



Silloth Primary School Newsletter 6.3.26

~ Creativity ~ Respect ~ Honesty ~ Safety ~ Achievement ~

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.

Friday 6th March

A message from Miss Trunchbull...

It has been another busy and enjoyable week at school, with the highlight undoubtedly being our fantastic World Book Day celebrations! The children and staff fully embraced the day, with some wonderful costumes and a real buzz of excitement around reading and sharing stories.

We were especially 'honoured' to welcome a very special visitor - Miss Trunchbull herself! She spent the day inspecting Silloth Primary School and, much to everyone's amusement, was spotted meeting none other than Amanda Tripp! While Miss Trunchbull claimed there were far too many smiles and far too much happiness in the school for her liking, we think she secretly enjoyed seeing the children's enthusiasm for books and reading!

Looking ahead to next week, two of our classrooms will be undergoing some well-needed renovations, with new carpets being fitter. As a result, a couple of classes will be learning in different spaces for a few days.

Year 4 will be based in the school library from Monday to Wednesday while the work takes place. We are very grateful to Solway Community School, who have kindly offered the use of a classroom in their building for Year 6 for Tuesday to Thursday. Year 6 pupils should still arrive at Silloth Primary School as normal and will have both break and lunchtime here at our school. At the end of the day, they will also be collected/leave from the usual place. Mrs Smart and Miss Banks will continue teaching the class as normal throughout the week.

Thank you, as always, for your continued support. We hope you all have a lovely, restful weekend and look forward to another great week ahead.



Thursday 19th March - FOSPS Easter Bingo!

Wednesday 25th March - Class Photographs (Nursery, Reception & Year 6 only)

Friday 27th March - Finish for the Easter Holidays & our annual Easter Egg-stravaganza!

Monday 13th April - Back to school!

Wednesday 15th April - Year 4 Robinwood Parents' Meeting (More information to follow)

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
(More information to follow)***

Friday 22nd May - Sports Day

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

Monday 1st June - Back to school!



World Book Day 2026

What a fantastic day celebrating our love of reading! It was wonderful to see so many children (and staff!) dressed as their favourite book characters or in their cosy reading outfits. The creativity, imagination and enthusiasm really brought our school to life.

Thank you to everyone who helped make the day so special. We hope the children enjoy choosing a book with their World Book Day token and continue to discover the joy of reading at home and at school.

Please head to our Facebook Page to look at some of the highlights from the day!









"Reading is dreaming with
open eyes."
– Unknown

Screen Time Recommendations

Health Professionals for Safer Screens (HPFSS) is a group of health professionals raising awareness about the impact of excessive screen time can have on children's health and

development, particularly younger children. Their campaign aims to support parents and carers in building healthier habits around screen use at home.

You can find out more, along with helpful resources and an infographic for families, on the [Health Professionals for Safer Screen website](#).

11 to 17 years

'Buy an alarm clock so that screens are not in the bedroom'

'Encourage connection with friends in person, wherever possible'

'Studies show there is a clear link between excessive social media and screen use and difficulties with concentration, sleep and mental health. There may also be distinct physical changes in the developing brain.'

RECOMMENDATIONS:

- 1 WAKING UP WITHOUT screens**
It is recommended that social media/screens are **not used for the first hour of the day.**
- 2 SCREEN TIME** As a general rule, it is suggested that screen time **should not exceed 1-2 hours per day** in the week and not more than **3 hours on weekends.**
Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.
- 3 STAY ACTIVE** Encourage physical activity for at least **an hour per day.**
- 4 SCREEN-FREE time together**
Children will often mimic behaviours of the adults around them. **Consider your own social media usage.**
- 5 Phones, tablets and computers should not be in a bedroom overnight.**

No screens

M	T	W	T	F	S	S
Up to 2hrs/day				Up to 2-3 hrs/day		

Stay active. More green time, less screen time

Screen-free time together

No screens at least 1 hour before bedtime

Be careful of violent or frightening content especially before bed.

HEALTH PROFESSIONALS FOR SAFER SCREENS

'FIVE A DAY'

YOUR TIPS FOR A HEALTHIER SCREEN TIME



'How much is too much screen time for children?'

