



Silloth Primary School Newsletter

15.2.26

~ 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 February

A message from Miss Mounsey...

The first half of the spring term has flown by, and there are already lovely signs of the new season around us. The daffodils are beginning to bloom, bringing a cheerful splash of colour and a reminder that brighter days are ahead. Thank you to all parents and carers who attended our recent Parents'/Carers' Evenings. These opportunities to meet together are

incredibly valuable, allowing us to celebrate each child's achievements, discuss next steps, and strengthen the partnership between home and school that helps every pupil succeed.

Reception enjoyed a fantastic trip to Silloth Co-op this week, where they bought ingredients for pancakes and then returned to school to make them. Experiences like this bring learning to life, building independence, confidence and real-world skills alongside lots of fun.

We have also marked Children's Mental Health Week, focusing on the theme of Belonging. As part of this, children took part in Pupil Voice activities. Pupil voice is vital because it empowers children to share their ideas and feelings, helping them feel heard, valued and involved in shaping their school community. Following a whole-school questionnaire, we were delighted that the vast majority of pupils said they feel they belong, feel cared for, and have friends to play with. They shared that kindness, friendship, engaging lessons, supportive adults, playtimes, reading areas, rewards and story time all help them feel happy and safe in school.

Children also suggested ideas to make school even better, including more opportunities to mix with different classes, quiet spaces, creative time and additional playground activities. In response, we will be introducing a Day of Play in the summer term, Chill and Choose Thursdays in Year 6, and new playground challenges designed by Year 6 to promote teamwork and inclusion.

A gentle reminder that all children should attend school in full, correct uniform each day, including appropriate footwear. Further information below. Wearing uniform helps children feel part of our school community and ready to learn, and we appreciate your continued support with this.

To begin our Year of Reading celebrations, we are thrilled to welcome storyteller Ian Douglas on the first day back, including a special family session after school. We also look forward to celebrating World Book Day later this term.

It's been a fantastic start to term, and we are so proud of the hard work, enthusiasm and achievements we see every day. Have a wonderful half-term break.



Diary Dates

Monday 23rd February - Back to school!

Monday 23rd February - Family Storytelling Event with Ian Douglas! 3:20pm

Thursday 5th March - World Book Day 2026!

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!



After-School Family Storytelling Event - Celebrating The Year of Reading

After-School Family Storytelling Event –

*As part of our special celebrations for The Year of Reading, we are delighted to invite families to one of our featured events — an **After-School Family Storytelling Experience**.*

Time: 3:20 – 4:15pm

Location: School Hall

Theme: Stories Bring Families Together

Featuring storyteller Ian Douglas.

Join us for a magical storytelling performance designed for all ages. This interactive session will bring stories to life as families help create a live tale together. Children will be invited to share their ideas, spark their imagination, and become part of the storytelling adventure.

We look forward to welcoming you for an afternoon of creativity, laughter, and shared stories as we celebrate the joy of reading together.

This will follow a full day of the whole school enjoying the magic of storytelling with Ian.

Special 'thanks' to The Friends Of Silloth Primary School for funding this special event.



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Safer Internet Day 2026

Online safety starts with conversation.

Helpful tips & guides for families:

<https://saferinternet.org.uk/.../top-tips-for-parents-and...>

<https://www.nspcc.org.uk/.../artificial-intelligence.../>

<https://parentzone.org.uk/article/ai-chatbots>

<https://www.nspcc.org.uk/.../artificial-intelligence.../>

<https://www.unicef.org/.../digit.../how-approach-ai-children>

<https://lgfl.net/safeguarding/safer-internet-day>



Online Safety Newsletter ➔ Safer Internet Day

Established by the UK Safer Internet Centre (UKSIC), Safer Internet Day (SID) is celebrated around the world. This year, on Tuesday 10th February 2026, it will be celebrated with the theme:

'Smart tech, safe choices – Exploring the safe and responsible use of AI'

UKSIC Resources

As usual, the UKSIC have created some fantastic resources, which includes top tips, help and advice and quizzes to help you start a conversation with your child. Find out more here:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

What is AI and is it safe?

