



Silloth Primary School Newsletter 5.6.26

~ Creativity ~ Respect ~ Honesty ~ Safety ~ Achievement ~

Friday 5th June

### ***A message from Miss Mounsey...***

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*We have certainly returned to school with a bang this week – and with plenty of rain too! Despite the wet weather, it has been a fantastic start filled with exciting learning opportunities and memorable experiences for our children.*

*A particular highlight was welcoming M&M Theatrical Productions to school today for their wonderful performance of Pinocchio. The engaging show captivated pupils from start to finish, and our Year 6 children were delighted to take part in a follow-up drama workshop, developing their confidence, creativity and performance skills. We are extremely grateful to The Friends of Silloth Primary School for funding this enriching experience.*

*Our 'Wear Your Wellies' to School fundraising day was another great success, raising an impressive £96 for the RNLI. We were also pleased to welcome Emily and Lesley from the RNLI, who shared important water safety messages and spoke about the vital work they do within our communities. Thank you for your support!*

*As part of Child Safety Week, children in Years 5 and 6 also benefited from sessions delivered by the Child-Centred Policing Team, learning about online safety, bullying and positive behaviour within the community.*

*Celebration Assembly has been postponed from today to Monday due to the Pinocchio performance. We look forward to celebrating our pupils' achievements then!*

*Hope you all have a lovely weekend! 😊*

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## Dates for the Diary



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***Monday 8th June - Friday 12th June - Year 1 Phonics Screening Check Week***

***Wednesday 17th June - Friday 19th June - Year 6 Manchester Residential***

***Monday 22nd June - Friday 26th June - Year 6 Health Action Week***

***Monday 29th June - Friday 3rd July - Year 6 - Solway Transition Week***

***Tuesday 7th July - SATs Results Day***

***Wednesday 8th July - KS2 Summer Show - Silloth Rocks! 1:30pm & 6pm***

***Friday 10th July - School Reports Out***

***Monday 13th July - School Open Afternoon - 2pm-5pm***

***Thursday 16th July - Year 6 Leavers' Assembly - 9am***

***Friday 17th July - School's Out For Summer - 1pm***

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## Facebook & Class Dojo

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*A reminder that we have recently updated the way we share information and celebrate children's learning experiences.*

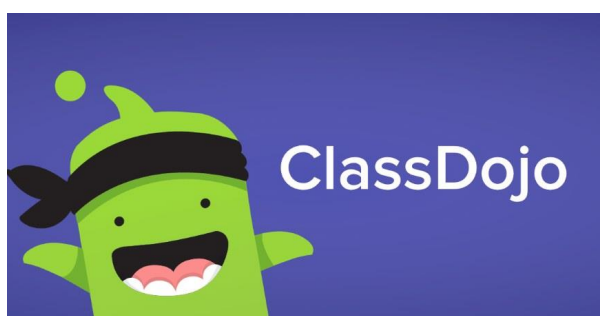
*Our Facebook page, **Silloth Primary School News**, is used for whole-school updates, community news and useful information for families. **Class Dojo** is now our main platform for sharing photographs, learning updates and classroom activities.*

*Nursery–Year 2 families should already be connected to Class Dojo, and information has been sent home with Year 3–6 children explaining how to set up access.*

*Please remember that **Class Dojo should not be used to report absences, send urgent messages or raise concerns**. These should continue to be directed through the school office.*

*Further information has been sent via ParentMail. If you need any support setting up or accessing Class Dojo, please contact the school office.*

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## KS2 Summer Show 2026 - Silloth Rocks!

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*We are excited to announce our **Key Stage Two Summer Show – Silloth Rocks!*** 🎸🎵

*Join us on **Wednesday 8th July** for a fantastic celebration of rock music through the decades, performed by our talented Key Stage Two children.*


🕒 **Performance Times:**


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- 1:30pm

- 6:00pm

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 **Tickets:** £3 each (limited to 2 per family) and must be purchased via **ParentMail**. Tickets will be sent home with your children.

 **Raffle and refreshments** will be available at both performances.

★ All tickets purchased will also be entered into a **special prize draw** at the performances.

We look forward to seeing you there for what promises to be a brilliant show!

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**FREE Sensory Processing Training Day For Parents and Carers! BOOK NOW! Hosted and funded by SENDAC**

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*Whitehaven - Wigton - Carlisle - Penrith -*

We're really excited to share that SENDAC is working in partnership with **Zena Cassels**, NHS Children's Occupational Therapist from North Cumbria Integrated Care, to offer another

series of **FREE Sensory Processing Training sessions** for parents and carers of children/ YP with additional needs across Cumberland and Eden. **places are limited.**

These sessions are a great opportunity to learn more about sensory processing, understand your child's sensory needs, pick up practical ideas to support them at home and to learn about the new sensory lead approach training that is being delivered across our schools in Cumberland and Eden.

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- This is for parents and carers of children with additional needs/ disabilities age 0-25 **(no diagnosis required)**
    - **A free lunch is included for all attendees**
    - **Maximum 45 places per session – booking is required!**
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#### **What will the session cover?**

- An introduction to sensory processing
- Understanding levels of alertness and fight / flight responses
- Universal and targeted sensory support in Cumberland and Eden
- How to identify your child's sensory needs and how to support them
- The new sensory lead approach in Cumberland and Eden schools
  - Interoception (body awareness)
  - Time for questions and discussion

**Dates & Locations: (you don't need to live in the same area, the training is taking place)**

**You can choose ONE of the following dates**

(All sessions will run from **10:00am – 2:30pm**)

**Whitehaven** – Thursday 4th June 2026

*Whitehaven Football Club*

**Wigton** – Monday 22nd June 2026

*The Market Hall Conference Centre*

**Penrith** – Wednesday 8th July 2026

*Penrith Cricket Club*

**Carlisle** – coming soon!

*You can be added to waiting the list on the sign up form, so we can email you our July date*



*Booking information*

*Spaces are limited to **45 per session**, so booking in advance is essential.*

*To book, please **scan the QR code on the flyer** or use the booking link here:*

*<https://www.surveymonkey.com/r/H28XWTT>*

*Please see the video for more information about the sessions and what to expect:*

*<https://www.facebook.com/share/v/173RY95W38/>*

*If you have any questions at all, just email [hello@sendac.org](mailto:hello@sendac.org) - we'd love to see as many of you there as possible! 😊*

