



Silloth Primary School Newsletter 5.7.26

~ Creativity ~ Respect ~ Honesty ~ Safety ~ Achievement ~

**Sunday 5th July**

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

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*As we head into the final **two weeks** of another busy and successful school year, I would like to thank you all for your continued support—especially over the last few days as we welcomed Ofsted into our school.*

*I couldn't be prouder of our wonderful children. They continued to learn, play and shine throughout the inspection, showing exactly what makes Silloth Primary such a special place. I would also like to thank our dedicated staff and governors for their unwavering commitment to ensuring every child feels happy, safe and valued.*

*A heartfelt thank you to everyone who completed the parent survey, spoke to the inspectors or shared words of encouragement. Your support and trust mean so much to us.*

*Following the inspection, it was lovely to come together for our **Wellbeing Morning of Togetherness** on The Green, enjoying games, laughter and time together as a school family. A huge thank you to **Shelley**, who rounded off the week by bringing her ice cream van to school so every child and adult could enjoy a well-earned treat.*

*We have also been looking ahead to September. During our **Move Up Morning**, children spent time with their new teachers exploring the theme of **Belonging**, helping us shape our new **Behaviour and Belonging Policy**. Meanwhile, our **Year 6 pupils** have enjoyed successful transition days at their secondary schools, and we wish them every success as they prepare for their next adventure.*

*We were also delighted to receive the **School Games Gold Mark Award** for 2025/26, recognising our commitment to school sport and the fantastic efforts of our pupils, staff and volunteers throughout the year.*

*Please head to Class Dojo to see lots of photos from this week. If you are unable to access Class Dojo, please speak to me.*

*With just two weeks left, we have plenty of exciting events still to enjoy before the summer holidays. Thank you, as always, for being such an important part of our school community. We look forward to making the most of these final weeks together.*

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## Dates for the Diary



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***Monday 29th June - Friday 3rd July - Year 6 - Solway Transition Week***

***Wednesday 8th July - KS2 Summer Show - Silloth Rocks! 1:30pm & 6pm***

***Friday 10th July - School Reports Out***

***Monday 13th July - School Open Afternoon - 2pm-5pm***

***Thursday 16th July - Year 6 Leavers' Assembly - 9am (PLEASE CHECK PARENTMAIL REGARDING ORDERING BACON SANDWICHES!)***

***Thursday 16th July - SATs Results Day (Changed from Tuesday 6th July)***

***Friday 17th July - School's Out For Summer - 1pm***

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## Year 6 Transition Week

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*It was a pleasure to join everyone at Solway Community School yesterday to celebrate the end of the Year 6 Transition Week. It was lovely to hear all about everything the children had been up to during the week and to see how much they have grown in confidence.*

*They all spoke so positively about their experiences and have been incredibly grown up throughout. We are so proud of each and every one of them and wish them all the very best as they prepare for this exciting next chapter.*

*Well done, Year 6! We are looking forward to seeing you back next week!*

*Thank you to both Solway Community School and The Nelson Thomlinson School for looking after our Year 6 children so well.*

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## Rounders Festival!

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*A huge well done to some of our Year 5 children, who represented our school brilliantly at the Rounders Festival held at Beacon Hill on Friday.*

*The children showed excellent teamwork, sportsmanship and enthusiasm as they played in mixed teams alongside pupils from other schools.*

*It was a fantastic opportunity to make new friends, develop their skills and enjoy the spirit of the festival.*

*A big thank you to Mrs Brooks, Mrs Henderson and Mrs Robinson for accompanying and supporting the children throughout the afternoon.*

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## Exciting News For Our Early Years!

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*We're delighted to share that our Nursery will be offering both **15 and 30 hours funded childcare** from **September 2026**.*

*If you know a family with a little one who may be starting nursery soon, please **share this post** with them so they don't miss out. ♡*

*Parents and carers can also find out what childcare support they may be eligible for by using the **Childcare Checker** on the **Best Start for Life** website: **[Childcare & Early Years Education – Best Start in Life](#)**.*

We'll be sharing **more information this week!** Watch this space! 

