sporting zone of our web site. They are also shown below and they were awarded the trophies in assembly in early January. Their trophies are kept with them in class for the term. Trophies will be re-awarded at the start of the summer term.

Key Stage 1



Max



Arnold



Luca



Jacob



Marnie



Beau



Elessa



Parker



Peter



Mavis



Oliver



Our thanks go to Mrs Walker for all her work with KS1 PE and for making such great choices. She described the particular sporting values each of the trophy winners have in one of our assemblies.

Key Stage 2



Alfie



Holly

The final value in KS2 of 'Teamwork' was awarded to the whole school as a result of the school teams winning every competition they entered in 2021!

Our thanks go to Mrs Chambers for all her work with KS2 PE and for making such great choices. She also described the particular sporting values each of the trophy winners have in one of our assemblies.

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MEMBER FIRM ICAEW

Young Voices 2022

Following on from the postponement of this event we have now learnt that the event has been rescheduled for Wednesday 25th May, in the week before the Summer half term.



All arrangements will be similar to previous and further information will come out in due course. We are all excited about this as the songs are catchy, are enjoyed by the Choir and the children sing them wonderfully. The event promises to be memorable for all involved.

Parental Courtesy

Please can all parents ensure that any concerns and issues they may have regarding other children's behaviour in school are resolved through school, not by approaching parents directly in person or by phone/text.

Also please do note that the school will not tolerate any family member being disrespectful to any member of staff in person or by phone.



All school staff are committed to helping and supporting your child and put every effort into doing so. All members of the school community have a right to expect that their school is a safe place to work and learn. There is no place for threatening behaviour or abuse in schools. Failure to abide by this simple rule will lead to a ban from the School site.

If you have any concerns or worries please raise them politely and courteously and be a good role model for your child.

Latest Covid Update

The responsibility for following up positive Covid cases lies with NHS track and trace and not with schools. As a result, unless there is what is classed as an 'Outbreak' there will be no class sent home due to cases unless directed to the school under Public Health guidance if there is an 'Outbreak'.

In addition the local authority can advise closure if adult:pupil ratios become an issue due to staff absence.

Clearly we wish to avoid either scenario or our priority is to keep the school open. We need your help with this and your support in complying with the procedures and protocols as described in this newsletter.

Please can all parents note that Cumbria continues to have its own guidance for schools that differs from national and is classed as 'enhanced local guidance'

Please also note advice changes regularly.

The current courses of action are described below:

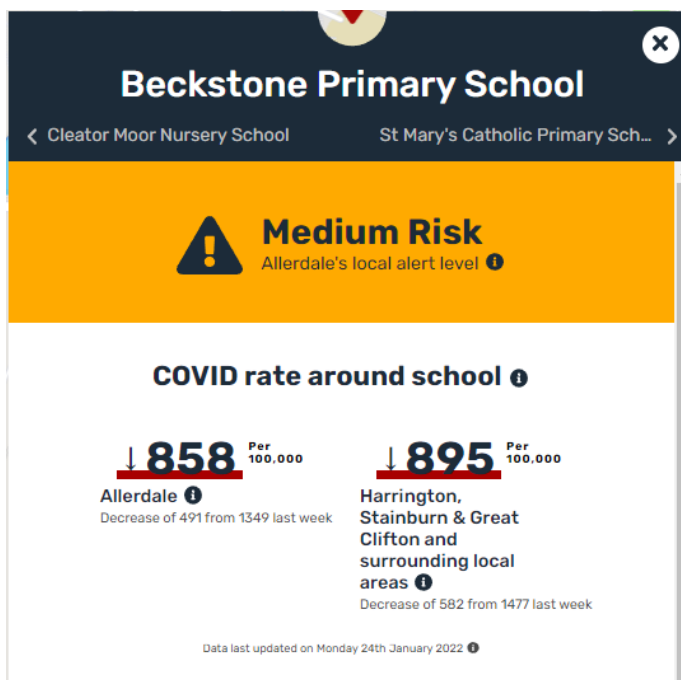
- If your child is PCR positive (following absence due to symptoms or a positive LF test) then they will need to isolate for 10 days (the national option of LF testing from day 6 and having 2 negative LFs in a 24 hour period does not apply).
- If there is a positive case in a household then all children need to isolate for 5 days and then have a PCR test and if negative the children can return to school. The original exception for children who have already had Covid has been withdrawn as the new Omicron variant can re-infect. The option for daily LF testing and attending school does not apply to a Primary pupil at this school.

The reasons for this approach are to help address the continuing high levels of Covid in the area as can be seen in the latest figures at the top of the next page, and to keep the school open.

If your child has to isolate due to Covid their attendance will be marked as Covid related and this will not count towards their attendance figures. In addition you will be asked whether you would like remote work set daily for your child. We are happy to provide this but there have been a number of cases recently where families have

found this unhelpful as they or their child are too ill to complete the work and it adds to stress levels.

