



Silloth Primary School Newsletter  
18.4.26

~ Creativity ~ Respect ~ Honesty ~ Safety ~ Achievement ~

**Saturday 18th April**

***A message from Miss Mounsey...***

---

*Welcome to the Summer Term!*

*I hope you all had a lovely and relaxing break. It's been great to have the children back in school, refreshed and ready for a busy and exciting term ahead.*

*The Summer Term is always a really enjoyable one, with lots to look forward to—sports events, trips, outdoor learning and end-of-year celebrations.*

*We were also very pleased to welcome five new starters into our Nursery this week. They've settled in brilliantly, and it's been lovely to see them begin their time with us.*

*As always, I'm incredibly proud of our children and the positive attitudes they show every day.*

*Thank you for your continued support—it really does make a difference. We're looking forward to sharing lots of highlights with you over the coming weeks!*

---



---

***Monday 4th May - Early May Bank Holiday***

***Wednesday 6th May - Friday 8th May - Year 4 Robinwood Residential***

***Monday 11th May - Thursday 14th May - Year 6 SATs Week (More information to follow)***

***Thursday 21st May - Year 6 Parents' Evening - RSH Meeting and Manchester Residential - 5pm***

***Friday 22nd May - Sports Day***

***Friday 22nd May - Finish for half term at 3:05pm***

***Monday 1st June - Back to school!***

***Friday 5th June - Reserve Sports Day***

***Wednesday 17th June - Friday 19th June - Year 6 Manchester Residential***

---

## School Uniform and PE Kits

---

*Just a quick reminder following the message sent before the Easter break regarding school uniform and PE kit.*

*Please see below for the guidance. We would appreciate your support in ensuring children come to school dressed appropriately each day, with PE kits in line with school requirements.*

---

**THANK  
YOU**

## Uniform Expectations

---

- *Royal blue sweatshirt with embroidered school logo*

- *White polo shirt (school logo optional)*
  - *Black or dark grey trousers, knee-length skirts , or smart school shorts for summer*
    - *Blue and white checked dresses may be worn in the summer*
  - *Plain, low heeled black school shoes must also be worn with socks at all times.*
    - ***No sandals are permitted***
    - ***No tracksuit bottoms are permitted***
    - ***Only black, low heeled boots may be worn in winter***
    - ***No training shoes are permitted (other than for PE)***
- 
- 

### ***Jewellery***

---

---

- *A watch may be worn. Smart watches are not permitted.*
  - *ONLY discreet stud earrings can be worn and on the grounds of safety the studs should have no sharp edges. All earrings must be removed (at home) during PE, games and swimming for health and safety reasons.*
  - *The wearing of other jewellery, rings, necklaces, bracelets etc. is not permitted in school for health and safety reasons*
    - *Pupils will be asked to remove any jewellery.*
- 
- 

### ***Other***

---

---

- *Long hair must be well tied back at all times. This applies to **girls and boys**.*
  - *Nail varnish and make-up is not permitted.*

- *A waterproof coat must be brought to school every day.*
  - *Please ensure that all belongings are clearly labelled with your child's name.*
- 



---


## Inter-School Rugby Competition

---

*This afternoon, our Year 5 and 6 pupils visited Aspatria Rugby Club to take part in an exciting inter-school competition with other local primary schools.*

*Each child played with pride, showing fantastic skill and resilience throughout the afternoon. They demonstrated great respect towards other teams and, most importantly, had lots of fun!*

*It made us incredibly proud to see them represent our school so brilliantly—well done, Team Silloth! *

*A big thank you to Miss Banks, Mrs Groucott and Mrs Robinson for accompanying and supporting the children *

---





## PE Kit Expectations

---

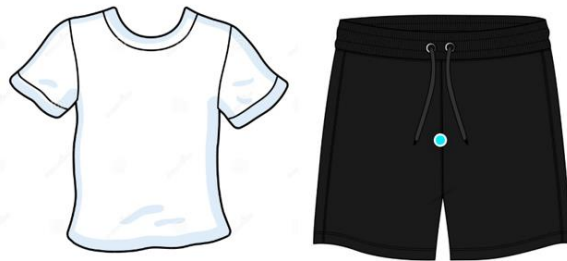
*Please ensure that your child brings their PE kit into school every Monday and then it is in school for the week.*