'Studies have shown a clear link between **excessive screen time** and issues such as **delayed speech and language development, communication difficulties, reduced concentration spans, poor sleep and mental health problems.**'

HEALTH PROFESSIONALS FOR SAFER SCREENS



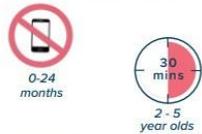
Accepted by NHS England Mental Health Leads



'Bedtime stories are the best and healthiest way to settle your child'

Birth to 5 years

'Studies have shown that too much screen time can cause babies and toddlers to **learn fewer words** and have **slower language development**. Excessive use of screens is also being strongly linked to **behavioural difficulties** in very young children.'



Watching lots of short videos is being linked to concentration difficulties in children.

Bigger is better

Try a cuddle or a game

Phones, tablets and computers should not be in any child's bedroom overnight.

RECOMMENDATIONS:

- 1 NO screen time** between **birth - 24 months** except for video chatting with family and friends.
- 2 30 MINS screen time.** Children aged **2 - 5 years old** should not be on screens for more than **30 min per day.**
- 3 BIGGER screens.** If your child is ready to **play a short game** then try to use a larger screen like a **tablet or computer screen.** These cause less visual strain than a phone.
- 4 AVOID** using a device to **settle your child** down. Evidence shows this makes their anger and frustration worse in later life. **Instead try a book, a game outdoors, or just a cuddle.**
- 5 *SLEEP HYGIENE.** Under **5's** should **not use a screen** for at least **2 HOURS BEFORE BEDTIME,** to aid their natural sleep pattern.

* 'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.

"Walk, run, ride a bike, anything that gets kids up and about and off their screens"

"Try and ensure screen-free time together"

"Ditch screens at mealtimes! Studies show that eating in front of screens leads to higher obesity risk as children consume more unhealthy food!"

6 to 10 years

Studies show there is a clear link between **excessive** screen use and **difficulties with concentration, sleep and mental health**. There may also be distinct physical changes in the developing brain.

RECOMMENDATIONS:

- 1 WAKING UP WITHOUT screens**
It is recommended that social media/screens are not used for the first hour of the day.
- 2 1-2 HRS PER DAY** is the suggested screen time in the week and not more than **2 hours on weekends**.
- 3 STAY ACTIVE** Encourage physical activity for **1-2 hours a day**.
Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.
- 4 SCREEN-FREE time together**
Children will often mimic behaviours of the adults around them. **Consider your own social media usage/ phone checking behaviour.**
- 5** It is recommended that screens **should not be used 1 HOUR** before bedtime. **Phones, tablets and computers should not be in a bedroom overnight.**

No screens

M	T	W	T	F	S	S
not more than 1.2hrs/day					up to 2hrs/day	

Keep active

Screen-free time together
Reports suggest adults touch their phones over 2000 times a day.

Sleep Hygiene.
No screens 1 hour before bedtime

*"SLEEP HYGIENE" is a term used for healthy habits and behaviours that help support a good night's sleep.

Physical Activity Guidelines

The UK Chief Medical Officers have produced guidelines outlining recommended levels of physical activity for Early Years, Children and Young People. These guidelines highlight the importance of regular physical activity to support children's health, wellbeing and development.

UK Chief Medical Officers' Physical Activity Guidelines

Every Move Matters - Make activity a part of your everyday

Age Group	Activity Goal	Benefits	Activities
Early Years (Birth-5 years)	Aim for at least 180 Minutes PER DAY (Under 1's: 30 Minutes PER DAY)	Builds Relationships & Social Skills Develops Muscles & Bones Encourages Movement & Coordination	Object Play, Games, Climb, Bike
Children & Young People (5-16 years)	Aim for an average of at least 60 Minutes PER DAY	Builds Confidence & Social Skills Improves Health & Fitness Improves Concentration & Learning	Run/Walk, Workout, Active Travel, Dance
Disabled Children & Young People	For good health benefits do 20 Minutes PER DAY	Increase Confidence & Concentration Improves Muscles and Motor Skills Calmer, Less Stressed & Greater Mental Health	Sport, Swim, PE, Playground

Data source: <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

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!



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.

Friends of Silloth Primary School - Easter BINGO is back!

Organised and run by FOSPS, Easter Bingo will take place on **Thursday 19th March**. Doors open at **6.00pm**, with eyes down at **6.30pm**, for some egg-citing fun!

