

Headteacher's Headlines

After the extreme weather on Friday, it was lovely to be back in school on Monday.

Children have had a lovely week in classes and have been very busy working hard. Our Year 5 pupils enjoyed an amazing transition day at William Howard School and on Friday afternoon, the children in Acorns enjoyed afternoon tea as part of their learning on 'The Tiger who came to tea'. Please see below for further information on events we have coming up.

Warmest Wishes,
Sarah



Baking club

Children are having fun in the baking club – this week they made Coconut Nutella cups. Please find the recipe below!

- Dark chocolate chips
- Coconut oil
- Sweetened coconut flakes or shredded coconut

To make this recipe, you'll line a mini muffin pan with cupcake liners.

Then melt the chocolate chips and coconut oil together. This needs to be done carefully and at very low heat so it doesn't burn.

Add a little chocolate to the bottom of each liner.

Add the coconut flakes on top of the chocolate.



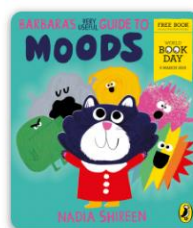
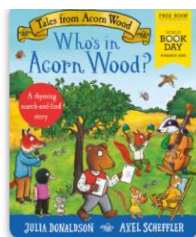
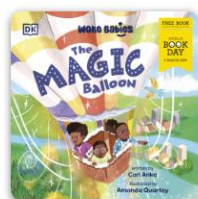
CET Year 6 Maths Challenge - Friday 7th February

Re-arranged for next Friday, will our team 'Equation Crushers' be victorious in their quest to win this prestigious challenge? - more details to follow!

World Book Day Thursday 6th March

This year to celebrate World Book Day, we are asking our pupils to dress up as any character from a Fairy Tale. We will have a fun day planned by our new school councillors exploring Fairy tales in more detail as well as other fun filled activities. More details to follow!

World book vouchers will be handed out to pupils on the day to allow them to purchase books from supermarkets such as Tesco or independent bookstores such as Bookends on Castle Street.





Parents Safeguarding Information

Big and difficult feelings are part of growing up but they can be easier to handle with guidance and support. See below for 10 top tips for parents on helping youngsters develop emotional literacy.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

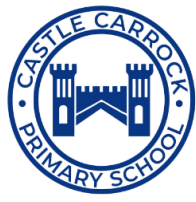
- 1 NAME THE EMOTION**
Encourage children to identify and name their emotions. They begin to understand what their feelings mean and learn to express them in a safe environment by naming a feeling. For example, a child might say, "I'm feeling sad because my friend moved away."
- 2 MODEL EMOTIONAL EXPRESSION**
Demonstrate healthy emotional expression by naming your feelings and explaining how you feel. Use phrases like "I'm feeling sad because my friend moved away" to show children how to express their feelings in a safe and appropriate way.
- 3 MINDFULNESS ACTIVITIES**
Teach children mindfulness practices to help them become more aware of their feelings and the physical sensations that go along with them. Mindfulness activities can help children become more aware of their feelings and the physical sensations that go along with them.
- 4 USE STORYTELLING**
Encourage children to use storytelling to help them understand and express their feelings. Use stories to help children understand and express their feelings. Encourage children to use storytelling to help them understand and express their feelings.
- 5 PRACTISE EMPATHY**
Teach children to consider others' needs and emotions. Encourage children to consider others' needs and emotions. Encourage children to consider others' needs and emotions.
- 6 ENCOURAGE JOURNALING**
Suggest keeping a journal to track their feelings and thoughts. Encourage children to keep a journal to track their feelings and thoughts. Encourage children to keep a journal to track their feelings and thoughts.
- 7 TEACH PROBLEM-SOLVING**
Encourage children to think of ways to solve their problems. Encourage children to think of ways to solve their problems. Encourage children to think of ways to solve their problems.
- 8 CREATE A SAFE SPACE**
Establish an environment where children feel safe to express their emotions. Encourage children to express their emotions in a safe and supportive environment.
- 9 USE VISUAL AIDS**
Use visual aids to help children understand and express their feelings. Encourage children to use visual aids to help them understand and express their feelings.
- 10 CELEBRATE EMOTIONAL GROWTH**
Acknowledge and celebrate progress in emotional literacy. Encourage children to celebrate their progress in emotional literacy.

Meet Our Expert
Wake Up Wednesday
The National College

Spellbinding Book Challenge – Year 5 & 6

Our Year 5/ 6 children are taking part in Cumbria's Spellbinding Reading Challenge! Now in its 10th year, Spellbinding is Cumbria's annual book award, which runs during the Spring term. The award aims to create enthusiasm and excitement about books and encompasses, encourages and fosters reading for pleasure.





NEWSLETTER



Friday 7 th February 25	CET Year 6 Maths Challenge
Friday 14 th February 25	Last Day of <u>Spring</u> term 1
Monday 24 th February 25	Return to school
Wednesday 5 th March 25	Year 3 & 4 Football Competition at Harraby 3G
Wednesday 5 th March 25	KS2 Eden Rock Climbing Competition
Thursday 6 th March 25	World Book Day (character from a fairy tale book)
Wednesday 12 th March 25	Parents Evening – More details to follow
Friday 14 th March 25	Talkin Tarn Archery in school with KS2
Tuesday 18 th March 25	NISCU Easter session in school
Wednesday 19 th March 25	CET Year 2 Sports Festival at Workington
Friday 21 st March 25	Red Nose Day (more information to follow)
Friday 28 th March 25	Parents Monthly Assembly
Thursday 3 rd April 25	Easter Service 2.45pm - 3.15pm
Friday 4 th April 25	Last Day of term