



Silloth Primary School Newsletter
03.10.25

Friday 3rd October

A message from Miss Mounsey...

Firstly, thank you for your patience and understanding with the change of pick-up arrangements today due to the stormy weather. Your support helps us to keep children, staff and families safe, and we are very grateful for how calmly everyone adapted.

*It has been another busy and exciting week of learning across the school. Year 6 enjoyed a fantastic trip to the **React Science Show** on Wednesday, where they represented us brilliantly. Their behaviour and enthusiasm were impeccable, and we were so proud to see them engaging so positively with the activities.*

*Back in school, the corridors are filled with the sound of Harvest songs as every class prepares for our **Harvest Festival**. The children are singing beautifully, and we are all looking forward to sharing this celebration with you very soon – more details can be found later in the newsletter.*

*Our **School Council** also held their very first meeting of the year this week. They are already full of ideas and enthusiasm. Their first item on the agenda is an important one – looking at our school menu and how we can make lunchtimes even better for everyone! We are excited to see what suggestions they come up with.*

As we head into the weekend, I'd like to thank you once again for your continued support. Please take extra care in the stormy weather, and I hope you enjoy a safe and restful couple of days with your families.



50/50 club

1st prize £TBC

2nd prize £TBC



Prize money will be decided once we know how many numbers have been sold. The more numbers we sell the bigger the prizes!!!!

Everyone will be notified prior to the first draw.

50% of the money will be used towards prizes and

50% will go to Friends of Silloth Primary School.

The draw will take place on the first 24th of the October and then the 24th of each month going forwards.

The money raised from this is to go towards treats for all the Children in school.

How it works

Each person pays £6.00 for draws (October 2025 to March 2026 only £1.00 per month) and is allocated a number, then once a month we will pick 2 numbers through a number generator for 1st and 2nd place.

If this is something you would like to be part of, please hand the money in a sealed envelope along with your name and telephone number and hand it back to:

- Silloth Primary School Office
- Or you can do via Paypal to nicolahenderson22@hotmail.com
(Please use Friends and Family for this and add a contact number to the notes)

Closing date for numbers is: Friday 17th October 2025



Diary Dates

Thursday 9th October - Harvest Festival @ Christ Church- 1:15pm

Monday 13th October - Nursery Stay & Play Morning

Monday 13th October - Reception - Year 6 Open Afternoon 2pm - 5pm

Wednesday 15th October - Individual and Family School Photographs

Friday 10th October - World Mental Health Day - Wear something yellow!

Wednesday 22nd October - Nasal Flu - Reception - Year 6

Friday 24th October - Finish for Half Term - 3.05pm

Friday 24th October - FOSPS Halloween Party @ Silloth Rugby Club

Monday 27th October - Friday 31st October - Half Term!

Monday 3rd November - Back to school



Mental Health Day 2025

*Next week, on **Friday 10th October**, we will be joining schools across the country to mark **World Mental Health Day 2025**. As part of our commitment to promoting emotional well-being, we're inviting all children to **wear something yellow** to school. We are hoping to raise some money towards this charity and would ask that children dressing in yellow bring in a 50p donation. Thank-you for your support!*



Harvest Festival 2025 - Silloth's Harvest Basket!

We would like to welcome you all to join us for our Harvest Festival on Thursday 9th October at Christchurch, 1.15pm.

Our children will be taking you on a journey through the different symbols of harvest, alongside singing all of our harvest favourites!

This year, we are especially keen to support our local food bank. As part of our celebration, we will be creating Harvest Hampers to donate to families in need within our community.

We would be so grateful if you could contribute by bringing along non-perishable food items (such as tins, pasta, rice, cereals, biscuits, tea, coffee, long-life milk and juice). Every single item will make a difference.

Donations can be dropped off at the school entrance in the days leading up to the service, or brought along on the day itself.

Thank you in advance for your generosity and kindness – together we can make a real impact this Harvest.

We hope to see you all there! 🍁

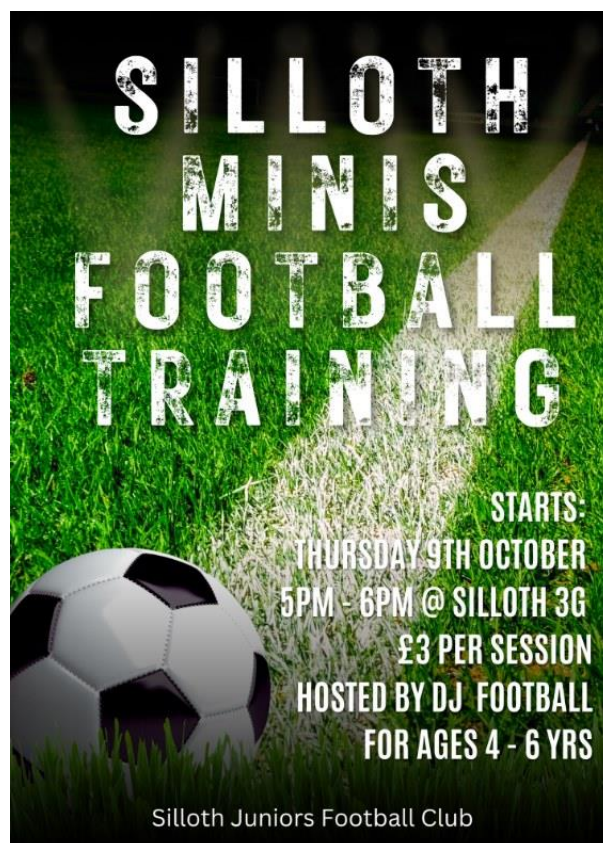
HARVEST FESTIVAL 2025



**SILLOTH'S
HARVEST BASKET**






Silloth Minis Football Training









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.
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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.



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 22.9.25

Monday – Meatballs, Pasta & Gravy

Tuesday - Chicken Goujons with Sweet & Sour Sauce with Rice

Wednesday - Roast Chicken, Vegetables & Yorkshire Pudding

Thursday – Cod Goujons with Potato Waffles

Friday – Pork Sausage & 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.



Attendance Champions!

A huge well done Year 3 who achieved 100% attendance this week!

Our sparkling new trophy will take pride of place in their winning classroom this week.

I'd like to share how, this week, the attendance of all our classes was above 90%, with the majority being over 95%!

Great attendance means great learning — keep it up everyone!



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!



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!

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.

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:

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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, eggs, 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:

- *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:

- ***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.*
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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!



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.*



Punctuality Matters

*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-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.

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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.



An invitation from our friends at The Good Companions



Uniform Expectations

- *Royal blue sweatshirt with embroidered school logo*
 - *White polo shirt (school logo optional)*
- *Black or dark grey trousers, 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

- *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

- *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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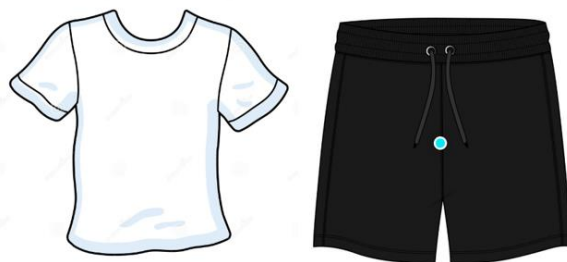
PE Kit Expectations

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.



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

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



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.



Contact Us

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

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