



30/01/2026

The Spring term is going so quickly we cannot believe it is only two weeks until half term!



We have had a week full of new learning and the pupils have enjoyed taking part in the Phunky foods sessions.

Thank you to the parents/carers who joined their child with this opportunity.

The whole school took part in a school litter pick to care for their school environment and make it clean.



We are very proud of our staff who have taken part in first aid training and they have all successfully completed their paediatric first aid certificate. **Well done.**

The afterschool clubs have been really enjoyed and next week we will see our gymnastics club take part in their competition at Netherhall School where they will perform their routine. Thank you to Miss Park and Mrs Humble for their support.




U dance is going extremely well and the pupils are picking up the routine very well. This will continue every Wednesday until the performance in March.

Reception pupils have a range of afterschool activities and the pupils are enjoying the different activities from Lego club, craft club and drawing club to name a few.

Next week is assessment week for the pupils. Pupils will take part in activities to check their understanding of the learning over the past few weeks.



Key stage one pupils will have their Kidsafe lesson every day and learn about different ways to keep safe. These sessions are delivered by staff who have completed specific training and will bring along KS our puppet. Further information has been emailed to parents and is available on our website.

Dates for your  Please continue to ensure that you check the diary dates for future events.

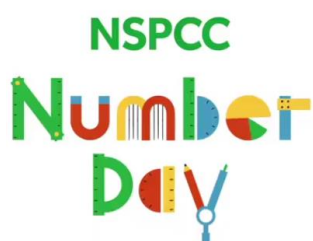
We would also like to hear about and share on our newsletter any pupil who is proud of something they have achieved outside of school. We will put this into our newsletter each week. Please send the details to the admin.

Little reminder if you need to contact the Headteacher please ring the office for an appointment or send an email and Mrs Hepburn-Fish will be happy to help.

Winmarleigh Hall residential

The deposits have now been paid for our Year two Winmarleigh Hall residential. Please see below the next payment schedule which is on ParentPay:

Instalment 6: £30.00 27 Feb 2026
Thank you.

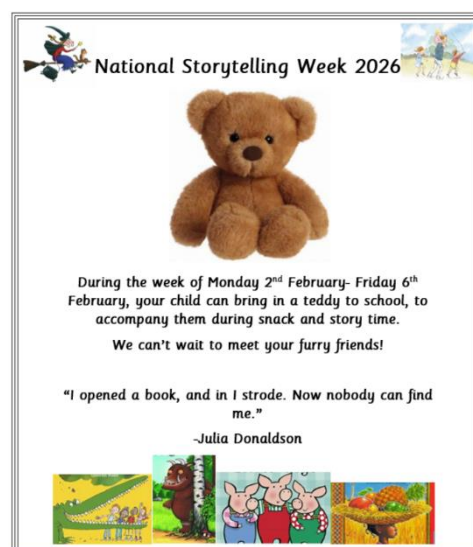


As you will be aware we are participating in NSPCC Number Day (Friday 6th February 2026). **Everything the NSPCC does protects children today and prevents abuse tomorrow.** Half a million children a year suffer abuse or neglect in the UK. That means 7 children in a classroom experience abuse before they turn 18. NSPCC Number Day makes maths meaningful and is a great way to make numbers fun and bring about a positive, 'can-do' attitude towards mathematics. Dress up as a digit on Friday 6th February (This could be a football top, a hat with playing cards attached to it... anything you want, please feel free to be creative!)

