



Silloth Primary School Newsletter

Friday 12th September

It has been wonderful to see our school community settle so quickly into the new term. Our first full week back has been a real success, with classrooms full of energy, curiosity, and lots of smiling faces. The children have already got back into the routines of school life, and the building has been buzzing with purposeful learning.

This week, our Year 5 children took part in Bikeability, building confidence and learning essential skills for cycling safely on the road. Our Year 4 pupils also enjoyed a taster session, giving them a flavour of what's to come next year. These opportunities are such an important part of helping our children to develop independence and responsibility in the wider world.

*Saturday marks World First Aid Day, and we have spent time this week thinking about the importance of first aid and how anyone – young or old – can play a part in helping others. The children enjoyed discussing simple ways they could help in everyday situations, and it was a perfect opportunity to reflect on one of our core school values: **Safety**.*

Looking ahead, we are excited to launch our after-school clubs next week (please remember to check your ParentMail for instructions on payment, which needs to be received before Tuesday:

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- **Football (Y4–6)** with Carlisle United – Tuesday
 - **Football (Y1–3)** with Jackson Slack – Wednesday
 - **Lego Club** with me – Wednesday & Thursday
-

Please keep an eye on ParentMail for all further details and updates.

*We are also delighted to share that the **Friends of Silloth Primary School** are busy planning a **Halloween Disco** at Silloth Rugby Club – more details below! They have also launched their **50/50 Club**, a fun way to support the school and be in with the chance of winning a cash prize each month.*

It has been a brilliant start to the year, and I am so proud of how our children have settled back in. Wishing you all a lovely, restful weekend!





50/50 club

1st prize £TBC

2nd prize £TBC



Prize money will be decided once we know how many numbers have been sold. The more numbers we sell the bigger the prizes!!!!

Everyone will be notified prior to the first draw.
50% of the money will be used towards prizes and
50% will go to Friends of Silloth Primary School.

The draw will take place on the first 24th of the October and then the 24th of each month going forwards.

The money raised from this is to go towards treats
for all the Children in school.

How it works

Each person pays £6.00 for draws (October 2025 to March 2026 only £1.00 per month) and is allocated a number, then once a month we will pick 2 numbers through a number generator for 1st and 2nd place.

If this is something you would like to be part of, please hand the money in a sealed envelope along with your name and telephone number and hand it back to:

- Silloth Primary School Office
- Or you can do via Paypal to nicolahenderson22@hotmail.com
(Please use Friends and Family for this and add a contact number to the notes)

Closing date for numbers is: Friday 17th October 2025

Silloth Primary School
'Where Children Come First!'
SILLOTH PRIMARY SCHOOL
2025/2026

Is your child looking to start
Nursery in January or April
2026?

We can take Nursery children, the
term after their 3rd birthday!
The application processes to apply
for next year's places are now open!
We can offer individual appointments
for parents to come and see for
yourselves what makes our school so
special.

The deadline for January 2026 Nursery starters is 26.9.25 and the deadline
for April starters is 15.1.26. 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

Diary Dates

Tuesday 30th September - Year 6 @ REACT Science Show

Thursday 9th October - Harvest Festival @ Christ Church- 1:15pm

Monday 13th October - Nursery Stay & Play Morning

Monday 13th October - Reception - Year 6 Open Afternoon 2pm - 5pm

Wednesday 15th October - Individual and Family School Photographs

Wednesday 22nd October - Nasal Flu - Reception - Year 6

Friday 24th October - Finish for Half Term - 3.05pm

Friday 24th October - FOSPS Halloween Party @ Silloth Rugby Club

Monday 27th October - Friday 31st October - Half Term!

Monday 3rd November - Back to school



Harvest Festival 2025 - Silloth's Harvest Basket!

We would like to welcome you all to join us for our Harvest Festival on Thursday 9th October at Christchurch, 1.15pm. Our children will be taking you on a journey through the different symbols of harvest, alongside singing all of our harvest favourites!

This year we are looking to support our local food bank and any donations would be greatly appreciated. Please drop them in at the school entrance!

We hope to see you all there!



