

# SUMMER 2025

# ALSTON MOOR FEDERATION NEWSLETTER



## Headteacher's Welcome

Welcome to our summer newsletter. As the academic year draws to a close we are finding the days are going by quickly. This is mainly because every day there is something different and exciting happening across the federation of schools. There are too many trips, activities and events to list, but this newsletter covers many of the amazing opportunities offered to our pupils over the last 14 weeks since the Easter break.

None of the wonderful things you read about in this edition would be possible without the hard work, effort and dedication of the staff who take the time to make it all happen. I am incredibly grateful to everyone who has organised a visit, arranged an activity or thrown themselves into supporting these kinds of experiences.

I would also like to thank the pupils for the last term. The summer is an increasingly busy time in school, and the children have responded brilliantly to the mayhem of tests, exams, visits, trips and events which have been thrown at them in recent weeks. It seems that whatever we ask of the children and staff, they rise to the challenge and as a result, get so much out of it.

On top of all this we have continued to deliver the curriculum. This has been enriched this term with the introduction of Forest School at APS, and the Heritage Heroes project undertaken by NPS and Year 8 at SKS. Both primary schools have also been swimming each week over the past 10 weeks and SKS have undertaken their first 'school exam week'. When the holidays finally arrive, I hope everyone, staff, children and parents, can enjoy a restful break.

*Mr Dawson*

# A message from AMF Governors



Dear Pupils, Parents/Carers & Staff

Another term and another school year comes to a close. School life continues to be busy with learning and recreational pursuits and our pupils seem to thrive on the current school environment and culture.

Congratulations to our Samuel King's School leavers for all their hard work and contribution to school life since joining us at the Federation (many since Primary!). The leavers "Prom" was a spectacle to witness with our young ladies and gents looking fantastic in all their finery. On behalf of the Governing Board, we wish them every success as they continue their journey and education through life.

The appeal of Alston Moor Federation of Schools continues to grow and our admission numbers for September are healthy. I believe that the quality of education and the diversity of our offering and extra curricular activities has much to do with this appeal.

I have been a regular visitor to school this term and I cannot express highly enough how impressed I am with the behaviour and appearance of our students at every level. I know first hand that there have been significant improvements with a reduction of behavioural sanctions and higher attendance levels and thank all parents/carers for their part in delivering such a positive outcome.

It is entirely appropriate to recognise and thank Judith Heslop, our Catering Manager, and wish her a long and happy retirement. On the despatches note we also extend our note of appreciation to June Venus who has added to the quality of learning at Nenthead Primary School in recent years, and wish Molli Bowers and Louisa Knox every happiness as they relocate to start a new life.

On a final note, I would ask any parent/carer or member of staff who can sacrifice some of their time to assist the current members of the P.T.F.A. to make themselves known to Glayne and her team. Without their hard work the fun events like Bonfire Night and the end of term "Duck Race" would not happen. Thank you to our P.T.F.A.

In signing off I wish all our students, leavers and staff a fantastic and well-earned summer holiday and look forward to a further year of exciting and positive developments in 2025-26.

Jim McCarry

Chair of Governing Board





# News from Park Fell

We have had an amazing summer term in Park Fell with opportunities to expand our imagination, creativity and all areas of learning and development.

The topics we have based our learning around have been 'I wonder how things grow' and 'I wonder what is at the seaside'. As part of these we have had forest school, both at Gilderdale forest school and sessions in school. We have loved learning and demonstrating fire safety when toasting delicious marshmallows as well as having an explore, digging and finding bugs. We went on a visit to a farm to explore the new life such as lambs and ducklings and to finish the summer term, we will be going on a visit to the seaside to consolidate our learning over the half term and explore the beach which we are looking forward to.

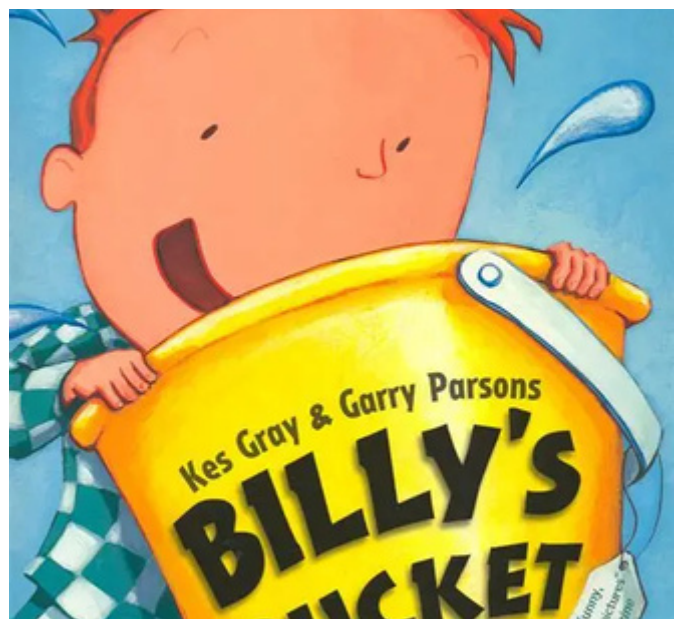


**Exploring the outdoors  
in Forest Shool!**



We have been using our phonetic knowledge to continue writing sentences more independently to go alongside daily Read, Write, Inc phonics sessions, where Park Fell have shown amazing progress, developing fluency and confidence when reading their own storybooks.