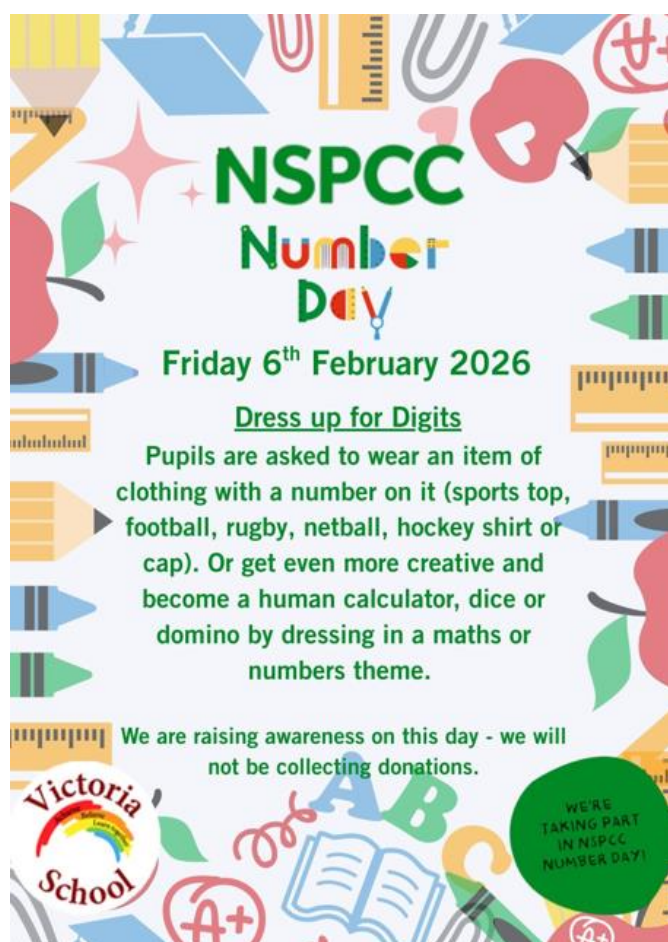
National Storytelling Week 2026

During the week of Monday 2nd February- Friday 6th February, your child can bring in a teddy to school, each day, to accompany them during snack and story time.

We can't wait to meet your furry friends!

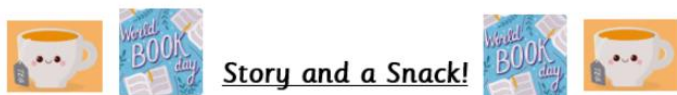


Break the rules day! Friday 13th February



WORLD BOOK DAY 2026

On Thursday 5th March your child can dress up for school as a book character to celebrate World Book Day! (If your child does not wish to dress up, please come in full uniform.)



During World Book Day week, (Monday 2nd March- Friday 6th March) we would love to see you all! We are inviting you all to come and read a story with your child and have a snack.

Tea, coffee and refreshments will be provided, and lots of books will be available to read!

Monday 2nd March- Year 2- 2:30pm in the hall

Rainbow Room, 2:30pm in the Rainbow Room.

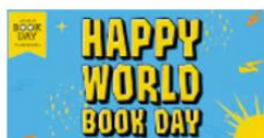
Tuesday 3rd March Reception- 2:30pm in the hall

Wednesday 4th March 2's Nursery- morning pupils- 9:30am in the 2's nursery, afternoon pupils- 2:30pm in the 2's nursery.

Thursday 5th March - Nursery- morning pupils- 9:30am in the hall, afternoon pupils- 2:30pm in the hall

Friday 6th March - Year 1 and Red Pike - 2:30pm in the hall.

We hope to see you all there!



Pupil Premium Grant

The pupil premium is additional government funding for pupils who are eligible and have applied for Free School Meals (FSM) or at any time in the previous six years, as well as Children Looked After (CLA), adopted children (Ad) and for service families. The funding goes direct to your school and makes a real difference to the opportunities and support available to all our young people

Free School Meals

All reception, year one and year two pupil receive universal meals but some parents/carers are eligible for free school meals. Please apply now and this will entitle you to food vouchers during the school holidays and additional foodbank vouchers for Christmas. Please apply though Cumberland Council <https://www.cumberland.gov.uk/schools-and-education/free-school-meals-clothing-vouchers-and-activities/free-school-meals-and-clothing-vouchers>



Behaviour update

The whole school have been working on updating our school rules. The student leaders held an assembly and shared the final ones with the whole school. You can watch the attached video to hear our school rules

<https://www.facebook.com/share/v/1PpusEwC8M/>



Health and safety reminders

All pupils must be brought to their entrance to their class by an adult so that they are handed over to the staff safely. Pupils must not be left at the gates or parts of the playground to walk to the class by themselves. Pupils can only be collected by one of the named adult contacts who has permission to collect. If for some reason your child will not be collected by a named contact please contact the school office so we can ensure that we are handing your child to the correct adult at the end of the day.