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**SILLOTH PRIMARY SCHOOL**  
**JOIN OUR NURSERY!**

**15 & 30 HOURS FUNDED CHILDCARE SCHEME** STARTING SEPTEMBER 2026

TOURS AROUND SCHOOL CAN BE ARRANGED

Our Nursery provides both 15 and 30 hours of free childcare, with in-takes in September, January and April (if spaces are available).

Children who are entitled to 15 hours can attend each morning from 8:30am – 11:30am.  
Children who are eligible for 30 hours, can attend 8:30am – 3:00pm Monday – Thursday and 8:30am – 12:30pm on a Friday.

Those children not eligible for 30 hours are more than welcome to stay for lunch and for the afternoon session.

- Stay until 12:30pm at a charge of £3 per day
- Stay until 3pm at a charge of £12 per day

Children have the option to purchase a nutritious school meal for £3 per day or to bring in a packed lunch.

Visit our website for more information  
[www.silloth.cumbria.sch.uk](http://www.silloth.cumbria.sch.uk)

## KS2 Summer Show 2026 - Silloth Rocks!


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We are excited to announce our **Key Stage Two Summer Show – Silloth Rocks!**  

Join us on **Wednesday 8th July** for a fantastic celebration of rock music through the decades, performed by our talented Key Stage Two children.

### **Performance Times:**

- 1:30pm
  - 6:00pm
- 

 **Tickets:** £3 each (limited to 2 per family) and must be purchased via **ParentMail**. Tickets will be sent home with your children.

 **Raffle and refreshments** will be available at both performances.

☆ All tickets purchased will also be entered into a **special prize draw** at the performances.

We look forward to seeing you there for what promises to be a brilliant show!

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**SILLOTH**  
PRIMARY SCHOOL PRESENTS...

# SILLOTH ROCKS!

THE KEY STAGE TWO  
SUMMER SHOW!

**WEDNESDAY 8<sup>TH</sup> JULY**  
★ 1:30PM & 6PM ★

CELEBRATING ROCK MUSIC  
FROM ACROSS THE DECADES.

🎟️ RAFFLE AND REFRESHMENTS AVAILABLE

£ **TICKETS £3** (LIMITED TO 2 PER FAMILY)  
AND MUST BE PURCHASED VIA PARENTMAIL.  
THEY WILL BE SENT HOME WITH YOUR CHILDREN. ★

🎟️ **TICKETS WILL BE ADDED TO A SPECIAL**  
★ **DRAW AT THE PERFORMANCES!** ★

## Important Information for KS2 Parents/Carers - Silloth Rocks - Summer Show!

**SILLOTH ROCKS**  
WE ARE ALL LOOKING FORWARD TO OUR  
**KS2 SUMMER SHOW**  
NEXT WEEK!

**COSTUMES**  
Children should come to school in their normal uniform and bring their rock clothes to change into, similar to what they wore for our Times Table Rock Stars Day.  
Please ensure that all clothing is brought into school in a named bag by Monday.

**EVENING PERFORMANCE**  
For the evening performance, children should return to school by 5:30pm to get ready.  
Please bring your child to the front entrance.  
At the end of the performance, children should be collected from the KS2 playground.

**PRIZE DRAW**  
Don't forget to write your name on the back of your tickets before handing them in during both the evening and afternoon performances.  
This will ensure you are entered into our prize draw!

**TICKET RAFFLE**  
Don't forget to write your name on the back of your tickets before handing them in during both the evening and afternoon performances.  
This will ensure you are entered into our prize draw!


**WE CAN'T WAIT TO WELCOME YOU ALL AND HOPE YOU ENJOY THE SHOW!**

**RAFFLE**  
We will be holding a raffle at both the afternoon and evening performances.  
If you are able to donate a prize, we would be very grateful for your support.  
All donations are warmly welcomed and can be brought into the school office next week.

## Summer HAF Holiday Activities – Book Now!

*Bookings are now open for the **Summer Holiday Activities and Food (HAF) Programme**.*

*There are **two sessions in Silloth, two sessions in Wigton**, as well as activities taking place at other HAF hubs across North and West Cumbria.*

 *Silloth and Wigton sessions will take place on **Wednesdays**, alternating each week throughout the summer holidays, beginning with **Wigton in the first week**.*

 **Please note:** The **5th August session in Wigton** will be delivered by **Active Cumbria**, with lots of fun physical activities planned. Other sessions will include a range of exciting indoor and outdoor games and activities as partner organisations are confirmed.

