



# NEWSLETTER

Creating  
**EXCELLENCE**  
Together

Cumbria  
Education Trust

RESPECT | RESPONSIBILITY | RESILIENCE

## Headteacher's Headlines

We had a lovely week in school which was beautifully finished with a whole school trip to Silloth where we completed fieldwork, enjoyed ice cream and played on the park whilst enjoying the sea air! Please take a look at the dates at the bottom of this newsletter as we have a busy half term ahead.

Warmest wishes,  
Sarah

## Deep Blue Sea – Lunch Themed Menu on 19<sup>th</sup> June

Special menu on 19<sup>th</sup> June if you would like this please book on ParentMail.

## Extra Curricular Clubs

Thanks to everyone signing up for Extra Curricular Clubs.

## Breakfast Club 8.25am

Thank you so much for supporting our Breakfast Club. We very much appreciate it. All reception – Year 6 children are welcome every morning. Come and join us from 08:25am.



## Sports Day Thursday 19<sup>th</sup> June from 1.30 - 3.00pm

We are looking forward to sports day and hoping the weather will be kind. You are invited to join us for this event from 1.30pm. Thank you so much to Mrs Holliday from William Howard School for organising and running this event. Thanks also to the PTFA for providing ice lollies for all the children.

## School Uniform – September

If you require new uniform, please order online via the uniform shop before the end of summer term. Uniform can be delivered to school for collection on Tuesday 2<sup>nd</sup> September or you can select delivery home.

## 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.



## Cash4Clothes Thursday 26<sup>th</sup> June

The PTFA have organised Cash4Clothes again – bags and fliers will be sent home next week with Children.

## Parents Safeguarding Information

AI is here to stay

Generative AI is changing the way young people learn and play – but are they staying safe? Our free guide explores the [#OnlineSafety](#) risks and offers top tips for parents.

The infographic is titled "What Parents & Educators Need to Know about GENERATIVE AI SAFETY". It features a central illustration of a boy looking at a screen displaying "ALL THE ANSWERS 12+12 = 1212". The infographic is divided into several sections:

- WHAT ARE THE RISKS?**
  - MISINFORMATION AND ACCURACY:** Generative AI can create false information, including text, images, and audio, which can be used to spread misinformation and disinformation. This can affect learning and understanding, and potentially lead to harmful decisions.
  - EXPOSURE TO INAPPROPRIATE CONTENT:** Generative AI can be used to create inappropriate content, such as hate speech, sexual content, and violence. This can be harmful to children's mental health and well-being.
  - PRIVACY AND DATA SECURITY:** Generative AI often requires users to provide personal information, which can be stored and used for other purposes without their knowledge.
  - REDUCED CRITICAL THINKING:** Relying on generative AI for answers can reduce children's critical thinking skills and their ability to evaluate information.
  - DIGITAL DEPENDENCY:** Over-reliance on generative AI can lead to digital dependency, where children are unable to think for themselves or solve problems without the aid of AI.
  - UNCLEAR ETHICAL BOUNDARIES:** Generative AI can be used to create content that is unethical or harmful, such as deepfakes and hate speech.
- IDEAS: Advice for Parents & Educators**
  - ESTABLISH CLEAR GUIDELINES:** Set clear rules and expectations for children's use of generative AI, including what they can and cannot do.
  - PROMOTE ACTIVE SUPERVISION:** Monitor children's use of generative AI and have open conversations about their experiences.
  - ENCOURAGE CRITICAL EVALUATION:** Encourage children to question the accuracy and reliability of information generated by AI.
  - ENHANCE PRIVACY AWARENESS:** Teach children about the importance of protecting their personal information and the risks of sharing it online.
- Meet Our Expert:** A section featuring a photo of an expert and their name.
- Wake Up Wednesday:** A logo for a weekly event.
- The National College:** A logo for the organization that created the infographic.

At the bottom, there are social media handles for @wake\_up\_weds, @nationalcollege, @wake\_up\_wednesday, and @wakeupweds, along with a website link: [www.castlecarrock.cumbria.sch.uk](https://www.castlecarrock.cumbria.sch.uk)

## FOOD FESTIVAL

TAKE YOUR CHILD'S IMAGINATION ON A FOOD JOURNEY WITH ASPENS

Cumbria education trust

**Knowing Where Your Food Comes From**

It's important to know where your food comes from. It helps you understand how it's grown and how it's transported. It also helps you make choices about what you eat.

**LUNCHTIME**

**FUN THEME DAYS**

**OUR FAVOURITE FOOD**

Our favourite food is... (text about food preferences)

**NOT JUST GREAT TASTING FOOD!**

Food is not just for eating. It can be used for many other things. For example, it can be used to make clothes, to make art, or to make music.