*Our PE kit consists of a plain white t-shirt and black/navy shorts or jogging bottoms.*

**Nike Pro shorts are not permitted.**

*All earrings must be removed (at home) during PE, games and swimming for health and safety reasons.*

---



## Silloth Tennis Lessons



**JUNIOR TENNIS COACHING**  
Fun • Skills • Confidence • Match Play

Silloth Tennis Club • Skinburness Courts

Mondays starting 20th April 2026

😊 Ages: 5–16 Years

✓ 5pm to 6pm (Ages 5–9)  
✓ 6pm to 7pm (Ages 10–16)

✓ Technique & Footwork  
✓ Game Skills & Tactics  
✓ Coordination & Fitness  
✓ Match Confidence

**ALL LESSONS FREE**  
WITH £20 JUNIOR MEMBERSHIP

📞 Rob Jefferson  
07503 116867

Followed by adult social tennis 7pm onwards

## Packed Lunches

---

*At Silloth Primary School, we promote healthy eating to support children's growth, development, and concentration throughout the school day. To help with this, we kindly ask that all **packed lunches follow our healthy lunchbox guidelines.***

*A healthy packed lunch should include:*

---

- **A portion of starchy food** – such as bread, rolls, wraps, pasta, rice, couscous, or potatoes.
- **At least one portion of fruit and/or vegetables** – fresh, dried, tinned (in juice), or frozen.
- **A source of protein** – lean meat, fish, beans, pulses, hummus, or meat alternatives.

- **A dairy item** – like cheese, yogurt, or a milk-based dessert.
  - **A healthy drink** – preferably water, or milk/100% fruit juice in moderation.
- 
- 

**Please do not include:**

---

---

- Chocolate bars or confectionery.
    - Sweets.
    - Fizzy or energy drinks.
  - Nuts or nut products (we are a **nut-free school**).
  - Eggs or egg-based products (we are an **egg-free school**).
  - Hot food in flasks (due to health and safety concerns).
- 
- 

**To keep all children safe:**

---

---

- **Lunchboxes must be clearly labelled** and may include a small ice pack, as we cannot refrigerate them.
  - Children must **not share food** to avoid allergic reactions or cross-contamination.
- 
- 

**Special Diets:**

We understand that some children may require special diets for medical, religious, or cultural reasons. Please inform school if this applies to your child, and we will support you in providing a healthy, balanced alternative.

**Monitoring:**

Packed lunches are monitored by staff. Healthy choices are praised, and we will always work sensitively with families to support improvements where needed.

Thank you for helping us keep lunchtime healthy and safe for everyone!



**HEALTHY PACKED LUNCH POSTER**  
Eat Well • Feel Great • Learn Better!

**Your Packed Lunch Should Include:**

<b>Starchy Food</b> (1 Portion) Bread, wraps, rolls, pasta, rice, couscous, or potatoes.	<b>Fruit &amp; Vegetables</b> (At Least 1 Portion) Fresh, dried, tinned or frozen.	<b>Healthy Drink</b> • Water is best! • Milk or 100% fruit juice.
<b>Protein</b> Lean meat, fish, beans, pulses, or hummus.	<b>Dairy</b> Cheese, yogurt, or milk dessert.	<b>Healthy Drink</b> • Water is best! • Milk or 100% fruit juice.

**Please DO NOT Bring:**

<b>X Chocolate bars or sweets</b>	<b>X Fizzy or energy drinks</b>	<b>X Nuts or Nut Products</b> Nut-Free School
<b>X Nuts or Nut Products</b> Nut-Free School	<b>X Eggs or Egg Products</b> Egg-Free School	<b>X Hot Food in Flasks</b> No Hot Food

Thank You For Helping Keep Our School Healthy & Safe!