Places are **limited**, and **children eligible for Free School Meals (FSM) or who are looked after will be prioritised.**

 Book your place here:

[HAF @ The Hub · Eequ](#)

*We encourage families to book early to avoid disappointment!*

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## Online Newsletter - July 2026

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*As we head into the summer holidays, it's a great time to talk with children about staying safe online. This month's newsletter includes:*

*WhatsApp – understanding group chats, privacy settings and parental controls.*

*Livestreaming – what it is, the risks, and how to help children stay safe.*

*Instagram – information on new parental supervision tools.*

*Screen time – tips for maintaining a healthy balance over the holidays.*

*Moving to secondary school – online safety advice for families preparing for the transition.*

*Netflix Playground – a new games hub for younger children.*



*Information on upcoming government changes to social media access for under-16s.*

*We encourage all parents and carers to take a few minutes to read the newsletter and discuss online safety with their child.*

Working together, we can help children enjoy the online world safely and responsibly. There is also a short video for your information this month.

Please follow the link below for the newsletter and the video.

## Silloth Primary School Online Safety



### Online Safety Newsletter July 2026

#### Social media to be banned for under-16s

The government has announced that social media platforms will be blocked from offering services to under-16s from next Spring. The ban will include platforms like Snapchat, TikTok, YouTube, Instagram, Facebook and X.

Furthermore, there will also be blocks on live streaming and communication with strangers (these restrictions will also apply to 16 and 17-year-olds) and the government will also be looking at overnight curfews and breaks in infinite scrolling.

You can read the Government's press release here:  
<https://www.gov.uk/government/news/social-media-to-be-banned-for-under-16s-in-landmark-government-move-to-protect-kids-their-childhood-back>

In addition, you can find some FAQs here:  
<https://www.gov.uk/government/publications/fact-sheet-new-rules-to-protect-children-online/fact-sheet-new-rules-to-protect-children-online>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version:  
<https://www.knowsleylcs.org.uk/july-2026-primary/>

#### WhatsApp

We frequently receive reports of children using WhatsApp inappropriately, such as sharing images to embarrass others, sending hurtful messages, spreading rumours, or excluding people from group chats to make them feel left out. It is important to think about whether WhatsApp is the right platform for your child. For example, you should consider if your child has the critical thinking skills to recognise bullying and can they manage peer pressure and refrain from joining in on hurtful behaviour?

**Users should be at least 13 years old to use WhatsApp.** WhatsApp have announced that they are rolling out the option of Parent-Managed accounts for those under the age of 13. The settings will include allowing you to choose who can contact your child and ensuring only you can add them to groups. Find out more here: <https://faq.whatsapp.com/894871699629864>

**What should I be aware of if my child is using WhatsApp?**

- **Group chats:** Everyone within a group, even if they are not one of your child's contacts, can see all messages within that group.
- **Inappropriate content:** users can be exposed to content that is not suitable for their age.
- **Location sharing:** talk to your child about the potential danger of sharing their location.
- **Chat lock/secret code:** users can lock chats as well as apply a secret code setting, so a chat does not appear in the main chat.
- **Screen time due to addictive nature**
- **AI:** WhatsApp includes Meta AI including Incognito Chat with Meta AI so nobody (including Meta) can read your conversations.

**What can I do?**

- Check privacy settings e.g. who can add them to groups.
- Ensure your child understands that they can leave a chat at any time. Find out more here: <https://faq.whatsapp.com/424124173736394>
- Show your child how to block and report other users. Find out how here: <https://faq.whatsapp.com/1142481766359885/>
- Set up appropriate parental controls.
- Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be received.
- Chat to your child about the groups that they belong to.

**Further information**

- <https://parentzone.org.uk/article/whatsapp>
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

## Livestreaming

**What is livestreaming?**  
Livestreaming is when an individual broadcasts video live over the internet. People can watch livestreams from any device that is connected to the internet.

