



Silloth Primary School Newsletter
10.5.26

~ Creativity ~ Respect ~ Honesty ~ Safety ~ Achievement ~

Sunday 10th May

A message from Miss Mounsey...

Once again, the children have been working incredibly hard this week and it has been lovely to hear about their enthusiasm, confidence and positive attitudes in classrooms and around school.

This week is SATs week for our Year 6 pupils and we are all so proud of the hard work, resilience and determination they have shown in preparing for these important assessments.

*We know they will all do their very best. A reminder to Year 6 families please to ensure children are in school and on the playground by **8:25am** each morning to help them start the day calmly and confidently.*

Last week, Year 4 had an absolutely fantastic time on their residential visit to Robinwood. The children threw themselves into every activity with enthusiasm and courage, whether climbing, problem-solving or working together in teams. It was wonderful to see so many children challenge themselves, build confidence and create memories that they will talk about for years to come. A huge thank you to Mrs Ainsworth supporting the children throughout the visit — and I have to say, I had the best time too! The children represented the school brilliantly and we were all incredibly proud of them.

Remember to keep collecting donations for The Colour Run!

See you in the morning!



Monday 11th May - Thursday 14th May - Year 6 SATs Week

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

Friday 22nd May - Sports Day & The Colour Run!

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

Monday 1st June - Back to school!

Friday 5th June - Reserve Sports Day

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

This week marks an important milestone for our Year 6 pupils as they sit their Key Stage 2 SATs. We want to take this opportunity to wish every one of them the very best of luck. You have all worked incredibly hard throughout the year, and we are so proud of your effort, determination, and positive attitude.

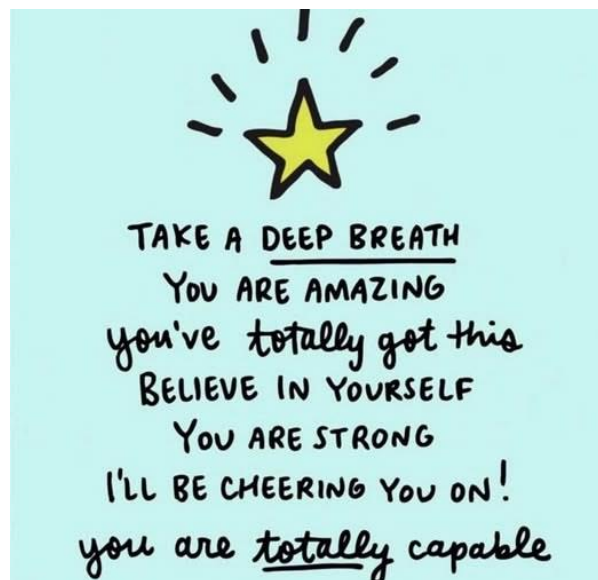
Remember, these tests are just one part of your journey, and we know you will all do your best.

We hope everyone has had a calm and restful weekend. A good night's sleep and some time to relax will help you feel ready and confident for the week ahead.

We would also like to remind parents and carers that it is essential for children to be on the yard, ready to enter school at 8:25am each day of SATs week. Please ensure your child gets a good breakfast and arrives on time, as this helps them feel settled and prepared.

We are incredibly proud of each and every one of our Year 6 pupils and are with you every step of the way!

Good luck—you've got this!



Year 4 Residential -Robinwood 2026

Huge well done to all of our Year 4 children who have blown us away with everything they've achieved at [Robinwood Activity Centres](#) this week!

From rock climbing and canoeing to raft building and caving, the children have embraced every challenge with brilliant behaviour, fantastic teamwork and incredible determination. So many wonderful memories have been made, and we couldn't be prouder of them all!

I hope you are having the most amazing weekend everyone — you've certainly earned it!

Please head to our [Facebook Page](#) to see all of the photographs!











KS2 Summer Show 2026 - Silloth Rocks!

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!



School Uniform and PE Kits

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

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

THANK YOU

Uniform Expectations

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



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.



The Colour Run Is Back!

*The Friends of Silloth Primary School are delighted to announce that our **Colour Run** will take place on **Friday 22nd May** during Sports Day.*

The Colour Run will begin once the sports day races have finished, just as it did last year, and promises to be another fun-filled event for all involved.

*Children will be bringing home a **sponsor form**, although please note that sponsorship is optional and children do **not** need a sponsor in order to take part.*

*A **waiver form** has been sent via **ParentMail** and must be completed before the event.*

If you have any questions, please do not hesitate to get in touch.

*A huge thank you to the **Friends of Silloth Primary School**, who have organised and will be running this event.*

We can't wait to see everyone getting colourful!

COLOUR RUN

FRIDAY 22ND MAY

★ ON SPORTS DAY ★



The colour run will take place after sports day races have taken place like last year.