No dogs can be brought onto the school premises other than guide dogs.

No smoking, vaping or e cigarettes are permitted on school premises.

The main staff car park cannot be used at any time this includes dropping off for breakfast club or collecting for afterschool club.

Afterschool we request that parents/carers leave the school after collecting your child and not play on the equipment. We have a number of afterschool clubs running and we need access to the playground and the gates locked so the pupils can begin their club. Thank you



A little reminder that as the weather is colder that we ask for a coat and hat to be worn. The pupils are outside for playtimes and outdoor learning is a key part to our younger pupils.



The Safeguarding Hub has changed their name to Cumberland Children Advice & Support Service

As of 1 September 2025, the Cumberland Safeguarding Hub changed their name to Cumberland Children Advice & Support Service (CCASS).

This change of name is to support the 'one front door' model, so any children requiring support from the Local Authority, whether this be extra help via the Family Hubs, or a safeguarding response, will have their needs assessed through the screening and triage services CCASS offer, this will ensure the right level of service at the right time for children.

Consultation on the new name has been undertaken with children from across Cumberland, through the Participation and Outreach Team. We are proud to hear their views and have adopted their preferred name.

How can a member of the public make a referral?

If a member of the public is concerned about a child, they can make a referral to CCASS. They can do this in a number of ways:

- Call the Cumberland Children Advice & Support Service on 0333 240 1727 during office hours (Monday to Thursday, 9am – 5pm, and Friday, 9am – 4.30pm).
- Discuss their concerns with someone who works with children, young people and their families, such as a Health Visitor, Social Worker, School Nurse or School Designated Safeguarding Lead.
- Submit a Single Contact Form, selecting 'I am an adult with concerns about a child'.

- [Cumberland Single Contact Form](#)

If members of the public have a concern outside of office hours, which will not wait until the next working day, they should contact the Children's Emergency Duty Team on 0333 240 1727 and provide them with as much information as possible.

Lunch Time Menu

Our Lunch time menu is on a two-week rolling rota. Each week we will put a copy of the following weeks menu on the bottom of the newsletter. Please note this can be subject to change depending on supplier's availability.

Earrings


Earrings that have just been newly pierced must be covered each day. After 8 weeks the earrings need to be removed. We have a number of pupils who are wearing hoops/fashion earrings and covering these over. These must be removed. Thank you.

Baby Rainbows

Baby Rainbows runs every Thursday at 1:30pm – 3:00pm for under Two-year olds. Come and join us for a cake and a cuppa with other parents/carers



MATTERS- PUNCTUALITY MATTERS



Getting your child to school really matters. Did you know...

If your child's attendance during the school year...	Your child would have lost approximately...	Or they would have missed approximately...
Was 95%	9 Days from School	50 Lessons
Was 90%	19 Days from School	100 Lessons
Was 85%	29 Days from School	150 Lessons
Was 80%	38 Days from School	200 Lessons
Was 75%	48 Days from School	250 Lessons

You should not take your child on holiday during term time. Please encourage punctuality to maintain school attendance.

Remember
Absence = Lost Opportunity

Absence

It is parents/carers responsibility to report your child as absent, please contact the school before 8.45am and leave a message on the automated service using option 1, Failure to report absences will result in a phone call and a text from the school to explain the absence. If we are not informed about child's attendance our first day contact procedures are followed. This includes a home visit and after this if we cannot make contact to find out the reason for the absence the police will be contacted as the child will be classed as missing.

Absence due to reported Illness / Appointments

If you have reported your child absent due to illness then school will contact you on the 3rd consecutive day of absence with a welfare call. On the 3rd day of illness we would be advising parents to seek medical advice as a prolonged period of illness would generally require medical attention. Where the illness continues into a 4th day and school have no supporting medical evidence such as a GP appointment then a home visit will be carried out to see the child.

If your child has a medical appointment then school are required to ask for evidence of all appointments to authorise the absence. This could be in the form of a letter, appointment card or screenshot of text message etc...