In literacy, we have been developing a love of reading through a range of different storybooks such as 'Billy's Bucket' and 'Yucky Worms'. We have used these stories to develop our comprehension skills, gaining an understanding of what we have listened to as well as using a range of artistic effects to share our ideas from the stories.





# News from Park Fell



## 2d Shape Pictures

Throughout the summer term in Maths, we have focussed on a range of topics such as visualising, building and mapping, finding relationships between numbers to 20 and beyond, sharing and grouping, manipulating shapes and building our understanding on composition of numbers. All these concepts have been explored practically using both our indoor and outdoor space.

Throughout our topics over the summer term, we have enjoyed learning about different life cycles, using all senses to describe the environments and comparing the past to the present when looking at the seaside. This has led us to learn about important topics such as people who help us and how, and water safety. The children have taken part in different art and design activities sharing their ideas and creativity and we have loved watching their independence grow.



We have been lucky enough to have our own caterpillars in class which we have looked after and watched their life cycle until they became butterflies. We loved letting them go and watching them fly! As well as this, the children entered a 'Young Artist's' competition where they drew pictures of themselves and the things they love. These were submitted and selected to be published in a book!



We are so proud of how much progress the children have made over this year, how kind they have been to each other and their positive attitude towards their learning has been amazing. We look forward to watching this continue as they head into year 1.

*Mrs Phillipson*





# News from Cross Fell



Our class topic this half term has been castles and we have loved exploring all of the linked learning areas within our classroom where we can really let our imaginations shine and take our learning in our own direction, tapping into our own unique talents and sharing our skills with our friends.

We have been learning all about castles, Kings and Queens in history and are looking forward to our trip to Carlisle castle later in the term when we can see first hand all of the things that we have been learning about- really bringing our learning to life and making it memorable.

The Summer term has been an extremely busy one in Cross Fell and we have continued to enjoy our learning both inside and outside of the classroom.

Cross Fell are published writers! Earlier in the term we took part in two young writers competitions, one in which we wrote an acrostic poem and one where we created an illustration of a superhero. We were thrilled to be informed that our work was so highly thought of that our pupils had been chosen to appear in not one but two of the books. The children were delighted to see themselves appear in print and it really gave their writing that extra sparkle. What an amazing achievement- we are so proud of you Cross Fell.





# News from Cross Fell



Forest School continues to be our happy place! Whether it's role-play adventures, bug hunting, den building, or some serious hole digging, there truly has been something for everyone. The great outdoors has sparked curiosity, creativity, and lots of laughter this term.

It's been wonderful to see every single child fully engaged, trying new things, and finding their own way to succeed. From muddy boots to big smiles, Forest School has given us a forest full of fun and fantastic memories!



In maths we have been looking at a range of topics including telling the time. Telling the time is always a very tricky concept to master but we have had great success using a range of resources including some online games that were really popular. If you would like to find out more please see our Dojo page or ask one of the team and we can point you in the right direction and offer some tips for helping the children to stay safe online when using them.



This term in Geography, Cross Fell have turned into brilliant weather watchers! We've explored weather forecasts and symbols, talked about the impact of extreme weather, and even brought the seasons to life with some fun and creative linked learning activities.

The children particularly enjoyed our photo booth session—posing in seasonal weather clothing for their very own selfies—and it's been lovely to see their imaginations shine as they designed models and drew pictures to match different weather conditions.

Rain or shine, Cross Fell have brought plenty of enthusiasm to their learning!





# News from Cross Fell



In Literacy we have been sharing the book *The adventures of Egg Box Dragon* by Richard Adams. The book is about a dragon who is very good at finding things and ends up being summoned to the castle to help the Queen with a very important mission. The children have loved this book and have made their own Egg Box Dragon creations, written news reports about the dragon's exploits and even written a letter to King Charles! We have our fingers crossed that we receive a reply back from Buckingham Palace soon as we included our very best writing as it was for the King himself- we will keep you updated.



In science we have been looking at changing materials and animal habitats and as part of these topics have really enjoyed getting hands on to investigate, observing carefully and sharing our findings. A particular highlight was when we discovered that our knights had become trapped in blocks of ice and we had to collaborate to try to work out what we could do to free them- the enjoyment the children showed taking part in this was a real joy to witness – it was so much fun, just as learning should be!

## Thank You

It's been my very first term as part of the Cross Fell class family, and what a truly wonderful welcome I've received! From day one, I've been met with kindness, support, and lots of smiles—not to mention an impressive tolerance for my slightly off-key singing!

A heartfelt thank you to all the amazing children and adults in Cross Fell, as well as to the families at home. Every interaction has been so warm and thoughtful, and I'm grateful to be part of such a lovely community.

Here's to more learning, fun and (maybe slightly better) singing in the term ahead!

