



Headteacher's Headlines

Another warm, beautiful sunny spell. Please remember to send children in with suncream applied along with sun hats and water bottles. We have all had a lovely week with the KS1 children swimming and the KS2 children enjoying tennis sessions at Chatsworth tennis club. A huge thank you to all those parents who access the free Early Adopter breakfast club- we have room for everyone, please do join us. It was lovely to hear Julie Minns in the House of Commons with the Prime Minister mention Castle Carrock Primary School as one of the Early Adopter Breakfast Clubs in Cumbria.

On a last note, we wish our wonderful Year 6 pupils the best of luck next week with the SATS. Have a lovely, relaxing weekend.

Warmest wishes,
Sarah

Year 6 Breakfast Club – 12th May - 15th May

Please can we encourage all Year 6 children to come and join us for a hearty breakfast at our breakfast club between 8:25am and 8:55am in school next week. The children have decided on some extra-special options.

Forest School Extra-Curricular Club

A wonderful first forest school session making bird feeders and exploring our wonderful school garden.



Running Extra Curricular Club

There was lots of enthusiasm and energy displayed by these fine runners. We are looking forward to competing in the Lanercost Cross Country event on Saturday 17th May.



Yr 6 Fell Walk

Our lovely Year 6 children enjoyed a wonderful walk today up our local fell today - along with 82 children from nearby schools. It was part of a well-being day ahead of the Year 6 SATS. Thank you to The Duke of Cumberland for providing juice and biscuits afterwards.



Reception and KS1 Festival at William Howard School

A big thanks to William Howard School for providing a fantastic engaging morning for our children.

Swimming and Tennis

Please can children arrive ready for swimming and tennis.

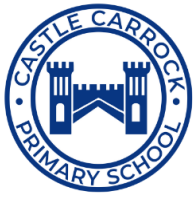


Lanercost Cross Country Race

If you would like to attend please confirm by Monday on ParentMail.

School Lunch Menu Hot Dog Theme Thursday 15th May

Aspens theme day Thursday 15th May. Please book for main meal on ParentMail if you would like this lunch.



NEWSLETTER



RESPECT | RESPONSIBILITY | RESILIENCE

Ice Lollies – fundraising for Year 6 Leavers

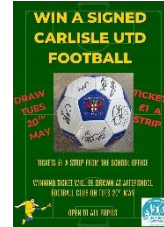
School will be selling Ice lollies each Friday playtime during summer term for £1. All profits go towards the Year 6 leavers treat.



Win a signed CUFC Football

The PTFA have managed to get a wonderful prize form Carlisle United!

Tickets available from the school office £1 per strip 🏈



Parents Safeguarding Information

Every child deserves to feel seen, heard, and valued 👁️❤️👂

At The National College, we want to ensure you and your family, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and internet usage. We want to ensure you and your family, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and internet usage. We want to ensure you and your family, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and internet usage.

10 Top Tips for Parents and Educators FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

- 1 CELEBRATE INDIVIDUAL DIFFERENCES**
Acknowledge and celebrate the uniqueness of every child. Encourage them to share their talents, interests, and experiences. Create an environment where they feel safe and confident to express themselves. Celebrate their achievements and be genuinely interested in their lives. Encourage them to share their experiences with both school and home settings.
- 2 CONSISTENT COMMUNICATION**
Regularly communicate and actively listen to children. Encourage them to share their thoughts and feelings. Create a safe space for them to express their concerns and feelings. Encourage them to share their experiences with both school and home settings.
- 3 MEANINGFUL PARTICIPATION**
Give children opportunities to actively participate in school activities. Encourage them to take on leadership roles. Encourage them to share their thoughts and feelings. Create a safe space for them to express their concerns and feelings. Encourage them to share their experiences with both school and home settings.
- 4 FOSTER STRONG RELATIONSHIPS**
Support and encourage positive relationships between peers, teachers, and staff. Encourage them to share their thoughts and feelings. Create a safe space for them to express their concerns and feelings. Encourage them to share their experiences with both school and home settings.
- 5 CREATE INCLUSIVE SPACES**
Ensure all children feel welcome, included, and valued. Encourage them to share their thoughts and feelings. Create a safe space for them to express their concerns and feelings. Encourage them to share their experiences with both school and home settings.
- 6 MODEL POSITIVE BEHAVIOUR**
Adults play a crucial role by demonstrating positive, respectful, and inclusive behavior. Encourage them to share their thoughts and feelings. Create a safe space for them to express their concerns and feelings. Encourage them to share their experiences with both school and home settings.
- 7 BUILD EMOTIONAL LITERACY**
Teach and encourage emotional regulation skills. Encourage them to share their thoughts and feelings. Create a safe space for them to express their concerns and feelings. Encourage them to share their experiences with both school and home settings.
- 8 SUPPORT PEER MENTORSHIP**
Encourage peer support and mentorship. Encourage them to share their thoughts and feelings. Create a safe space for them to express their concerns and feelings. Encourage them to share their experiences with both school and home settings.
- 9 RECOGNISE EFFORTS REGULARLY**
Consistently acknowledge and celebrate children's efforts. Encourage them to share their thoughts and feelings. Create a safe space for them to express their concerns and feelings. Encourage them to share their experiences with both school and home settings.
- 10 ADDRESS BULLYING PROMPTLY**
Quickly address any incidents of bullying. Encourage them to share their thoughts and feelings. Create a safe space for them to express their concerns and feelings. Encourage them to share their experiences with both school and home settings.

Meet Our Expert
Anna Robinson is Director of Holroyd Education Ltd and Director for Wellbeing and Mental Health at Holroyd. With extensive experience in supporting and working with children and young people, she supports the wellbeing of children and young people. Anna is also the lead expert for mental health at The National College.

#WakeUpWednesday The National College

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NEWSLETTER



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Thursdays in May 25	KS2 Outreach Singing with Ed Taylor
Tues 6 th May – Frid 16 th May w/c 12 th May 25	Swimming and Tennis sessions (not Wed 7 th May) Year 6 SATS
Saturday 17 th May 25	Lanercost Cross Country Race
Monday 19 th May 25	Swimming Gala Year 5 & 6 selected pupils
Wednesday 21 st May 25	I Can Fitness – whole school
Friday 23 rd May 25	Parent Assembly
Friday 23 rd May 25	Last day of half term
Monday 2 nd June 25	First Day of Summer term 2
w/c 2 nd June	Year 5 & 6 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 (more information to follow)
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
Thursday 10 th July 25	CET Student Excellence Awards (so save the date in case your child wins!)
Friday 18 th July 25	Last day of term.