Additionally if your child is eligible for free school meals and are missing out on their meal at school we will provide vouchers for the duration of their isolation.



The rates in the locality have fallen considerably however without confirmatory PCRs the rates will be below previous. The rates however are still high in comparison to recent months so we all need to still be vigilant.

Finally, please also have contingency child care plans at the ready as schools have been advised to send pupils home if they are displaying Covid symptoms (see next page). A Covid Summary is available in the 'News & Events' section of our web site.
http://www.beckstone.cumbria.sch.uk/news_and_events/covid-alerts.html

Face Masks

These are now a matter of personal choice. A very big 'thank you' to all who complied so readily as soon as masks returned as a result of the Omicron variant.



Visits to the School

All visitors are no longer required to show proof of a negative LF test that day which will enable class assemblies, parents' evenings etc to take place much more easily.

What are the Symptoms of Covid?

There is a simple video that explains what to look for with regard to Covid symptoms as compared to other illnesses. It still applies to the Omicron variant. It can be seen by clicking on the link in the noticeboard on the school website, using the QR code or clicking here
<https://www.bbc.co.uk/news/av/health-54182329>



The NHS has produced some guidance to help parents understand when their child can and cannot attend school which you may find useful. There is a link with further details in the 'News & Events>Covid Alerts' section on our web site or by following the QR code or by clicking here
<https://www.bbc.co.uk/news/health-51048366>



Lateral flow tests are available for asymptomatic testing for yourselves or other adult family members, these are not advised for Primary aged children. These are available by post from Gov.uk, some pharmacies or from Allerdale house.

If you suspect you or any member of your family **including children** have Covid then you should go for a PCR test.

Arranging a Test

Testing can be arranged via the national portal:
<https://www.gov.uk/get-coronavirus-test>

The advertisement for Crone's Motors Limited features a blue sports car on a road. The text 'Professional service at affordable prices' is written in a script font. The company name 'CRONE'S MOTORS LIMITED' is in a large, bold, sans-serif font. Below this, it says 'New family run car garage servicing and repairing all makes and models'. A list of services includes: Servicing, Maintenance, Repairs, Tyres, Exhausts, Brakes, and Suspension. Pricing for 'SERVICES from £99', 'TIMING BELTS from £159', and 'CLUTCHES from £299' is listed. At the bottom, it says 'FOR A QUOTATION PLEASE CONTACT Tel: 07518 989 400', followed by the address 'Moorclose Road, Harrington, Workington CA14 5LB', email 'cronesmotors@aol.com', and social media links for Facebook and Instagram.

BEGINNERS CLASSES ENROLLING NOW
www.cumbriacoastkarate.co.uk

FREE TRIAL

CC **CUMBRIA COAST KARATE**

SAFEGUARDING CODE
 IN MARTIAL ARTS

ADULTS, TEENS, BOYS AND GIRLS, AGED 6 YEARS OLD ABOVE

HIGH HARRINGTON COMMUNITY CENTRE TUESDAYS 6pm-8pm SUNDAYS 5pm-7pm	ST BEES SECONDARY SCHOOL MEMORIAL HALL THURSDAYS 6pm-8pm
LAMPLUGH VILLAGE HALL MONDAYS 6pm-8pm	THE GATHER ENNERDALE WEDNESDAYS 6pm-8pm

LEARN KARATE IN A FAMILY FRIENDLY CLUB
 BUILD SELF CONFIDENCE
 IMPROVE SELF ESTEEM
 IMPROVE FITNESS
 LOSE WEIGHT
 LEARN HOW TO USE IN SELF DEFENCE
 FAMILIES TRAINING TOGETHER

FOR MORE INFO OR TO ENROL CALL
07543 876490
 (THIS NUMBER DOES NOT ACCEPT TEXT MESSAGES)

ALL INSTRUCTORS ARE FIRST AID TRAINED AND DBS CHECKED

Give Blood – Help Save a Life!



Giving blood to support others is a wonderful selfless



act that helps fellow citizens. Who knows, a member of your family may rely on someone else's blood donations to save their life at some point.

The next donor session you can book online is on Monday 21st February 2022 from 3pm to 7pm at Energus, Lillyhall. You can book an appointment online.

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;

- **Age appropriate PS4 games**
- Games, puzzles and jigsaws
- Construction Equipment e.g. K'Nex,
- Meccano or Lego
- **Lego Classic Blocks**
- Railway or road sets
- Bikes and Trikes for Nursery & Reception
- Comics/games for wet playtimes



Thank you in advance for any donations



Creativity Cup

Alfie in Y6 won the Creativity Cup he previously won in Y1.

He was chosen due to his all-round creativity, in art and in English he excels and his written work and poetry is particularly creative.



The Marie Wright Kindness Cup

The Marie Wright Kindness Cup was won by Zach from Y3.

He was chosen as he is kind to everyone, is always offering his help to others. He is the best friend anyone could have.