Wake up Wednesday

Who should young people trust for mental health advice online? 🤔

From TikTok to Instagram, children and young people are turning to social media for support, but not all content is accurate or helpful. This week's [#WakeUpWednesday](#) guide explores how mental health misinformation can mislead young people and shares practical ways adults can help them spot unreliable advice and build healthy, informed understanding. Download your FREE copy here >> <https://vist.ly/4petr>

At The National College, our Wellbeing Strategy guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit www.thenationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9-16 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the most common sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and overgeneralisations. While appealing to young audiences, this unvetted content can distort perceptions, encourage unrealistic expectations and contribute to harmful mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose using mental health conditions inaccurately. Misdiagnoses can encourage harmful coping strategies, delay essential professional intervention. This has the potential to exacerbate mental health conditions into more significant mental health issues requiring more intensive professional support.

LACK OF FILTERS

Social media platforms struggle to filter inappropriate content, allowing false content to spread widely and quickly. Without proper guidance, young people may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or unacknowledged symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, undermining the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misuse can minimise severity, and lead young people to misinterpret mental health complications, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unvetted online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Help youth to generate content or co-creating content can help reinforce exposure to accurate information, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted professional platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, empowering misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and potential mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Solomon is Director of Holistic Education Ltd, Director for Wellbeing and Family Services at Leigh Tross, and Head expert for mental health at The National College. Anna specialises in integrating mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

#WakeUpWednesday

The National College

[@wake_up_weds](#) [www.thenationalcollege](#) [@wake.up.wednesday](#) [@wake.up.weds](#)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.01.2025

Well-being

Looking for ways to support your own and your family's wellbeing?

Please take a moment to explore our school Wellbeing Information Resource-it signposts you to useful contacts, and resources that are available to help!

More information and resources are available on the school and Cumberland Council Websites.

<https://www.victoriaschool.org.uk/school>

[Homepage | Cumberland Family Hubs](#)

[Wellbeing support and resources | Cumberland Council](#)

We offer an open-door policy at Victoria School. Please do not hesitate to contact us for further support or guidance.



SEND Drop-in sessions



SEND drop in sessions

The last Friday in the month

Mrs Humble and Mrs Collins will be hosting SENCO drop in sessions on the last Friday of the month. Cup of tea, Biscuit and a very warm welcome.

Are you and your child on a SEND journey?
Are you overwhelmed with new jargon?
Do you need guidance on where to go for help?

For any SEND related issues or questions we will aim to help, signpost you to the right resources and support you with any referral processes you are unaware of.

9.am-10.00 am Located in after school club.



Week Two Menu

Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	Margherita Pizza Or Pepperoni Pizza	Pork Grills	Roast Gammon Joint	Chicken Goujons	Pork Sausages
Main Two	Meatballs in Gravy	Fish Nibbles	Cottage Pie	Fish fingers	Breaded White Fish
Main Three	Cheese Ham Or Tuna Sandwich	Cheese Ham Or Tuna Sandwich	Cheese Ham Or Tuna Sandwich	Cheese Ham Or Tuna Sandwich	Cheese Ham Or Tuna Sandwich
Sides & Vegetables	Rice, Smilie Faces AND Sweetcorn, Baked Beans	Mash Potato, Pasta Spirals AND Green Beans, Garden Peas	Mash Potato, Roast Potato AND Carrots, Garden Peas Yorkshire Pudding, Gravy	Oven Chips, Pasta Spirals AND Green Beans, Sweetcorn	Mash Potato, Oven Chips AND Sweetcorn, Baked Beans
Salad Bar	Lettuce, Cherry Tomatoes, Boiled Egg, Cucumber, Peppers, Beetroot, Coleslaw, Carrot Batons, Pasta Salad, Red Onion, Grated Cheese, Fresh bread	Lettuce, Cherry Tomatoes, Boiled Egg, Cucumber, Peppers, Beetroot, Coleslaw, Carrot Batons, Pasta Salad, Red Onion, Grated Cheese, Garlic bread	Lettuce, Cherry Tomatoes, Boiled Egg, Cucumber, Peppers, Beetroot, Coleslaw, Carrot Batons, Pasta Salad, Red Onion, Grated Cheese, Fresh bread	Lettuce, Cherry Tomatoes, Boiled Egg, Cucumber, Peppers, Beetroot, Coleslaw, Carrot Batons, Pasta Salad, Red Onion, Grated Cheese, Fresh bread	Lettuce, Cherry Tomatoes, Boiled Egg, Cucumber, Peppers, Beetroot, Coleslaw, Carrot Batons, Pasta Salad, Red Onion, Grated Cheese, Fresh bread
Dessert	Chocolate Sponge Or Raspberry Buns	Chocolate Brownie Or Sponge Served with Custard	Australian Crunch Or Grasmere Gingerbread	Chocolate Shortbread Or Flapjack Served with Custard	Doughnut Or Angel Delight
Daily Options	Fresh Fruit, Yoghurt	Fresh Fruit, Yoghurt	Fresh Fruit, Yoghurt	Fresh Fruit, Yoghurt	Fresh Fruit, Yoghurt

