



St Begh's Catholic Junior School

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Weekly Newsletter

Edition 33: 9th June 2023

Dear Children & Families,

Sports Day & Hope Run

This will take place on Thursday 6th July. Each year group will have its own time slot:

9.15-10.30 Y4

10.45-12.00 Y6

12.45-2.00 Y3

2.00-3.15 pm Y5

Children will wear their house colours that day. They can check on their classroom doors if they are unsure which team they are in, or send a Dojo to your class teacher if you want to be sure.

Alongside the usual Sports Day races, children will also be taking part in a Hope Run in support of North West Cancer Research. Charlotte from the charity has delivered sun safe workshops to all pupils this week, so in appreciation for this and the amazing work done by all cancer charities, we are hoping to raise some funds for them on the day. More details about this to follow.



Uniform

We have noticed some very short cycling shorts being worn by the girls. On PE days, the correct uniform is red PE shorts and on other days, grey school shorts. If girls want to wear cycling shorts under skirts or summer dresses for comfort, then that's fine.

Dates

- Gillerthwaite trips: 27th June – Beacon; 28th June – Harbour; 30th June – Solway; 3rd July – Ennerdale; 4th July – Lowther; 10th July – Loweswater; 11th July – Buttermere; 12th July – Wastwater. A separate letter will go out.
- Mass for the Feast of Sts Peter & Paul: 29th June at 2pm in Church. All welcome.
- Move Up Day: Wednesday 5th July. Children will meet their new teachers. Year 6 will spend the day at their secondary school and Year 2 pupils will be joining us.
- Sports Day: Thursday 6th July (details above).
- Leavers' Fest (Year 6): Friday 14th July 4-6pm.
- Leavers' Assembly (Year 6): Tuesday 18th July, 2pm in the School Hall.
- Leavers' Mass: Wednesday 19th July, 10am in Church. All welcome.



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

Outside Events

See flyers below for an upcoming event at St. Benedict's and summer activities in Whinlatter Forest.

Information about Healthy Steps from NHS England

The Healthy Steps programme has [launched](#)!

Our free 8-week email programme encourages families to eat better and move more, with budget conscious, easy and practical ideas.

Families with 5-11 year olds can go to www.healthysteps.uk to sign up in your local area.

How does Healthy Steps work?

Parents/carers can sign up at any time by completing a quiz about their current eating and physical activity habits. Once they've completed the quiz they will receive weekly emails on one of these themes, tailored to their quiz results:

- Reducing sugar
- Eating 5 a day
- Meal planning

The content in the emails will then provide families with simple ways to take steps towards healthier behaviours.

Yours faithfully,

Catherine Mallard



mum2mum market
NEARLY NEW SALES

CUMBRIA'S BIGGEST AND BEST!

BRAND NEW TO WHITEHAVEN!

Mum2mum Market is the biggest and best baby and children's sale event in the UK!

BEAT THE rising cost of living
Buy top quality baby and children's items at a fraction of the high street price - all great brands in fantastic condition.

With large items like designer prams selling for around a third of the new price and baby and children's clothes from just 50p, parents can save thousands of pounds on kitting out their kids.

SELL WITH US and make money
Book a stall and sell on your outgrown children's goods - and keep 100% of the proceeds!

It's profitable! Keep 100% of your takings on the day

It's hassle free! No more photographing, listing and posting!

It's a targeted audience! We bring the buyers directly to you and they want what you're selling!

THAT'S WHY WE
mum2mum market

It's fun! We're a happy bunch who love to laugh.

SAY What?!
Come and join us - as a buyer or a seller!

ST BENEDICT'S HIGH SCHOOL WHITEHAVEN
SATURDAY 1ST JULY
1pm - 3pm

Mum2mum Market North West
cumbria@mum2mummarket.co.uk
07769 868562
www.mum2mummarket.co.uk



WILD THINGS ADVENTURE CLUB

FOREST BASED SUMMER ACTIVITIES

31st July, 1st, 2nd Aug
7th, 8th, 9th Aug
14th, 15th, 16th Aug
21st, 22nd, 23rd Aug
9am till 5pm

5-14 year olds.
£40 per child, per day
Sibling discount available.
Whinlatter Forest

email:wildthingscumbria@gmail.com