

## Headteacher's Headlines

This week has been another busy and enjoyable one across school, with pupils fully engaged in their learning and making the most of some wonderful enrichment opportunities. A particular highlight was the history dialect morning led by the North Pennines team for the Oaks Class. The lesson was led by Andie who went over Cumbria and Northumberland dialect. Thank you to the North Pennines staff for supporting such a valuable and memorable experience. We are looking forward to the next few weeks which will see the whole school spend a whole day at Talkin Tarn, experience new sports and Year 5 experience watching a theatre production at William Howard School. Please see Arbor calendar for further information.

Best Wishes  
Sarah

## TTRS Rockstar day

We are excited to announce that on Friday 13<sup>th</sup> February, we are having a Times Tables Rockstar Day where we invite pupils to either come in dressed like a Rockstar or simply in non uniform. There will be many exciting events including working in competition with local school Lanercost in the Battle of the Times Tables and an afternoon Rock Star Music session! See poster for further details.



## Extra Curricular Clubs

At Lego club the Oaks enjoyed 'Lego Mayhem' each group had to decide something to build and then swap over to complete the other groups model, but with different challenges thrown in... one handed! Small bricks only! Change it to something else!



## School Lunches

As from 26<sup>th</sup> January the school lunches will be on the Arbor App and are available to book now. Next week is the last week on ParentMail. Please do not hesitate to contact school for any help.

**After School Club telephone number 01228 264140**

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Website: [www.castlecarrock.cumbria.sch.uk](http://www.castlecarrock.cumbria.sch.uk)

## Screentime

### 'FIVE A DAY' YOUR TIPS FOR A HEALTHIER SCREEN TIME



**'How much is too much screen time for children?'**

'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'

HEALTH PROFESSIONALS FOR SAFER SCREENS



**NHS**  Accepted by NHS England Mental Health Leads



Walk, run, ride a bike, anything that gets kids up and about and off their screens'

'Try and ensure screen-free time together'

Ditch screens at mealtimes! 'Studies show that eating in front of screens leads to higher obesity risk as children consume more unhealthy food.'

## 6 to 10 years


Studies show there is a clear link between excessive screen use and difficulties with concentration, sleep and mental health. There may also be distinct physical changes in the developing brain.'



No screens



Keep active



Screen-free time together



Sleep Hygiene. No screens 1 hour before bedtime

**RECOMMENDATIONS:**

- WAKING UP WITHOUT screens** It is recommended that social media/screens are not used for the first hour of the day.
- 1-2 HRS PER DAY** is the suggested screen time in the week and not more than **2 hours on weekends.**
- STAY ACTIVE** Encourage physical activity for **1-2 hours a day.**
- SCREEN-FREE time together** Children will often mimic behaviours of the adults around them. Consider your own social media usage/ phone checking behaviour.
- It is recommended that screens should not be used **1 HOUR** before bedtime. **Phones, tablets and computers should not be in a bedroom overnight.**

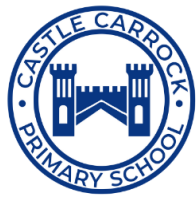
Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

Reports suggest adults touch their phones over 3000 times a day.

## Parents Safeguarding

Digital devices are part of everyday life for young people 📱 but how do they really impact wellbeing? This week's [#WakeUpWednesday](#) guide explores how screen use can affect sleep, emotional regulation, physical health, and online experiences, and why concerns about wellbeing are growing.

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# NEWSLETTER



RESPECT | RESPONSIBILITY | RESILIENCE

Monday 19<sup>th</sup> January

Eden Valley Jigsaw assembly for children

Tuesday 20<sup>th</sup> January

Year 5 & 6 Indoor Cricket Harraby Sports Centre

Friday 30<sup>th</sup> January

Audiology Hearing Tests for Reception

Friday 30<sup>th</sup> January

Parents Assembly 3.00pm

Saturday 31<sup>st</sup> January

Year 5/6 opportunity to go to Brunton Park to watch Carlisle United V Altrincham 1:20pm-5pm. More details to follow on Monday.

Wednesday 4<sup>th</sup> February

Whole School at Talkin Tarn outdoor learning

Friday 6<sup>th</sup> February

Oaks Class Trampoline Taster Session at WHS

Thursday 12<sup>th</sup> February

Year 5 Pupils to watch High School Musical at William Howard School 9.15am (info to follow)

Friday 13<sup>th</sup> February

Times Table Rockstar Day-celebration of Maths and music. Last day of Term

Monday 23<sup>rd</sup> February

First Day Back after Half Term