The Wobbly Wand

Handmade, whimsical
arts & crafts

www.wobblywand.co.uk



Wobbly Wand's Page



Attendance

School Matters!



Attend Today, Achieve Tomorrow

Regular and punctual attendance at school is a parental responsibility. The latest figures continue to show that the school's overall attendance was above the national average in the Autumn Term.

It is very important good attendance levels continue for the rest of the academic year.

Please think of the importance of your child's education before booking holidays. When on holiday during term time they miss vital work and lose touch with their circle of friends.

The class with the best attendance for the second half term of the Autumn were 5DP who are pictured at the below with their certificate and trophy that were awarded last month.



Attendance Cup Winners
Second half of the Autumn Term 2021
96.52% attendance!

ATTENDANCE MATTERS
every student, every day

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 website at

www.cumbrialscb.com the site also has a parental information zone.

In addition to the above the school has a 'Safeguarding Zone' on its website 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 wellbeing 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



0800 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.

Online Safety

February is the month for national initiatives regarding online safety. We spend a lot of time at school on this subject all the year round and sadly there are times when our work is undone by lack of supervision at home.

As a school we find we are increasingly dealing with issues that have arisen from previous evenings by misuse of social media or online gaming. For example in the last week there have been issues of nasty comments being shared by some Y4 girls on Snapchat and a threat of violence from a Y5 boy towards a Y3 boy during an online game of 'Rocket League'. These incidents have been dealt with but are becoming ever more commonplace.



There are minimum ages for social media sites such as Snapchat, Facebook, Instagram, Tik Tok etc. for a good reason. The minimum age is 13 for most of these and sometimes it is 14. As such **NO CHILD AT A**

PRIMARY SCHOOL SHOULD BE USING THEM!!

Young children have not developed the mental capacity for sensible use of these sites and are not able to interpret the context in which some comments are written or realise that what they say is there for ever and could be used in a prosecution by the Police. We urge all families to take control of access to such sites and games and be really clear on what their children are doing.



APPS AND THEIR AGE RATINGS

13+		16+	
Facebook	Snapchat	WhatsApp	
Instagram	Twitter		
TikTok	Kik		
YouNow	Yubo		
House Party	Monkey		
		17+	18+
		Sarahah	MeetMe
		YOLO	LiveMe

Operation
Encompass

There is great concern nationally that we are developing children dependent on the internet and unable to socially engage effectively as well as damaging their emotional health and wellbeing through being exposed to comments or images that are not appropriate.

As a parent please do not think you are depriving your child, you are in fact helping them with their childhood by ensuring they are not exposed to age inappropriate media. Children often respond by saying 'everyone else is allowed to use it', this is not the case and please just blame Mr Warbrick. We need the children to come to school in the right frame of mind to concentrate on their school work, not tired through late night gaming or worried about comments made about them on social media.

Keeping your children safe from online bullying or exposure to unsuitable material is a major parental responsibility. There is a zone on our web site called 'Social Media and Your Child' which contains extremely valuable advice, and information detailing how to ensure your child is safe.



Advice for children

The following are some things that parents may wish to consider teaching their children about using the internet safely:

- Make sure you use the privacy settings.
- Always respect others – be careful what you say online.
- Be careful what pictures or videos you upload. Once a picture is shared online it cannot be taken back.
- Only add people you know and trust to friends/followers lists online. When talking to strangers, keep your personal information safe and location hidden.
- Treat your password like your toothbrush – keep it to yourself and change it regularly.
- Block the bully – learn how to block or report someone who is behaving badly.
- Do not retaliate or reply to offending e-mails, text messages or online conversations.
- Save the evidence. Always keep a copy of offending e-mails, text messages or a screen grab of online conversations and pass to a parent, a carer or a teacher.

- Make sure you tell an adult you trust, for example, a parent, a carer, a teacher, or the anti-bullying co-ordinator or call a helpline like Childline on 08001111 in confidence.
- Most social media services and other sites have a button you can click on to report bullying. Doing this can prevent a bully from targeting you and others in the future. Many services take bullying seriously and will either warn the individual or eliminate his or her account.
- While you are on your mobile phone make sure you also pay attention to your surroundings.

Possible signs of cyber bullying

It is not always easy to spot the signs of cyber bullying as it can happen all the time, which is a feature that makes it different from other forms of bullying. Be alert to a change in your child's behaviour, for example:

- Being upset after using the internet or their mobile phone;
- Unwilling to talk or secretive about their online activities and mobile phone use.
- Spending much more or much less time texting, gaming or using social media.
- Many new phone numbers, texts or e-mail addresses show up on their mobile phone, laptop or tablet.
- After texting or being online they may seem withdrawn, upset or outraged.
- Not wanting to go to school and/or avoiding meeting friends and school mates.
- Avoiding formerly enjoyable social situations.
- Difficulty sleeping.
- Low self-esteem.