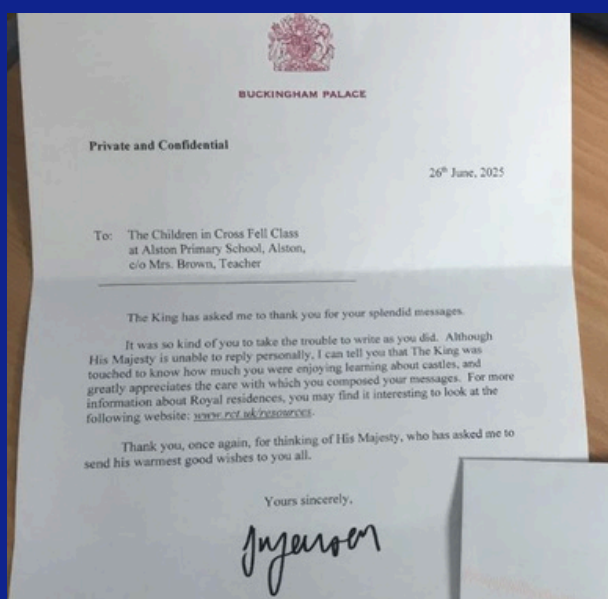
*Mrs White*



# News from Cross Fell



Thanks  
for your  
support



As the year draws to a close we always reflect upon the past year and the many shared experiences we have had, we will miss our Year 2 children as they move up to Middle Fell and know that they will embrace the new learning opportunities that Year 3 will bring.

We also look forward to continuing our learning journey with our Year 1 children as they head to Year 2 and welcome our new class members. We have had an amazing year and can't wait to do it all again in September. A huge thankyou to all of the parents and carers that have supported us over the year we couldn't do it without you.

Mrs Brown & Mrs White





# News from Middle Fell

As the Summer Term draws to a close, we take this opportunity to reflect on the myriad of enriching experiences that Middle Fell has been involved in over the past few months. It has been a period filled with exploration, learning and growth, all of which have significantly contributed to our students' educational journey.

One of the major highlights this term was our exhilarating trip to the Roman Army Museum, where the children had the opportunity to delve into the fascinating world of Roman history. They engaged with a variety of artefacts, gaining first-hand insight into the daily lives of Roman soldiers and the significant impact they had on British history. The visit served to deepen their understanding of the Roman era, which aligned perfectly with our ongoing history lessons.



Furthermore, our excursion to Vindolanda was particularly poignant. As one of the most important archaeological sites in the UK, it allowed our pupils to witness the remnants of Roman Britain and comprehend the vastness of our nation's past. The children explored the site, examined artefacts and participated in an interactive tour that brought history to life, solidifying their knowledge and enthusiasm for the subject.



In addition to our academic pursuits, we prioritised physical wellness with an outdoor activity day at the Raby Estate for our 'Let's Learn Moor' session. The children participated in a range of sports and team-building activities, which not only fostered camaraderie but also promoted the importance of physical fitness and teamwork. Such experiences are vital for holistic development and underscore our commitment to encouraging an active lifestyle.





# News from Middle Fell



As part of our commitment to inclusivity, we are delighted to report the installation of a new trampoline to support our SEND pupils. This addition, coupled with the establishment of a sensory room within Middle Fell, provides tailored environments that foster sensory regulation and positive learning experiences for all students. Transitioning into the next academic year is always an exciting time, and our 'Move Up Day' was no exception. Students engaged in a range of experiments and crafts that not only ignited their curiosity, but also prepared them for the challenges and changes that lie ahead. This day encapsulated our dedication to ensuring a smooth transition, boosting confidence as they prepare to embark on a new chapter of learning.



As we conclude the Summer Term, I would like to extend my gratitude to you, dear parents and guardians, for your unwavering support and collaboration. Your involvement is instrumental in nurturing a thriving educational environment. We look forward to building upon these experiences as we move into the next academic year.

*Mr Waters*





# News from Flinty Fell

As we move towards the end of term, it is essential to celebrate the achievements and memorable experiences our Year 5/6 class, Flinty Fell, has enjoyed. This newsletter entry provides an insight into our various activities, successes and learning milestones that have enriched the students' educational journey this term.



Firstly, we cannot begin without mentioning our thrilling adventure at Robinwood Activity Centre! Our students displayed exceptional teamwork and resilience while participating in a variety of exciting activities ranging from climbing and abseiling to canoeing and the infamous 'Giant Swing'. The residential trip not only provided our students with opportunities to challenge themselves physically but also to forge strong friendships and unforgettable memories. It was delightful to see everyone step out of their comfort zones and support one another, showcasing their determination and bravery.



Further enriching our term, Flinty Fell undertook a farming visit to the Raby Castle Estate as part of the Upland Education Programme. Students had a wonderful time learning about traditional conservation, biodiversity, and rural careers, as well as the importance of sustainability in agriculture. This experience was instrumental in connecting our curriculum topics to real-world experiences.



# News from Flinty Fell



Our exploration of Sikhism has been an integral part of our RE curriculum. Through discussions and activities, students have embraced the teachings of Sikhism and reflected on the importance of compassion, service, and community. This learning has promoted respect and understanding, which aligns beautifully with our school's ethos.



As part of our English curriculum, we have delved into the poignant novel, 'Street Child' by Berlie Doherty. The story, which follows the challenges faced by a young boy in Victorian London, has sparked thoughtful discussions and generated deep empathy among the students. Their reflections and responses to the text have demonstrated both creativity and critical thinking, which we greatly encourage in our classrooms.

In History, our focus this term has been on the Victorians. Using various resources, students explored significant events and figures from this era, enriching their understanding of how it has shaped modern Britain. Engaging activities included creating timelines, role-playing historical scenarios, and even crafting their own Victorian-style artefacts. This immersive approach has made learning about the past both enjoyable and impactful.