**SPECIAL DIETS AND FOOD ALLERGENS**

Some children have special diets or food allergies. It's important to know what they can and cannot eat. This is an important part of our school's policy.

**HELP YOUR CHILD TO SAVE WITH A CHOICE MEAL**

Ask all the staff to find out more!

For more information and to book, please contact the school office on 01753 833333.

## FOOD FESTIVAL

### BREAD

- 1 Bread is eaten all over the world and used in lots of different dishes, such as pizzas, burgers and bread pudding!
- 2 Most bread is leavened, which means it is made with yeast or a rising agent to make the dough grow bigger.
- 3 There isn't just one type of bread, there are lots from around the world like ciabatta and focaccia to whole-grain.
- 4 Whole-grain bread provides essential vitamins and minerals to maintain a healthy diet.
- 5 Flat breads are made from grains such as corn, barley, wheat, or rye.

**FUN FACTS**

Did you know? The word sandwich is named after John Montagu who was the 4th Earl of Sandwich. He liked to eat a bit of meat between two slices of bread as a quick snack.

**Remember...**

Bread is a staple food which should make up about a third of what you eat. It's a good source of energy for your body.

Turn over for an amazing recipe!

## FOOD FESTIVAL

### BREAD

#### Classic White Loaf Recipe & Method

**Ingredients**

- 500g Strong White Flour
- 300-325ml Lukewarm Water approx.
- 2 tsp Salt
- 1 x 7g Sachet Instant Yeast

- 1 Heat oven to 220°C fan 200°C top. Mix flour along with salt, 2 tsp oil and 1/2 sachet of yeast in a large bowl.
- 2 Make a well in the centre, add the lukewarm water and mix well. If the dough pulls a little, add another 1-2 tsp water and mix well.
- 3 Knead the dough for 10 minutes until smooth and elastic.
- 4 Shape the dough into a round, roll it into a ball and place it on a floured surface. Leave to rise for 1 hour until doubled in size or follow the package instructions.
- 5 Use a rolling pin with baking parchment to roll the dough into a circle and pull the dough into a ball.
- 6 Place it on the baking parchment to prove for a further 30-45 minutes until doubled in size.
- 7 Place in a 20-25 litre tin and bake for 30-35 minutes until golden brown. Cool on a wire rack.

## Save Money

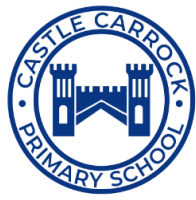
Potential saving of  
**£450**

# LUNCHTIME FREE MEAL

Healthy, nutritious and freshly made daily

**EVERY** child in Reception Year 1 & 2 can have a **FREE** school lunch.

Please contact reception for details



# NEWSLETTER



Thursdays in June 25	KS2 Outreach Singing with Ed Taylor
Wednesday 18 <sup>th</sup> June 25	CET Sports Festival Year 4 at William Howard School
Thursday 19 <sup>th</sup> June 25	WHS Year 6 transition morning
Thursday 19 <sup>th</sup> June 25	Sports Day 1:30 - 3:00pm
Friday 20 <sup>th</sup> June 25	Rev Edward Johnsen Assembly
Thursday 26 <sup>th</sup> June 25	Oaks Unit trip to Bolton Fell Moss National Nature Reserve
Thursday 26 <sup>th</sup> June 25	Innovate Final Whitehaven
Thursday 26 <sup>th</sup> June 25	Cash4Clothes collection 9am
Friday 27 <sup>th</sup> June 25	Parents Monthly assembly
Saturday 28 <sup>th</sup> June 25	Castle Carrock Carnival
Monday 30 <sup>th</sup> June 25	Year 6 Induction day
Tuesday 1 <sup>st</sup> July 25	KS2 Outreach Carlisle Cathedral Evening Concert
Thursday 3 <sup>rd</sup> July 25	KS2 Outreach Carlisle Cathedral Evening Concert
Monday 7 <sup>th</sup> July 25	Year 6 End of Year treat – Fusion Carlisle
Thursday 10 <sup>th</sup> July 25	CET Student Excellence Awards (so save the date in case your child wins!)
Thursday 10 <sup>th</sup> July 25	William Howard School Year 6 Parents Evening
Friday 11 <sup>th</sup> July 25	Rev Edward Johnsen Assembly
Wednesday 16 <sup>th</sup> July 25	OAKS Unit Play 2:30pm - 3:30pm
Thursday 17 <sup>th</sup> July 25	Year 6 Leavers Assembly 2:30pm - 3:30pm
Friday 18 <sup>th</sup> July 25	Last day of term.