Internet Matters has a wealth of information on their website about AI, including is it safe for children to use, privacy and data considerations, examples of popular tools and the risks that you should be aware of. You can access this information here:

<https://www.internetmatters.org/advice/by-activity/using-artificial-intelligence/what-is-ai-artificial-intelligence/>

AI Chatbots

Parent Zone have published an article highlighting what you need to know about chatbots, and the growing role of artificial companions. The article discusses what an AI friend is, the minimum age rating for using a chatbot, the appeal and the risks of AI friends as well as what you can do if your child is using them. You can access it here:

<https://parentzone.org.uk/article/ai-chatbots>

AI Tips from the NSPCC

This article from the NSPCC introduces AI tools and discusses what AI generated content is. It also includes tips on how to support your child to use AI safely. Read the article here:

<https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents/>

Parenting in the AI age

UNICEF have published an article discussing how to approach AI with your child. It discusses how AI can help promote learning as well as some of the dangers. You can find the article here:

<https://www.unicef.org/parenting/digital-parenting/how-approach-ai-children>

Resources for Parents and Carers from London Grid for Learning (LGfL)

LGfL have several resources on their website in support of SID, including a video about what children are being exposed to online with generative AI tools. You can find the resources here:

<https://lgfl.net/safeguarding/safer-internet-day>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 1.2.26.

Parents' Meetings

Thank you to all the parents and carers who joined us for our Parents' Evenings. It was lovely to meet with you and share your child's progress. We really appreciate your time and support!

Thank you to everyone who has already completed the Parent/Carer survey. If you haven't yet had a chance, please follow the link sent via ParentMail to take part.



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!

This week's Eco-Champions of the Week are Year 2!

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.

Reception – Pancake Fun!

This week Reception read Mr Wolf's Pancakes, a story about a wolf who tries to make pancakes all by himself after his neighbours refuse to help him!

As it's nearly Shrove Tuesday, they made their own pancakes. They wrote a shopping list, visited the Co-op for ingredients, and then mixed and cooked their delicious pancakes the next day. The children loved choosing their toppings and eating them!

They also made playdough pancakes and practised tossing them while learning the rhyme "Catch it if you can!"

A fantastic week of learning and pancake fun!

I'm just wondering... where did my pancake go?!

A special 'thank you' to Silloth Community Store for welcoming us to do our shopping!





















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

*WOW! What a brilliant time we have had participating in **Children's Mental Health Week 2026**. We have thought about the importance of feeling safe, valued, and connected, with a special focus on belonging. Throughout the week, children have taken part in activities that encourage kindness, teamwork, and sharing their feelings, helping everyone understand that it's okay to be themselves. By celebrating our differences and supporting one another, we create a school environment where every child feels included, respected, and proud to belong.*

We ended the week with a dedicated assembly to Belonging, where each class showed the rest of the school what they had discussed. It filled our hearts up to watch the children

showing so much kindness and respect to one another and we are incredibly proud of them all and to be part of our school community!



Children's Mental Health Week

Safe share belong care
kindness This Is My Place welcome

Belonging means feeling safe, accepted
calm and valued just as you are. happy

included accepted
together valued
heard noticed

Everyone deserves a place where they belong

5/8

WHAT CAN I DO AS A PARENT OR CARER?

- Take time during the week to talk with your child about how they're feeling.
- Use the theme of belonging to explore where they feel safe, valued and included.
- Listen without judgement and reassure them that all feelings are okay.
- Look out for changes in mood or behaviour and check-in gently. ²⁸
- Share the week's messages at home and keep conversations going beyond the week. ²

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

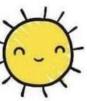


Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."



Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.



Encourage journaling and diaries.