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 8.9.25

Monday – Meatballs, Pasta & Gravy

Tuesday - Creamy Chicken Korma & Rice

Wednesday - Roast Chicken, Vegetables & Yorkshire Pudding

Thursday – Cheese and Tomato Pizza

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.



Football Success!

Congratulations to all of our Year 5 footballers who played with passion and dedication at our first Solway Cluster sports tournament today – they really made us proud. One of our children was also awarded a certificate for demonstrating the School Games Value 'Determination'.

Thank you to our staff and volunteers for accompanying our children today!



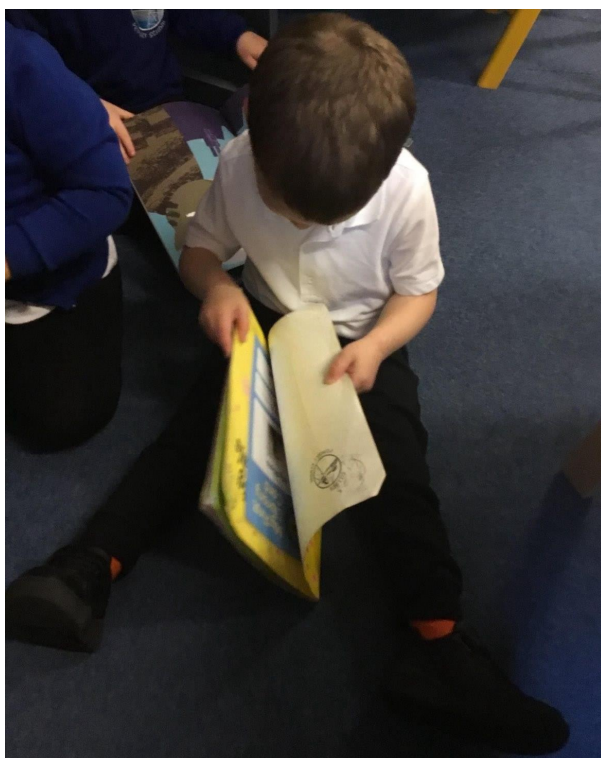


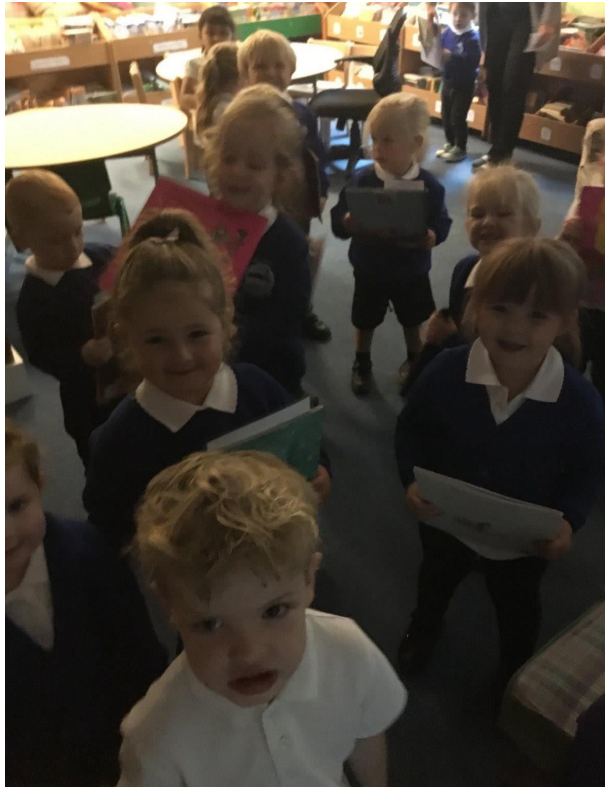
Nursery News

We are so proud of our new Nursery children who have settled in beautifully this term. They have shown great confidence in exploring their new classroom and routines, and we are equally proud of our older children for being such wonderful role models and helping our youngest pupils feel at home.

This week, Nursery enjoyed a special trip to the school's magical library, where each child chose a storybook to take home and share with their family. Please ensure books are

returned, along with your child's library card, by next Friday morning so that everyone can continue to enjoy this weekly treat.







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.

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, eggs, 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.
-

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!



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.*



Attendance Champions!

