



Silloth Primary School Newsletter
13.3.26

~ 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 13th March

A message from Miss Mounsey...

*Another busy – and very quick – week has flown by! Despite the stormy weather we experienced, it has been wonderful to see that our **smiles have stayed bright across the school.***

*It was lovely during our celebration assembly to hear the many reasons why our children were chosen as **Stars of the Week**. We are so proud of the way pupils continue to push themselves with their learning, show kindness and respect to others, and begin to believe more in their own abilities. These qualities make our school such a positive and supportive place to learn and grow.*

*We now have **just two more weeks until the holidays**, and there is still lots to look forward to before the end of term. I am already feeling very **egg-cited** about our upcoming **Easter Egg-stravaganza!** This is always a highlight of the term and a fantastic opportunity for children to get creative and have fun together.*

*We would also like to share some wonderful news and send **huge congratulations to Miss Brown and her family**, who welcomed a **healthy baby boy last week**. We are delighted for them and send our very best wishes to the whole family!*

*Next week we also have the **FOSPS Easter Bingo**, which is always a brilliant community event. There are **still a few tickets left**, so please don't miss out if you would like to join in the fun!*

Thank you, as always, for your continued support. Wishing everyone a wonderful weekend.



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 - 5pm

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 - 5pm

Friday 22nd May - Sports Day

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

Monday 1st June - Back to school!



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.



Mental Health and Wellbeing at Silloth Primary

We would like to say a **huge thank you** to the **Friends of Silloth Primary School** for their generous donation, which has helped us purchase a selection of books recommended by **EmpathyLab**. These books will support our work in encouraging important conversations about **mental health and wellbeing** in our classrooms.

Each year, EmpathyLab produces a list of books that aim to **develop, activate and celebrate the power of empathy and kindness**. Through powerful stories and characters, these books help children explore emotions, understand others' perspectives and develop compassion.

The books will also support the **National Year of Reading**, helping to inspire pupils to develop a **love of reading** while exploring important themes around wellbeing, kindness and understanding.

We are incredibly grateful to the **Friends of Silloth Primary School** for their continued kindness and commitment to supporting our pupils' **learning, wellbeing and love of reading**.



Easter Egg-travaganza!

We are excited to announce that on the **last day of term, Friday 27th March**, we will be holding our annual **Easter Egg-stravaganza!**

Children are invited to take part in several egg-citing activities:

 **Easter Bonnet Parade** – Children are invited to create and decorate their own **Easter bonnet** at home to wear in our whole-school parade. We can't wait to see your creative designs!

 **Storybook-Themed Egg Decorating Competition** – As this year celebrates **The National Year of Reading**, children are invited to decorate a **boiled egg inspired by a favourite storybook character**. Easter eggs to be won! Some fun ideas could include:

- *The Gruffalo*
 - *Harry Potter*
 - *The Very Hungry Caterpillar*
 - *Paddington Bear*
 - *The Cat in the Hat*
 - *The BFG*
-

Children are also invited to bring **one extra hard-boiled egg** to take part in “**Silloth’s Biggest Egg Dump!**” – a much-loved and very egg-citing tradition! Easter eggs to be won!

And who knows... *I wonder if there will be a special guest appearance from the Easter Bunny this year?*

We look forward to a fun-filled and creative end to the term!



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

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.

Up to 2hrs/day (M T W T F S S)

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

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



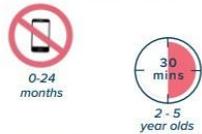
Accepted by NHS England Mental Health Leads



'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.'



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.

6 to 10 years

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*

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.*

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

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.**

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

“Be Wise, Immunise” Campaign

Schools have been asked by Public Health to help share this important message with families by displaying the video on screens in reception areas, dining halls, or other communal spaces where possible.