Your child will be bringing home a sponsor form but children do not need a sponsor to take part.



Please also fill out the waver form that will be sent out via parentmail.



If you have any questions please feel free to get in touch

LET'S
GET
COLOURFUL!

Organised and ran by
Friends of Silloth Primary School

Silloth Tennis Lessons



JUNIOR TENNIS COACHING
Fun • Skills • Confidence • Match Play

Silloth Tennis Club • Skinburness Courts

Mondays starting 20th April 2026

Ages: 5-16 Years

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

ALL LESSONS FREE
WITH £20 JUNIOR MEMBERSHIP

Rob Jefferson
07503 116867

Followed by adult social tennis 7pm onwards

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

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!**

-
- 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!
-

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!*

- *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!*
-

Find your nearest club: <https://www.ecb.co.uk/play/dynamos-cricket>



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.*
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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!



Rainbows & Brownies



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

Rainbows
Silloth
Tuesday 6pm to 7pm

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

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



Registered charity number: 306016

Join a local Rainbows group girlguiding.org.uk/joinus



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

Brownies
Silloth
Tuesday 6pm to 7pm

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

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



Registered charity number: 306016

Join a local Brownies group girlguiding.org.uk/joinus

Nursery and Reception Places Available for September 2026!

*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.



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.

The poster features a central image of a lighthouse on a rocky island, surrounded by numerous circular inset photos showing children engaged in various activities like reading, playing, and learning.



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

The poster features a large background image of the school's outdoor area with a wooden play structure and green lawn, surrounded by circular inset photos of children playing and learning.

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 for more
information or to make an appointment.

Visit our website for more
information
www.silloth.cumbria.sch.uk



Online Safety - Group Chats

*This week we are sharing Knowsley's latest **Online Safety Update for Parents and Carers**, which focuses on **Group Chats** – something many children use on apps, games and social media. The newsletter explains potential risks such as inappropriate content, bullying, strangers being added to chats, screenshots being shared, and the sharing of personal information. It also offers practical advice on privacy settings, age ratings and talking regularly with children about staying safe online. There is also some important information about **Roblox**.*

*We have also added the latest **Knowsley Online Safety Video** to our website. This month's theme is **Navigating Group Chats**, covering potential risks, dealing with peer pressure, and how children can use blocking and reporting tools.*

Please visit our [school website](#) to read the newsletter and watch the video.



Online Safety Newsletter

May 2026

FreezeNova (Unblocked games)

FreezeNova unblocked is a website that is free to access and contains a wide variety of games, including shooting, multiplayer and racing games. This site may bypass usual filters, making it easier for your child to access games that you may not want them to play. As there are a variety of games, not all games may be suitable for your child.

There is also FreezeNova Chat, allowing users to chat to their friends and meet new ones. Clearly there are concerns with any online chat facility as there is the potential to view inappropriate content, risk of bullying as well as grooming.

We could not locate any age ratings on this site and there are constant adverts. Childnet have a webpage providing advice on gaming and chat features here:

<https://www.childnet.com/help-and-advice/gaming/>

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

Group Chats

Is your child part of any group chats? This could be on social media, for example on WhatsApp or within games such as Fortnite. If so, it is important that you are aware of the potential risks, which include:

- **Inappropriate content** – there is often a lack of moderation within chat facilities so users could be exposed to content/language that is not suitable for their age.
- **Bullying** – there are many instances where inappropriate/hurtful comments are shared within groups, this could take the form of name calling or body shaming. Bullying can also be in the form of excluding others from the group. These issues often overspill into 'real life'.
- **Strangers** – your child could be added to groups with people they do not know or even with someone that they have previously blocked.
- **Conversations can be shared/screen shot** – make sure your child is aware that anything they share within a group can be shared with others.
- **Sharing personal information** – remind your child to be aware of the information they share with others, including images and location.



How can I help make group chats safer?

- Check the recommended age rating and adhere to them.
- Set up age-appropriate parental controls, suitable privacy settings and set screen time limits.
- On WhatsApp you can do a privacy check, by going to settings, privacy and privacy checkup.
- Show your child how to use any reporting and blocking tools.

What else can I do?

- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online.
- Talk about who they are chatting with, encourage them to think carefully about what they send and how it could be perceived by others. **Talk about positivity and not saying anything hurtful. Ask them to think about whether they would say what they are messaging, face to face.**
- Devices should be used in family rooms so you can monitor what they are doing and who they are interacting with.
- Finally, make sure to model good digital behaviour yourself, as children often learn by observing the adults around them.

Further information

<https://www.npscc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

Roblox - update

What is Roblox?

Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. **As a lot of the content is user generated, not all games will be suitable for your child to view/play.** If your child is playing Roblox, it is important to monitor what your child is accessing as well as set up appropriate parental controls. PEGI rate Roblox with a Parental Guidance recommended label, this is because it is a platform of individual, user generated games.



New Age-Based Accounts

From next month, Roblox will introduce two new age-based accounts: Roblox Kids for users ages 5 to 8 and Roblox Select for users ages 9 to 15. Roblox Kids Accounts (ages 5-8) will be limited to games with a 'Minimal or Mild' content maturity label and all communication is disabled by default. Roblox Select accounts (ages 9 to 15) will be limited to games with content maturity labels up to and including 'Moderate'. By default, Experience Chat is ON and Direct Experience Chat is OFF. The differences in chat are outlined here: <https://about.roblox.com/safety-by-age>

Parental Controls

As part of parental controls, you can manage content ratings, communication, screen time, and spending limits as well as see which games your child is playing on and who their friends are. Roblox are extending these controls to allow you to:

- Block specific individual games (to age 15).
- Manage direct chat settings (to age 15).
- Approve access to specific games.

It is important to regularly monitor what your child is playing on Roblox and who they are interacting with, even if you have parental controls set up. You can find out more about the new accounts and parental controls here:

<https://about.roblox.com/newsroom/2026/04/introducing-roblox-kids-and-select-accounts>

Further information

<https://www.roblox.com/magazine/roblox-releases-updated-parental-controls-and-age-appropriate-experiences/>

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Screen time guidance for under 5s

The Government now advise limiting screen time for young children. They advise avoiding screen time for under 2 years and to try to keep it to less than 1 hour a day for 2-5 years. Best Start for Life have published an article outlining what content is better, how your own screentime affects your child and how screentime can affect your child's development. Find out more here:

<https://beststartinlife.gov.uk/screen-time-under-5s/>

Do you know what 'looksmaxxing' is?

It is the idea of improving and maximising your looks. Internet Matters have published this article, which provides more information on this topic and outlines the risks (including links to the manosphere):

<https://www.internetmatters.org/hub/news-blogs/what-is-looksmaxxing-online-safety-guidance-for-parents/>

PEGI is expanding their age ratings

From June, PEGI is adding new categories. "Newly submitted games will be classified with a broader set of criteria that will focus on content and functionality, such as purchases of in-game content, paid random items, communication features, and features that incentivise players to continue playing." Find out more here:

<https://pegi.info/news/pegi-expands-age-rating-criteria-interactive-risk-categories>

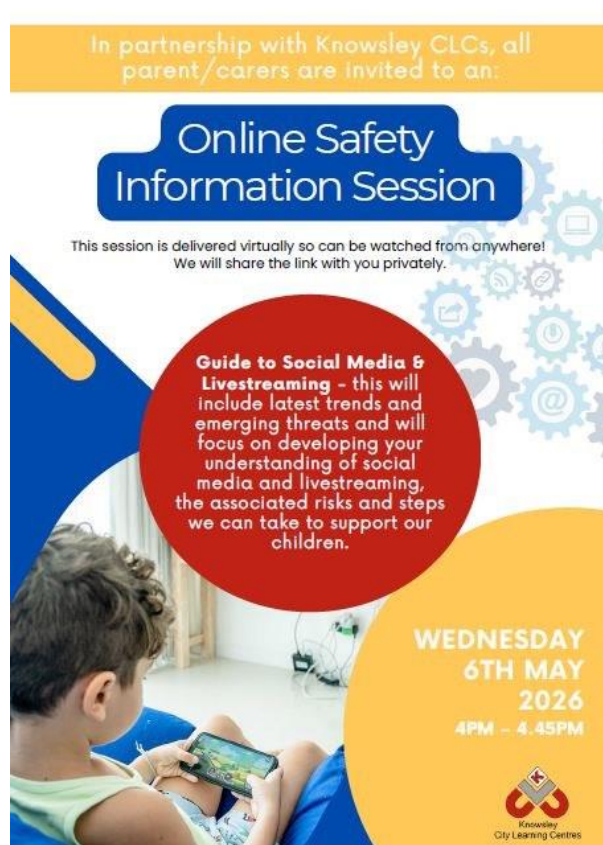
Parent/Carer Information Session – Social Media & Livestreaming - Recording!

Please find below the link to the recording and presentation of the Parent/Carer session that took place last week

<https://drive.google.com/drive/folders/12UqzMQhBnYjiCF9m0pD6lv05MU7tCTz4>

A copy of the video has also been embedded on Knowsley's website for those who would prefer to watch it via a browser:

<https://www.knowsleyclcs.org.uk/online-safety-parent-carer-session-may-2026/>



In partnership with Knowsley CLCs, all parent/carers are invited to an:

Online Safety Information Session

This session is delivered virtually so can be watched from anywhere!
We will share the link with you privately.