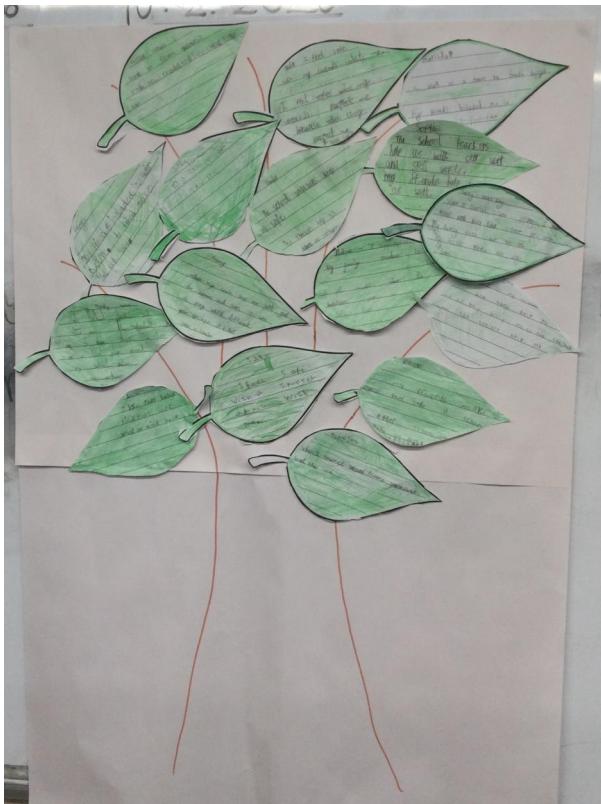
Encourage your child to focus on the moment.

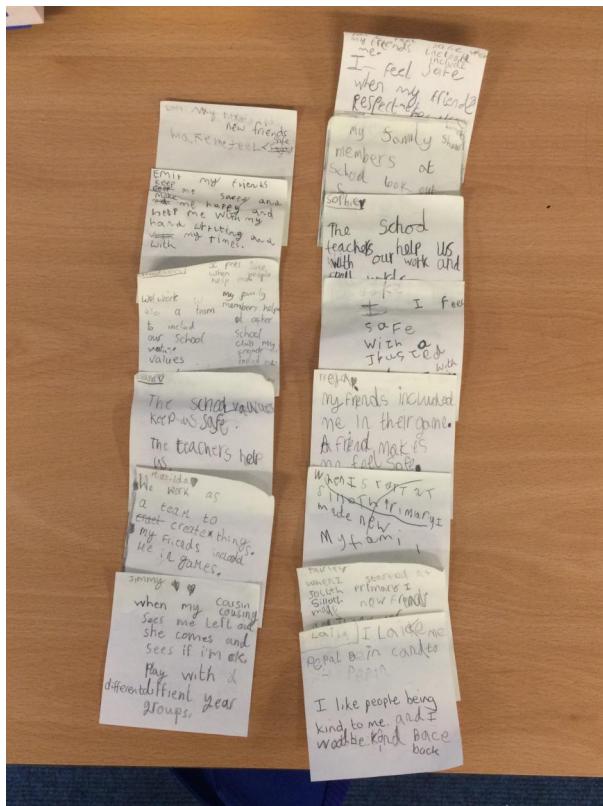
Establish self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.