*Thank you ,*

*The **SENDAC** team*

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**FREE Parent Carer Sensory Processing Training**  
**On Tour 2026!**  
 (With Free Lunch)



**Zena Cassels -**  
 Children's Occupational Therapist

- ✓ **FREE** sensory processing training session for parent carers.
- ✓ Delivered by **NHS Occupational Therapist Zena Cassels.**
- ✓ For parents of children with additional needs/ disabilities. (your child does not need a diagnosis for you to attend)



Choose **one** of the following dates - ALL 10:00 am - 2:30pm

- Whitehaven | 4<sup>th</sup> June**  
Whitehaven Football Club
- Wigton | 22<sup>nd</sup> June**  
The Market Hall
- Penrith | 8th July**  
Penrith Cricket Club

**Carlisle | coming soon**  
 sign up to our waiting list on the booking form!




Hosted and funded by SENDAC



**Booking required - Limited spaces!**

## School Uniform and PE Kits

*Just a quick reminder following the message sent before the Easter break regarding school uniform and PE kit.*

*Please see below for the guidance. We would appreciate your support in ensuring children come to school dressed appropriately each day, with PE kits in line with school requirements.*

**THANK  
 YOU**



## Uniform Expectations

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- *Royal blue sweatshirt with embroidered school logo*
    - *White polo shirt (school logo optional)*
  - *Black or dark grey trousers, knee-length 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***

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- *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***

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- *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

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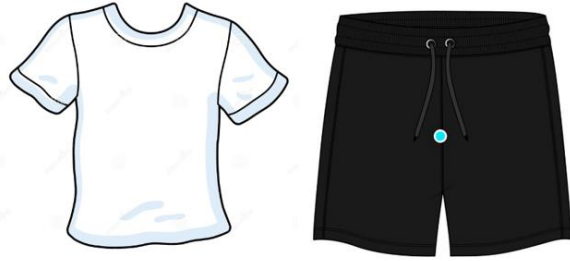
*Please ensure that your child brings their PE kit into school every Monday and then it is in school for the week.*

*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.*

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## Child Safety Week 2026

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*This week, we were delighted to welcome PCSO Pete Nichol and PC Jack Moffat from the Child-Centred Policing Team into school. Our Year 5 and Year 6 children enjoyed taking part in informative sessions covering a range of important topics, including online safety, bullying, antisocial behaviour, and water safety.*

*Following our successful **'Wear Your Wellies' to School Day**, we also welcomed Lesley and Emily from the RNLI, who spoke to the children about the vital work they do. They highlighted the importance of staying safe around water and shared practical advice on what to do in an emergency.*

*These sessions provided valuable learning opportunities and helped reinforce key safety messages for our pupils. and consolidate our school value of 'safety'.*

*Please find below some important information from Cumberland Council for your reference.*

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# Parents' Pack



# Making safety simple

[capt.org.uk](http://capt.org.uk)



## Safe from burns

*“I stood with him under a cool shower for 20 minutes. The hospital later said how good his skin was looking as a result.”*

Mum of little boy who grabbed her hot drink

Babies, toddlers and preschoolers have delicate skin that burns easily. They're curious and love to grab. Here's how to keep them safe.

### Hot drinks

- Push your mug to the back of the worktop before you get the milk
- Use the back of the cooker if you're making tea in a saucepan
- Put your baby down before you pick up a hot drink
- Put your drink down in an out-of-reach safe spot

### Hair straighteners and wands

- Keep them out of children's reach while you're using them
- Put them on a high shelf to cool

### Kettles and flasks

- Use a kettle with a short cord
- Keep your kettle on a high surface and pushed to the back
- Keep flasks of hot water well away from little ones

### Cooking

- Use the back rings first and turn pan handles in
- Try to keep children away from the cooker. Use a safety gate or highchair if you have one
- If you need to pop out, take your child with you

### Baths and showers

- Put cold water in first, then top up with hot
- Test the water temperature with your elbow
- Stay with your child in the bathroom in case they fiddle with the taps

### Staying warm

- Move cots away from radiators
- Fit fireguards around fires and heaters. Move heaters away from play areas or beds
- Check your hot water bottle for wear and tear. Don't use it if it's worn.

### First aid

- Remove clothing, nappies and jewellery
- Cool the burn for at least 20 minutes with cool (not cold) running water
- Cover the cooled burn with loose cling film, a plastic bag or a clean non-fluffy cloth. Don't cover the face
- Put nothing else on the burn as this will stop it healing
- Give painkillers
- Get medical advice for a burn bigger than a 50p coin.



# Toy safety

*“I would hate for any other child to go through what Becca suffered because of buying dangerous toys via online marketplaces.”*

Mum of two-year-old Becca who swallowed magnets from a toy

**Toys from reputable brands are made to be safe. But if they've come from an unknown seller on an online marketplace, a market or small discount store, they could be dangerous.**

## Buying safely

- Buy toys from brand names you know. If you've never heard of the seller or the brand and price is really tempting, it could be dangerous
- Watch out for cheap copies of popular toys. They may not be made to UK safety standards.
- Check if the toy has been removed from sale because it's unsafe. Visit gov.uk and search 'product recalls'
- If you buy something that looks unsafe, trust your instincts and send it back.

## Under 3s most at risk

Babies and toddlers are curious and naturally put everything in their mouths. So dangerous toys can pose the biggest risk to small children. Be especially careful when buying for under 3s.

Watch out for missing or contradictory age warnings. If a toy is pictured with a toddler but marketed as unsuitable for young children, pick something else.

## Which toys are most dangerous?

- Toys with:
  - accessible button batteries that can burn through your child's food pipe
  - super strong magnets that can rip through your child's belly
  - long cords that can strangle your child
  - small parts that can choke your small child
- Water beads that can block your child's bowel if swallowed
- Electrical toys with exposed wires or chargers that can catch fire.

[capt.org.uk](https://www.capt.org.uk)

[@ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust) [@capt\\_charity](https://www.instagram.com/capt_charity)



## Checking toys

If you're unsure about the safety of a toy, here are some checks you can do:

- Check battery compartments for accessible button batteries or loose spares in the box
- Check for any loose small magnets
- Give the parts on the toy a quick tug and check for small parts that come off
- Look for long cords or access to stuffing
- Check if there are any age restrictions or safety warnings on the product.