**What are the risks?**  
There are risks associated with watching livestreams that you should be aware of. The main risk being that your child may see or hear something inappropriate as your child may come across themes or content that is not suitable for them. It is difficult to moderate live content as it is happening in real time.

**How can I help my child?**

- All online platforms have an age rating, ensure your child only accesses platforms that are appropriate to their age. For example, TikTok has an age rating of 13.
- For any platforms that your child uses, ensure appropriate parental controls and privacy settings are applied.
- Take an interest in what your child is doing online and on a regular basis, ask your child to show you what they are accessing.
- Ensure your child knows how to use any reporting/blocking tools on the app that they are using and as always please ensure that your child knows to talk to a trusted adult if they see anything that concerns them online.

**Further information**

- <https://www.childnet.com/help-and-advice/livestreaming-parents/>
- <https://www.thinkuknow.co.uk/parents/articles/what-is-livestreaming/>

## Netflix Playground

Netflix Playground hosts a number of games aimed at kids aged 8 and younger. The games include Sesame Street and Peppa Pig.

It is available as an app to all Netflix subscribers and has no additional in-app purchases and no adverts. Find out more here:  
<https://www.netflix.com/tudum/articles/playground-kids-game-hub-news>

## Moving to secondary school

Is your child moving to Secondary school this year? If so, Internet Matters have published a variety of resources on their website to support this transition:  
<https://www.internetmatters.org/resources/moving-to-secondary-school-online-safety-guide/>

## Screentime balance over the summer holidays

With Summer holidays approaching, we know children may be spending more time alone. Vodafone and SWGfT have published some advice on how to navigate common digital risks and tips on how to balance screen time. We hope you have a lovely, safe summer!

- <https://www.vodafone.co.uk/nawariness-uk-20-digital-risks-young-people/>
- <https://saferinternet.org.uk/guide-and-resource/balancing-screen-time-over-the-holidays-advice-for-parents-and-carers>

## Instagram: New supervision tool

**You must be over 13 years of age to set up an account.** Instagram is used to post photos and videos as well as send direct messages, make voice/video calls, and send disappearing messages.

Instagram have introduced a new supervision tool allowing parents/carers to view the general topics their child is engaging in. Find out more here:  
<https://about.fb.com/news/2026/05/new-supervision-tools-parents-insights-teens-algorithm/>

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## FREE Sensory Processing Training Day For Parents and Carers! BOOK NOW! Hosted and funded by SENDAC

**Whitehaven - Wigton - Carlisle - Penrith -**

*We're really excited to share that SENDAC is working in partnership with **Zena Cassels**, NHS Children's Occupational Therapist from North Cumbria Integrated Care, to offer another series of **FREE Sensory Processing Training sessions** for parents and carers of children/ YP with additional needs across Cumberland and Eden. **places are limited.***

*These sessions are a great opportunity to learn more about sensory processing, understand your child's sensory needs, pick up practical ideas to support them at home and to learn about the new sensory lead approach training that is being delivered across our schools in Cumberland and Eden.*

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- *This is for parents and carers of children with additional needs/ disabilities age 0-25 (no diagnosis required)*
    - *A free lunch is included for all attendees*
  - *Maximum 45 places per session – booking is required!*
- 

***What will the session cover?***

- *An introduction to sensory processing*
  - *Understanding levels of alertness and fight / flight responses*
  - *Universal and targeted sensory support in Cumberland and Eden*
  - *How to identify your child's sensory needs and how to support them*
  - *The new sensory lead approach in Cumberland and Eden schools*
    - *Interoception (body awareness)*
    - *Time for questions and discussion*

***Dates & Locations: (you don't need to live in the same area, the training is taking place)***

***You can choose ONE of the following dates***

(All sessions will run from **10:00am – 2:30pm**)

***Wigton – Monday 22nd June 2026***

*The Market Hall Conference Centre*

**Penrith – Wednesday 8th July 2026**

*Penrith Cricket Club*

**Carlisle – coming soon!**

*You can be added to waiting the list on the sign up form, so we can email you our July date 😊*

*Booking information*

*Spaces are limited to **45 per session**, so booking in advance is essential.*

*To book, please **scan the QR code on the flyer** or **use the booking link here:***

