



Silloth Primary School Newsletter

06.02.2026

~ 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 February

A message from Miss Mounsey...

It has been another busy and successful week across school, and I would like to take this opportunity to recognise the hard work and commitment shown by both pupils and staff. There has been a real sense of focus and enthusiasm for learning, particularly around our whole-school priority of developing writing.

Across all classes, children have been working hard to improve their writing skills, demonstrating greater confidence, creativity and pride in their work. It has been wonderful to see pupils engaging with a range of writing opportunities, carefully developing their ideas and applying key skills taught in class. Staff have worked collaboratively to ensure a consistent approach to writing across the school, and the progress being made is already clear.

*This week, we were delighted to welcome **Alyx Murdoch from Solway STEM**, who led an engaging whole-school assembly followed by a series of practical workshops in classes. These sessions provided exciting opportunities for pupils to explore scientific thinking and problem-solving, and the children thoroughly enjoyed the hands-on activities. Please take a look at our Facebook page to see photos from the visit.*

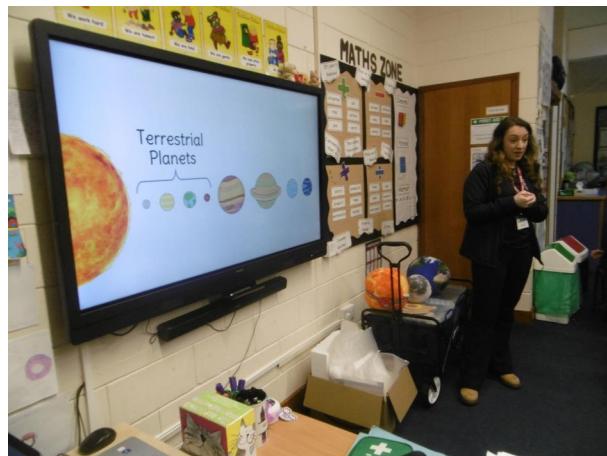
*Year 5 also had a fantastic opportunity to take part in a Technology Day at **Solway Community School**, where they enjoyed working with new equipment and developing their technological skills, while exploring Pop Art!*

Meanwhile, Year 1 have been busy being scientists, investigating different materials to test whether they are waterproof. The children showed great curiosity and enthusiasm during their investigations.

*Looking ahead, we are making some very exciting arrangements for **Tell a Fairy Tale Week**, which will take place after half term. This will link closely with our focus on writing and will give pupils creative and imaginative opportunities to develop their storytelling skills. More details will follow soon, so please keep your eyes peeled.*

Thank you, as always, for your continued support.

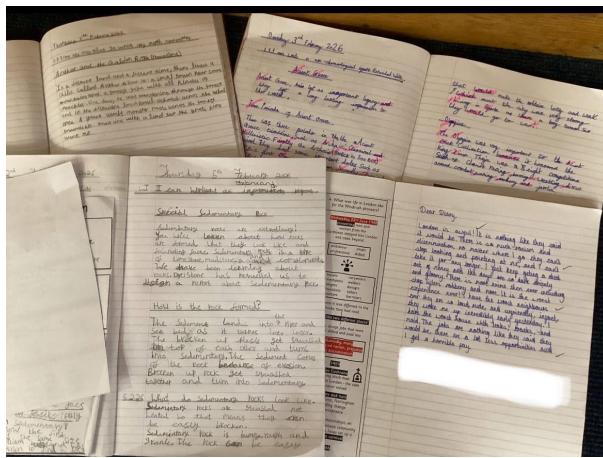












Diary Dates

Monday 9th February & Tuesday 10th February - Nursery Parents' Afternoon (Appointment times sent via ParentMail)

Monday 9th February & Tuesday 10th February - Reception - Year 6 Parents' Evenings (Appointment times sent via ParentMail)

Friday 13th February - Finish for the Half Term holidays at 3:05pm

Monday 23rd February - Back to school!

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!