Tickets cost **£5.00 for adults** and **£3.00 for children**, which includes bingo tickets and refreshments. Tickets are available to all parents, grandparents, friends and children Year 2 and above, and can be purchased via ParentMail. Children must be accompanied by an adult.

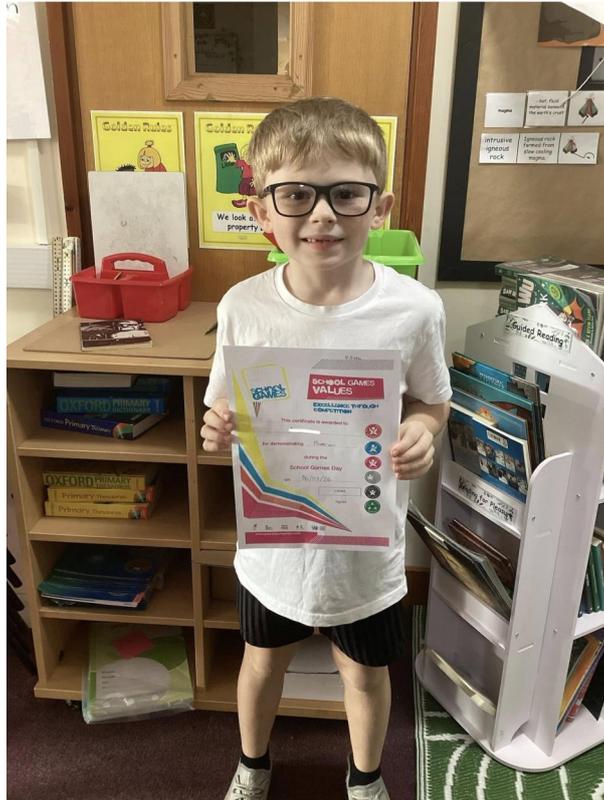
Please see the poster below for full details.



Netball Stars!

Well done to our Year 3 & 4 children who took part in the inter-schools netball tournament this afternoon at Solway Community School, organised by Cumbria Futures Federation. The children showed great teamwork and resilience, and represented our school brilliantly. We are very proud of you all!





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.



Chance Camp

CHANCE CAMP Keep your child Active, Confident, Smiling & Healthy in 2026
WWW.CHANCECAMP.CO.UK

DATES

INVASION GAMES	17 th Feb - 19 th Feb
MULTI SPORTS	30 th March - 2 nd April
	21 st July - 24 th July
OLYMPICS (Individual)	27 th July - 31 st July
OLYMPICS (Team)	3 rd Aug - 7 th Aug
STRIKING & FIELDING	10 th Aug - 12 th Aug
INVASION SPORTS	17 th Aug - 19 th 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 1 & Year 4 who won the attendance award this week for 100%!

Great attendance means great learning — keep it up everyone!



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.

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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.



Online Safety Newsletter - March 2026

This month's online safety guidance highlights the potential risks linked to children's mobile phone use, including exposure to inappropriate content, cyberbullying, scams, contact from strangers and the effects of too much screen time on sleep and wellbeing.

Please follow the link below for the full newsletter.

[Online Safety - Parent/Carer Support | Silloth Primary School](#)



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 9.3.26

Monday - Pork Meatballs, Pasta & Gravy

Tuesday - Chicken Korma & Rice

Wednesday - Roast Chicken & Yorkshire Pudding with Vegetables

Thursday – Cheese & Tomato Pizza & 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!

Eco-Champions!

This week's 'Eco-Champions' are Year 6!

Well done for showing excellent eco-friendly habits and leading the way for others! Keep it up!



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.*



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)***

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.*
-



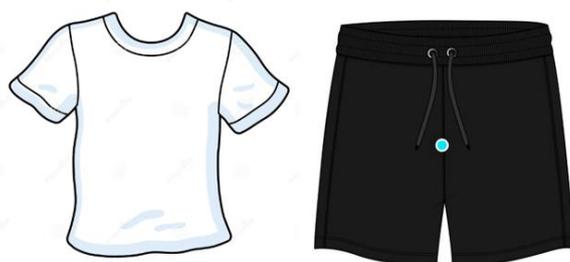
PE Kit Expectations

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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