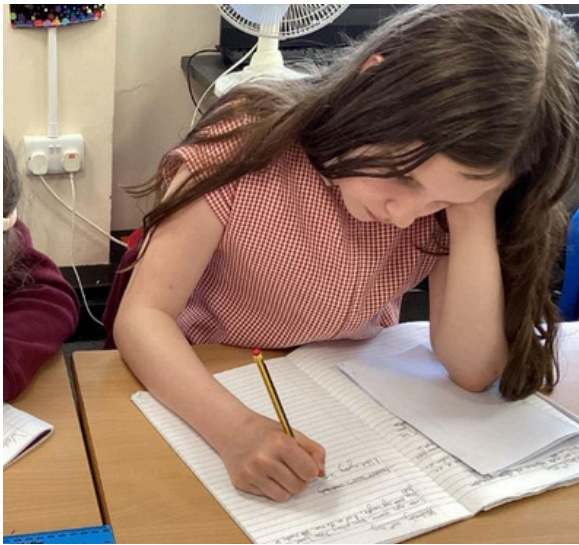
A major milestone this term has been the Year 6 SATs examinations. We would like to take a moment to commend the students for their hard work, perseverance, and positive attitude throughout the preparation process. Each child tackled the challenges presented with resilience, showing great dedication to their studies. We believe that this experience has taught them the value of hard work and the importance of maintaining balance and focus in their lives.





# News from Flinty Fell

In Science, the focus has been on the fascinating topic of Light and the Properties of Materials. Students have conducted experiments to investigate how light behaves and how materials react to different light sources. This inquiry-based learning has ignited their curiosity and led to some exceptional collaborative projects, showcasing their ability to work together and share findings with each other.



Flinty Fell has had an extraordinary term filled with learning, growth, and fun. We appreciate the support and encouragement you provide at home, which undoubtedly contributes to the children's successes. We look forward to continuing this journey of exploration and achievement together!

*Mr Percival*

In writing, students have engaged in various exciting activities, including participating in the Young Writers Poetry Competition. Their creativity has shone through as they crafted poems expressing their thoughts and emotions. Additionally, students have contributed to the school magazine with a thoughtfully composed article, while also practising formal letter writing, preparing them for effective communication in the future.



# News from Nenthead Primary School

Our major project for the year, "Heritage Heroes" is wrapping up in July with a judging event followed by a presentation. Everyone has worked really hard to make the most of the opportunities provided by the North Pennines National Landscape, along with Andie and her fantastic team of creative folks.

The project kicked off with a study of rocks—exploring how they were formed in our local area, which gave us a hands-on experience in identifying them. After that, we had a whole school rock hunt to find samples and fossils, allowing us to create our own spar boxes like the ones made by miners many years ago.



Next, we took a tour of the mines, focusing on the lives of the miners and the impact of lead mining on our area. Andy guided us through the mines and the local village, pointing out features that were around when the London Lead Mining Company was active. It was clear that without their contributions, our local area wouldn't look the way it does today. The children did some individual research on various buildings and together created a mining village of our own, loosely connected to our local community.

Another part of the project involved joining a ceramics workshop, where we talked about the contributions of people in our local community. Some of us had never seen them before, which helped clear up some myths. We learned new pottery techniques and collaborated on a whole-class piece, along with our own creations inspired by nature.

Andy also inspired us to create some botanical artwork, helping us appreciate how special our local area is for plants and wildlife.

Traditional crafts were important in our community, and we had a guest come in to share the skill of rag rug-making. Everyone had the chance to make a square that will be pieced together into a finished item.



Everything has been put together for a final display and judging near the end of term. The children are really proud of what they've achieved and are dedicated to maintaining high standards in their work. They definitely appreciate the importance of our local area and have created artwork that will last for years to come, becoming part of the school's heritage.

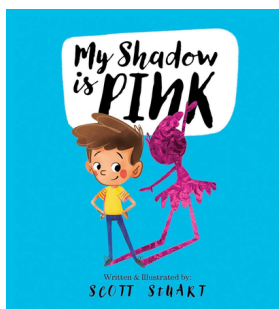


# News from Nenthead Primary School



We had Tom from Pinpoint Adventures at our school for three days of outdoor fun. The focus was on team building, which is an essential skill that doesn't always come naturally and needs some dedicated teaching. We've been really proud of how the children embraced this challenge. A highlight was the rolling ball challenge, which seemed simple at first but really tested everyone. This experience strengthened friendships and provided new experiences for all of us.

[Check out what we've been reading!](#)



Thanks to our sports funding, we've been able to offer extra swimming lessons ran by Woggle Goggle in Penrith. The progress made by the children has astonished us. In their first extra lesson, everyone swam from one end of the pool to the other, including two who had never been swimming with us before. The team at Woggle Goggle has provided fantastic lessons, with fun days, life-saving skills, and continuous encouragement. Water safety is a key part of our curriculum, which all children can access.

For more information, please visit:  
[The Water Safety Code | Royal Life Saving Society UK \(RLSS UK\)](#)



'My Shadow is Pink' is a beautifully written rhyming story of love and self-acceptance that touches on the subjects of gender identity, equality, and diversity. The reader follows the journey of a young boy who has been born into a family with a long history of blue shadows. He wants to be just like his father, who is big and strong, with a defined blue shadow. However, the boy has an irrepressible pink shadow and loves ponies, books, pink toys, princesses, fairies, and things 'not for boys'. With the love and acceptance of his father, he learns that everyone, at times, has a shadow they wish was different... and he must embrace his shadow just the way it is.