*<https://www.surveymonkey.com/r/H28XWTT>*

*Please see the video for more information about the sessions and what to expect:*

*<https://www.facebook.com/share/v/173RY95W38/>*

*If you have any questions at all, just email [hello@sendac.org](mailto:hello@sendac.org) - we'd love to see as many of you there as possible! 😊*

*Thank you ,*

*The **SENDAC** team*

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**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

-  **Whitehaven | 4<sup>th</sup> June**  
Whitehaven Football Club
-  **Wigton | 22<sup>nd</sup> June**  
The Market Hall
-  **Penrith | 8th July**  
Penrith Cricket Club

-  **Carlisle | coming soon**  
sign up to our waiting list on the booking form!

   
 Hosted and funded by SENDAC



 **Booking required - Limited spaces!**

## Silloth Primary School Achieves School Games Gold Mark Award 2025/26

*We are delighted to announce that **Silloth Primary School** has achieved the prestigious **School Games Gold Mark Award** for the **2025/26** academic year.*

*The School Games Mark is a Government-led award scheme, launched in 2012 and facilitated by the Youth Sport Trust. It recognises schools for their commitment to developing competitive sport both within school and across the wider community. We are incredibly proud to have been recognised for our continued success.*

*Throughout the year, our pupils have represented the school with enthusiasm, determination and excellent sportsmanship at a wide range of local inter-school competitions. We are especially proud of all the children who have taken part, as well as our young leaders and volunteers who have helped make our sporting events possible.*

*To achieve the Gold Mark, schools must meet a range of criteria across participation, competition, leadership and workforce, and community clubs. This award reflects the dedication and hard work of our pupils, staff and wider school community in promoting physical activity and sport.*

*A very special thank you goes to **Mrs Brooks**, whose dedication and enthusiasm in organising our PE lessons, sporting events and competitions has been instrumental in achieving this award. We would also like to thank all of the volunteers who give up their time to accompany and support our children at festivals and competitions throughout the year.*

*Most importantly, **well done to all of our amazing children**. Your teamwork, determination, resilience and positive attitudes continue to make us incredibly proud.*

*We look forward to building on this success and applying for the **School Games Gold Mark Award again in 2027!** 🌟🏆*

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## Carlisle United Summer Holiday Activity Programme

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*Carlisle United is delighted to be offering a range of exciting activities for children and young people during the Summer Holidays.*

*Sessions will be available across Cumbria at the following locations:*

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- *Carlisle*
  - *Penrith*
  - *Wigton*
  - *Cockermouth*
  - *Maryport*
  - *Keswick*
  - *Whitehaven*
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*The programme provides a fantastic opportunity for children to stay active, develop new skills, make friends, and have fun throughout the summer break in a safe and engaging environment.*

*In addition to paid places, Carlisle United also has a limited number of FREE Holiday Activities and Food (HAF) places available for children who are eligible through the Free School Meals programme.*

*Please see the attached posters for further details about both the paid and funded sessions. Families are encouraged to book early to avoid disappointment.*

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Community Sports Trust

# SUMMER

## HOLIDAY ACTIVITIES

### LOCATIONS:

- Carlisle (Football & Gym and Dance)
- Wigton (Football only)
- Whitehaven (Football only)
- Penrith (Football only)
- Cockermouth (Football only)
- Keswick (Football only)
- Maryport (Football only)

## 21 July - 28 August

Book now via Abler:



For further information

Email: [Sam.Tickner@carlisleunitedcst.co.uk](mailto:Sam.Tickner@carlisleunitedcst.co.uk) or Phone: 01228 554169

"Inspiring People To Participate, Develop and Achieve Their Goals Through The Power of Sport."



Community Sports Trust

# SUMMER

## HOLIDAY ACTIVITIES

### LOCATIONS:

- Carlisle (Football & Gym and Dance)
- Wigton (Football only)
- Whitehaven (Football only)
- Penrith (Football only)
- Cockermouth (Football only)
- Keswick (Football only)
- Maryport (Football only)

## 21 July - 28 August

Limited free HAF Places here:



For further information

Email: [Sam.Tickner@carlisleunitedcst.co.uk](mailto:Sam.Tickner@carlisleunitedcst.co.uk) or Phone: 01228 554169

"Inspiring People To Participate, Develop and Achieve Their Goals Through The Power of Sport."