# Rainbows & Brownies



'We play loads of fun games, do activities and challenges and sometimes get badges'  
Matilda

**Rainbows**  
Silloth  
Tuesday 6pm to 7pm

**Girls play, learn and have tons of fun**  
for ages 4 to 7

At Rainbows, we welcome all girls to play, learn and have fun in a creative, safe space for all abilities.



Registered charity number: 306016

Join a local Rainbows group [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)



'I had never climbed before. I was scared of heights. But I climbed and rang the bell all by myself and felt really proud of myself'  
Poonam

**Brownies**  
Silloth  
Tuesday 6pm to 7pm

**Girls have nonstop fun, learning and adventure**  
for ages 7 to 10

At Brownies, we welcome all girls to explore their creative side, get out into the great outdoors and start to learn to look after themselves, others and the world we live in.



Registered charity number: 306016

Join a local Brownies group [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)

## Water Bottles & Fruit - PLEASE READ VERY CAREFULLY



---

**Nursery** - Just a reminder that all children get fresh water, milk and fruit daily. Therefore children do not need to bring water in their own bottles. **No juice/water should be brought into school.**

**Reception & Key Stage 1** - Children are to bring **empty water bottles** into school each day and fill them up in school from our water dispensers. **It is very important that this is followed for safeguarding reasons. No juice or water should be brought into school. If there are medical reasons why your child cannot drink water, please speak to Miss Mounsey regarding this.** Also, children get fruit daily and, therefore, there is no need to fetch snack.

**Key Stage 2** - Children are to bring **empty water bottles** into school each day and fill them up in school from our water dispensers. **It is very important that this is followed for safeguarding reasons. No juice or water should be brought into school. If there are medical reasons why your child cannot drink water, please speak to Miss Mounsey regarding this.** Children can bring a piece of fruit into school for the morning breaktime. Please ensure that grapes are cut in half, lengthways.

---

## Parking on School Lane and in the school carpark

We kindly ask that parents and carers **do not park on School Lane or on the school carpark** during drop-off and pick-up times.

To help keep everyone safe, please **park on Skinburness Road, by the tennis courts**, and walk down to school with your child. This keeps the lane clear for residents, delivery drivers, and emergency vehicles, and ensures a safe environment for our children walking and cycling to school.

Thank you for your understanding and support in keeping our school community safe and considerate.

---



## Silloth Share & Support



**Need support?**  
email us on...  
[silloth\\_hub@yahoo.com](mailto:silloth_hub@yahoo.com)

# Silloth Share & Support

**Your Community Food Hub**  
We are open to **everyone** living in the CA7 area.

 Christ Church,  
Criffel Street,  
Silloth

 3rd Wednesday  
of every month  
**12- 2:30PM**

### Buy food at low prices

- We're asking for £5 donation per bag
- No appointment or referral needed
- If you are unable to pay, you won't be turned away

Join us for **tea, cake** and a **welcoming space**.  
& support and advice!



### Upcoming dates:

15<sup>th</sup> April  
20<sup>th</sup> May  
17<sup>th</sup> June  
15<sup>th</sup> July  
19<sup>th</sup> August  
16<sup>th</sup> Sept  
21<sup>st</sup> Oct  
18<sup>th</sup> Nov  
16<sup>th</sup> Dec

## Chance Camp



**CHANCE CAMP** Keep your child Active, Confident, Smiling & Healthy in 2026  
[WWW.CHANCECAMP.CO.UH](http://WWW.CHANCECAMP.CO.UH)

**DATES**

INVASION GAMES	17 <sup>th</sup> Feb - 19 <sup>th</sup> Feb
MULTI SPORTS	30 <sup>th</sup> March - 2 <sup>nd</sup> April
	21 <sup>st</sup> July - 24 <sup>th</sup> July
OLYMPICS (Individual)	27 <sup>th</sup> July - 31 <sup>st</sup> July
OLYMPICS (Team)	3 <sup>rd</sup> Aug - 7 <sup>th</sup> Aug
STRIKING & FIELDING	10 <sup>th</sup> Aug - 12 <sup>th</sup> Aug
INVASION SPORTS	17 <sup>th</sup> Aug - 19 <sup>th</sup> Aug