# Year 7 Residential 2025

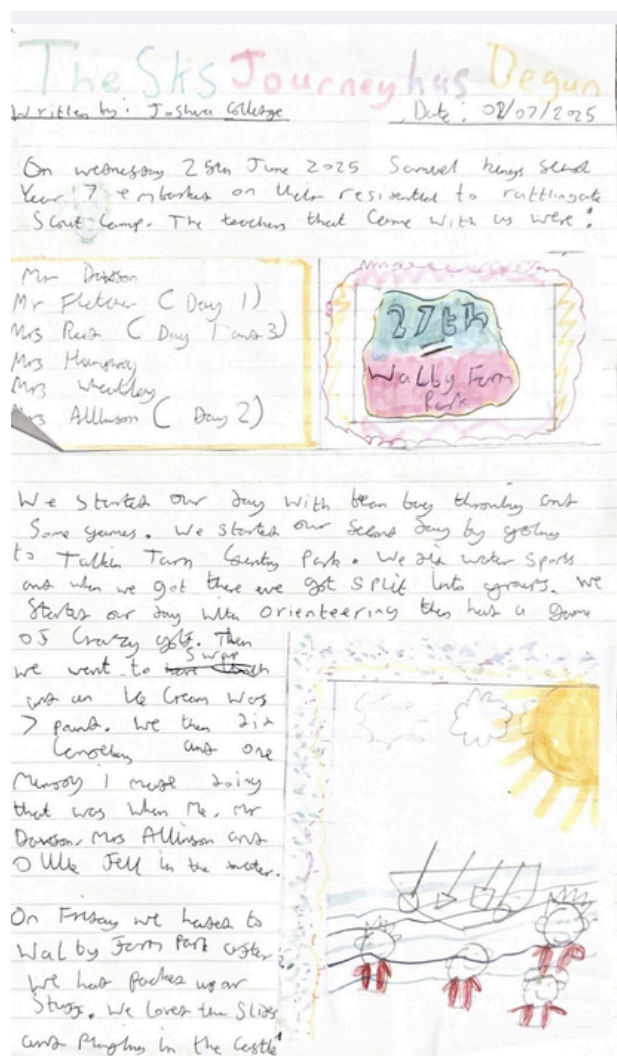
The Year 7 pupils enjoyed a brilliant three days on their residential trip in mid-June. The weather was less than perfect for spending so much time outside, but the 28 pupils who stayed at Ratlingate Scout Centre had a wonderful time. The aim of the trip was for the pupils to experience some outdoor learning, team building, and to have fun.

The first day saw various activities undertaken at the centre, including a 'slip and slide' session.



The second day (after ample sleep) was spent at Talkin Tarn. The children took part in both canoeing and raft building, alongside orienteering and mini golf.

During the residential the pupils also built fires, played 'wide games' and were responsible for washing up and cleaning at the centre.





# News from SKS

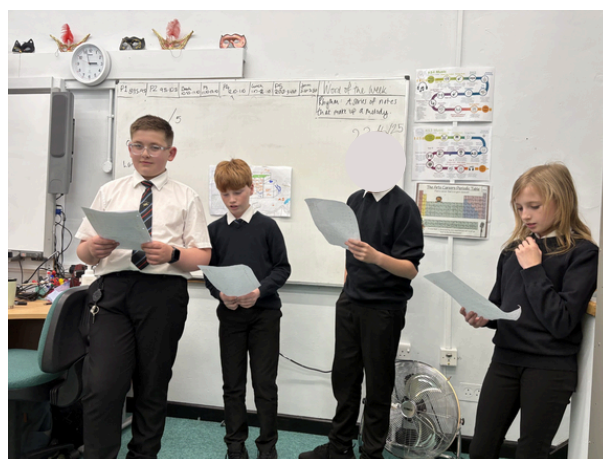


This term SKS and APS have introduced Pickleball to the PE curriculum. Pickleball is a fast-growing sport in schools and combines basic elements of tennis and badminton. The game is much more accessible than traditional tennis as it requires much less space. Children at both APS and SKS have benefitted from its introduction, and staff have undertaken training across both schools. The introduction of Pickleball to the curriculum has proved a great success across both schools.

In music, we have seen our first students, Ryan Bower and Eleanor Compton complete their GCSE music course! They worked very hard alongside our year 10 students to perform and compose. It has been an exciting first year of launching the course and we look forward to continuing to work with our next cohorts.



The music department has invested in new music technology to support our pupils with their compositions. Our Key Stage 3 students have been letting their creativity flow!



It has been another very busy term in the English department. Year 7 got their speaking and listening skills going by presenting their 'Dream Schools' to the class. They were very persuasive!



# News from SKS



In May all three schools took part in a visit from Zoo Lab. This organisation have been bringing zoo animals into schools for a number of years to educate and inform children about them. The children were able to learn about the animals they encountered, and understand how to handle them.



Students have been working hard on revision both in and out of the classroom in Languages this term. They enjoyed some speaking games to revise key vocabulary in lessons, as well as playing on laptops and creating mind maps. As an experiment, I set revision homework on a site called Blooket, as I am looking to potentially use it as an alternative to Quizlet to set Languages learning homework from September onwards. Students really enjoy using Blooket, as the games are extremely engaging, and by using games to introduce or revisit vocabulary, I find that students retain the words for longer and without realising it! It would be helpful if your child sets up a Blooket account before September – it is very easy, they only need an email address to verify it (they can use their school email address).