What to do if you suspect a child is being cyber bullied

If you suspect a child or young person is being harassed or bullied either over the internet or via mobile phone, ask them to give you details. If your child tells you that someone is bothering them online, take it seriously. Offer practical as well as emotional support. Print out the evidence for future reference. Talk to a teacher at your child's school if other pupils at the schools are involved.



There are many resources to help e.g. 'Block 'Em' is an easy to use app that can be installed on phones that quickly and easily block any unwanted calls or messages.

Finally here are some useful links for resources for Safer Internet Week (which takes place next week, week beginning 7th February 2022) but could also be used during half term

- <https://www.saferinternetday.org/en-GB/>
- <https://saferinternet.org.uk/blog/barefoot-computing-through-the-power-of-pizza>
- <https://www.childnet.com/resources>
- <https://learning.nspcc.org.uk/research-resources/schools/safer-internet-resources>
- <https://www.thinkuknow.co.uk/professionals/resources/>

- <https://www.internetmatters.org/schools-esafety/>
- <https://www.bbc.co.uk/bitesize/topics/zfcvnbk/articles/zkcj92p>
- <https://nationalonlinesafety.com/>
- <https://www.bbc.co.uk/cbbc/findoutmore/stay-safe-facts>

Eadie Street Houses

The school wishes to be a good neighbour to our whole community. The residents of Eadie Street, as our closest neighbours, have a lot of footfall passing their doors on school days. This is to be expected. We have had complaints however of knocking on doors, windows and even a football being kicked against walls. We hope it is not children from this school as we expect every member of our school community to show respect to others.



Advertisements

If you run a business or know of someone who does (even baby-sitting services) then please do get in touch with the School Office. An advert costs £5 a month, goes to at least 500 local households (parents, staff etc.) and also provides much needed funds for the school. Adverts are subject to the approval of the Governing Body.



Easter & Summer Holiday Play Scheme

Following on from the success of the Summer Play Scheme last year the school is looking in to offering an Easter Holiday Play Scheme.

Please look out for a Google questionnaire that will ascertain demand for places and will contain further details on length of day, approximate costs etc.

Please also note that we hope to repeat the Summer Holiday Play Scheme for the first 2 weeks and the last 2 weeks of the Summer holiday. A questionnaire and booking details will go out around Easter.

**HOLIDAY
PLAYSCHEME**



Circuits



'Circuits Days' will take place each half term this school year. They will be on a Thursday or a Friday depending on the day your child has their PE session. As they are now coming to school in PE Kits on those days

anyway there is no need for different clothing on these days. The ones for this half term are Thursday 10th and Friday 11th February.



Nursery Intakes

Children born between **1 January 2019** and **31 March 2019** can receive their free 15 or 30 hours a week Nursery education from **April 2022**.



Children born between **1 April 2019** and **31 August 2019** can receive their free 15 or 30 hours a week from **September 2022**.

Children born between **1 September 2019** and **31 December 2019** can receive their free 15 or 30 hours a week from **January 2023**.

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 can be downloaded from the Cumbria County Council website <https://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lss/schooladmissions.asp> (or use the QR code) ring the School Office and we can post them out. When returning the form we need to see the Birth Certificate and a proof of address



Beckstone's Extended Services



Our extended services include the Breakfast Club (£4.00 from 7.30am, £3.50 from 8am) Last entry is at 8.30am; Educare (our popular afternoon child care provision for morning Nursery children – see table at the top of the next page – please note these places **MUST BE BOOKED IN ADVANCE**) with pick up times at 2.15pm and 3.15pm 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 with an earlier pick up time of 4.15pm if required. Beckstone Xtra is



available from 3.15 to 5.15pm for anyone who books in advance via

bookings@beckstone.cumbria.sch.uk

or simply use the QR code.

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.



30 HOURS ENTITLEMENT

Sessions will run from:

11:50 a.m. — 2:15 p.m. (2 hours)

11:50 a.m. — 3:15 p.m. (3 hours)

A charge of **£1.80 per day** will be required to cover the cost of a school dinner and midday care.

Payment can be made in cash in a named envelope or by

Computershare or Edenred Childcare Vouchers.

Please contact the office to book Educare or for further details.

NON-ENTITLEMENT

Sessions will run from:

11:50 a.m. — 2:15 p.m. = **£10.30** (including lunch)

11:50 a.m. — 3:15 p.m. = **£13.80** (including lunch)

Payment can be made in cash in a named envelope or by

Computershare or Edenred Childcare Vouchers.

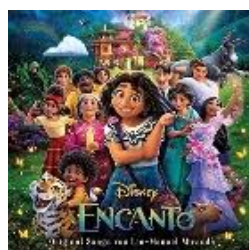
Please contact the office to book Educare or for further details.

Please note 30 hour Scheme can be used in
Breakfast Club and Beckstone Xtra.

Cinema Nights



These take place each half term. The ones planned for this half term take place next week on Monday 7th (Reception & KS1) and Wednesday 9th February (KS2).