## Report dangerous toys

If you spot or buy a toy you're concerned about:

- Citizens Advice consumer helpline: 0808 223 1133
- Citizens Advice consumer helpline (Welsh-speaking adviser): 0808 223 1144
- Advice Direct Scotland helpline: 0808 164 6000
- Northern Ireland Consumerline: 0300 123 6262

[child accident prevention trust](https://www.childaccidentpreventiontrust.org.uk)

# Safe from choking

*“I always thought choking would have been more obvious. But the silence and the panic in his eyes will stay with me forever.”*

**A child who's choking can't breathe, so there's no sound to alert you.**

**As scary as this sounds, you can stop this happening. It takes some simple steps.**

## Why do children choke?

- Children can choke at any age. Young children are at greater risk.
- Their narrow airways are more easily blocked.
- Anything smaller than a 2p can choke them.

## Small objects

Babies and toddlers put things in their mouths. It's how they explore. So they can choke on small objects in their reach:

- Cheap toys can have small parts that come off. Check them over first.
- Use older children's toys in a specific area and check the floor afterwards. Use a tray underneath to catch small parts, like Lego.
- Don't let young children blow up balloons and clear away broken pieces.

## Baby bottles

Never use a self-feeding baby pillow or prop your baby's bottle up to feed. They need an adult to help them feed.

## First aid

- Give up to five back blows between the shoulder blades – it can force the object out.
- For babies, give up to five chest thrusts. For children over 1 year of age, give up to five abdominal thrusts squeezing above the belly button from behind – it forces air out of the lungs to clear the object.
- If 1 & 2 don't work call 999 and keep trying until help arrives.

[capt.org.uk](https://www.capt.org.uk)

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## Food

Choking on food isn't just about young children not chewing properly. It takes time to learn to breathe, chew and swallow in harmony.

- Until then, they need you to cut up or avoid anything that could block their airway. And to teach them to sit still to eat.

## Size and shape matter

- Cut lengthways and quarters – grapes, blueberries, strawberries, cherries and small tomatoes.
- Remove skin, pips or stones from fruits or vegetables.
- Cut thin strips – sausages, cheese, vegetables and large fruit like melon, apple, carrot, cucumber and mango.
- Steam, mash or grate foods to soften them – carrots, chickpeas, butter beans.
- Cut strips and remove bones, skin or fat – meat and fish.
- Toast bread – to stop doughy balls. Cut all bread into narrow strips.

## Save for later

- Round hard sweets, including mini eggs and lollipops
- Whole grapes and nuts
- Globs of peanut butter
- Popcorn
- Marshmallows
- Jelly cubes



[child accident prevention trust](https://www.childaccidentpreventiontrust.org.uk)

# Safety around dogs

The bond between your child and dog can bring fun and happiness to family life. We don't expect our own dog to bite, but any dog can bite if they feel they have no other option.

Children are most likely to be bitten at home, by a familiar dog. Luckily most bites are preventable and close supervision is key.

- 🐾 **A calm, happy dog** is less likely to react unsafely to children's natural exuberance.
  - Give your dog a safe space of their own where they can go if they need time out. Have a rule to leave them alone when they're there.
  - Keep them occupied – physical exercise and mental activity help keep your dog happy.
  - Teach your child to be calm and kind with your dog. Avoid shouting, teasing or restrictive cuddles.



- 🐾 **Close supervision** is the most important thing to keep children safe.
  - Watch, listen and remain close when your child and dog are together.
  - If either your dog or child seems unhappy, positively and calmly separate them. You can throw your dog a treat or toy, or lead your child away.
  - **Understand your dog's body language** so you can spot signs they feel uncomfortable or stressed.
  - When you know you'll be distracted during busier times, use safety gates to keep children and dogs separate. Or, take your child or dog with you.

- 🐾 **Your growing child** – as your child changes, the risks can change too.
  - Teach the rules to your child from an early age and keep explaining them as your child understands more.
  - As your child becomes more mobile, review changes needed, like adding safety gates.
  - Think ahead about your changing family life and new risks that can emerge. Read our fact sheet on bringing baby home.

- 🐾 **Trigger times** – teach your child to leave your dog alone when they are:
  - Sleeping – no-one likes to be woken up suddenly.
  - Eating or having a treat – they might think you're going to take their food.
  - Have a toy or something else they really like – they might not want to share!

- 🐾 **Still worried?**
  - If you're worried by the way your dog is with your child, talk to your vet. They'll check your dog's health and can refer you to a qualified animal behaviourist.
  - Visit the **Animal Behaviour and Training Council** website to find a qualified behaviourist near you.



This work was supported by the Office for Health Improvement and Disparities (OHID)

🌐 [capt.org.uk](http://capt.org.uk) | 📱 @ChildAccidentPreventionTrust | 🗣️ @capt\_charity

# Your dog and your new baby

If you've a baby on the way, now's the time to start preparing your dog. Gradually introduce changes in your home and routines, using rewards your dog enjoys, to help them cope well with the new arrival.

- 🐾 **Things to start early**
  - Think about how your walking times or routes might differ and start to introduce changes
  - Get your dog used to being by themselves in another room, either with the door closed or with a safety gate
  - You could make them their own quiet space away from the main living room.

- 🐾 **At home with your baby**
  - Always stay with your baby when your dog is there
  - Avoid putting your baby down on the floor or in a Moses basket on the floor
  - If you have a crib downstairs, use a safety gate or keep it where your dog won't be able to knock it over.

- 🐾 **When you have baby things**
  - If you've been given or bought any baby things, set them up as soon as you have them so your dog can sniff and get used to them
  - If you have a pram, you could practice with your dog walking alongside it
  - Try using a doll as a pretend baby. Praise your dog or give treats when they keep their paws on the ground around the doll
  - If you have a phone to play baby sounds on, this can help your dog get used to new noises

- 🐾 **Still worried?**
  - If you're worried by the way your dog is with your child, talk to your vet. They'll check your dog's health and can refer you to a qualified animal behaviourist.
  - Visit the **Animal Behaviour and Training Council** website to find a qualified behaviourist near you.

- 🐾 **Baby's arrival**
  - Ask a family member to walk the dog before you bring the baby home, so they're relaxed
  - Say hello to your dog first. Then introduce the baby in a quiet room
  - Give your dog lots of treats for good behaviour.