Year 7 have covered Reproduction in Science, including learning the ingenious ways plants pollinate and disperse their seeds. We have germinated our own radish seeds in jars and STEM Club have conducted a strawberry growing experiment using indoor LED and irrigation systems. The outdoor strawberries are the clear winners at the moment thanks to the May sunshine! Year 8 have completed the Light and Space topic and completed some excellent technical practical work using the light box to measure angles. Year 9 have been working hard making the transition to GCSE style exam questions, which includes a lot of overlap with Maths.



Over the next few weeks, we will also be looking more at Berlin as a city, including its history and attractions, which will have significance for those going on the residential to Berlin in March 2026. We are also going to watch a German language film called Sieger Sein, which is set in Berlin. The film is in German with English subtitles, which gives students the opportunity to experience watching a foreign language film with subtitles, should they not have done this before.



# News from SKS



Students have been practising their Higher Level Cooking Skills in preparation for their practical assessment in which they must cook three/ four dishes within 3 hours, demonstrating their organisation and cookery skills to gain high marks. This half term we have focussed on pastry practising our choux, pate sucee and rough puff pastry. We then turned these into dishes: Profiteroles, Gougeres, Tarte Aux Pomme (Apple pie with sweetcrust pastry) and Mini Sausage Rolls.



The SKS cookery club meet once a month and it is a chance for students to practise new skills and recipes.

At Easter we practised our chocolate piping skills, and as the warmer weather approached, we made healthy ice lollies using frozen fruit, chocolate and sprinkles!



Key Stage 3 students have been doing some creative cooking by modifying recipes this term. We have looked at reasons why we might modify a recipe and have then put this into practice by changing the ingredients either to meet a brief or because of personal preference.

We have modified: Chilli Sin Carne (Year 9), Healthy Breakfast Muffins (Year 8), Focaccia (Year 8) and Veggie Pizzas (Year 7). It has been great to see the creativity of the students and to see them modify recipes. They have certainly been the most chaotic, but also the most fun lessons of the year!





# Farewell to Year 11

*Good  
LUCK  
you got  
this!*

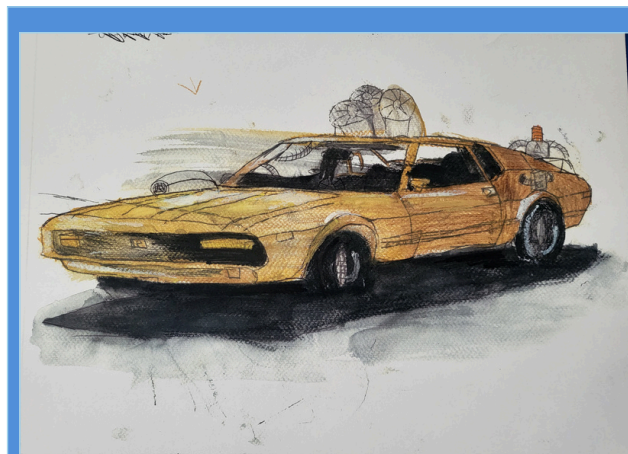


In May the Year 11 cohort of 2025 completed their regular schooling at Samuel King's. They marked the last normal day in school with a variety of activities, and were 'clapped out' for the final time by the entire school as they left at 3.30pm. Since then the group have completed their BTEC and GCSE examinations. In June they met for a final time to celebrate finishing their exams. The Year 11 Prom was held at Low Byer Manor. We would like to wish our 2025 Year 11 leavers the best of luck for the future.





# Art and Design at SKS





# News from SKS

All students from SKS recently watched an informative presentation about Energy Transition. This was delivered in an engaging way by Lee Ellis from a company called DNV, who operate locally at RAF Spadeadam. The Great Transition programme is an initiative by DNV, an independent energy expert, providing assurance and risk management across the globe. Driven by its purpose to safeguard life, property, and the environment, DNV is committed to accelerating the transition towards a safe, secure, decarbonised future.

Lee also gave a brief overview of the work conducted by his company at Spadeadam research and test facility. Some of the projects that DNV have been involved with include building replica houses and setting up controlled explosives to mimic the effect of a bomb blast. This was done for the filming of a documentary called 'Blitz Street'- which Year 8 students recently watched in history.

If anyone is interested in learning more about the Great Energy Transition and the move towards sustainable fuel sources, the following link will lead to some further information and two videos.

<https://www.thegreattransition.org/>



An ancient Greek who disliked beans and ran a “maths cult”! He was even rumoured to have a golden thigh.. KS4 four maths has been looking at Pythagoras's Theorem – the rule that the square of the hypotenuse is equal to the sum of the squares of the two smaller sides of a right-angle triangle... confused? This rule has been seen in Ancient Egypt and with the Babylonians.

Luckily higher and foundation have been practising using the formula so can explain it all. Higher have been able to solve problems including the “Pythagoras pile up”, while foundation have started to create some visual proofs for a display.





# A message from our School Council

This term has been very eventful with many activities and guests visiting school from confidential environmental work to refurbishing classrooms. Some of the many experiences we have had are:

## **Environmental presentation**

A few weeks ago a man called Lee Ellis was invited to discuss the confidential company DNV. This project is called "50 years later" and entails the eco friendly lifestyles we should participate in for a better future and for the next generations. It was a very insightful and mindful presentation. Lee talked to us about sources of renewable energy and how we can use them, for example, changing from fossil fuel to electric cars.