*Items are subject to change.

*Dietary options are available each day.



Whole School Attendance Week Ending 30/01/2026

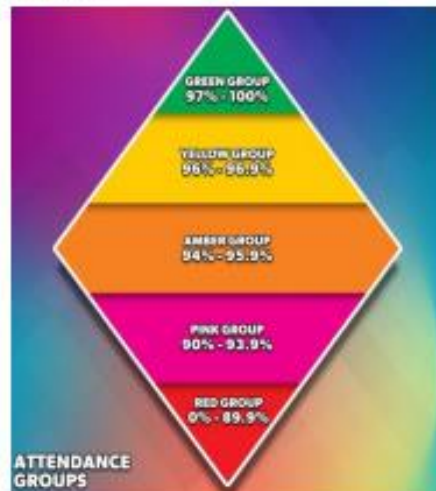
School Attendance Matters (SAM)

Class	Last Week	This Week	Trend
Rainbow Nursery	73.3%	67.7%	▼
Piglet AM	95.2%	92.9%	▼
Piglet PM	77.2%	80.4%	▲
Eeyore	98.7%	95.5%	▼
Tigger	93.2%	88.7%	▼
Roos	93.5%	91.5%	▼
Blencathra	94.7%	93.1%	▼
Great Gable	98.5%	94.0%	▼
Helvellyn	97.6%	93.4%	▼
Catbells	87.8%	93.8%	▲
Red Pike	95.0%	95.2%	▲
Scafell Pike	96.7%	93.7%	▼
Skiddaw	97.1%	98.4%	▼
Rainbow Room	100.0%	100.0%	=
Whole School	94.30%	92.80%	▼

Our attendance target is 96%

If your child has had 100% attendance this week then they will receive a prize draw ticket for the end of term draw. The more weeks they have 100% attendance the more chances they have to win.

100%	0 DAYS	0 DAYS MISSED
99%	1 DAY	1 DAY MISSED
98%	3 DAYS	3 DAYS MISSED
97%	1 WEEK	5 DAYS MISSED
96%	1.5 WEEKS	7.5 DAYS MISSED
94%	2 WEEKS	10 DAYS MISSED
93%	2.5 WEEKS	12.5 DAYS MISSED
92%	3 WEEKS	15 DAYS MISSED
90%	3.5 WEEKS	19 DAYS MISSED