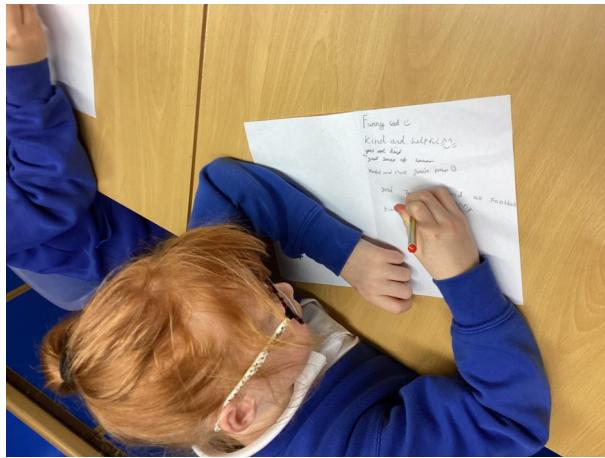


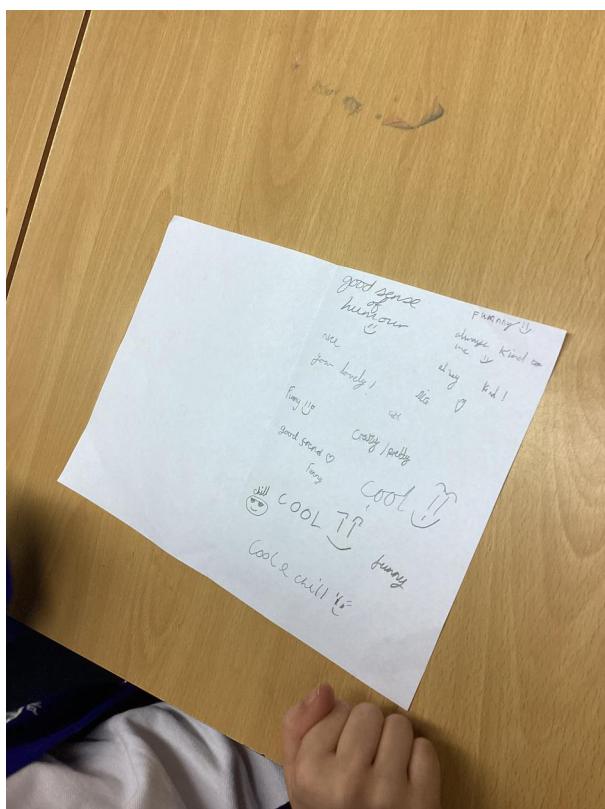
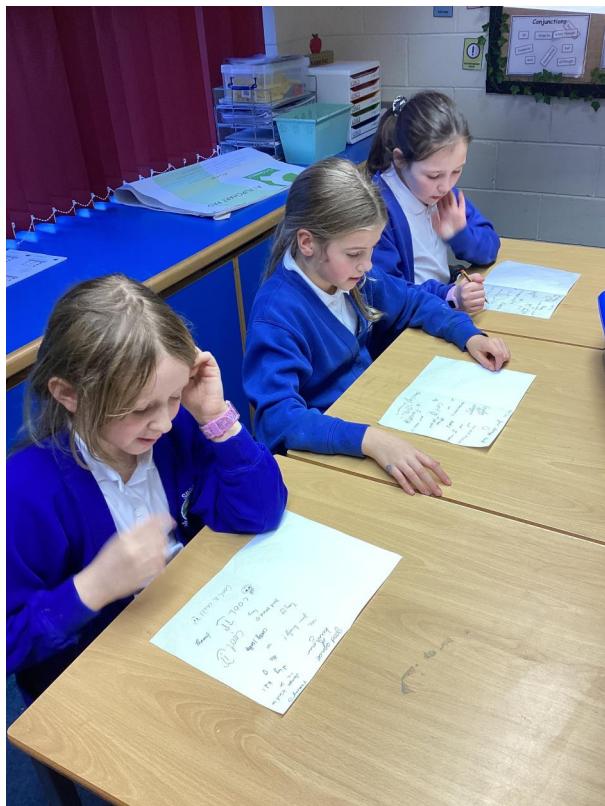