## **ZooLab**

Earlier this term a man came in to talk to us from ZooLab. He introduced us to many unusual and wonderful creatures that live on our planet. These creatures included Tilly the tarantula, Shelly the snail, Groot the gecko and William the snake. He explored the incredible adaptations and uses that that animals have. For example, some snail slime is used in skin care products! We got to try a little bit of this out during the session on our hands and it had great results!

## **Sponsored walk**

Every year our school organises a sponsored walk where we choose a special charity to raise money for. This year we chose the Great North Air Ambulance (GNAA) as this is such an important charity to our local area. The GNAA relies completely on donations from the public and is not funded by the government so we feel that this is a great way to show our appreciation for such an amazing charity. Unfortunately, this year due to poor weather we had to postpone our sponsored walk however we are looking forward to completing it in September and are so grateful for all of the sponsorship that has been pledged so far, which is over £1500. Thank you!

## **Changing rooms**

Over the last few weeks we have been working hard to swap over some rooms in school. English and Performing Arts have had a room switch. The project has allowed us to create a large performing arts and dance studio with mirrored walls and accessible instruments. This will be completed over the summer when a specialist flooring will be installed. The English department have moved downstairs and have revamped an amazing teaching space with mezzanine floor and a separate library space with seating areas, work spaces and catalogued books. Thank you to the students, staff, Gary and Colin for all of their help in this project!

Overall this term has been very eventful. We're looking forward to returning in September and meeting some new students who will be joining our amazing schools.

Thank you,

*Lucy May and Lily - School Council*

# Wider Opportunities

Our AMF choir is going from strength to strength. We have been exploring a variety of genres including country, pop and rock! Our choir is becoming more and more experimental and our singers have been inputting their own creative ideas when arranging songs and adding dynamics. We look forward to performing in the APS celebration assembly.



**The Anne Frank Trust UK**



A group of year 7 pupils spent two days learning about WW2 and the background of a Jewish girl named Anne Frank, who kept a diary called Kitty.

Anne and her sister Margot were held captive at Bergen Belson Concentration Camp, where six million Jewish people and five million non-Jewish were gassed and shot dead; Babies, Men, Women, Children, Disabled, Elderly and those who were put to work endured horrendous conditions, were worked until they collapsed and died during the Holocaust. Anne and her sister Margot sadly died just days before the camp was liberated.

The pupils who took part heard stories and videos from survivors, learning that we are all different and unique.

This tragic story of real-life prejudice the Jews endured was paramount in educating pupils to have a voice to stop this from happening again in all aspects of life and to respect everyone equally.

Pupils made PowerPoints on the Holocaust explaining the importance of Freedom and Diversity. A small group of students performed their presentations in front of other year groups, which helped them to build their confidence and to be a voice for Anne Frank to raise awareness of prejudice in the world that we live in.



# Online Safety



## Nintendo Switch 2

The Nintendo Switch 2 was released last month and has a new communication feature that you should be aware of.

### GameChat – NEW

GameChat is included within a Nintendo Switch Online membership and allows up to 12 people to chat while playing games. Players can share their screen, even if they are playing different games, chat with the built-in microphone and as the Nintendo Switch 2 allows cameras to be connected (sold separately), even video chat. If your child is using this feature, then ensure they know how to report other users.

You can find out more here: <https://www.nintendo.com/en-gb/Hardware/Nintendo-Switch-2/GameChat/Nintendo-Switch-2-GameChat-2785625.html>

### Parental Controls

There is a free Nintendo Switch Parental Controls app that can be linked with your Nintendo Switch to monitor what your child is playing. The app creates a report so you can see which video games your child is playing and for how long. It also allows you to set which games your child can play, based on the PEGI age rating and restricts your child from sending or receiving messages from other users. GameChat settings can also be adjusted. Children under the age of 15 can only use GameChat if allowed by you through the app. They can then only use GameChat with people that you approve. Find out more here: <https://www.nintendo.com/en-gb/Support/Nintendo-Switch-2/How-to-Set-Up-Adjust-or-Remove-Parental-Controls-on-Nintendo-Switch-2-2843839.html>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version:

<https://www.knowsleyclcs.org.uk/primary-july-2025/>

### Check age ratings

PEGI provides age classifications for video games. PEGI considers the age suitability of a game, not the level of difficulty. It is important to note that PEGI do not take into consideration user generated content within games (such as on Roblox) and chat facilities within games. <https://pegi.info/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.03.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.



### ZEPETO

ZEPETO has an age rating of over 13. Users create their own avatars and can design rooms. ZEPETO is a social networking app and therefore users can chat with others. Due to the communication option, there are the usual risks, such as your child seeing inappropriate content or online bullying. In-App purchases are also available on this platform.

Parental controls are not available, but a user can change some settings within privacy and content settings, for example to change who can direct message you.

ZEPETO have published a Guardian's guide here: <https://support.zepeto.me/hc/en-us/articles/900005874946-ZEPETO-Guardian-s-Guide>

### Sprunki

Is your child playing Sprunki? If they are, there are several versions of this game, so it is important to check which version they are playing and to then check its suitability for your child. For example, one version states:

“WARNING: This game contains disturbing images and scenes of explicit violence and gore”.

# Online Safety

## **Omegle (and similar platforms)**

Whilst the original Omegle no longer exists, there is now Ome.tv, other Omegle copycat sites as well as other sites with a similar concept. We cannot stress enough that these sites should not be accessed by children due to the potential content and language used, which can be explicit. As an example, Ome.tv connects you randomly to other people via video chat from across the world. Ome.tv does state that it should only be used by adults.

