



# NEWSLETTER



RESPECT | RESPONSIBILITY | RESILIENCE

## Headteacher's Headlines

We have had another busy and exciting week at school! To celebrate National Poetry Day, the Oak Trees children got creative and enjoyed writing their own wonderful poems. A big well done to our Cross-Country runners, who represented Castle Carrock brilliantly at the Sheepmount, showing our trust values of responsibility, respect and most of all resilience. This week the Acorns made the most of the beautiful autumn weather with a fun autumn treasure hunt, exploring the outdoors and spotting signs of the changing season. Another fantastic week! We have a busy Autumn Term coming up. **Please take note of the dates below.**

Warmest Wishes

Sarah



## Harvest Festival Wednesday 21<sup>st</sup> October 9.15am St Peters Church Castle Carrock

We warmly invite you to our Harvest Festival which will take place in St Peters Church hosted by Vicar Ben Phillips at 9.15am. Parents are welcome to join us in school after the service to bring donations and enjoy coffee and cake. All donations will be donated to Brampton Food Bank.

## Whole School Nativity on Wednesday 9<sup>th</sup> December at 2pm

We warmly invite you to attend our Whole School Nativity. Acorns will be performing the nativity supported musically by the Oaks. Information to follow.

## Sleeping Beauty Pantomime – Carlisle Sands Centre on Thursday 17<sup>th</sup> December 2026 at 10.00am

Packed with sensational songs, dazzling dance routines and AMAZING 3D projection! This is a tremendous Christmas treat for the school to enjoy this Christmas. Information to follow.

## We need you!

In Autumn Term 2, we will be commencing our in-school enrichment programme. If you are able to come into school to share any of your talents such as art, music, sports, knitting etc, please get in touch with us, we would love to broaden the horizons of our wonderful pupils and would greatly appreciate it if you could volunteer an hour or a block of sessions during this time. Please contact school for further information.

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

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

## Parent Safeguarding

Looksmaxxing is an online trend focused on improving physical appearance, particularly among boys and young men.

While some content centres on grooming, skincare, diet and exercise, other parts of the trend can promote questionable advice, extreme practices and unrealistic expectations.

Our latest [#WakeUpWednesday](#) guide explores key concerns, including:

- Pressure around male appearance and body image
- Misleading or potentially dangerous advice
- Obsessive behaviours and declining self-worth
- Mental health concerns
- Exposure to increasingly extreme online communities

It also shares practical advice for parents and educators on recognising looksmaxxing terminology, noticing changes in behaviour and starting supportive conversations about appearance, influencers and online expectations.

Read the guide here: <https://vist.ly/5ke3u>

Our latest [#WakeUpWednesday](#) guide supports parents, carers and educators in understanding the trend and recognising when appearance-focused content may be becoming harmful.

The guide explores:

- The targeting of male insecurities and body image concerns
- Misleading advice and extreme appearance-focused practices
- Links to obsessive behaviours and mental health difficulties
- How increasingly extreme online communities can influence young people
- Warning signs, terminology and changes in behaviour to look out for

With clear, practical advice, the resource helps adults open supportive conversations about appearance, influencers and unrealistic expectations.

Access the guide: [#Safeguarding](https://vist.ly/5ke3u#Safeguarding) [#OnlineSafety](#) [#BodyImage](#) [#DigitalWellbeing](#)



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Wednesday 7<sup>th</sup> October

Thursday 8<sup>th</sup> October

Thursday 15<sup>th</sup> October

Wednesday 21<sup>st</sup> October

Wednesday 21<sup>st</sup> October

Thursday 22<sup>nd</sup> October

Friday 23<sup>rd</sup> October

Friday 23<sup>rd</sup> October

Monday 2<sup>nd</sup> November

Tuesday 1<sup>st</sup> December &

Thursday 3<sup>rd</sup> December

Wednesday 9<sup>th</sup> December

Thursday 17<sup>th</sup> December

Thursday 17<sup>th</sup> December

Friday 18<sup>th</sup> December

Monday 4<sup>th</sup> January

Oaks Class - Cathedral Outreach sessions in class (weekly)

Parents Evening

PTFA Annual AGM in School 7:00pm- All welcome

Nasal Flu Vaccination for Reception – Year 6

Harvest Festival and Parents Coffee morning

Year 3 & 4 Tag Rugby Festival at William Howard School

3.45pm - 5.00pm - 4 places available to book

Halloween Disco in school 5.00pm – 6.00pm

Parents End of Month Assembly

Last day of this half term.

First day back after half term.

Oaks participation in Cathedral Outreach concert-time TBC, tickets available nearer the time.

Whole School Nativity 2pm (info to follow)

Pantomime Carlisle Sands Centre Sleeping Beauty 10am

Christmas Class Party Afternoon

Last Day of term

First Day of term