This work was supported by the Office for Health Improvement and Disparities (OHID)

🌐 [capt.org.uk](http://capt.org.uk) | 📱 @ChildAccidentPreventionTrust | 🗣️ @capt\_charity

# Keep button batteries away from your child

If your child swallows a button battery, it can get stuck in their food pipe. It can burn through to the main artery and badly harm or even kill them. This can happen very quickly.

Children aged 6 months to 4 ½ years are most at risk.



## Which batteries are most dangerous?

Lithium coin cell batteries are slightly bigger than a 5 pence piece. They are big enough to get stuck and are strong enough to kill.

Smaller button batteries can still cause harm, especially if they are new.

## Where are they?

Your child can find button batteries in things like:

- toys where the battery compartment isn't secured
- string lights and nightlights
- small remote controls
- car key fobs or key finders
- musical cards and books
- light-up toys and novelty items
- digital scales and thermometers

Children may also find spare batteries that are stored within reach or have fallen from the pack.

Even used 'flat' batteries still hold enough charge to be dangerous. So store them safely and recycle them as soon as you can.

## More information



- @ChildAccidentPreventionTrust
- @capt\_charity
- capt.org.uk/button-batteries

## Check your home

- Hunt around your home for button batteries
- Keep products well out of your child's reach if the battery compartment isn't secured
- Store spare and 'flat' batteries well out of reach too
- Beware of bargains from online marketplaces or local discount shops. They may have button batteries your child can get to easily

## Has your child swallowed one?

- Don't delay. Take them straight to A&E or call 999 for an ambulance.
- Tell the doctor you think your child has swallowed a button battery.
- If you have the battery packaging or the product the battery came out of, take it with you.
- Don't let them eat or drink and don't make them sick

There may be few symptoms. So trust your instincts.



# Breathe easy

*“ He would have been much too young and would have been much too weak to release himself.”*

Coroner's report, blind cord strangulation

Such a scary thought that something could stop your child breathing. But, the steps to stop that happening are simple and make sense.

• **Window blinds** – It can take just 15 seconds for a toddler to lose consciousness if a blind cord is caught around their neck – and they can die in just two to three minutes.

- Fit a cleat hook or tensioner to keep blind cords and chains safely away and always use them. New blinds should come with these. Find out how from Make It Safe [www.makeitsafe.org.uk](http://www.makeitsafe.org.uk) If you can't drill, use a strong adhesive, make sure it's secure
- Consider cord free blinds for children's rooms
- Remember children may climb and get higher than you think. Move bedroom furniture away from cords and chains
- Make sure the cords on the back of Roman blinds are connected using a device that breaks under pressure.

• **Sleeping and slings** – babies can be suffocated by things they can't push away.

- A clear cot is a safe cot – avoid duvets, pillows and cot bumpers
- Don't sleep on the sofa with your baby as it increases their chances of suffocation massively
- If you're exhausted or have been drinking or smoking, or if they are premature or low birth weight, don't sleep with your baby in your bed
- In slings or carriers make sure your baby's head or back is not slumped and they can breathe easily. Very young or premature babies are most at risk in slings.



• **Nappy sacks** – young babies naturally grasp things and pull them to their mouths, but aren't able to pull them away. They can suffocate on flimsy nappy sacks.

- Store nappy sacks well out of reach of babies
- Never store nappy sacks under the cot mattress.

• **Choking** – babies and young children are still learning to chew, swallow and breathe in the right order. There's no sound to warn you. But there are simple ways to stop it happening.

- Don't prop a baby's bottle up to feed them
- Cut round food like grapes, tomatoes and big blueberries in half lengthways or quarters, not just across
- Cut hard food like carrots, apples, sausages and cheese into thin strips, and chop nuts up small
- Avoid popcorn, marshmallows and hard round sweets like mini eggs or boiled sweets
- Put small parts from older children's toys out of reach

- [capt.org.uk](http://capt.org.uk)
- @ChildAccidentPreventionTrust
- @capt\_charity



# Prevent poisoning

**“ He thought it was a sweetie because it was bright and like a jelly so he gave it to Orla who bit into it.”**

Mum talking about washing tabs/pods

**Bright bottles of cleaning liquid, squidgy washing tablets, shiny packets of painkillers... Small children are curious and want to learn more by putting things in their mouth.**

**Unfortunately things that make our lives easier can be harmful to small children, as their bodies process poisons differently. Thank goodness it's easy to keep children safe.**

- **Laundry products** – small children can mistake brightly coloured products for sweets or toys, especially laundry capsules. But the concentrated chemicals can do serious damage to children's insides, skin and eyes.
  - It's tempting to keep products beside the washing machine. Move them to a high up or lockable cupboard
  - Watch out for fast little fingers! Don't leave a washing tablet on top of the washing
  - Put products away out of reach as soon as you've used them
  - When you're shopping, look out for products with a bittering agent like Bitrex - it tastes so horrible, children spit it out instead of swallowing, preventing accidental poisoning.

• **Everyday painkillers** – the most common way for young children to be poisoned.

- Keep all medicines out of reach and sight of young children, ideally in a high up or lockable cupboard
- Watch out for painkillers left on the bedside table or in the handbag on the floor.

• **Cleaning products** – helpful for you but they can be harmful for small children.

- What's lurking under your sink or next to your toilet? Move cleaning products to a high up or lockable cupboard
- Put them out of reach again as after use
- Don't rely on safety caps – they slow children down but they're not childproof
- Look out for products with a bittering agent like Bitrex when you're shopping
- Don't pour cleaning products into other bottles like drinks bottles. Children can get confused.



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**child accident prevention trust**

# Free from falls

**“ A preventable accident ends up with a shattered family. And that's just very tragic. ”**

Paediatric Neurologist (a doctor who specialises in child brain injury)

**Scrapes and bruises are a part of growing up. But even a fall from a highchair can cause a bad head injury. That's because babies' heads are much heavier than their bodies, which makes them top-heavy. And when they land, their head takes much of the impact.**

**It doesn't make sense trying to stop all falls. But there are some serious ones you can easily stop once you know how and why.**

• **Cots, beds and changing tables** – now I can wriggle and roll!

- Even small babies can wriggle off a bed or changing table – so change their nappies on the floor and avoid leaving them on a raised surface
- As soon as your baby can stand, remove any large toys they might climb on to get out of their cot, preventing serious falls.

• **Stairs** – I can shuffle and I'm off!