The cost for each night is £6. Places can be booked on or ParentPay. The cost includes care and copious refreshments. The film for Reception & KS1 and for KS2 is the same this time, it is the very popular new Disney movie Encanto.



Revisewise

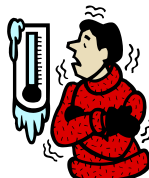


Free revision classes for **Year 6** children take place weekly on Wednesday and a Thursday from 8.20 to 8.50am. **Please encourage your children to attend as it has proved to impact on their outcomes in Year 6.** We have noted numbers have dropped recently and this is a concern, please can you support us with this, it is in your child's best interests. Children need to queue at the back gate for entry from 8.15am.

All Year 6 children should be attending

Extreme Weather/Heating Emergencies

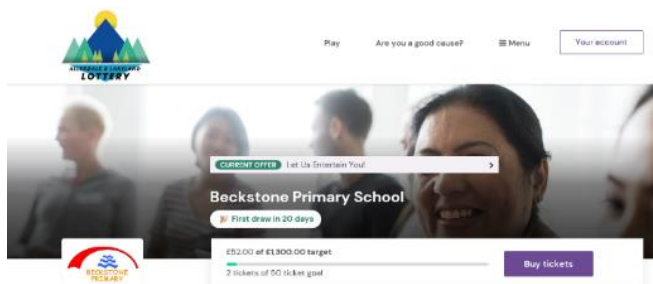
With winter here it is to be hoped that cold weather is not serious, and that the heating system works effectively. If this happens not to be the case and the school is forced to close, then the following will be sources of information;



- 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 website 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 website will be updated underneath the 'Weather Warnings' link

Allerdale Lottery

Allerdale's lottery is now live with a monthly draw. The top prize is £25,000 and it costs £1 a ticket. If you are going to play and you buy your ticket through our own Beckstone Primary Page then the school will receive **50p** for every ticket sold through our part of the site going forward. You can play once or pay by direct debit which costs £4.34 a month for one ticket in every weekly draw.



There are a number of ways of winning. We have over 60 players assigned to our school and many have already won prizes!! For more information and to play through our page please go to: <https://www.allerdalelottery.com/support/beckstone-primary-school> or use the QR code:

Please share this link with friends and family.

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 website 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 website 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.

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 or you can just use your camera with more modern phones.

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 once Covid restrictions are lifted for gatherings indoors 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 once these are allowed. If you do hire this venue, please let Marjorie know you read about it in this newsletter.

The Ladies Club which runs every Tuesday from 1.30 to 3.45pm. 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"*

Easy Fund Raising



Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising **FREE** donations for Beckstone Primary School with easy fundraising?

There are over 4,000 shops and sites on board ready to make a donation – including eBay, Argos, John Lewis, ASOS, Booking.com and M&S – and it won't cost you a penny extra to help us raise funds.

All you need to do is:

1. Go to https://www.easyfundraising.org.uk/causes/beckstoneprimary/?utm_campaign=raise-more and join for free.
2. Every time you shop online, go to easy fundraising first to find the site you want and start shopping.
3. After you've checked out, the retailer will make a donation to Beckstone Primary School at no extra cost to you whatsoever!

There are no catches or hidden charges and we will be really grateful for your donations that will enrich your child's experiences at school.

Thank you for your support.

Amazon Smile

Please follow this link and choose us

<https://smile.amazon.co.uk/ch/1075994-0>



To support us you would need to download the Amazon Smile app. Then if you order as normal from Amazon via



the Amazon Smile app then Amazon will donate money to the school if you select Beckstone Primary School PTA & Friends from their Charity list.



Please support this if you can.

**Support
Beckstone Primary School
Parent Teacher Association
And Friends**

When you shop at **smile.amazon.co.uk**,
Amazon Donates

[Visit smile.amazon.co.uk](https://smile.amazon.co.uk)

smile.amazon.co.uk

How to turn on AmazonSmile in the mobile
app

1

Get the app

Download or update to the latest version of the Amazon Shopping app on your phone. You can find it in the [App Store](#) for iOS or [Google Play](#) for Android.

2

Join AmazonSmile

Simply [sign up](#) by selecting your favorite charity (you can change this at any time).

3

Turn on AmazonSmile

Open the app and find 'Settings' in the main menu (≡). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone.

AmazonSmile in the app is not available for iPads and other tablet devices

To shop AmazonSmile on your tablet, open smile.amazon.co.uk in the browser.



Workington Reds Season Pass

A reminder that for the rest of this season and for the whole of the 2022/23 season every child in Key Stage 2 received a season ticket to mark the centenary of Workington Reds. Every child will go free along with a paying adult until May 2023.