## School Uniform and PE Kits

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*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.*

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## Uniform Expectations

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- *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)*
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### *Jewellery*

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- *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.*
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### *Other*

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- *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.*
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## PE Kit Expectations

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*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.*

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## 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**

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

- ✓ 5pm to 6pm (Ages 5-9)
- ✓ 6pm to 7pm (Ages 10-16)
- ✓ Technique & Footwork
- ✓ Game Skills & Tactics
- ✓ Coordination & Fitness
- ✓ Match Confidence

**Rob Jefferson**  
**07503 116867**

Followed by adult social tennis 7pm onwards

**\*\*Get Your Kids Involved in Cricket This Summer!\*\***

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*Looking for a fun, active way to keep your children entertained while building confidence, skills, and friendships? Check out the amazing youth cricket programmes from the England and Wales Cricket Board*

**\*\*All Stars Cricket (Ages 5-8)\*\*The perfect first step into cricket!**

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- 8 weeks of non-stop fun, games, and skills
  - Make new friends in a safe, welcoming environment

- Learn the basics of cricket through play
  - Every child receives a personalised t-shirt, bat, ball & backpack!
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Find your nearest club: <https://www.ecb.co.uk/play/all-stars>

**\*\*Dynamos Cricket (Ages 8–11)\*\*** Ready for the next level? Dynamos is ideal for kids progressing from All Stars—or trying cricket for the first time!

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- Fun, fast-paced sessions with a social focus
  - Build confidence and develop key cricket skills
  - A great way to stay active and engaged
  - Includes a personalised Dynamos t-shirt with name & number!
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Find your nearest club: <https://www.ecb.co.uk/play/dynamos-cricket>

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## Packed Lunches

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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:*

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- ***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.
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***Please do not include:***

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- *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).*
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***To keep all children safe:***

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- ***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!



## 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.



Girlguiding  
Registered charity number: 306016

Join a local Rainbows group [girlguiding.org.uk/joinus](https://www.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**  
Sillioth  
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.

Girlguiding  
Registered charity number: 306016

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

## Nursery and Reception Places Available for September 2026!

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*We are delighted to share that we currently have places available for **Nursery and Reception** for September 2026.*

*We would love to welcome families to our **Open Morning on Tuesday 30th June from 9:15am–10:15am**, where you can meet our friendly staff and see our lovely learning environments both indoors and outdoors.*

*If you are unable to attend, we are always happy to arrange individual visits. Please contact the school office for more information or to book a tour—we look forward to welcoming you to our school community.*

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**WE ARE AN EARLY EXCELLENCE PARTNER SCHOOL.**

## Silloth Primary School

### 'Where Children Come First!'

High quality interactions in child-led play makes the difference to our practice. Children make good progress from their starting points and leave Reception, ready for Year 1.

IN EARLY YEARS, OUR CURRICULUM STARTS FROM THE CHILD, NURTURING EVERY CHILD TO ACHIEVE THEIR FULL POTENTIAL.

WE OFFER A WIDE RANGE OF OPPORTUNITIES THROUGHOUT SCHOOL, SUCH AS, BRASS SESSIONS AND RESIDENTIALS.

Silloth's children are our future and as such must be nurtured, cared for and educated to the highest standards.

EXTRACURRICULAR ACTIVITIES ARE OFFERED.

# SILLOTH PRIMARY SCHOOL

## OPEN MORNING

TUESDAY 30TH JUNE 9.15-10.15AM

Are you looking for a Nursery place?  
We still have places available!

**Please come along to our open morning at 9:15am.**

There will be an opportunity to meet staff and for children to play in the classroom and outdoor area.

TOURS AROUND SCHOOL CAN BE ARRANGED.

Visit our website for more information  
[www.silloth.cumbria.sch.uk](http://www.silloth.cumbria.sch.uk)

Silloth Primary School  
 'Where Children Come First!'  
**SILLOTH PRIMARY SCHOOL**  
**2026/2027**



Is your child looking to start Nursery in September 2026?