- Even before they're mobile, babies are injured when the person carrying them falls. So keep a hand on the rail going up and down stairs
- As soon as your baby starts moving around, fit safety gates to stop them climbing or falling down the stairs.

• **Highchairs** – is that my drink?

- Children may try to get things that are out of their reach
- They may lean over the side and topple out or push themselves up and try to climb out
- Get into the habit of using the straps on the highchair every time you use it.

• **Windows** – what's that I can see?

- Small children are curious and want to see what's happening outside but have no real understanding of danger
- Take care not to put furniture in front of windows, especially in children's bedrooms
- If you can, get safety catches or locks fitted on your windows
- If you opt for a lock, keep the keys somewhere you can find them, in case there's a fire and you need to get out.

• **Trampolines** – how high can I bounce?

- The biggest risk from trampolines is having two people with very different weights
- Let children take it in turns and avoid adults and children jumping together
- Use a safety net or cage so children can't be thrown onto the ground.



[capt.org.uk](http://capt.org.uk)

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**child accident prevention trust**

# Safe around roads

*“One act of bad driving robbed the world of a beautiful, intelligent and caring young person. Our lives have been turned upside down by our daughter’s death.”*

Bereaved Dad whose daughter was killed in a car accident

It can be hard knowing how best to teach your child to stay safe. Here we help you to break it down and keep it simple.

## Pedestrians – younger children

- Get young children into the habit of holding your hand or use walking reins
- Ask questions while you’re out to help them understand simple ideas like ‘fast’ and ‘slow’
- You can start teaching the Green Cross Code from age five, encouraging children to stop, look, listen and think
- But they won’t always remember safety rules, especially if they’re excited or spot a friend across the road
- Children will copy what you do, so try to avoid stepping into the road without checking for traffic first. If you can do the right thing, it will help them get into good habits.



## Pedestrians – older children

- Children find it difficult judging the speed and distance of traffic until they’re at least eight. Accidents peak around 12, as children start making independent journeys
- Children learn by doing and practising. If they’re moving to a new school, help them practise the route over the holidays. Where are the safe places to cross? What should they do if they see their bus and they’re on the other side of the road?
- They can be mesmerised by their mobiles, so remind them not to talk or text on their phones or listen to music while crossing the road.

## In the car

- Make sure your car seat is the right one for your child’s height and weight and for your car – not all seats fit all cars

## Cycling

- Get your child into the habit of wearing their helmet. If you cycle as a family, remember to wear yours too
- Look out for cycle training. Many schools offer courses to help children gain practical skills.

- ## Driving
- speed is everything when it comes to a child’s chances of survival. They’re 3.5 times more likely to die if hit by a car doing between 30-40 mph.
- Keep an eye on your speed
  - Keep your phone in the glove compartment so it can’t distract you.

[capt.org.uk](http://capt.org.uk)

[@ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

[@capt\\_charity](https://www.instagram.com/capt_charity)

  
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# Watch out in water

*“This has highlighted the dangers posed when a child is left unsupervised for a short period of time and even in the shallowest of water.”*

Coroner’s report, bath seat drowning of 7-month-old

**Drowning happens silently. A drowning child can’t speak or control their arms. They slip quietly under the water. It’s only in the movies they splash about and cry for help. It’s a scary thought.**

**But once you understand how and where drowning happens, there are things you can do to prevent it.**

**Babies and small children – mostly drown at home in the bath or in the garden, in just a few centimetres of water. Keep your baby or young child in arm’s reach all the time when they’re in or near water.**

## Baths

- Get everything you need ready before bath time. You’ll need to stay with your baby or young child all the time they’re in the bath.
- Bath seats are great for supporting your baby in the bath but they’re not safety aids. Don’t leave your baby alone in one even for a moment. They can topple or your baby can slip out.
- Don’t rely on your toddler to keep an eye on the baby while you pop out for a towel, as they’re still too young to understand danger.

## In the garden

- Empty the paddling pool out after use and turn it over
- Securely cover hot tubs and large paddling pools after every use
- Turn a pond into a sandpit, or fence it in or cover it while your children are little
- Be alert to ponds, pools or hot tubs when visiting other people’s homes or in neighbours gardens



**Older children – can still get into difficulties. They may over-estimate how strong a swimmer they are or underestimate risks in the sea or open water. Teach them to float until help arrives.**

## Out and about

- Teach older children to choose safe places to swim like public pools and beaches with lifeguards
- Explain the dangers of swimming in open water, including strong currents, deep, cold water and things under the surface they can’t see.

## At the beach

- Teach children to swim between the two-coloured red and yellow flags – these mark the areas patrolled by lifeguards
- Inflatables can be swept out to sea when the wind is blowing – keep children off inflatables when the orange windsack is flying and always keep an eye on them.

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# Fire safe families

*“He ran upstairs and into a wall of black smoke and could feel intense heat coming through the walls.”*

Coroner's report, death of 5-year old who played with a lighter

Your family are eight times more likely to die in a fire if you don't have a working smoke alarm. If a fire breaks out at night, you won't smell the smoke and wake up. The poisonous fumes will send you deeper into sleep.

It makes sense to have a smoke alarm upstairs and downstairs, to save you from smoke that can kill in minutes.

## Prevent fires

- Cooking is the main cause of fires in the home – stay in the kitchen if children are cooking
- Keep matches, lighters and lit candles or tea-lights well out of reach of young children and teach children not to play with them
- Take care not to plug lots of chargers and equipment into an extension lead from one electrical socket - the socket will be dangerously overloaded
- Stay close by when you have fat heating and never pour water onto hot fat
- Store things like hair straighteners safely – avoid leaving them switched on or where a child might be able to switch them on
- Avoid charging e-bike or e-scooter batteries when you're out or overnight. Follow the instructions and don't over charge
- Double check your cigarette is out and be careful smoking if you're really tired (or in bed) in case you fall asleep with it in your hand.

## Check your smoke alarms

- You need a working smoke alarm upstairs and downstairs
- Test your alarms every month
- If you live in rented housing your landlord is responsible for providing alarms.



## Plan your escape

- Work out your escape route in case of a fire and practice it with your family
- Keep the stairs and escape route clear of clutter at night
- Keep keys to any doors on your escape route in one place so you know where they are in an emergency.

## Teach children what to do if they see a fire

- Tell someone straight away – a grown-up if possible
- Don't try to put the fire out yourself
- Get outside as quickly as possible. Don't try to hide from the fire
- Never go back inside for anything.