A huge well done to Reception and Year 3 who both achieved 100% attendance this week!

Our sparkling new trophy will take pride of place in both the winning classrooms this week.

Great attendance means great learning — keep it up everyone!



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!



Online Safety Newsletter

*We are pleased to launch our new **Online Safety Newsletter**, which will be shared with families each month. This newsletter will provide helpful tips, advice, and updates to support children in staying safe online. It will be sent directly via ParentMail, and you can also access it anytime on our [school website](#).*



Online Safety

Sept 2025

Coverstar

Coverstar say they are "the safe TikTok alternative." They state, "there is no specific age limitation...however, if you are under the age of 13, you must obtain parental consent." Users can post, comment and livestream.

Whilst Coverstar does not include private messaging, users can still interact via public comments. Coverstar does use moderation tools to scan all user-generated content. It is also important to be aware that Coverstar does allow in-app purchases ranging from £0.99 - £99.99.

If your child is using this app, ensure they know how to use the reporting tools. Bark provide a full review of Coverstar here, but they rate it as suitable for 10+:
<https://www.bark.us/app-reviews/apps/coverstar-app-review>

Test your knowledge: Online Scams

Childnet have created a quiz for 9-13 year-olds that includes a range of potential online scams, as well as tips to help your child protect themselves online. Find out more here:
<https://www.childnet.com/blog/test-your-knowledge-about-online-scams-with-our-quiz-for-9-13-year-olds/>

Online Safety Act

What is the Online Safety Act?

The Online Safety Act 2023 is a set of laws introduced to protect children and adults online. Ofcom is the regulator for online safety in the UK, responsible for ensuring companies follow the new rules. As part of this role, Ofcom have designed the Children Codes of practice, which came into force in July 2025. The codes outline what all online services likely to be accessed by children must do to protect children online, for example:

- Enforce age limits.
- Protect children from accessing harmful or age-inappropriate content. This includes content relating to self-harm or eating disorders.
- Ensure users can easily report harmful content.

Ofcom has the power to enforce the rules as well as issue fines if companies fail to comply. You can find out more here:
<https://www.ofcom.org.uk/online-safety/protecting-children/new-rules-for-a-safer-generation-of-children-online>

How will it help to protect my child?

One of the main purposes of the Act is to protect children online. Ofcom has published information on how they are helping children to be safer online. The first link is a guide for parents, which also includes a section on what you can do as a parent. You can access this information here:

- <https://www.ofcom.org.uk/online-safety/protecting-children/how-ofcom-is-helping-children-to-be-safer-online-a-guide-for-parents>
- <https://www.ofcom.org.uk/online-safety/protecting-children/how-the-online-safety-act-will-help-to-protect-children>

Further information

Online Safety Act: explainer:
<https://www.gov.uk/government/publications/online-safety-act-explainer/online-safety-act-explainer>



Would you like to read this newsletter in a different language? You can use the translate tool on our web version:
<https://www.knowsleyschools.org.uk/sept-2025/>

Artificial Intelligence (AI)

What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity continues to grow, and examples include:

- **Search engines** such as Google now include an AI-generated overview as part of their results.
- **Virtual assistants** like Alexa, Meta AI and Siri.
- **Chatbots** such as ChatGPT and My AI from Snapchat.

Opportunities

AI can be an effective tool when used correctly, for instance:

- **Homework** – children can use AI to support and assist their learning.
- **Advice** – AI can be used to provide information and suggestions on a variety of topics.

Risks and concerns

- **Misinformation** – ensure your child understands that AI can sometimes provide incorrect or misleading information.
- **Privacy issues** – read any privacy policies before using.
- **Chat apps** – a simple search of "AI Chat" within the App store highlights the number of apps already available that are not suitable for children as many are rated as 17+.
- **Image manipulation** – there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- **Deepfakes** – there are also AI tools that create realistic, fake videos that can be used to spread misinformation or cause harm.

How can I protect my child?