 **SCAN TO BOOK**  
Ages 4 - 14. DBS checked & fully qualified coaches

**FLEXIBLE BOOKING SYSTEM IN PLACE**

## Attendance Champions!

---

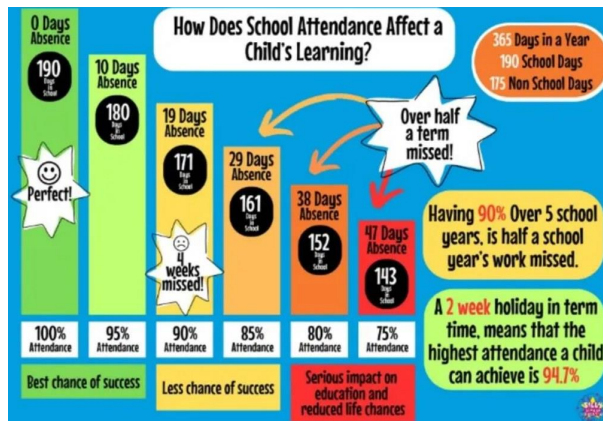
*A huge well done to Year 3 & Year 4 who both won the attendance award this week with 100%!*

*Great attendance means great learning — keep it up everyone!*

---



## Attendance Reminders...



## PENALTY NOTICE FINES FOR SCHOOL ATTENDANCE IS CHANGING

**1 FIRST OFFENCE**

The first time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be: **£160 per parent per child if paid within 28 days. Reduced to £80 per parent per child if paid within 21 days**

The changes to Penalty Notice Fines will come into force for those issued after **19th August 2024**

**2 SECOND OFFENCE (WITHIN 3 YEARS)**

The second time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be: **£160 per parent per child to be paid within 28 days. No reduced rate will be offered**

The changes to Penalty Notice Fines will come into force for those issued after **19th August 2024**

**3 THIRD OFFENCE AND ANY FURTHER OFFENCES (WITHIN 3 YEARS)**

The third time an offence is committed for Term Time Leave or Irregular Attendance a Penalty Notice will not be issued and the case will be presented straight to the Magistrates' Court. Magistrates' fines can be up to £2500 per parent per child. Cases found guilty in Magistrates' Court can show on a parent's future DBS certificate, due to failure to safeguard a child's education.

**10 SESSIONS (5 DAYS) OF UNAUTHORISED ABSENCE IN A 10-WEEK PERIOD**

Penalty Notice Fines will be considered when there has been 10 sessions of unauthorised absence in a 10-week period

Ref: DfE Working Together to Improve School Attendance document

## Punctuality Matters

---

*It is essential that children are in school **on time, every day.***

---

- **Doors open: 8:30am**
  - **Registration begins: 8:35am**
  - **Registration closes: 8:45am**
- 

*After this time, children must enter through the **main entrance** and will be marked as **late**. Persistent lateness not only disrupts your child's learning but also affects the whole class. Patterns of lateness are carefully monitored and reviewed half-termly alongside attendance.*

*Please support your child by ensuring they arrive on time and ready to learn. A prompt start helps them settle quickly, feel confident, and make the very best of every school day.*

## ***Punctuality Matters***

*It is essential that children are in school **on time, every day.***

---

- ***Doors open: 8:30am***
  - ***Registration begins: 8:35am***
  - ***Registration closes: 8:45am***
- 

*After this time, children must enter through the **main entrance** and will be marked as **late**. Persistent lateness not only disrupts your child's learning but also affects the whole class. Patterns of lateness are carefully monitored and reviewed half-termly alongside attendance.*

*Poor attendance or frequent lateness can significantly affect life chances. Missing even a few days each term quickly adds up to large gaps in learning, making it harder for your child to keep up. Arriving late has the same impact — children miss vital teaching and the start of the school day, which sets the tone for learning.*