[capt.org.uk](http://capt.org.uk)

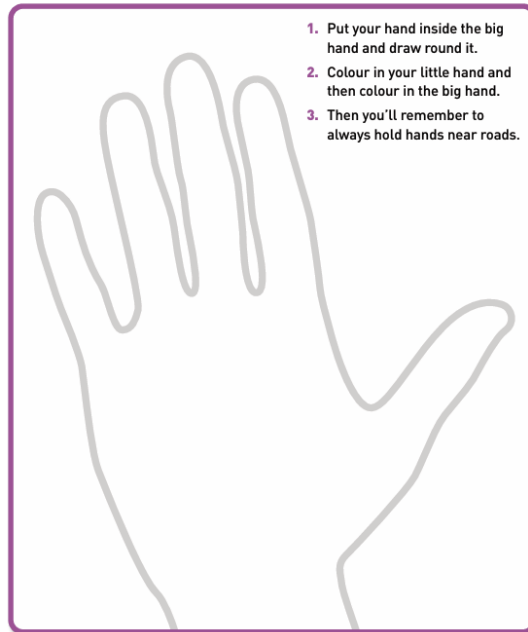
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# Holding hands near the road

child accident  
prevention trust

It's important to stay safe when we're out walking.  
So remember to always hold a grown up's hand near roads.



1. Put your hand inside the big hand and draw round it.
2. Colour in your little hand and then colour in the big hand.
3. Then you'll remember to always hold hands near roads.

# Child safety quiz



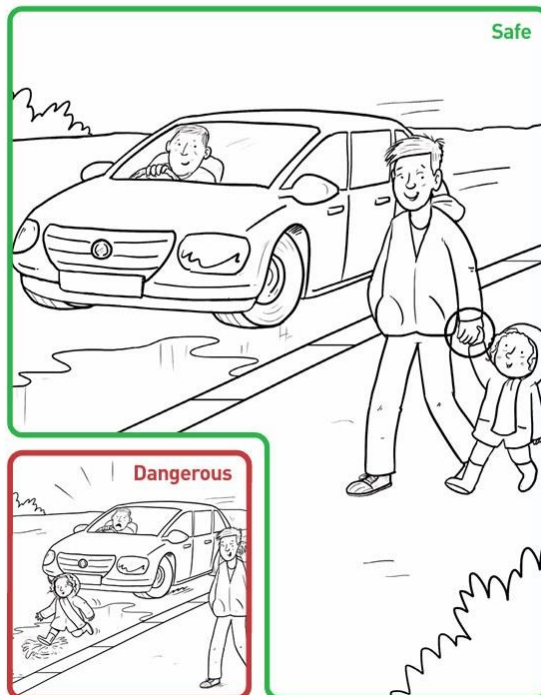
- A baby's skin is:**
  - twice as thin as an adult's
  - 5 times thinner than an adult's
  - 15 times thinner than an adult's
- How long can a hot drink still scald a child after it's made?**
  - 15 minutes after it's been made
  - 10 minutes after it's been made
  - 5 minutes after it's been made
- How long can it take for a button battery to burn through a child's food pipe if they swallow one?**
  - a week
  - a day
  - under two hours
- How many seconds can it take for a toddler to be badly burned by water from a bath hot tap?**
  - 5
  - 15
  - 50
- Where are children most likely to be bitten by a dog:**
  - at the park
  - at home
  - in the street
- Hair straighteners can get as hot as:**
  - an iron
  - a kettle of boiling water
  - a milky mug of coffee
- At what age are children most likely to get run over:**
  - 3 years old
  - 6 years old
  - 12 years old
- Children under 5 are most likely to have an accident:**
  - at nursery
  - on the road
  - at home
- What foods are young children most likely to choke on?**
  - Sausages
  - Marshmallows
  - Grapes
- How long does it take for a toddler to lose consciousness if they get tangled in a blind cord?**
  - 20 seconds
  - 2 minutes
  - 20 minutes



- Answers:**
- c - 15 times thinner than an adult's
  - a - 15 minutes after it's been made
  - c - under two hours
  - a - 5
  - b - at home
  - a - at home
  - c - 21 years
  - c - at home
  - a - Sausages
  - a - 20 seconds
  - a - 20 seconds

[capt.org.uk](http://capt.org.uk)
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[@capt\\_charity](https://www.instagram.com/capt_charity)

# Safety makes sense for children



# Safe at home wordsearch



Can you spot the safe at home words hidden in this word search?

P	E	K	M	G	S	B	A	P	R	D	A	K	C
O	N	L	A	R	S	S	A	A	A	N	X	E	R
I	N	W	G	A	E	C	E	E	C	O	E	T	A
S	I	E	N	P	N	L	L	G	A	P	R	T	S
O	S	B	E	E	R	C	A	E	N	E	T	L	K
N	A	Y	T	S	A	I	N	G	A	L	I	E	N
I	T	L	S	R	H	N	I	S	O	R	B	C	I
N	E	T	A	G	Y	T	E	F	A	S	C	E	R
G	S	A	F	E	T	Y	C	A	P	S	G	O	D
P	A	I	N	K	I	L	L	E	R	S	S	K	T
F	N	O	S	D	R	O	C	D	N	I	L	B	O
S	W	O	D	N	I	W	N	E	P	O	A	L	H
K	N	A	P	P	Y	S	A	C	K	S	D	O	O
R	R	M	R	A	L	A	E	K	O	M	S	T	S

- |              |             |             |            |
|--------------|-------------|-------------|------------|
| PAIN KILLERS | POND        | SAFETY GATE | POISONING  |
| CLEAR COT    | BITREX      | HARNES      | HOT DRINKS |
| GRAPES       | SAFETY CAPS | BLIND CORDS | KETTLE     |
| NAPPY SACKS  | SMOKE ALARM | OPEN WINDOW | MAGNETS    |

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## A safer world for all children



*“All doctors dread breaking bad news: telling parents that their child requires emergency surgery or intensive care, or that resuscitation has been unsuccessful. When illness or death is the result of a preventable accident, the emotional toll is compounded by the avoidable nature of the tragedy.”*

Consultant paediatrician

We were set up 40 years ago by two doctors who could not bear to keep treating the same injuries day after day.

Despite their best efforts, they sometimes had to give the news that no parent ever wants to hear.