To help keep your child safe online, it is important to:

- Check age ratings of any apps or websites that your child accesses.
- Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information

- Overview: <https://www.internetmatters.org/advice/by-activity/using-artificial-intelligence/what-is-artificial-intelligence/>
- Should you worry if your child has an AI friend?
<https://parentzone.org.uk/article/should-you-worry-if-your-child->

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Roblox: Grow a Garden

Roblox is a platform consisting of a collection of games. Grow a Garden is one of the latest games available on Roblox and is extremely popular. The game is labelled as "mild" for content maturity, which Roblox define as "may contain occasional mild violence, light unrealistic blood, and/or occasional mild fear." Roblox believe that the game play is suitable for everyone. However, as the game is on Roblox, it is important to be aware of the following:

- **Chat** – strangers can interact with your child.
- **In-game purchases** – this game does include in-game purchases.
- **Screen time** – set limits for how long your child is playing.

A lot of the content on Roblox is user generated, which may mean 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; ensure they know how to use any reporting tools and set up appropriate parental controls.

Further information

<https://en.help.roblox.com/hc/en-us/articles/20428310121620-Parental-Controls-Overview>

Grooming online

Grooming is when somebody seeks to build a relationship with a child to exploit them or cause harm.

It is important that we teach our children how to recognise red flags. Children have lots of useful information on their website, including where to get further support from:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/>

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.



An invitation from our friends at The Good Companions



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.*
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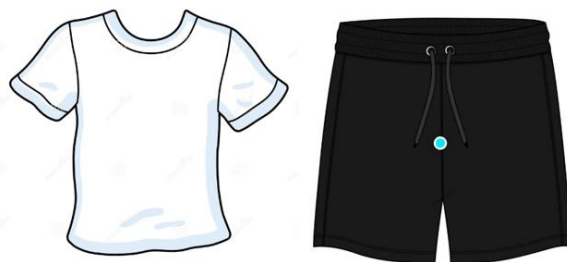
PE Kit Expectations

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.

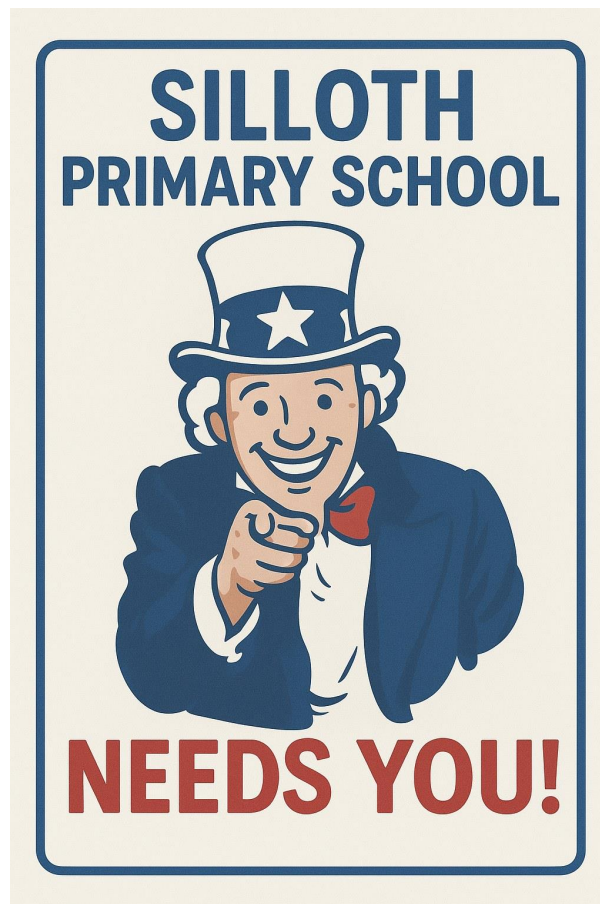


Shout Out for Volunteers!

*We are looking for **parents, carers, grandparents and family members** to get involved with school life. We'd love volunteers to:*

- ***Accompany children and school staff** at upcoming sports competitions, helping with supervision, encouragement and cheering on our teams.*
 - ***Support reading in school** by listening to children read and helping to build their confidence and love of books.*
-

If you're interested in volunteering in either (or both!) of these ways, please contact the school office to discuss this further — we'd love to have you join us.



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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Visit us on the web at www.silloth.cumbria.sch.uk or visit our [Facebook!](#)