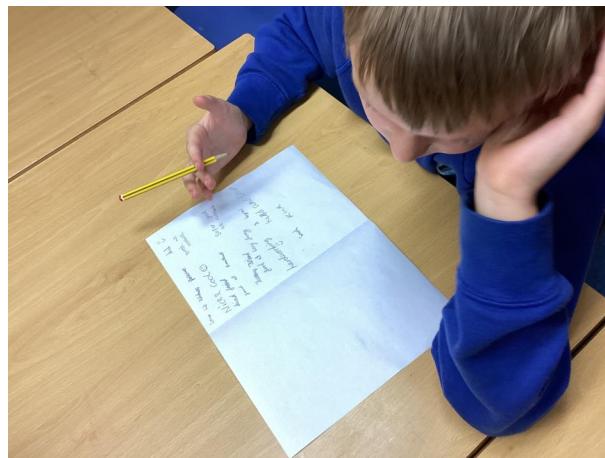


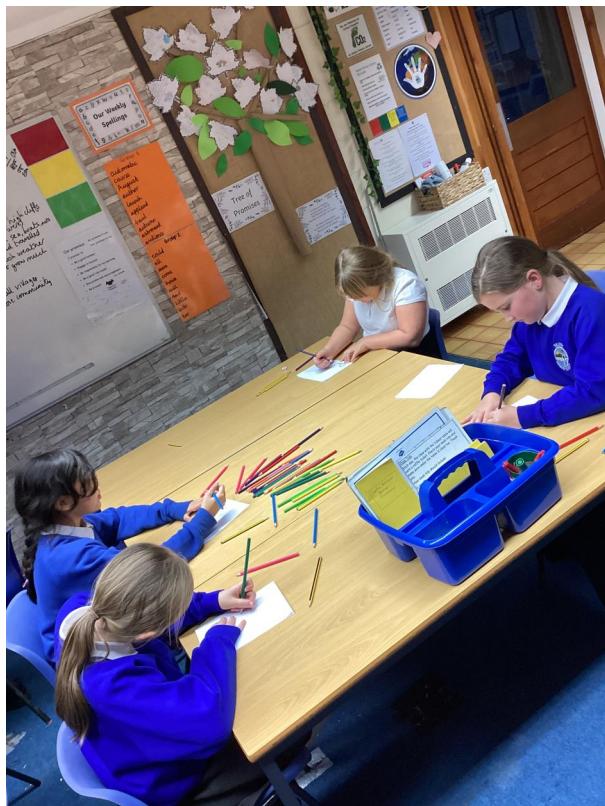












Attendance Champions!

A huge well done Reception who won the attendance award this week!

A huge 'WELL DONE' to Reception who won this half term's attendance race! They will enjoy their treat after the half term break!

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.

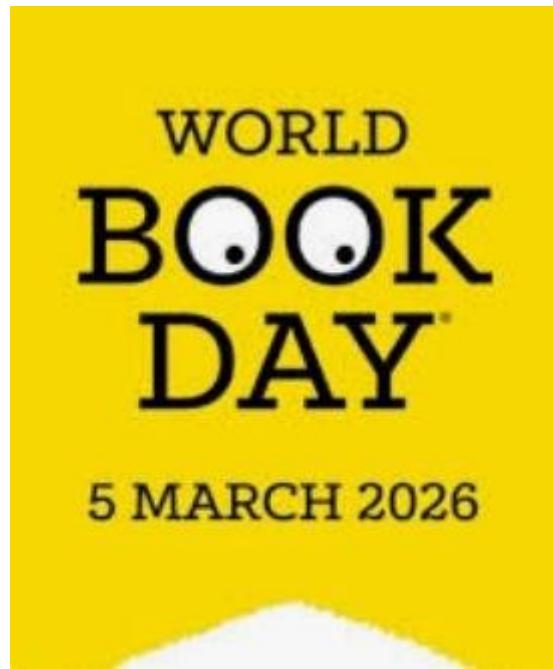


World Book Day 2026

World Book Day 2026 takes place on **Thursday 5 March**. This annual celebration promotes reading for pleasure and gives every child a £1 book token to exchange for a free book of their choice.

This year's campaign, "**Go All In on Reading**," supports the National Year of Reading 2026 and aims to inspire more children than ever to discover the joy of books.

To celebrate, children — and staff — are invited to dress up either as a favourite book character or in their comfiest reading outfit!



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 23.2.26

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!

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.



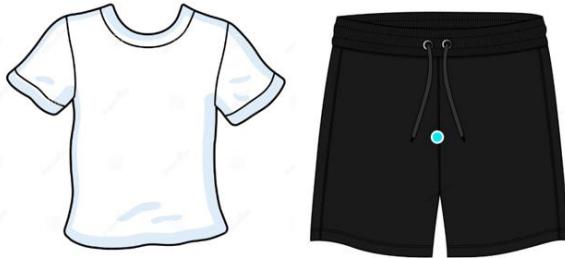
PE Kit Expectations

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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