



CUMBERLAND NEWSLETTER

June 2026

Mrs Herbert's Message

Last week, most Year 2 children started their transition to Junior school, which has been very positive and will help ensure a smooth journey to their next school. It has been a delight seeing Year 2 collecting weather data from our new Cumberland weather station.

Year 1 showed amazing thinking and perseverance in their phonics screening last week. They have been very engaged in learning the story featuring Dram the dragon. I have been wowed by their writing!

Year R has been absorbed in Adventure Time, and the progress in letter formation has been amazing! I had the delight of being in Pre-School at the beginning of the week; their attention and listening while hearing the Gingerbread Man story was very impressive. A week full of so much learning at Cumberland.

Reminders

Please do not give your children any food as they enter or leave the school site due to a child with a severe dairy allergy who has joined our pre-school and will be starting in Year R in September. Please share this information with everyone who drops off or picks up your child/children. Please also ensure that no children bring nut products in their lunchbox.

As the weather is very unpredictable, please ensure your child/children have coats in school every day.

Parent's Forum

We would like to invite parents to a Parent's Forum to assist the school in enhancing further on Tuesday 30th June at 9am. Parent's voice is fundamental to the making the Cumberland Community even stronger.

Year 2 transition, on Monday 29th June, children going to Wimborne parents are responsible for their children as it is all day. Cumberland will drop and pick up the children going to Craneswater as it is just the morning.

Upcoming Events

- Wednesday 17th June - Royal Penguins Beach School
- Thursday 18th June - Year 1 Porchester Castle visit
- Friday 19th June - Emperor Penguins swimming lesson at Ravelin
- Friday 19th June - Non school uniform day - children to bring a item for the Tombola
- Monday 22nd June - Stay and Play - 3 for new Year R families.

Please ensure all children have plimsolls or trainers for their P.E. days. If your child has a wart, please make sure it is covered.



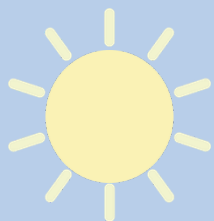
NON-SCHOOL UNIFORM DAY!

FRIDAY 19th JUNE -

Children to bring
along donations for

TOMBOLA/ BOTTLEBOLA

this can be toiletries,
stationery, a bottle of
something or
confectionery such as
biscuits or sweets.
Any bottles (including
alcohol).



MHST

summer WORKSHOPS



ARE YOU STRUGGLING WITH
ANXIETY OR LOW MOOD?



DO YOU WANT SOME
ADVICE AND GUIDANCE?



WOULD YOU LIKE TO LEARN SOME SKILLS
TO HELP YOU MANAGE YOUR FEELINGS?

COME TO ONE OF THE MHST SUMMER WORKSHOPS!

The workshops have been developed so young people and their parents / carers can learn CBT skills to support mental health and wellbeing

If you are aged 12 or below, please bring a parent/carer with you

CALM KITS

This workshop will cover:

Understanding how our emotions affect us, and how to calm ourselves down using a calm kit. We will do an activity together to take home.

COPING WITH BIG EMOTIONS

This workshop will cover:
How big emotions affect our bodies and behaviour, linking these to the zones of regulation.

WELLBEING

This workshop will cover:

The importance of the 5 steps to wellbeing, and self-care. There will be a chance to consider how you can apply these steps to your daily life!

MANAGING WORRIES

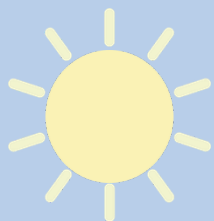
This workshop will cover:

The different types of worries and ways to manage them. There will also be a chance to practice different grounding and distraction techniques.



**SUMMER WORKSHOPS ARE FREE TO ATTEND.
PLEASE SCAN THE QR CODE TO BOOK YOUR PLACE.**





summer WORKSHOPS

THU

	MON	TUE	WED		FRI
JULY	27	28	29 CALM KITS 10:15 - 11:45 Paulsgrove FH (PO6 3PL)	30	31
AUGUST	3	4	5	6 BIG EMOTIONS 10:15 - 11:45 Milton Park FH (PO4 8EU)	7
	10 WELLBEING 12:45 - 2:15 Buckland FH (PO1 4PN)	11	12	13	14
	17	18	19	20 WORRIES 10:15 - 11:45 (PO2 9NE) Northern Parade FH	21
	24	25 CALM KITS 12:45 - 2:15 Somerstown FH	26		28

(PO5 4LP)

SIGN UP!



Yoga Club

At Cumberland School

Starts 8th of September!!!!

**Tuesday
Lunch times
6 weeks £24**



Contact emmaglowmethod@yahoo.com

CUMBERLAND DANCE CLUB

Mondays 3.15 pm – 4 pm

6 sessions £33
Starts 07/09/2026



Contact;
emmaglowmethod@yahoo.com