

Headteacher's Headlines

A huge welcome back to everyone, it was lovely to see all the children arriving on the first day of school. I hope you have all had a restful break. We have an exciting term ahead.

Warmest wishes,
Sarah

Extra-Curricular clubs for Reception – Year 6

Information will be sent out early next week, for clubs starting w/c 15th September they will run for 5 weeks.

Class DoJo

We have cancelled Class DoJo. Communication will just be sent through one channel – ParentMail. If you need to contact school please either call the office or email;
admin@castlecarrock.cumbria.sch.uk

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.

Parents Safeguarding

The return to school after summer can be a whirlwind of emotions – a mixture of excitement, nerves, and everything in between. This guide shares ten practical tips to support children during this transition. From re-establishing routines to encouraging conversations about feelings, this guide is designed to reduce stress and build a sense of calm.



10 Top Tips for Parents and Educators
SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

- 1 RE-ESTABLISH ROUTINES**
Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine eases predictability and stability, helping to reduce anxiety while improving sleep and concentration.
- 2 TALK ABOUT FEELINGS**
Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.
- 3 SUPPORT WITH SLEEP**
Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.
- 4 LOOK OUT FOR SIGNS**
Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worried parents, speak with their teacher or the pastoral team early to ensure your child receives support.
- 5 REFRESH SOCIAL CONNECTIONS**
Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.
- 6 CREATE A CALM MORNING**
Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.
- 7 FOCUS ON POSITIVES**
Talk about the fun and interesting parts of school – seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "how's your day been?" for "what's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.
- 8 VISIT OR VISUALISE SCHOOL**
If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.
- 9 PLAN AHEAD TOGETHER**
Involve children in preparing for school – buying supplies, packing their bag, or choosing lunch options. The greater their sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.
- 10 STAY POSITIVE AND PRESENT**
Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

Meet Our Expert
This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces engaging YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understood in their emotions.

Wake Up Wednesday
The National College

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Website: www.castlecarrock.cumbria.sch.uk

Acorns Curriculum Overview

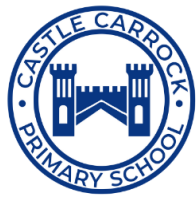
ACORNS Autumn Term Overview

<p>Music In music this term we will be studying: West African songs focusing on animals. We will also be studying orchestral instruments Using the theme - traditional western stories.</p>		<p>English The genres we aim to cover this term are: Stories with familiar settings, Non-chronological reports and Nursery rhymes and poems with rhyme</p>
<p>Science In Science we will be covering the following topics: Living Things: Habitats Living Things: Microhabitats</p>	<p>PSHE The topics we will be covering during the Autumn term are - Family and Relationships Health and Well-being</p>	<p>Maths In Maths, we will be covering: Place Value (within 20). Addition and Subtraction (within 20) Place Value (within 100) and Shape.</p>
<p>History This term we will be looking at answering the historical question: 'What is History' and investigating the theme of how holidays have changed over time.</p>	<p>Computing In Computing we will be covering : What is computer? Algorithms and debugging</p>	<p>PE In PE we will be covering gymnastics</p>
<p>Geography This term we will be looking at answering the geographical question: 'Where am I?'</p>	<p>RE The questions we aim to answer in RE this term are: Why do we need to give thanks? What do candles mean to people?</p>	<p>Art & DT In Art our topic will be Drawing: Tell A Story In DT our topic will be: Mechanisms- Fairground wheel</p>

Oaks Curriculum Overview

Oak Trees Autumn Term Overview

<p>Music In music this term we will begin with the topic 'West African call and response song' with the theme of animals. In Autumn 2 we will look at the topic 'Orchestral Instruments' with the theme of traditional western stories.</p>		<p>English The genres we aim to cover this term are; diaries, adventure stories, speech, mystery and suspense</p>
<p>Science In Science Year 3 and 4 will be covering the following topics: • Animals - digestion and food • Energy - Electricity and circuits Year 5 and 6 will be covering: • Living things and their habitats: life cycles and reproduction • Forces and space: unbalanced forces.</p>	<p>PSHE The topics we will be covering during the spring term are - family and relationships, and health and well-being: Year 5 and 6 will cover this in more depth.</p>	<p>Maths In Maths Year 3 and 4 will be covering the following topics; Place Value, Addition and Subtraction, Multiplication and Division and Area. Year 5 and 6 will also be covering; Place Value, Addition and Subtraction, Multiplication and Division and Fractions.</p>
<p>History Year 3 and 4's historical question this term is 'How have children's lives changed?' Year 5 and 6's historical question is 'What does the census tell us about our local area?'</p>	<p>Computing In Computing we will be covering the following topics: • Computing systems and networks • Programming</p>	<p>PE In PE we will be covering fundamental skills with CUFC.</p>
<p>Geography Year 3 and 4's geographical question this term is 'Who lives in Antarctica?' Year 5 and 6's geographical question is 'Why does population change?'</p>	<p>RE The questions we aim to answer in RE this term are: • Are all religions equal? • what makes some texts sacred?</p>	<p>Art & DT In Art our topic will be Drawing, with a focus on power prints. In DT our topic will be Mechanisms.</p>



NEWSLETTER



RESPECT | RESPONSIBILITY | RESILIENCE

Friday 19 th September	Julie Minns MP visiting 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)
Saturday 4 th October	Year 5 & 6 Cluster Football tournament (more information to follow)
Thursday 23 rd October	PTFA Halloween Party (more information to follow)