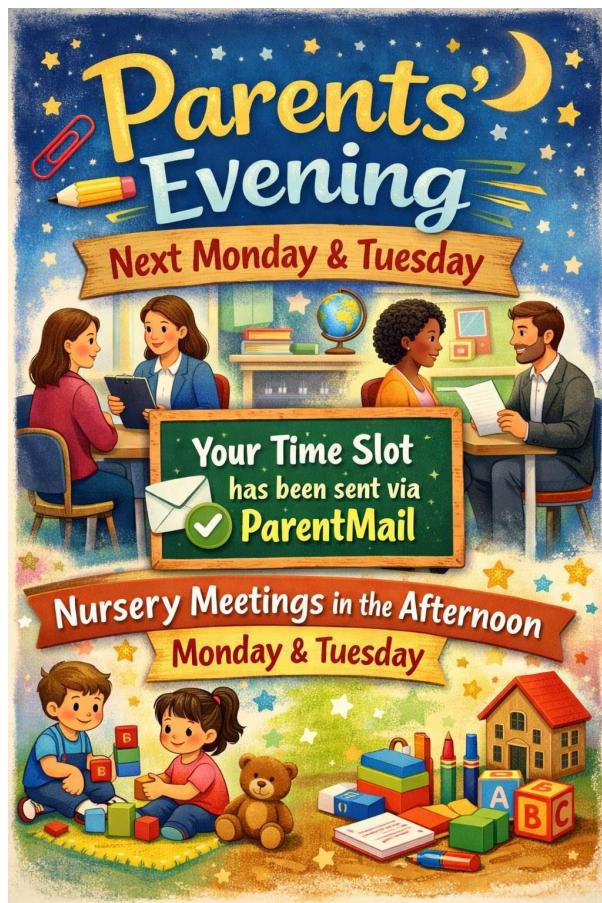


Parents' Meetings

Parents' Evening next Monday and Tuesday provides an opportunity to meet with your child's class teacher to discuss their progress and learning. This is in addition to the other

opportunities throughout the year, including the Autumn and Summer Term Open Days and discussions following the end-of-year report.

We look forward to seeing you there!



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!



Eco-Champions!

A huge well done to our fantastic School Councillors, who are taking their role as Eco-Champions seriously!

Each week, our councillors work on a rota, with two members checking classrooms every day to make sure we are all doing their bit to look after our planet. They check that:

Lights are switched off when classrooms are not in use

Screens and laptops are not left on unnecessarily

Red and green bins are being used correctly for recycling

All of these checks are added up, and the class with the most ticks at the end of the week receives a special Eco award!

This week's Eco-Champions of the Week are Year 3!

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



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.



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

Mental Health Week 2026

We are pleased to let you know that next week our school will be taking part in Children's Mental Health Week 2026. This year's theme is 'Belonging'. Across research, school belonging is entwined with wellbeing-socially, emotionally and academically. It acts as a key protective factor that helps children face challenges, stay engaged with their learning and develop positive relationships. During the week, children will be taking part in various class-based activities focused on feeling accepted, valued and connected within our school community. These activities are designed to support emotional wellbeing, encourage kindness and help the children understand that everyone deserves a place where they feel like they belong. We look forward to sharing this important week with the children and will

keep you updated on what they explore and learn. Keep an eye out on our Facebook page for tips to support mental health and wellbeing at home!

Thank-you for your continued support, Miss. Banks



Attendance Champions!

A huge well done Reception who achieved 91% attendance this week!

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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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.



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!



February Half Term – Holiday Activities and Food (HAF) Programme

*This February half term, an additional **Holiday Activities and Food (HAF)** programme will be running across Cumberland. Activities went live for booking at 7am on Monday 26 January.*

*The HAF programme provides **fully funded holiday activities and food** for children and young people who are eligible for **means-tested free school meals**, as well as other groups identified by **Cumberland Council**, including:*

- *Children who are cared for or care experienced*
 - *Young carers*
- *Children or young people on a resettlement scheme or seeking asylum*
 - *Home-educated children*

- *Children and young people classed as SEND or with an EHCP (up to the age of 18), who are not in receipt of free school meals*

*A wide range of activities is available, and family trips to **Walby, Dalscone, and Greenland Farm** are currently being finalised. These trips will be facilitated by **Cumberland Family Hubs**, added to the booking site later this week, and will be **free for all family members**.*

If you feel your child does not meet the eligibility criteria but would benefit from taking part, you can contact HAF@cumbria.gov.uk to discuss alternative booking options.

The full Cumberland HAF offer can be viewed here: [Eequ · After school. In place of school. Beyond school.](#)

For more information about the HAF programme and eligibility, please visit: [Holiday Activities and Food Programme - Schools Consultation – Fill out form](#)



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 9.2.26

Monday - Pork Meatballs, Pasta & Gravy

Tuesday - Sweet & Sour Chicken with Rice

Wednesday - Roast Chicken & Yorkshire Pudding 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.



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!



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.



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.



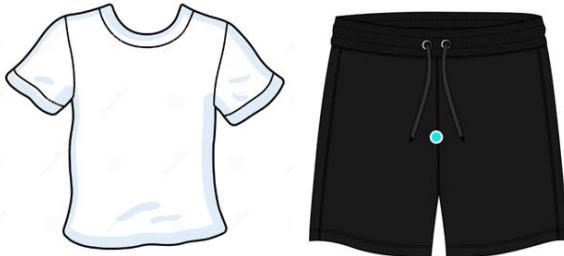
PE Kit Expectations

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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