*Please support your child by ensuring they arrive on time and ready to learn. A prompt start helps them settle quickly, feel confident, and make the very best of every school day.*

---



## NHS Virtual Clinics




The poster is titled "Virtual Clinics for children aged 5-11 Years" and is part of the NHS Harrogate and District NHS Foundation Trust. It features a colorful header with categories: Self Esteem, Low Mood, Bullying, Behaviour, Toileting, and Sleep. The main text includes "Emotional Health & Resilience Clinic" and "School Nurse Clinic". It provides contact information: "Ring or email to book a consultation on 0300 304 9029 hdfd.spoc0-19cumberland@nhs.net". Two circular callouts describe the services: "We can help your child feel heard, build resilience, and grow with confidence if they are struggling emotionally." and "We're here to help with any concerns about your child's sleep, toileting, diet, or development – supporting them to grow feeling comfortable, confident, and happy". A QR code is located at the bottom center. The footer categories are Anger, Anxiety, Worry, Diet, and Development.

## Cycling & Scootering to School – A Reminder about Road Safety

*As we are encouraging more children are choosing to cycle or scooter to school, we would like to remind families about the importance of **road safety** and being considerate of others. Please take a moment to talk with your child about safe cycling and scootering so that every journey to and from school is as safe as possible.*

### **Key Road Safety Rules for Cyclists**

-  Always wear a properly fitted helmet.
-  Ensure bikes are roadworthy with working brakes and lights.
-  Use cycle paths where available and keep to the **left-hand side** of the road.
-  Look carefully before turning or crossing a junction and signal clearly with hand signals.
  -  Obey traffic lights, road signs, and crossings.
  -  Stay visible by wearing **bright or reflective clothing**.
-  Never cycle more than two abreast, and ride in single file on narrow or busy roads.

-  Avoid distractions such as headphones or mobile phones.
  -  Do not ride on pavements unless a shared cycle path is clearly marked.
  -  Be cautious around parked cars – check carefully before moving out into the road.
- 
- 

### **On the School Grounds**

For the safety of **all children, staff, and visitors**, riding bikes or scooters is **not permitted on school premises**. We kindly ask that children **dismount and walk** with their bikes or scooters once they enter the school gates.

*Thank you for your continued support in helping us keep our school community safe.*

---



### **Stars of the Week!**

---

*A huge well done to all of our Stars of the Week! Each of these children has shone brightly, showing great effort, kindness, and enthusiasm in their learning and around school. We are so proud of the positive attitudes they bring to school every day – keep up the fantastic work!*

---



## School Meals

---

*School meals are £2.90p per day (£14.50 per week), which represents very good value for money.*

*All food is freshly made & prepared each day on site by our own kitchen team.*

*Please remember to pay your child's dinner money (Nursery & Year 3 – 6 ONLY) using +Pay.*

### **Main Meal Choices W/C 20.4.26**

*Monday - Pork Meatballs, Pasta & Gravy*

*Tuesday - Chicken Korma & Rice*

*Wednesday - Roast Chicken with Vegetables*

*Thursday – Cheese & Tomato Pizza with Potato Wedges*

*Friday – Breaded Fish & Chips*

### **Nut & Egg Free School**

*Please remember that we are a nut & egg free school.*

*Your child may not bring any eggs or nuts into school as part of their packed lunches or as snacks. Breakfast bars for break time snacks are not permitted as they usually contain nuts or have been made in factories where there are nuts.*

---



## **Times Table Rockstars of the Week!**

---

*A huge congratulations to our amazing mathematicians who rocked their times tables this week! These awards go to the children who, on average, spent the most time per day practising their times tables — your dedication and effort really paid off! Let's see who will top the leader board next week... keep practising, Rockstars!*

---



## Names in clothes, please!

### Names in Clothes, Please!



Jumpers, cardigans and coats love to go on little adventures around school – but sometimes they forget where they belong!



To help them find their way back, please make sure your child's name is written clearly in *every* item of clothing, including PE kits, hats and shoes.