Is your child looking to start Reception in September 2026?

We have places available!

We can offer individual appointments for parents to come and see for yourselves what makes our school so special.

Contact us on 016973 31243 or [admin@silloth.cumbria.sch.uk](mailto:admin@silloth.cumbria.sch.uk) for more information or to make an appointment.

Visit our website for more information  
[www.silloth.cumbria.sch.uk](http://www.silloth.cumbria.sch.uk)




Nursery Visit for September Starters!



**NURSERY VISIT**  
**FOR SEPTEMBER STARTERS**

We would like to invite all children who are due to start nursery in September, along with a parent or carer, to visit us on:

 **Monday 29<sup>th</sup> June**  
**10:00am – 11:00am**

**PLEASE NOTE:**  
 This visit will replace the previously advertised open morning on Tuesday 30<sup>th</sup> June.

If your child will be starting nursery at a later date, don't worry—we will be holding another visit session during the Autumn Term.

 We look forward to meeting you all! 

## Water Bottles & Fruit - PLEASE READ VERY CAREFULLY



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***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.*

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## Parking on School Lane and in the school carpark

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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.

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## Silloth Share & Support



Need support?

email us on...  
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 2025

[WWW.CHANCECAMP.CO.UH](http://WWW.CHANCECAMP.CO.UH)

**DATES**

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

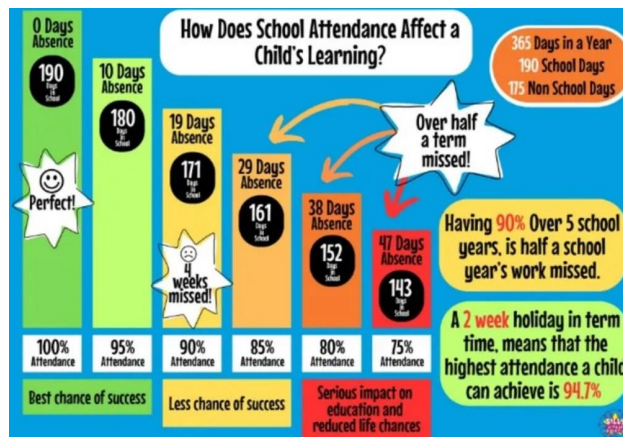
**SCAN TO BOOK**  
Ages 4 - 14. DBS checked  
& fully qualified coaches

**FLEXIBLE BOOKING SYSTEM IN PLACE**

## Attendance Champions of the Week - Year 3 with 96.2%!



## 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

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

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

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- **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-terminly 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.*

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*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.*

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## NHS Virtual Clinics

Self Esteem	Low Mood	Bullying	Behaviour	Toileting	Sleep
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**Virtual Clinics for children aged 5-11**


Years

<p><b>Emotional Health &amp; Resilience Clinic</b></p> <p>We can help your child feel heard, build resilience, and grow with confidence if they are struggling emotionally.</p>	<p>Ring or email to book a consultation on 0300 304 9029 hdft.spoc0-19cumberland@nhs.net</p> 	<p><b>School Nurse Clinic</b></p> <p>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.</p>
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Anger	Anxiety	Worry		Diet	Development
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## 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.

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## Stars of the Week!



## School Meals - The New School Menu is Here!

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*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 5.4.26***

*Monday - Meatballs in a Tomato Sauce & Pasta*

*Tuesday - Sweet & Sour Chicken with Rice*

*Wednesday - Roast Chicken & Yorkshire Pudding*

*Thursday – Beef Lasagne & Garlic Bread*

*Friday – Fish Fingers & 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.*

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SILLOTH  
PRIMARY SCHOOL

**NEW**  
**SCHOOL**  
**MENU**  
**IS HERE!**

We listened to the voice of our children and created a menu they'll love!

Fresh, tasty and packed with goodness

We're trialling our new menu - we'd love your feedback!



## Times Table Rockstars of the Week!



## 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!

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*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.*

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

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*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)*

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## Smoking & Vaping

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*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.*

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## Our Mission Statement

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*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.*

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## Our Vision

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*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.*

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## Contact Us

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*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!](#)

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