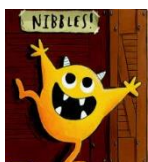




Headteacher's Headlines

After a well-deserved half-term break, it's lovely to welcome everyone back.

During this week, Acorns had a fantastic time investigating their first microhabitat as part of their science topic. They found lots of minibeasts hiding in the leaf litter- from spiders and millipedes to slugs! I wonder what our mini scientists will find next?



The highlight of the week though had to be the visit from Naughty Nibbles Monster who created havoc in the Acorns Unit! What an amazing way to start our new Writing topic! All children thoroughly enjoyed the Pro Cycling Coach we had in school (even with the most awful rain). It was so popular, the pupils have asked us to book it in again, so watch this space in the Summer Term!

Best Wishes

Sarah

Tuesday 11th November Remembrance Service at St Marys Cumrew

We are proud of our Year 6 Pupils representing Castle Carrock Primary at the remembrance service.



As part of this service, they will be performing the song- Flowers for Alice, composed by Max Baker, the late husband of our very own Julie. Thank you so much to Julie for this very special and touching tribute.

Friday 14th November - BBC Children in Need,

Our Pupil Leadership groups are organising a non-uniform drop-down day.

This year's theme is Challenge Yourself to 25. School Council have come up with the idea of Challenge yourself (and your teddy) to 25! Along with their teddies, they will be completing a mega fitness challenge by walking, running, jumping, and hopping 25 laps of the field or playground, stopping at a five fitness stations along the way to complete 25 star jumps, frog jumps, squats, lunges and push-ups.



Early Years are going to have a Teddy Bears picnic and we are going to challenge ourselves to sing/recite 25 nursery rhymes.

Please can children bring in a teddy and a small donation.

Parents Evening Wednesday 19th November

Thank you to everyone for booking appointments for Parents evening, if you haven't already booked, please do this on ParentMail.

PTFA Christmas Card Designs

All children came home last week with cards showing their Christmas artwork that can be turned into a range of lovely gifts. Details of how to order are on the cards. The deadline for all orders is Friday 14th November.

PTFA Non-Uniform Day – Friday 5th December

Please join us for a Non-Uniform Day on Friday 5th December in exchange for a tombola prize for our amazing raffle. Tickets available from the PTFA.

Thank you so much to the PTFA for organising our Halloween disco- the children had lots of spooky fun!

Follow our social media pages: [Facebook](#) | [Twitter](#) | [Instagram](#)

Website: www.castlecarrock.cumbria.sch.uk

Free Early Adopter Breakfast Club – French Themed Breakfast Week

Please could we encourage all pupils to come and join us for our special French themed Breakfast Club all next week starting at 8:25am. There are lots of healthy and tasty options such as Dippy eggs and soldiers, fruit, cereal and soft cheese bagels! We also have French treats on offer!



Parents Safeguarding

Helping young people find their voice 🗣️ It's Anti-Bullying Week – our latest [#WakeUpWednesday](#) guide shares practical tips for adults to empower children to speak up 🗣️, support others 🤝 and stand against bullying.

10 Top Tips for Parents and Educators
GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak up, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

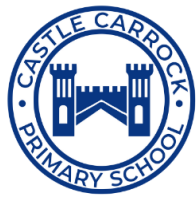
- CELEBRATE DIFFERENCES**
Help young people value diversity by showing that what makes us different is what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By respecting uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.
- MODEL RESPECT**
Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By avoiding hostile behaviour and challenging unkindness, adults set a loving example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.
- SPOT THE SIGNS**
Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these signs ensures that support can be offered sooner and problems do not go unreported.
- VALIDATE FEELINGS**
When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy and judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.
- TEACH ALLYSHIP**
Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.
- PROMOTE REPORTING**
Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.
- ENCOURAGE KINDNESS**
Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who's left out. These small actions set a strong example that kindness matters – one that it can be a powerful response to bullying.
- USE YOUR VOICE**
Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.
- BUILD COMMUNITY AND BELONGING**
Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.
- SUSTAIN THE CONVERSATION**
Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying messages into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert
 Robert Allsup is an experienced pastoral and safeguarding practitioner, specialising in bullying, behaviour interventions, and attendance management. A recipient of the Cision Award for Anti-Bullying, he has helped nine schools and improved 100+ outcomes in some of the country's most challenging schools and colleges.

#WakeUpWednesday
 The National College

See full reference list on our website:
[@wake_up_weds](#) | [www.thenationalcollege](#) | [@wake.up.wednesday](#) | [@wake.up.weds](#)

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NEWSLETTER



RESPECT | RESPONSIBILITY | RESILIENCE

Tuesday 11 th November	Year 6 at Cumrew Church Remembrance Service
Tuesday 11 th November	NSPCC Year 2 workshop and Year 5 & 6
Friday 14 th November	Children in Need Non-Uniform Day
Monday 17 th November	Nasal Flu Vaccinations Reception – Year 6
Monday 17 th November	6 A side Football Tournament CUFC Community Sports
Tuesday 18 th November	Oaks Unit Nenthead Mines Trip
Wednesday 19 th November	Parents Evening – available to book from 3 rd November
Thursday 20 th November	CET Year 4 Teamwork Sports Festival
Friday 21 st November	Talkin Tarn Cross Country Race
Monday 24 th November	Eden Valley Jigsaw with Mascot for whole school assembly for pupils.
Thursday 27 th November	Eden House Winners – Non-Uniform Day
Friday 28 th November	Parent Assembly 3:00pm
Tuesday 2 nd December	Eden Valley Jigsaw Reindeer Walk/Run
Thursday 4 th December	Oaks Unit Craft Day with North Pennines
Friday 5 th December	PTFA Non-Uniform Day in exchange for a Tombola prize
Thursday 11 th December	PTFA Christmas Fayre
Wednesday 17 th December	Whole School Trip to Rheged Cinema (more information to follow)
Wednesday 17 th December	Christmas Carol Service St Peters Church 2:30pm
Thursday 18 th December	Christmas Dinner & Christmas Parties
Friday 19 th December	Last Day of term