It makes life much easier for everyone and helps lost clothes get back home safely. Thank you for your help!

## Be Ready For The Weather!

---

*As the weather is becoming increasingly unpredictable, please ensure that children bring a **coat to school every day**. We aim to get outside in the fresh air as much as possible, even if it's a little chilly or damp, so having a suitable coat means your child can enjoy playtimes and outdoor learning comfortably.*

---

# Don't Forget Your Coat!

Bring a coat to school every day.



## Living Streets' WOW - The Walk To School Challenge - Starts on Monday!

---

*Living Streets' WOW – the walk to school challenge is back to help encourage as many children as possible to experience the benefits of walking and wheeling to school.*

*As you know, WOW is a pupil-led initiative where children self-report how they get to school every day. If they travel actively (walk/wheel, cycle, scoot or Park and Stride) at least twice a week for a month, they get rewarded with a badge. This is for Year 1-Year 6 children... but everyone can get involved! It's that easy!*

### ***What are the benefits of walking to school?***

- *Children feel happier and healthier*
- *They arrive to school refreshed and ready to learn*
- *Helps reduce congestion and pollution at the school gates*

### ***What if we can't walk to school?***

*If driving, 'Park and Stride' to help your child earn their WOW badges. Park at least ten minutes away from the school and walk the remaining journey.*

*If using public transport, hop off at least ten minutes away and walk the rest (recorded as 'other' on the WOW Travel Tracker).*

### **What is a WOW badge?**

*There are 11 badges to be earned from September 2025 – July 2026. Each badge has been designed by a pupil as part of our annual WOW Badge Design Competition. A new badge can be earned every month if pupils walk/wheel, cycle, scoot or Park and Stride at least twice a week.*

*WOW 2025/26 encourages pupils to Walk with Joy, with badges depicting everything from jumping in puddles to painting.*

*The badges are made in Cornwall from material that was otherwise destined for landfill, including fridge trays, plastic plates and yoghurt pot off-cuts. For more information, visit:*

*[livingstreets.org.uk/recycling](https://livingstreets.org.uk/recycling)*

*Last year, around 2,100 schools and over 540,000 pupils enjoyed the benefits of walking to school with WOW. Will you join us?*

*If you have any questions about the programme, please find more information and useful videos at: [livingstreets.org.uk/wowlaunch](https://livingstreets.org.uk/wowlaunch)*



## Smoking & Vaping

---

*A gentle reminder to all parents and carers: smoking and vaping are strictly prohibited on school premises at all times. This policy is in place to ensure a safe, healthy environment for all our children, staff, and visitors. Please refrain from smoking or vaping anywhere on school grounds, including car parks and entrances. Your support helps us maintain a clean, respectful space where all children can thrive. Thank you for helping us keep our school a smoke-free zone.*

---



## Our Mission Statement

---

*Nurturing, empowering and supporting the 'whole child' today, to flourish into successful, happy and resilient lifelong learners who positively contribute to the global community of tomorrow.*

---

## Our Vision

---

*At Silloth Primary School we are committed to nurturing every child's potential in a supportive, safe and inclusive environment.*

*We aim to cultivate curious, compassionate, and confident learners who are equipped to thrive in a modern global community,*

*We embrace diversity, encourage critical thinking, creativity and foster a lifelong love of learning.*

*By integrating innovative teaching practices with a focus on empathy and global awareness, we aim to prepare our students to become responsible, resilient and active citizens of the world.*

*Together we empower our children to make a positive impact on their communities and beyond.*

---

## Contact Us

---

*If you have any further questions or queries, please do not hesitate to contact us.*

### ***Silloth Primary School***

*Liddell Street,*

*Silloth,*

*Wigton,*

*Cumbria, CA7 4DR*

*016973 31243*

*[admin@silloth.cumbria.sch.uk](mailto:admin@silloth.cumbria.sch.uk)*

*Visit us on the web at [www.silloth.cumbria.sch.uk](http://www.silloth.cumbria.sch.uk) or visit our [Facebook!](#)*

---