Parents and carers can watch the video here:

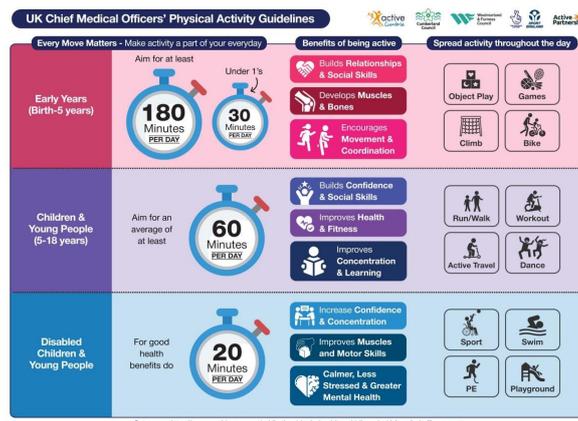
<https://vimeo.com/1161490964?fl=tl&fe=ec>

You may also have seen recent national coverage and webinars regarding the **Schools White Paper** and proposed **SEND reforms**. The Department for Education has identified the Local Authority as the “Convenor” for these reforms, and further information will be shared with families as it becomes available.



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.



Easter Holiday Activities and Food (HAF) Programme

The Easter Holiday Activity and Food (HAF) programme launched on Wednesday 4th March. HAF provides funded holiday activities for children and young people in receipt of means tested free school meals and other groups identified by Cumberland Council, these include:

- Cared for or care experienced.
- Young carers.
- Child or young person on a Resettlement Scheme or seeking asylum.

· Home educated.

· Child or young person who is classed as SEND or on a EHCP but not on free school meals, up to the age of 18.

If you are working with a child that does not meet the eligibility criteria but would benefit from attending an activity, please contact HAF@cumbria.gov.uk to discuss booking options.

We have a wide range of activities taking place including family trips to Walby Farm Park and Greenland's Farm facilitated by our Family Hubs, these launched on Monday 9th March.

The Cumberland offer is available to view here: [Cumberland HAF](#) · [Eegu](#) To find out more about the HAF programme and eligibility visit: [Holiday activities and food \(HAF\) programme](#) | [Cumberland Family Hubs](#)



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).
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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!



HEALTHY PACKED LUNCH POSTER
Eat Well • Feel Great • Learn Better!

Your Packed Lunch Should Include:

Starchy Food (1 Portion) Bread, wraps, rolls, pasta, rice, couscous, or potatoes.	Fruit & Vegetables (At Least 1 Portion) Fresh, dried, tinned or frozen.	Healthy Drink • Water is best! • Milk or 100% fruit juice.
Protein Lean meat, fish, beans, pulses, or hummus.	Dairy Cheese, yogurt, or milk dessert.	Healthy Drink • Water is best! • Milk or 100% fruit juice.

Please DO NOT Bring:

X Chocolate bars or sweets	X Fizzy or energy drinks	X Nuts or Nut Products Nut-Free School
X Nuts or Nut Products Nut-Free School	X Eggs or Egg Products Egg-Free School	X Hot Food in Flasks No Hot Food

Thank You For Helping Keep Our School Healthy & Safe!

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.

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.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!

A huge well done to Year 1 who won the attendance award this week with 97%!

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.



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 16.3.26

Monday - Pork Meatballs, Pasta & Gravy

Tuesday - Sweet & Sour Chicken with Rice

Wednesday - Roast Chicken & Yorkshire Pudding with Vegetables

Thursday – Fish Goujons & Potato Waffle

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!

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 5 and Year 1!

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)***
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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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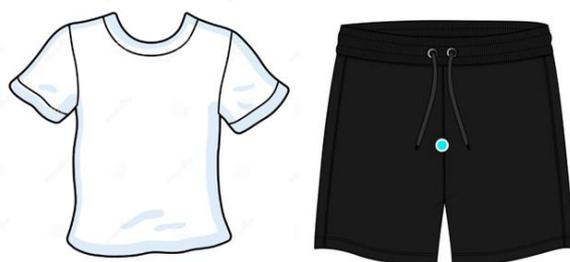
PE Kit Expectations

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.

Silloth Primary School

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