They knew that many children’s deaths were needless and they became determined to prevent them.

**We are still driven by that same passion to keep children safe.**

Our charity works across the UK, sharing safety advice with parents, providing training to staff, and working with business and government to create a safer world for all our children.

**Our donors make our work possible.**

Every penny of your donation counts towards our work preventing death and life-changing injury to children.

Please donate what you can: [capt.org.uk/donate](http://capt.org.uk/donate)



## Silloth Tennis Lessons



**JUNIOR TENNIS COACHING**  
Fun • Skills • Confidence • Match Play

**Silloth Tennis Club • Skinburness Courts**

**Mondays starting 20th April 2026**

**Ages: 5-16 Years**

**ALL LESSONS FREE**  
**WITH £20 JUNIOR MEMBERSHIP**

- ✓ 5pm to 6pm (Ages 5-9)
- ✓ 6pm to 7pm (Ages 10-16)
- ✓ Technique & Footwork
- ✓ Game Skills & Tactics
- ✓ Coordination & Fitness
- ✓ Match Confidence

**Rob Jefferson**  
**07503 116867**

Followed by adult social tennis 7pm onwards

## \*\*Get Your Kids Involved in Cricket This Summer!\*\*

---

*Looking for a fun, active way to keep your children entertained while building confidence, skills, and friendships? Check out the amazing youth cricket programmes from the England and Wales Cricket Board*

*\*\*All Stars Cricket (Ages 5-8)\*\*The perfect first step into cricket!*

- 
- *8 weeks of non-stop fun, games, and skills*
  - *Make new friends in a safe, welcoming environment*
  - *Learn the basics of cricket through play*
  - *Every child receives a personalised t-shirt, bat, ball & backpack!*
-

---

Find your nearest club: <https://www.ecb.co.uk/play/all-stars>

*\*\*Dynamos Cricket (Ages 8–11)\*\* Ready for the next level? Dynamos is ideal for kids progressing from All Stars—or trying cricket for the first time!*

---

- *Fun, fast-paced sessions with a social focus*
  - *Build confidence and develop key cricket skills*
  - *A great way to stay active and engaged*
  - *Includes a personalised Dynamos t-shirt with name & number!*
- 

Find your nearest club: <https://www.ecb.co.uk/play/dynamos-cricket>

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'Wear Your Wellies To School!'

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*Throughout May, the RNLI holds its annual national fundraising campaign to help support the incredible work they do saving lives at sea.*

*As a school community located by the coast, we recognise how important the RNLI is and the vital role they play in keeping people safe in and around our local waters.*

*As May has been a particularly busy month in school, we are showing our support a little later by holding a 'Wear Your Wellies to School' day on **Wednesday 3rd June**.*

Children are invited to come to school wearing their wellies and make a **£1 donation**, with all money raised going directly to the RNLI.

We look forward to seeing everyone getting involved while supporting such an important cause.

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## Packed Lunches

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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:

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- **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:***

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- *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:***

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- ***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!



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

**Your Packed Lunch Should Include:**

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

**Please DO NOT Bring:**

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

Thank You For Helping Keep Our School Healthy & Safe!

# Rainbows & Brownies



'We play loads of fun games, do activities and challenges and sometimes get badges'  
Matilda

**Rainbows**  
Silloth  
Tuesday 6pm to 7pm

**Girls play, learn and have tons of fun**  
for ages 4 to 7

At Rainbows, we welcome all girls to play, learn and have fun in a creative, safe space for all abilities.



Registered charity number: 306016

Join a local Rainbows group [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)



'I had never climbed before. I was scared of heights. But I climbed and rang the bell all by myself and felt really proud of myself'  
Poonam

**Brownies**  
Silloth  
Tuesday 6pm to 7pm

**Girls have nonstop fun, learning and adventure**  
for ages 7 to 10

At Brownies, we welcome all girls to explore their creative side, get out into the great outdoors and start to learn to look after themselves, others and the world we live in.



Registered charity number: 306016

Join a local Brownies group [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)

## Nursery and Reception Places Available for September 2026!

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*We are delighted to share that we currently have places available for **Nursery and Reception** for September 2026.*

*We would love to welcome families to our **Open Morning on Tuesday 30th June from 9:15am–10:15am**, where you can meet our friendly staff and see our lovely learning environments both indoors and outdoors.*

*If you are unable to attend, we are always happy to arrange individual visits. Please contact the school office for more information or to book a tour—we look forward to welcoming you to our school community.*

---



WE ARE AN EARLY EXCELLENCE PARTNER SCHOOL.

### Silloth Primary School

*'Where Children Come First!'*

High quality interactions in child-led play makes the difference to our practice. Children make good progress from their starting points and leave Reception, ready for Year 1.

IN EARLY YEARS, OUR CURRICULUM STARTS FROM THE CHILD, NURTURING EVERY CHILD TO ACHIEVE THEIR FULL POTENTIAL.

WE OFFER A WIDE RANGE OF OPPORTUNITIES THROUGHOUT SCHOOL SUCH AS, BRASS SESSIONS AND RESIDENTIALS.

Silloth's children are our future and as such must be nurtured, cared for and educated to the highest standards.

EXTRACURRICULAR ACTIVITIES ARE OFFERED.



## SILLOTH PRIMARY SCHOOL

# OPEN MORNING

TUESDAY 30TH JUNE 9.15-10.15AM

Are you looking for a Nursery place?  
We still have places available!

**Please come along to our open morning at 9:15am.**

There will be an opportunity to meet staff and for children to play in the classroom and outdoor area.

TOURS AROUND SCHOOL CAN BE ARRANGED.

Visit our website for more information  
[www.silloth.cumbria.sch.uk](http://www.silloth.cumbria.sch.uk)

Silloth Primary School  
'Where Children Come First!'  
**SILLOTH PRIMARY SCHOOL**  
**2026/2027**

Is your child looking to start  
Nursery in September 2026?

Is your child looking to start  
Reception in September  
2026?

We have places available!

We can offer individual appointments for  
parents to come and see for yourselves what  
makes our school so special.

Visit our website for more  
information  
[www.silloth.cumbria.sch.uk](http://www.silloth.cumbria.sch.uk)

Contact us on 016973 31243 or  
[admin@silloth.cumbria.sch.uk](mailto:admin@silloth.cumbria.sch.uk) for more  
information or to make an appointment.



