

## Headteacher's Headlines

I would firstly like to welcome Mrs Crampsey to Castle Carrock who will be teaching in the Acorns Unit. Mrs Crampsey is a very experienced Early years and Key Stage 1 teacher and will be a wonderful addition to the team.

It's been a very busy week in school!

Thank you so much to Gary Norman and his wife Teri who came in to school to show us how they care for, feed and nurture the hedgehogs on the Gosling Sike Reserve- even presenting each child with a mini hedgehog of their own.

Sadie inspired our younger learners today when she read them a story, she had written herself and another lovely picture story about Philippa the Pheasant. Well done, Sadie!

We had a fantastic end to this week with Talkin Adventures delivering fun Archery sessions for KS2.

Please keep an eye on the dates at the bottom of this newsletter as we have lots of exciting events coming up.

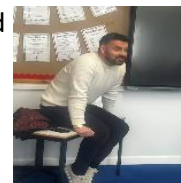
Warmest wishes,

Sarah



## Careers Month

We had an unforgettable start to Careers Month at Castle Carrock Primary School as we welcomed West End superstar Ben Forster to inspire our pupils with his journey to success. Best known for winning Andrew Lloyd Webber's ITV Superstar competition, which led to his starring role in Jesus Christ Superstar, Ben visited us before jetting off to Athens to perform Disney classics in concert. Thank you so much also to one of our alumni pupils- Charlotte who is a vet at Capontree Vets in Brampton and to Dr Jen Cawthorne for an amazing science lesson on evolution to celebrate science week! Thank you for also talking to our children about changing careers from being a GP to a science teacher! Always go with your dreams.



## Extra Curr clubs - Craft Club & Stem Club

A fun activity at craft club this week- look at our Peek-a-boo chicks!

Key Stage 2 had fun making slime in STEM club.



## William Howard Inclusive Sports Festival

A huge well done to the children who attended William Howard on Wednesday morning trying out alternative sports such as table cricket, curling and boccia!



## Acorns Farm Trip

Acorns had a lovely morning at the farm teaching the children about how produce gets from farm to fork. Everyone enjoyed the trip- especially seeing the newborn lamb!



## Active Travel Challenge

For the week commencing Monday 17<sup>th</sup> March the school is taking part in Active Travel Challenge. Children will be given a card to record each day ticking how they get to school, they will also have a paper wrist band if they would like to participate.

## School Uniform

Thank you for continuous support sending Children in school uniform. Just to be aware that leggings are not part of the uniform.

## School Field

Weekend use – You are all still more than welcome to use our school grounds to play in- however the school field at the moment is extremely wet and muddy so we would appreciate, if possible, to avoid playing football on there out of hours to help preserve the field.

## Red Nose Day – Friday 21<sup>st</sup> March

Red noses will be available to buy in school priced at £2.00 each. All proceeds go to Comic Relief. Children can come to school that day wearing something red. Cake donations would be welcome, parents are invited for coffee and cake for a donation at 2:30pm with all profits going to Comic Relief.



## Non-Uniform Day- Friday 28<sup>th</sup> March

We are holding a non- uniform day in school on Friday 28<sup>th</sup> March. Please can all children come in wearing anything with their house colour. Please could children bring in a donation for the PTFA Easter raffle- anything would be welcome including chocolates, bubble bath etc. If you bring in alcohol, please deliver this straight to the school office. If you are unsure which colour house your child is in, please contact the school office.

## Parents Safeguarding Information



**10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING**

Physical activity isn't only beneficial for our bodies. It also plays a role in promoting mental wellbeing. While both the brain and the chemistry of the summer. It is an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

- 1 MAKE IT FUN**  
Inexpensive activities that children enjoy such as ball games, games, dancing, trampolining, and play equipment can be used to engage children in physical activity. Encourage children to play in groups and to play in their own backyards.
- 2 MIX MOVEMENT WITH LEARNING**  
Inexpensive activities that children enjoy such as ball games, games, dancing, and play equipment can be used to engage children in physical activity. Encourage children to play in groups and to play in their own backyards.
- 3 CREATE OPPORTUNITIES**  
Provide clear channels for physical activity. Encourage children to play in groups and to play in their own backyards.
- 4 PROVIDE POSITIVE REINFORCEMENT**  
Praise and encourage children for their physical activity. Encourage children to play in groups and to play in their own backyards.
- 5 VARIETY IS KEY**  
Encourage a variety of physical activity. Encourage children to play in groups and to play in their own backyards.
- 6 ENJOYMENT OVER COMPETITION**  
Encourage children to play in groups and to play in their own backyards.
- 7 SET REALISTIC GOALS**  
Encourage children to play in groups and to play in their own backyards.
- 8 MAKE IT ACCESSIBLE**  
Encourage children to play in groups and to play in their own backyards.
- 9 LEAD BY EXAMPLE**  
Encourage children to play in groups and to play in their own backyards.
- 10 ENCOURAGE PERSISTENCE**  
Encourage children to play in groups and to play in their own backyards.

Meet Our Expert  
Adam, expert in health and development specialist who, as well as working at the school, is also an expert in physical activity and mental health. He was asked to be part of an expert advisory group for the Department for Education, one of only three school leaders to be asked to do so.

Wake Up Wednesday  
The National College

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# NEWSLETTER



RESPECT | RESPONSIBILITY | RESILIENCE

Monday 17 <sup>th</sup> March 25	Feet First 5 Day Active Travel Challenge
Monday 17 <sup>th</sup> March 25	Irish Dance demonstration/whole school assembly
Tuesday 18 <sup>th</sup> March 25	NISCU Easter Craft session in school
Wednesday 19 <sup>th</sup> March 25	CET Year 2 Sports Festival at Workington
Friday 21 <sup>st</sup> March 25	Red Nose Day children can wear something red cake donations welcome. Coffee and Cake for parents 2:30pm -3:20pm in school
Friday 28 <sup>th</sup> March 25	Parents Monthly Assembly House colour non uniform day
Tuesday 1 <sup>st</sup> April 25	KS1 & Year 3 Learning Forest Trip
Thursday 3 <sup>rd</sup> April 25	Easter Service 2.45pm - 3.15pm
Friday 4 <sup>th</sup> April 25	Uncovering Roman Carlisle whole school assembly
Friday 4 <sup>th</sup> April 25	Last Day of term
Monday 28 <sup>th</sup> April 25	Cumbria Deaf – whole school assembly
Saturday 17 <sup>th</sup> May 25 follow)	Lanercost Cross Country Race (more information to follow)