The home fixtures left this season are:

Sat 5 Feb	H	Mossley	NPL West	3pm
Sat 26 Feb	H	Widnes	NPL West	3pm
Sat 19 Mar	H	Trafford	NPL West	3pm
Sat 2 Apr	H	Colne	NPL West	3pm
Sat 9 Apr	H	Warrington Rylands	NPL West	3pm
Mon 18 Apr	H	Kendal Town	NPL West	3pm

Non-Uniform Day



There is a non-uniform day on Friday 25th February. Donations towards the development of the outdoors for the children would be welcomed.

Cyclewise

Children in Year 5 who were given consent from parents will be taking part in Cyclewise week during the week beginning the 28th February 2022. 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 who have parental consent will have their beginner Cyclewise session on the Friday of the same week, 4th March. Their bikes can be locked in the front yard and will need to go home at the end of the day.

Further information can be found here or follow the QR code:



<https://www.bikeability.org.uk/about-cycle-training/cycle-training-for-schools/tools-for-schools/>

Food & Drink

- School meals £2.50 a day or £12.50 a week
- 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 next half term is £7.50 and needs to be paid by **Friday, 25th February 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.



- Snack money for Nursery and Reception is also paid by ParentPay and is also due by **Friday, 25th February** the cost is £6 for next half term
- Fruit tuck shop money from Year 1 up is again also paid this way, £6 for this half term, again payable by **Friday, 25th February**.



School Meals

We continue to urge you to take the school meal option. The cook has worked out that **the cost of a nutritional packed lunch is more than the cost of a school dinner**. So, without all the hassle

for you as a parent to make up lunches every night, you can opt for school dinners, still save money and be comforted in the knowledge that your child is having a hot meal that complies with nutritional guidelines for a healthy life in the future.



All children in Reception and Key Stage 1 have free lunches and the cost in KS2 is only £12 per week (£2.50 per day) and the Nursery meal for the 30 hour pupils is £1.80.



There will be a new menu after half term to reflect the favourites the children have. The menu is balanced nutritionally over the week to ensure your child has quality food that will also support their health and growth. The new menu is on the next page and is also on our web site.

Spring / Summer Menu 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Option 1	Sausage Roll with Chicken Curry with Rice	Roast Beef, Mashed Potatoes & Gravy	Tattie Ash	Fish Fingers, Chips & Tomato Sauce
	Option 2	Tomato & Vegetable Pasta	Vegetable Curry with Rice	Broccoli & Cheese Pasta	\$11 Fried Vegetable Wrap
	Vegetables	Peas	Sweetcorn	Broccoli Carrots	Cauliflower
	Dessert	Carrot Cake with Custard	Apple & Raisin Flapjack	Fresh Fruit & Yoghurt or Ginger Cookie	Iced Sponge
Fresh fruit available daily					
Week Two	Option 1	Meat Balls in Gravy with Mash Potato	Spaghetti Bolognese	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Beef Burger in a Bun with Potato Wedges
	Option 2	Maccaroni Cheese	Vegetable Bolognese	Roast Quorn, Roast Potatoes, Stuffing & Gravy	Veg Burger in a Bun with Potato Wedges
	Vegetables	Mixed Vegetables	Green Beans	Carrots Peas	Cucumber Rainbow Slaw
	Dessert	Butterfly Bun	Orange & Cinnamon Cookie	Fresh Fruit & Yoghurt Station or Jelly	Chocolate Brownie with Chocolate Sauce
Fresh fruit available daily					
Week Three	Option 1	Cheese & Tomato Pizza	Beef Lasagne with Garlic Bread	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges
	Option 2	Sweet & Sour Vegetable Noodles	Tomato & Vegetable Pasta	Cheese & Tomato Catherine Wheel, Roast Potatoes & Gravy	Vegan Sausage Hot Dog with Potato Wedges
	Vegetables	Green Beans	Coleslaw Sweetcorn	Carrot Cabbage	Sweetcorn
		Lemon Drizzle Cake	Raspberry Jelly & Meringues	Fresh Fruit & Yoghurt Station or Curries	Pineapple Loaf with Caramel

Added Plant
 Power
 Vegan
 Wholemeal

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance, you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Better Health through Food

Following on from the article on School Meals the NHS has written to schools about healthy eating in general.

Research shows that nearly 28% of pupils nationally are overweight or obese rising to 40% of pupils in Year 6. The NHS have created a **Food Scanner App** designed to make it easier for families to find healthier food and drink options.

The 'Food Scanner App' can be found and downloaded using the QR code on the flyer below. Once installed you can scan barcodes of any food item and then 'swipe' to see healthier choices to benefit your health and your child's health.



Chinese New Year

This is celebrated globally from today. It is now the Year of the Tiger. The chart below can help you work out which Chinese animal sign you are. It is believed that you show the traits of the animal sign you were born into.

