



Silloth Primary School Newsletter

23.1.26

~ Creativity ~ Respect ~ Honesty ~ Safety ~ Achievement ~

Friday 23rd January

A message from Miss Mounsey...

This week has been another busy and productive one across school. Our new Nursery starters are settling in beautifully and it has been lovely to see them growing in confidence each day.

Everyone has been working incredibly hard, and despite the recent icy weather, we are hopeful we have seen the last of winter's worst... although you never quite know!

Next week, all classes will welcome PCSP Peter Nichol, who will be visiting to talk to pupils about Online Safety. In addition, please see the information below regarding the upcoming Online Parent/Carer Webinar on Online Gaming delivered by Knowsley. The registration link has been sent to parents and carers via ParentMail and we encourage families to take advantage of this valuable opportunity.

This week, we were delighted to welcome Imran Kotwal (who has visited our school before) into school to teach the children about the religion of Islam. Pupils took part in a wonderful assembly and Years 5 and 6 also enjoyed a workshop focusing on Ramadan and Eid, where they asked many thoughtful questions. It was a fantastic way to enhance our RE Curriculum and bring learning to life! We were extremely proud of the openness, curiosity and respect shown by our pupils.

This term, we are also looking forward to welcoming other visitors into school assemblies, including Jane Yates, who will talk to the children about her Humanist worldviews, and Alyx Murdoch from Solway STEM, who will inspire our pupils through science and technology learning.

We also currently have three exciting job opportunities available within our school: a Temporary (Maternity Cover) Part-Time 1:1 SEN and Classroom Teaching Assistant, and a Relief Midday Supervisor. Please follow the link shared for more information and feel free to spread the word.

Job Vacancies

It was wonderful to receive such a positive report from our hockey teams this week. We are extremely proud of their resilience, determination and the fantastic way they represented our school.

I truly hope you all have a lovely weekend, and, as always, thank you for your continued support!

Diary Dates

Monday 9th February & Tuesday 10th February - Nursery Parents' Afternoon (Appointments will follow)

Monday 9th February & Tuesday 10th February - Reception - Year 6 Parents' Evenings (Appointments will follow)

Friday 13th February - Finish for the Half Term holidays

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!



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!



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.



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.



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 26.1.26

Monday - Pork Meatballs, Pasta & Gravy

Tuesday - Chicken Goujons in a Sweet & Sour Sauce with Rice

Wednesday - Roast Chicken & Yorkshire Pudding with Vegetables

Thursday – Cod Goujons & Potato Waffles

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.



Parent/Carer Information Session – Online Gaming

We're pleased to invite parents and carers to a virtual information session focused on online gaming.- Wednesday 28th January 2026- 9.30am – 10.15am - Online

The link has been sent via Parentmail tonight.

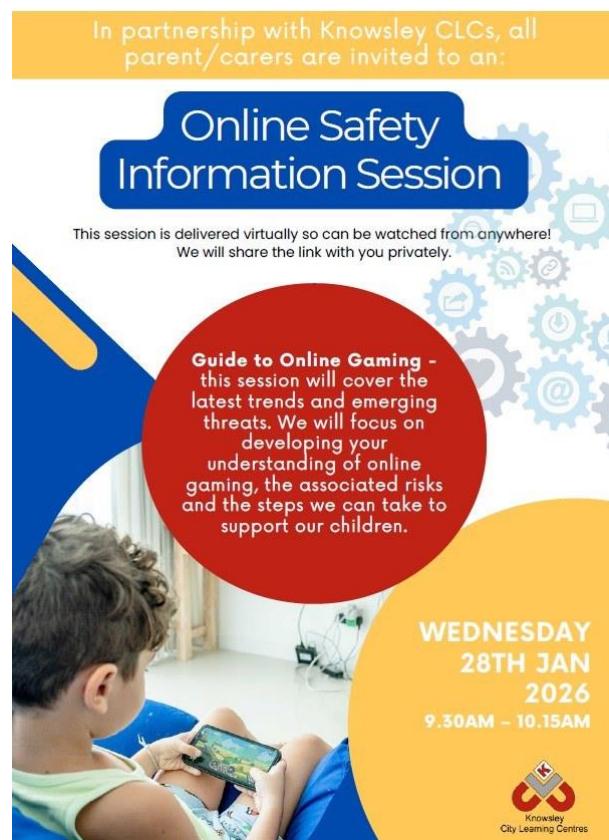
This session will provide a helpful guide to online gaming, including:

- *Latest trends in online gaming*
- *Emerging risks and threats*
- *Practical steps to help keep children safe*

- *How parents and carers can support positive gaming experiences*

The session will be recorded and shared afterwards for anyone who is unable to attend live.

Please see the attached poster for more details, and feel free to share to help spread the word.



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!



Attendance Champions!

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

Great attendance means great learning — keep it up everyone!



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!



A Visit From Imran Kotwal

We were delighted to welcome Imran Kotwal to our school again this week to teach the children about the religion of Islam. During a wonderful assembly, Imran spoke about the

Five Pillars and shared stories about the origins of the religion, which the children found fascinating.

Years 5 and 6 also took part in a workshop focusing on Ramadan and Eid, where they enjoyed asking lots of questions.

This experience strongly supported our teaching of British Values, particularly mutual respect and tolerance of different faiths and beliefs, and reflected our school values. We were very proud of the openness, curiosity, and respect shown by our children.



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.



Superstar Hockey Teams!

An incredible team effort from our superstar hockey teams this afternoon at the Cumbria Future Federation's Interschool Competition! It was fantastic to see the children grow in confidence and skill as the afternoon went on, and they have done both themselves and our school very proud. Well done everyone!

Thank you to Miss Banks & Mrs St Quintin for accompanying the children today.



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.*



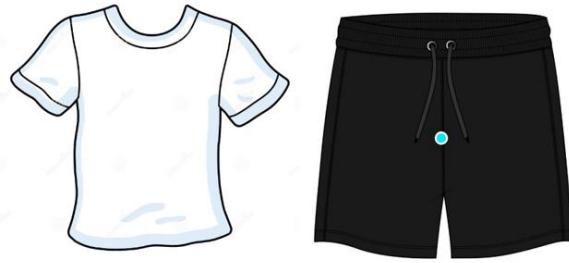
PE Kit Expectations

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, scooter 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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