## Water Bottles & Fruit - PLEASE READ VERY CAREFULLY



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***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.

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Eco-Champions - Postponed until next week!

## **Parking on School Lane and in the school carpark**

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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.

---



## Silloth Share & Support



# Silloth Share & Support

Need support?

email us on...  
[silloth\\_hub@yahoo.com](mailto:silloth_hub@yahoo.com)

### Your Community Food Hub

We are open to **everyone** living in the CA7 area.



Christ Church,  
Criffel Street,  
Silloth



3rd Wednesday  
of every month  
**12- 2:30PM**

### Buy food at low prices

- We're asking for £5 donation per bag
- No appointment or referral needed
- If you are unable to pay, you won't be turned away

Join us for **tea, cake** and  
a **welcoming space.**  
& support and advice!



### Upcoming dates:

15<sup>th</sup> April  
20<sup>th</sup> May  
17<sup>th</sup> June  
15<sup>th</sup> July  
19<sup>th</sup> August  
16<sup>th</sup> Sept  
21<sup>st</sup> Oct  
18<sup>th</sup> Nov  
16<sup>th</sup> Dec

## Chance Camp

**CHANCE CAMP**

Keep your child Active, Confident, Smiling & Healthy in 2026

[WWW.CHANCECAMP.CO.UK](http://WWW.CHANCECAMP.CO.UK)

**DATES**

**INVASION GAMES** 17<sup>th</sup> Feb - 19<sup>th</sup> Feb

**MULTI SPORTS** 30<sup>th</sup> March - 2<sup>nd</sup> April

21<sup>st</sup> July - 24<sup>th</sup> July

**OLYMPICS (Individual)** 27<sup>th</sup> July - 31<sup>st</sup> July

**OLYMPICS (Team)** 3<sup>rd</sup> Aug - 7<sup>th</sup> Aug

**STRIKING & FIELDING** 10<sup>th</sup> Aug - 12<sup>th</sup> Aug

**INVASION SPORTS** 17<sup>th</sup> Aug - 19<sup>th</sup> Aug



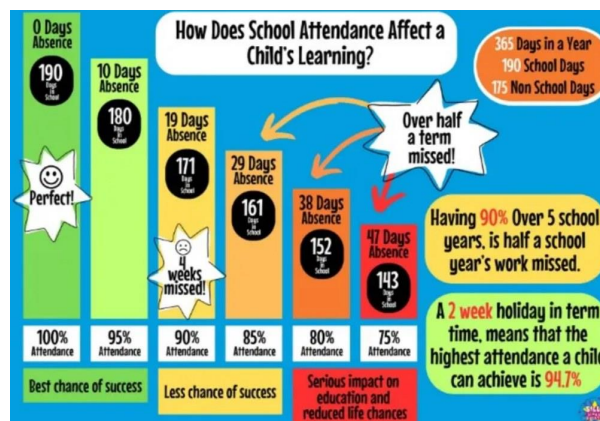
**SCAN TO BOOK**

Ages 4 - 14. DBS checked & fully qualified coaches

**FLEXIBLE BOOKING SYSTEM IN PLACE**

## Attendance Champions - Postponed until next week!

## Attendance Reminders...



## PENALTY NOTICE FINES FOR SCHOOL ATTENDANCE IS CHANGING

**1 FIRST OFFENCE**  
The first time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be:  
**£160 per parent per child if paid within 28 days. Reduced to £80 per parent per child if paid within 21 days**

**2 SECOND OFFENCE (WITHIN 3 YEARS)**  
The second time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be:  
**£160 per parent per child to be paid within 28 days. No reduced rate will be offered**

The changes to Penalty Notice Fines will come into force for those issued after **19th August 2024**

**3 THIRD OFFENCE AND ANY FURTHER OFFENCES (WITHIN 3 YEARS)**  
The third time an offence is committed for Term Time Leave or Irregular Attendance a Penalty Notice will not be issued and the case will be presented straight to the Magistrates' Court.  
Magistrates' fines can be up to £2500 per parent per child. Cases found guilty in Magistrates' Court can show on a parent's future DBS certificate, due to failure to safeguard a child's education.

**10 SESSIONS (5 DAYS) OF UNAUTHORISED ABSENCE IN A 10-WEEK PERIOD**  
Penalty Notice Fines will be considered when there has been 10 sessions of unauthorised absence in a 10-week period

Ref: DfE Working Together to Improve School Attendance document

## 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-terminally 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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---

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- 

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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.*

---



## NHS Virtual Clinics

Self Esteem Low Mood Bullying Behaviour Toileting Sleep

**Virtual Clinics for children aged 5-11 Years**

NHS Harrogate and District NHS Foundation Trust

**Emotional Health & Resilience Clinic**

Ring or email to book a consultation on 0300 304 9029 hdfd.spoc@19cumberland@nhs.net

**School Nurse Clinic**

We can help your child feel heard, build resilience, and grow with confidence if they are struggling emotionally.

We're here to help with any concerns about your child's sleep, toileting, diet, or development – supporting them to grow feeling comfortable, confident, and happy.




Anger Anxiety Worry Diet Development

## 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.
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### **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.

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**Stars of the Week - Postponed until next week!**

### **School Meals**

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*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 8.6.26***

*Monday - Pork Meatballs & Gravy with Pasta*

*Tuesday - Sweet & Sour Chicken with Rice*

*Wednesday - Hot Dog & Chips*

*Thursday – Cod Goujons & Potato Waffles*

*Friday – Pork Sausages & Chips*

### ***Nut & Egg Free School***

*Please remember that we are a nut & egg free school.*

*Your child may not bring any eggs or nuts into school as part of their packed lunches or as snacks. Breakfast bars for break time snacks are not permitted as they usually contain nuts or have been made in factories where there are nuts.*

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New Menu - Coming Soon!



## Times Table Rockstars of the Week! Postponed until next week!

### 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!

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*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.*

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# Don't Forget Your Coat!

Bring a coat to school every day.



## Living Streets' WOW - The Walk To School Challenge - Starts on Monday!

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*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](http://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](http://livingstreets.org.uk/wowlaunch)*



## Smoking & Vaping

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*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.*

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## Our Mission Statement

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*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.*

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## Our Vision

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*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.*

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## Contact Us

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*If you have any further questions or queries, please do not hesitate to contact us.*

### ***Silloth Primary School***

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