Guide to Social Media & Livestreaming - this will include latest trends and emerging threats and will focus on developing your understanding of social media and livestreaming, the associated risks and steps we can take to support our children.

**WEDNESDAY
6TH MAY
2026
4PM - 4.45PM**

Knowsley
City Learning Centres

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.

Eco-Champions - Assembly postponed until Monday!

Parking on School Lane and in the school carpark

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

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

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



Silloth Share & Support



Silloth Share & Support

Need support?
email us on...
silloth_hub@yahoo.com

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:

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

Chance Camp



Keep your child Active, Confident,
Smiling & Healthy in 2026

WWW.CHANCECAMP.CO.UH



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	

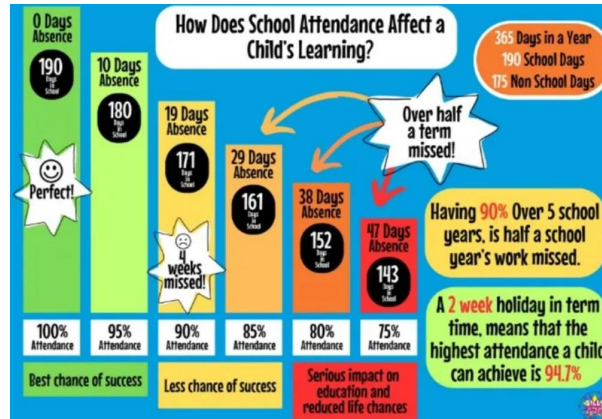


SCAN TO BOOK
Ages 4 - 14. DBS checked
& fully qualified coaches

FLEXIBLE BOOKING SYSTEM IN PLACE

Attendance Champions! - Assembly postponed until Monday!

Attendance Reminders...



PENALTY NOTICE FINES FOR SCHOOL ATTENDANCE IS CHANGING

- #### 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
- #### 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
- #### THIRD OFFENCE AND ANY FURTHER OFFENCES (WITHIN 3 YEARS)

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

10 SESSIONS (5 DAYS) OF UNAUTHORISED ABSENCE IN A 10-WEEK PERIOD
Penalty Notice Fines will be considered when there has been 10 sessions of unauthorised absence in a 10-week period

Ref: DfE Working Together to Improve School Attendance document

Punctuality Matters

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

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

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

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

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

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

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



NHS Virtual Clinics

Self Esteem Low Mood Bullying Behaviour Toileting Sleep

Virtual Clinics for children aged 5-11 Years NHS Harrogate and District West Foundation Trust

Emotional Health & Resilience Clinic Ring or email to book a consultation on 0300 304 9029 hdfd.spoc@19cumberland@nhs.net

School Nurse Clinic

We can help your child feel heard, build resilience, and grow with confidence if they are struggling emotionally.

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.







Anger Anxiety Worry Diet Development

Cycling & Scootering to School – A Reminder about Road Safety

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

Key Road Safety Rules for Cyclists

-  Always wear a properly fitted helmet.

-  Ensure bikes are roadworthy with working brakes and lights.
 -  Use cycle paths where available and keep to the **left-hand side** of the road.
 -  Look carefully before turning or crossing a junction and signal clearly with hand signals.
 -  Obey traffic lights, road signs, and crossings.
 -  Stay visible by wearing **bright or reflective clothing**.
 -  Never cycle more than two abreast, and ride in single file on narrow or busy roads.
 -  Avoid distractions such as headphones or mobile phones.
 -  Do not ride on pavements unless a shared cycle path is clearly marked.
 -  Be cautious around parked cars – check carefully before moving out into the road.
-

On the School Grounds

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

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



Stars of the Week! - Assembly postponed until Monday!

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 11.5.26

Monday - Pork Meatballs & Gravy with Pasta

Tuesday - Sweet & Sour Chicken Goujons with Rice

Wednesday - Roast Chicken with Vegetables

Thursday – Cod Goujons & Potato Waffles

Friday – Pork Sausages & 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.



New Menu - Coming Soon!



Times Table Rockstars of the Week! - Assembly postponed until Monday!

Names in clothes, please!

Names in Clothes, Please!



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

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

It makes life much easier for everyone and helps lost clothes get back home safely.

Thank you for your help!

Be Ready For The Weather!

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

Don't Forget Your Coat!

Bring a coat to school every day.



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

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

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

What are the benefits of walking to school?

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

What if we can't walk to school?

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

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

What is a WOW badge?

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

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

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

livingstreets.org.uk/recycling

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.



Our Mission Statement

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

Our Vision

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

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

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

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

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

Contact Us

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

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