Victoria School Nursery, Infant and Junior Term Dates 2025/2026

Autumn Term 2025

Starts: Wednesday 3rd September 2025

Half Term: Monday 27th - Friday 31st October 2025

Ends: Friday 19th December 2025

Spring Term 2026

Starts: Tuesday 6th January 2026

Half Term: Monday 16th - Friday 20th February 2026

Ends: Friday 27th March 2026

Summer Term 2026

Starts: Monday 13th April 2026

Half Term: Friday 22nd May - Friday 29th May 2026

Ends: Friday 17th July 2026

Good Friday: 3rd April

Easter Sunday: 5th April

Easter Monday: 6th April

May bank holiday: Monday 4th May 2026

INSET DAYS FOR ACADEMIC YEAR 2025-2026

INSET are determined locally

Please note these may differ from Cumbria County Council term dates

Victoria School Nursery, Infant and Junior Term Dates 2026/2027

Autumn Term 2026

Starts: Wednesday 2nd September 2026

Half Term: Monday 26th - Friday 30th October 2026

Ends: Friday 18th December 2026

Spring Term 2027

Starts: Tuesday 5th January 2027

Half Term: Monday 15th - Friday 19th February 2027

Ends: Thursday 25th March 2027

Summer Term 2027

Starts: Monday 12th April 2027

Half Term: Friday 28th May - Friday 4th June 2027

Ends: Friday 16th July 2027

Good Friday: 26th March

Easter Sunday: 28th March

Easter Monday: 29th March

May bank holiday: Monday 3rd May 2027

INSET DAYS FOR ACADEMIC YEAR 2026-2027

INSET are determined locally

Please note these may differ from Cumberland Council term dates

Dairy Dates

Spring term 2026 Victoria School, Infants and Nursery

Please check weekly as they can be updated and dates may change.

Monday 2 nd February	National story telling week.	Your child can bring in a teddy to school, each day, to accompany them during snack and story time.
Monday 2 nd February	Kidsafe week.	
Monday 2 nd February	Assessment week in school.	
Tuesday 3 rd February		
Wednesday 4 th February	Gymnastics competition at Netherhall for our gymnasts.	
Wednesday 4 th February	Udance practice until 4pm.	
Thursday 5 th February		
Friday 6 th February	NSPCC number day.	Pupils can come to school wearing an item of clothing with a number on it.
Monday 9 th February	Children's Mental Health week.	
Tuesday 10 th February	Safer internet day.	
Tuesday 10 th February	PSCO Internet safety talk for pupils.	
Wednesday 11 th February	Udance practice until 4pm.	
Thursday 12 th February		
Friday 13 th February	Break the rules day.	
Friday 13 th February	School breaks up at normal time for February half-term.	
Monday 16 th February – Friday 20 th February	SCHOOL CLOSED February half-term	

Monday 23 rd February	Pupils return to school.	
Tuesday 24 th February		
Wednesday 25 th February		
Thursday 26 th February		
Friday 27 th February		
Monday 2 nd March	World Book Week	
Monday 2 nd March	Year Two story and snack at 2:30pm in the school hall.	
Monday 2 nd March	Rainbow Room story and snack at 2:30pm in the Rainbow room.	
Tuesday 3 rd March	Reception story and snack at 2:30pm in the school hall.	
Wednesday 4 th March	Two-year-old nursery story and snack in the nursery: AM pupils at 9:30am PM pupils at 2:30pm.	
Wednesday 4 th March	PSCO Assembly	
Thursday 5 th March	World Book Day Your child can dress up as a character from a book. If your child does not wish to dress up please wear full school uniform.	
Thursday 5 th March	Three-year-old nursery story and snack in the school hall: AM pupils at 9:30am PM pupils at 2:30pm.	
Friday 6 th March	Year One and Red Pike story and snack at 2:30pm in the school hall.	

FREE Parent Carer Sensory Processing Training On Tour 2026!

(With Free Lunch)



Zena Cassels -
Children's Occupational Therapist

- ✓ **FREE** sensory processing training session for parent carers.
- ✓ Delivered by **NHS Occupational Therapist Zena Cassels**.
- ✓ For parents of children with additional needs/ disabilities.
(your child does not need a diagnosis for you to attend)



Choose **one** of the following dates - ALL 10:00 am - 2:30pm

 **Seascale | 3rd March**
The Windscale Club

 **Wigton | 9th March**
The Market Hall

 **Maryport | 11th March**
Crosscanonby
Community Centre

 **Carlisle | 16th March**
Harraby Catholic Club

 **Penrith | 17th March**
Penrith Cricket Club

 **Whitehaven | 18th March**
Whitehaven Football Club


**North Cumbria
Integrated Care**
NHS Foundation Trust



Hosted by SENDAC




**Booking
required**
-
**Limited
spaces!**