



## St Begh's Catholic Junior School

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### Weekly Newsletter

Edition 8: 3<sup>rd</sup> November 2023

#### Poppy Appeal

Poppies and other remembrance items will be available to buy from School next week. We have:

- reflectors 50p
- rulers 50p
- zip pulls 50p
- wristbands £1
- snap bands £1.50
- crosses £1.50
- lanyards £2



#### Trying New Foods Workshop

We welcomed Karen Harwood into school this week from the Public Health Team to deliver an assembly on healthy eating. She is returning on Thursday 23<sup>rd</sup> November to deliver a workshop on 'Trying New Foods' for those of you with fussy eaters. Places are limited, so we'll open this initially to Y3 parents and if it's popular, Karen can come back another time. The workshop starts at 9am in our School Hall. There will be a 30 minute presentation to parents followed by a 30 minute practical session where your child can join you. Please ring the School Office to book a place or email [admin@st-beghs.cumbria.sch.uk](mailto:admin@st-beghs.cumbria.sch.uk). See also this information about the Healthy Habits 4 Life programme available to all.

#### Social Media

We are sending out our 'Use of Social Media Policy' as a general reminder this week.

#### Message from NW Cancer Research

Dear Students of St Begh's Catholic Junior School,  
I am writing on behalf of all the team at North West Cancer Research to Thank You for raising £200 from your Hope Run on the 6<sup>th</sup> July. The money you all helped to raise will help us fund life-saving research right here in the North West of England, where we all live, as well as allow us to continue visiting schools just like yours to help educate more young people on how to be awesome health advocates, so that we can help create healthy futures for lots of people like you and me.

**Public Health 5-19**

**Healthy Habits 4 Life**

Healthy Habits 4 Life is a FREE programme run by the Public Health 5-19 team for families in Cumbria with children in Reception to Year 7 who want to make the change to a healthier lifestyle. Families will be offered 1:1 support and advice on a range of areas:

**Healthy Habits 4 Life**  
Healthy Children Learn Better

**Family Resource Book**

**Parent & Carer Activity Book**

**Mix and Match Meal Plan for a Family of 4, for Under £60**

**Healthy Lifestyles: Hydration**

A Public Health Practitioner will arrange to meet with you at a time and place to suit you and your family, this could be in your own home, at school or via video and will work with you over a number of weeks.

If you would like to know more or want your child to be included please contact us via the E-School Nurse clinic [E-SchoolNurse@ncic.nhs.uk](mailto:E-SchoolNurse@ncic.nhs.uk)

**happierhealthiercommunities.**



Walking hand in hand in the footsteps of Christ. We are His hands; We are His feet.

I had a great time visiting your school to talk about Sun Safety and help you all become awesome Sun Safety Ninjas! I hope that everything you learned helped you all to enjoy a great summer break and stay safe in the sun.

Hope Bear also told me that she had a brilliant time visiting in July to cheer you on with your Hope Run.

Thank you once again for your wonderful donation of £200 and for your support to help us create a cancer-free future for our region.

Kind Regards,

**Charlotte Ellwood**

Community Fundraising



#### Dates:

- Parents' Evenings: 21<sup>st</sup> & 22<sup>nd</sup> November. A separate letter will come out nearer the time.
- Christmas Bingo: Thursday 30<sup>th</sup> November. All prize donations very gratefully accepted!
- INSET Day: Wednesday 3<sup>rd</sup> January. Please be aware that we are having this day as a staff training day and children will return on Thursday 4<sup>th</sup> January. (Children in other schools will be returning on the 3<sup>rd</sup>.)

*Information repeated from previous newsletters*

#### Message from National Sleep Helpline

At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

Our free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am. The number is 03303 530 541.

You can read more here:

<https://thesleepcharity.org.uk/national-sleep-helpline/>



Yours faithfully,

Catherine Mallard