	Snake	1941 1953 1965 1977 1989 2001 2013
	Horse	1942 1954 1966 1978 1990 2002 2014
	Goat	1943 1955 1967 1979 1991 2003 2015
	Monkey	1944 1956 1968 1980 1992 2004 2016
	Rooster	1945 1957 1969 1981 1993 2005 2017
	Dog	1946 1958 1970 1982 1994 2006 2018
	Pig	1947 1959 1971 1983 1995 2007 2019
	Rat	1948 1960 1972 1984 1996 2008 2020
	Ox	1949 1961 1973 1985 1997 2009 2021
	Tiger	1950 1962 1974 1986 1998 2010 2022
	Rabbit	1951 1963 1975 1987 1999 2011 2023
	Dragon	1952 1964 1976 1988 2000 2012 2024

Poetry by Heart

Children from Reception upwards will be learning poems for a showcase of poetry on the 4th March with some of the entries being entered into a national 'Poetry by Heart' competition.

Each Reception and Key Stage 1 class will recite a choral class poem.

Classes in Y3&4 will be 'freestyling' their poems and our older children will be choosing 'classic' poems. These year groups will have a mixture of individual, group and class performances.



Emergency Drills

The school strives to ensure that health and safety is paramount. As part of our vigilance we ensure that every half term we have fire drills and ingress drills at various times to ensure all are aware what to do in an emergency. These drills are almost always when there are no parents on site however if you are collecting a child or are on site for any reason then please follow the procedures below. Thank you.



- **Fire Drill** – You will hear an alarm (a constant fire bell). The muster points for the school are in the back yard so please head there.
- **Ingress Drill** – You may hear a claxon if the children are outside but if it is an indoor practice you will not hear anything. You will however note that all doors are locked and all blinds closed and the Office is empty. If you come across this situation we ask you kindly to leave the site promptly and return after 15 minutes.

Spare Clothing/Underwear

We would very much welcome donations of spare pants, knickers and general clothing (trousers, tops and skirts) for when children have 'accidents'. Also, if this ever happens to your child please return the spare clothes to school washed and ready for re-use.

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.

Gymnastics Footwear

Children **MUST** have plimsolls for their gymnastics lessons **NOT** trainers. Ideally apparatus work will be in bare feet, floor work may be in plimsolls as it needs the flexibility. Plimsolls are also very easy to get on and off as was witnessed in a fire drill last week when the class doing gymnastics had bare feet, those with plimsolls could easily slip them on before going out into the cold.



The Rae Way – Back Path

Please be careful using the back path in frosty weather as it was an issue last 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.

Foodbank

We have a Foodbank collection bin just inside the green hut at the top of the hill 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



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. Places can be booked at bookings@beckstone.cumbria.sch.uk

Child Mental Health

We are developing ways of improving the mental health and wellbeing of children in school. Debbie Cook is training to be an Emotional Literacy Support for children and staff have had a number of training sessions on how to improve mental health. Useful guidance for parents to help support the wellbeing of their child is reproduced below. We hope you find it useful.



Half Term 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.



World Book Day

There will be more information about World Book Day in the next newsletter. Your children will be asked to bring in books from home if they wish or use the books in class to read as the school bell will ring and all lessons will stop for reading at various points across the day.



Parental Help

If you feel you could offer the school some time and share a skill please contact the school Office, leave your contact details and what you could possibly offer and at some point we will get back to you.

Strive for Five



As a reward for those reading at least 5 times a week at home they become eligible to be part of the fortnightly 'Strive for Five' draw. Each **year group** winner will receive a book and chocolate for the parent(s) who have supported at home.

Please use this as an incentive to read regularly with your child ☺

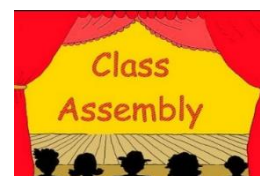
All children across the school in every Key Stage should be reading daily!

Class Assemblies

This month sees the return of class assemblies with 5LJ hosting theirs on Friday 11th February. These are on Fridays and start promptly at 9.05am. Parents are welcome to attend. We film the assemblies and DVDs or password protected downloads can be ordered for £3 after the event.

The dates for class assemblies are on the back page. There are no class assemblies for Early Years, as they have already performed for parents in the Nativities, nor for Year 6 who will be staging a Graduation performance for parents in July.

Finally, no fire drills are planned for these times so if the fire alarm does sound please leave by the rear doors of the Sports Hall and muster on the back playground.



Ann Bennett has been a mid-day supervisor for our youngest children for over 16 years now. She is retiring on Friday this week (4th). She has been a wonderful colleague and has been loved by the children. We all wish her a long and happy retirement and will miss her.



	Spring 2022	Summer 2022	Autumn 2022	Spring 2023	Summer 2023
Start of Term	Wednesday 5 th January	Wednesday 20 th April May Day – Mon 2 nd May	Wednesday 7 th September	Wednesday 4 th January	Monday 17 th April May Day – Mon 1 st
Half Term	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 1 st April	Wednesday 20 th July	Tuesday 20 th December	Friday 31 st March	Wednesday 19 th July

CHILDREN ARE
MADE READERS
ON THE LAPS
OF THEIR PARENTS.

