

NEWSLETTER




RESPECT | RESPONSIBILITY | RESILIENCE

Headteacher's Headlines

Our first couple of weeks back at school have been wonderful. It has been lovely to see the pupils come back with such enthusiasm. We have an exciting term ahead with lots of sporting events and competitions. Please keep your eye on the dates for your diary.

Warmest wishes,
Sarah

Oak Trees enjoyed their first gymnastic session with Jess from CUFC 



Acorns went on an autumn sensory and sound walk.
What can you hear on your walks around Castle Carrock?



North Pennines Trust

We are looking forward to the North Pennines Trust working with the Oaks unit in class. Events coming up include class visits and field trips! Watch this space for further details.

18th September 2025

Aspens have a special Welcome Lunch on Thursday 18th September for pupils. If you would like your child (ren) to have this, please book the usual way on ParentMail.

McMillan Coffee Afternoon Friday 26th September 2:45-3:25pm

We welcome everyone into school for a coffee and cake, any cake donations would very welcome. Looking forward to seeing you all there!

Parents Safeguarding

What's the real story? This week's [#WakeUpWednesday](#) guide investigates the online spread of conspiracy theories, the safeguarding harms they pose, and how to help young people steer clear of harmful beliefs and misinformation.

What Parents & Educators Need to Know about CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential context risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

WHAT ARE THE RISKS?

- UNDERMINING TRUST**: Conspiracy theories can erode children's trust in their schools, teachers, and the wider community. This can lead to children being more vulnerable to harmful messages from outside the school.
- ONLINE ALGORITHM TRAPS**: Social media algorithms can often recommend content that reinforces a child's beliefs, creating a 'rabbit hole' of increasingly extreme content.
- MENTAL HEALTH IMPACT**: Exposure to harmful conspiracy content can lead to anxiety, stress, and in some cases, self-harm or suicidal thoughts.
- ERODED CRITICAL THINKING**: Young people influenced by conspiracy theories may struggle to distinguish between fact and fiction, leading to poor decision-making and vulnerability to further manipulation.
- GATEWAY TO EXTREMISM**: Conspiracy theories can often overlap with extremist ideologies, leading to children being recruited into extremist groups.
- CONFLICT WITH PEERS**: Beliefs in conspiracy theories can lead to children being excluded or bullied by their peers who do not share the same beliefs.

Advice for Parents & Educators

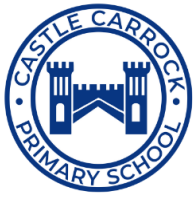
- CREATE SAFE CONVERSATIONS**: Don't avoid or dismiss any questions that children and young people ask about conspiracy theories. Instead, create safe spaces for them to talk.
- PROMOTE CRITICAL THINKING**: Teach young people how to assess information critically. Encourage them to ask questions and seek out reliable sources.
- MONITOR DIGITAL BEHAVIOUR**: Be aware of the content children are accessing, especially on platforms such as YouTube, TikTok, or social media.
- REINFORCE RELIABLE SOURCES**: Point children toward trustworthy and reliable sources of news and information to help them to identify and avoid harmful content.

Meet Our Expert
Nathan O'Keefe is a headteacher and digital education specialist at The National College. He is also a member of the Digital Strategy and Resilience Unit at the National College of Specialist in Digital Safety, Education and Governance.

Source: [https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/100000/keeping-children-safe-in-education-2022.pdf](#)

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Website: www.castlecarrock.cumbria.sch.uk



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Education Trust

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 **WILLIAM HOWARD SCHOOL**

RESPECT | RESPONSIBILITY | RESILIENCE
Be the best you can be!



OPEN EVENING

for 2026 Admissions

Wednesday 24th September ▶ Doors open 5pm

Join us and experience first-hand our **academic excellence, inclusive community** and the **breadth of opportunity** we offer our students.

30-minute intro talks at 5.30pm, 6.30pm or 7.30pm



NO NEED TO BOOK!

For more information, please contact us on **016977 45700** or email: **mail@williamhoward.cumbria.sch.uk**

www.williamhoward.cumbria.sch.uk
William Howard School, Longtown Road, Brampton, Cumbria, CA8 1AR

It's time for a Macmillan Coffee Morning and you're invited

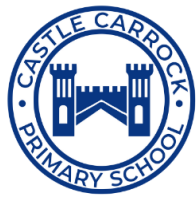
Let's do whatever it takes to support people living with cancer.

Place: Castle Carrock Primary School
Date: Friday 26th September 2025
Time: 2:45pm – 3:25pm
Contact: 01228 670393



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Website: www.castlecarrock.cumbria.sch.uk



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Friday 19 th September	Julie Minns MP visiting school
Tuesday 23 rd September	Year 5 & 6 Football Tournament Harraby 3G
Wednesday 24 th September	Year 6 Opening Evening at William Howard School
Friday 26 th September	McMillan Coffee Morning 2:45pm – 3:25pm (more information to follow)
Wednesday 1 st October	School Photos
Friday 3 rd October	Year 5 & 6 Netball comp William Howard School (more information to follow)
Wednesday 8 th October	Whole School Parents Evening
Thursday 9 th October	PTFA Meeting everyone welcome 7pm in school
Friday 10 th October	Cross Country Event Sheepmount
Saturday 11 th October	Year 5 & 6 Cluster Football tournament
Tuesday 21 st October	Harvest Festival at St Peters Church 2:45pm
Thursday 23 rd October	PTFA Halloween Party (more information to follow)