

Headteacher's Headlines

Another warm, beautiful sunny spell- please remember to send children in with suncream applied along with sun hats and water bottles. Well done to all the children participating in both Lanercost Cross Country Race and the Swimming Gala- we are proud of your achievements.

I hope everyone has a lovely half term break and we look forward to seeing the children back in school Monday 2nd June 2025.

Warmest wishes,
Sarah

Extra Curricular Clubs

Forst School Club

At our last forest school session, we used our DIY skills to build a musical wall for our garden!



Running Club

A bit of hill training and cross country for our runners this week – well done to all participants.



I can Fitness

Children had so much fun when 'I can' fitness came to give the whole school a trampolining treat.



Ice Lollies – fundraising for Year 6 Leavers

School will be selling Ice lollies each Friday playtime during summer term for £1. All profits go towards the Year 6 leavers treat.



Sports Day – Thursday 19th June

Whole school sports day from 1:30 – 3:00pm – parents welcome.

TIME TO BOOK YOUR TRANSPORT 🚐

If your child is starting at one of our schools in September, you may be eligible for free school transport:

🚐 If you live more than 2 miles away and your child is under 8

🚐 If you live more than 3 miles away and your child is over 8

🕒 You must apply by 31st May 2025.

Cumberland Council Apply for Transport link 📄

<http://www.cumberland.gov.uk/.../apply-school-transport...>

Westmorland and Furness Apply for Transport link 📄

<http://www.westmorlandandfurness.gov.uk/.../apply-school...>

Parents Safeguarding Information

Violence, viral videos and vulnerability. Most kids aren't looking for violent content online – but they're still seeing it.

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Over the past few years, we've seen a rise in violence on social media in the past year – often from as young as 10 years old. Just 5% of people who use social media are involved in group chats or social networks that are violent. However, 10% of people who use social media are involved in group chats or social networks that are violent. However, 10% of people who use social media are involved in group chats or social networks that are violent.

WHAT ARE THE RISKS?

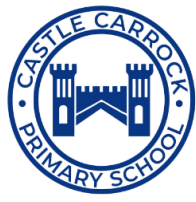
- MENTAL HEALTH AND TRAUMA**
 - Children and young people who are exposed to violent content online are at a higher risk of mental health problems, such as anxiety, depression, and self-harm.
- BEHAVIOUR CHANGES**
 - Children and young people who are exposed to violent content online are at a higher risk of engaging in violent behaviour themselves.
- ESCALATION AND PARTICIPATION**
 - Children and young people who are exposed to violent content online are at a higher risk of becoming involved in violent incidents themselves.
- DESENSITISATION**
 - Children and young people who are exposed to violent content online are at a higher risk of becoming desensitised to violence.
- HARMFUL IDEOLOGIES**
 - Children and young people who are exposed to violent content online are at a higher risk of becoming radicalised and adopting harmful ideologies.
- DISPROPORTIONATE IMPACT**
 - Children and young people who are exposed to violent content online are at a higher risk of experiencing a disproportionate impact on their mental health and well-being.

Advice for Parents & Educators

- CREATE SUPPORTIVE SPACES**
 - Encourage children and young people to talk to you about their online experiences.
- AVOID HARSH RESTRICTIONS**
 - Instead of banning children and young people from social media, try to have open conversations about their online experiences.
- KNOW WHAT'S ILLEGAL**
 - Be aware of the legal implications of sharing or posting violent content online.
- UNDERSTAND TECH AND TRAUMA**
 - Understand how technology can be used to spread violence and how it can impact children and young people's mental health.

Meet Our Expert: Wake Up Wednesday, The National College

Follow us on social media: @wakeup.weds, @wakeup.wednesday



NEWSLETTER



RESPECT | RESPONSIBILITY | RESILIENCE

Thursdays in May 25	KS2 Outreach Singing with Ed Taylor
Monday 2 nd June 25	First Day of Summer term 2
w/c 2 nd June	Year 5 & 6 Bikeability
Thurs 5 th June 25	Year 3 & 4 Bikeability
Tuesday 3 rd June 25	KS2 Outreach Carlisle Cathedral Workshop
Tuesday 10 th June 25	Whole Class School Photos
Friday 13 th June 25	Whole school trip to Silloth/Allonby
Wednesday 18 th June 25	CET Sports Festival Year 4 at Whitehaven (information to follow)
Thursday 19 th June 25	WHS Year 6 transition morning
Thursday 19 th June 25	Sports Day 1:30 - 3:00pm
Friday 20 th June 25	Rev Edward Johnsen Assembly
Thursday 26 th June 25	Oaks Unit trip to Bolton Fell Moss National Nature Reserve (more information to follow)
Friday 27 th June 25	Parents Monthly assembly
Monday 30 th June 25	Year 6 Induction day
Tuesday 1 st July 25	KS2 Outreach Carlisle Cathedral Evening Concert (information to follow)
Thursday 3 rd July 25	KS2 Outreach Carlisle Cathedral Evening Concert
Monday 7 th July 25	Year 6 End of Year treat – Fusion Carlisle
Thursday 10 th July 25	CET Student Excellence Awards (so save the date in case your child wins!)
Thursday 10 th July 25	William Howard School Year 6 Parents Evening
Friday 11 th July 25	Julie Minns visit to school
Friday 11 th July 25	Rev Edward Johnsen Assembly
Wednesday 16 th July 25	OAKS Unit Play 2:30pm - 3:30pm
Thursday 17 th July 25	Year 6 Leavers Assembly 2:30pm - 3:30pm
Friday 18 th July 25	Last day of term.