Diary Dates



February

Tue 1st – Chinese New Year – The Year of the Tiger

Mon 7th – 5 year old dental screening day

- KS1 & R Cinema Night - Encanto

Tue 8th – KS2 Dodgeball competition

- Curriculum & Pupil Committee & Governors

Wed 9th – KS2 Cinema Night - Encanto

Thu 10th & Fri 11th – Circuits Days

Thu 10th – Level 2 Quicksticks Hockey tournament for Y3&4

Fri 11th – **5LJ Class Assembly**

- Strive for Five draw
- Break up for half term

**FEBRUARY
HALF TERM**

Tue 22nd & Wed 23rd – **Parents' Evenings**

Tue 22nd – Table Tennis competition

- Y5&6 Steps Gymnastics Tournament
- Fri 25th – Non Uniform Day for Outdoor Developments

Week be. 28th – Y5 Cyclewise week

Mon 28th – Y1&2 Multi Skills tournament

March

Tue 1st – Pancake day

- Ducks eggs arrive

Thu 3rd – World Book Day

- Pyjamadrama visiting Earl

Fri 4th – Y4 Cyclewise day

- Strive for Five Draw
- Poetry by Heart Showcase

Week beg. 7th – Intensive swim week for 5LJ

- Ducks go on tour round classes

Mon 7th – 5LJ visiting reservoir am & 5DP pm

Tue 8th – 6CC visiting reservoir am & 6JM pm

Fri 11th – **1AF Class Assembly**

- Ducks leave

Week beg. 14th – Intensive swim week for 5DP

Tue 15th & Wed 16th – United Utilities visiting Y5&6

Fri 18th – **1AB/AC Class Assembly**

- Comic Relief/Red Nose Day
- Strive for Five Draw

Mon 21st – Y3&4 Dodgeball competition

- KS1 & R Cinema Night
- April Nursery starters tour school

Tue 22nd – Governors meeting 6pm

Thu 24th – KS2 Cinema Night

Thu 24th & Fri 25th – Class circuits sessions

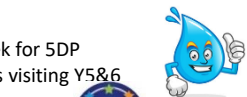
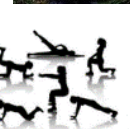
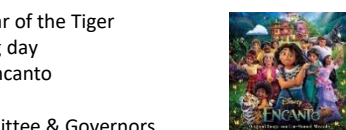
Fri 25th – **1AB/AC Class Assembly**

Sun 27th – Clocks go forward for BST

Week beg. 28th – Egg & Bonnet Week

Tue 29th – Y3&4 Football competition

Friday 1st Apr – Break up for Easter



Dates for rest of School Year



Wed 20th Apr – Children Start back

Thu 28th – Class Photos

Fri 29th April – **3LS Class Assembly**

Mon 2nd May – Bank Holiday

Fri 6th May – **4AR Class Assembly**

Mon 9th – Thu 12th May – KS1 & KS2 SATs Week

Tue 10th May – Y3&4 Rounders competition

Fri 13th May – **3JWa Class Assembly**

Tue 17th May – Kicky Rounders competition

- Staffing & Finance Committee 5pm & Governors

Fri 20th May – **4AN Class Assembly**

- Y6 Takeover morning

Mon 23rd May – KS1 & R Cinema Night

Tues 24th May – KS2 Cinema Night

Wed 25th May – Young Voices Trip

Thu 26th & Fri 27th May – Circuits Days

Fri 27th May – Break up for half term

Week beg. Mon 6th Jun – KS1 Phonics Screening Check

- **3 week window for Y4 Times Table Check**

Tue 14th Jun – Reception Multi Skills Festival

Fri 17th Jun – **5DP Class Assembly**

- Y1&2 Kinder cricket competition

Tue 21st Jun – Y5&6 Football competition

Wed 22nd Jun – Y5 Maths Challenge Competition - St Joseph's

Thu 23rd & Fri 24th Jun – Circuits Days

Fri 24th June – **2SF Class Assembly**

Tue 28th Jun – Y5&6 Cricket Competition

Thu 30th Jun – School tour for September Nursery Starters

Mon 4th July – KS1 & R Cinema Night

Tue 5th Jul – Sports Day

Wed 6th Jul – Reception Beacon Trip

- County Finals (fingers crossed for teams there!)
- KS2 Cinema Night

Thu 7th Jul – Sports Day reserve

Thu 14th Jul – Y6 Graduation

Fri 8th Jul – Y1&2 Kinder cricket competition #2

Tue 12th Jul – Y5&6 Tennis competition

Wed 13th July – Nursery Beacon trip

- Wheelchair Basketball Day

Thu 14th July – Y6 Graduation ceremony

Fri 15th Jul – Meet new classes

Mon 18th Jul – Reports Out & Curriculum Evening

Tue 19th Jul – FUN day

Wed 20th Jul – Break up for summer

