

Headteacher's Headlines

We have had a wonderful week in school which began with Acorns visiting the wetlands to investigate wildlife habitats and learn about different plants and trees. The Year 6 boys worked incredibly hard during their SATs, and we wish them every success with their results.

As we move into the last week of term, we have another busy and exciting week ahead. Oaks Class will be attending Eden Rock and some of our Year 5 and 6 pupils will be competing in a football tournament at CUFC. The week will finish with Year 3 and 4 taking part in a festival organised by William Howard School. We are looking forward to the week ahead.

Warmest Wishes

Sarah



Out of this World Special Lunch Thursday 21st May

The main meal for Thursday is Venus Sausage in a roll with Cosmic Wedges and Neptune Beans followed by a rocket lolly. If you would like this for lunch, please select main meal of the day.

School Uniform – Free to collect

We have an abundance of pre-loved school uniform and this will be available for parents to select free of charge at the end of each school day next week.

Friday 8th May – Yr 6 Fund Raising – Ice Lollies £1

Ice lollies will be available for children to buy each Friday.

All proceeds to go towards the Year 6 leavers treats.



Uniform Orders for September

Cut-off date for uniform orders required before the end of term in July will be the 5th June 2026.

Please click on the link for orders: [Uniform – Castle Carrock Primary School](#)

Parents Safeguarding

Online grooming is a serious and growing threat, with offenders using a range of tactics to build trust with children and young people before exploiting that relationship.

This can happen across social media, gaming platforms, messaging apps and group chats, often through fake identities, flattery, gifts or pressure.

Our latest [#WakeUpWednesday](#) guide highlights key risks, including:

- Strangers using fake identities
- Exploitation through gifts and flattery
- Group chats creating hidden pathways
- Gaming platforms becoming grooming gateways
- Sextortion, criminal grooming and radicalisation

The guide also offers practical advice for parents and educators on recognising warning signs, understanding the platforms children use and creating open, regular conversations.

Download the guide here: <https://vist.ly/53zbc>

[#OnlineSafety](#) [#SafeguardingChildren](#) [#DigitalSafeguarding](#)



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

Website: www.castlecarrock.cumbria.sch.uk

Please see below details of how to access School Nurses for advice on subjects such as: anxiety, building emotional resilience, self-esteem, toileting, diet and sleeping.



Anxiety **Building Emotional Resilience** **Self Esteem**

As a service we are visible, accessible, and confidential and work to build resilience among children and young people.

5-19 Emotional Health and Resilience Service

We can provide you with the tools to cope in challenging and difficult times, to reduce the risk of poor mental health.

Ring or email to book a consultation
0300 304 9029
hdft.spoc0-19cumberland@nhs.net

NHS
Harrogate and District
NHS Foundation Trust

Growing Healthy

Please note that we offer a tier 1 brief intervention around emotional health.
If you are experiencing a mental health crisis please contact NHS 111 option 2

Your journey starts with us listening to your voice leading to an assessment of your needs and agreed goals.

Worry **Low Mood** **Anger**



Self Esteem **Low Mood** **Bullying** **Behaviour** **Toileting** **Sleep**

Growing Healthy **Virtual Clinics for children aged 5-11 Years** **NHS**
Harrogate and District
NHS Foundation Trust

Emotional Health & Resilience Clinic Ring or email to book a consultation on 0300 304 9029 **School Nurse Clinic**
hdft.spoc0-19cumberland@nhs.net

We can help your child feel heard, build resilience, and grow with confidence if they are struggling emotionally.

We're here to help with any concerns about your child's sleep, toileting, diet, or development – supporting them to grow feeling comfortable, confident, and happy.

Anger **Anxiety** **Worry** **Diet** **Development**

Monday 18 th May	Oaks Unit at Eden Rock Climbing Wall
Thursday 21 st May	Year 5 & 6 Football Tournament at CUFC
Thursday 21 st May	Out of this World special lunch
Friday 22 nd May	Year 3 & 4 Sports Morning at William Howard School
Friday 22 nd May	Parents Assembly 3pm
Friday 22 nd May	Last day of term
Monday 1 st June	First day of term
Monday 1 st June – 3 rd June	Oaks unit residential trip
Thurs 4 th June – Frid 12 th June	Oaks unit Swimming at Carlisle Pools (info to follow)
Thursday 11 th June	Acorns Bernardos walk Hammonds Pond (info to follow)
Friday 5 th June	Cut off date for uniform orders for September