You can find out more information about Chat apps, including 'randomised chat forums' here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>



According to Ofcom's latest Children's Media Use and Attitudes report "funny videos or those showing pranks or challenges continue to be the most popular type of VSP (video-sharing platforms) content for children, watched by 68% of 3-17-year-olds who watch videos." [source - <https://www.ofcom.org.uk/media-use-and-attitudes/media-habits-children/children-and-parents-media-use-and-attitudes-report-2025>]

If your child is watching this type of content, then you need to chat to them regularly, particularly about online challenges and the risks that they can pose. There are challenges online that are risky/dangerous. Sadly, there are reports that children have died as a consequence of attempting online challenges.

Children may not yet have developed the skills and ability to critically analyse that what they see online is not always safe for them to replicate. Make sure your child knows that they should talk to you (or another trusted adult) if they are thinking about trying something that they have seen online.

If your child has not heard about an online challenge, then do not draw attention to it as this may lead to them searching for it out of curiosity, so just talk about challenges in a general sense. Furthermore, reassure your child that challenges that suggest that terrible things will happen if they do not complete the tasks are not real.

The following link will provide you with further information as well as content to help you talk to your child:

<https://www.internetmatters.org/resources/online-challenges-guide/>

## **Conversation Starter**

Are you struggling to start a conversation with your child about online safety? Why not try discussing this scenario with them. What would they do and how would you help them?

Amira and her classmates have a WhatsApp group. One evening, Amira notices that some group members are sharing unkind jokes and memes about another student, Leo, who isn't part of the group. The messages start as playful but quickly turn mean-spirited. Amira feels uncomfortable but isn't sure what to do. So, what should Amira do?

First, Amira should not join in with the mean messages. Then, although difficult, she could speak up in the group by saying something kind like: "Let's not be mean. This isn't fair to Leo." Finally, she should tell a trusted adult.

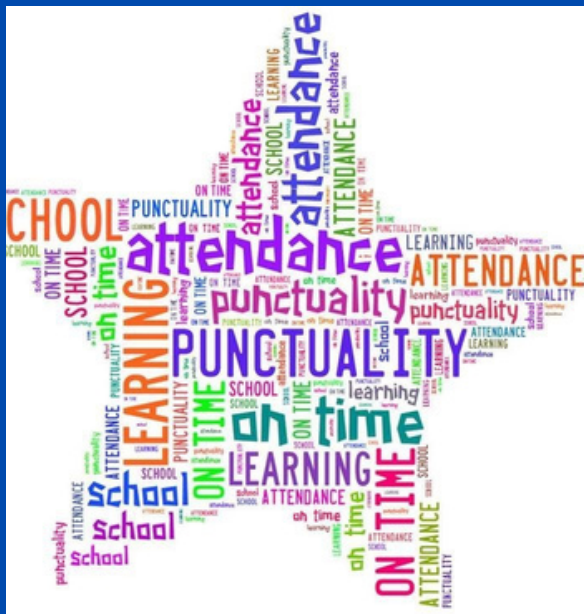
Discuss how group chats should be fun for everyone, not a place to hurt others.

Emphasise that being part of a group chat means we all have a responsibility to keep it respectful. If you see something that doesn't feel right, like Amira did, it's okay to speak up or talk to a trusted adult. Remind your child that they won't be punished if they tell you something like this.

Remember, even if Leo doesn't see the messages, it's still wrong to be unkind. Real legends lift each other up — they don't tear others down.



# Focus on Attendance



## Congratulations!

We recognise that it can be difficult to be in school every day, and that sometimes illness and appointments cannot be helped. For this reason we have changed the way that attendance is recognised in school. Each week we have awarded prizes to all pupils who have had 100% attendance that week in Alston, Nenthead and Samuel King's School. A Big congratulations to all the pupils who had 96% or better attendance for this academic year. A £20 Amazon voucher was awarded to the 3 pupils from each school, who were drawn out at random during assemblies in the last week of half term.

## **Attendance Target**

Our target is 96%. The Department for Education tracks attendance carefully and judgements on how well a school is doing is partially based on whole school attendance.

## **Reporting Absence**

My child is ill – what can I do?

It can be tricky deciding whether to keep your child off if they are unwell.

There are Government guidelines for schools and parents – they clarify when a child should be kept off school and when they shouldn't. It is fine to send your child to school with a minor cough or common cold.

It is a parent/carer's responsibility to notify school by 9am if their child is absent. A reason must be provided

Please see the link below from the NHS to help you:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>



## **Attendance Ladder**



# Staying Safe

## Staying safe

At Alston Moor Federation we recognise the importance of great mental health. Students regularly learn and develop this in assemblies and form time. One of the tools we encourage students to use is Kooth. Kooth is an online platform to help young people with their mental health and wellbeing. It's a welcoming space for your child to safely explore their feelings. If you feel this is something your child would benefit from using please log on to [www.kooth.com](http://www.kooth.com)

Safeguarding and promoting the welfare of children is of the utmost importance at Alston Moor Federation; it is everyone's responsibility.

However, we do have some specific safeguarding roles in school.

**Designated Safeguarding Lead: Mrs.H. Allinson**

**Deputy Designated Safeguarding Leads: Mr. R. Dawson and Ms .C. Reed**

**Designated Teacher for Looked After Children: Ms .C. Reed**

**Our safeguarding governor is Patricia Davies**

If you have a concern about a child or young person please ask to speak to one of our DSLs in school or you can take your concern directly to **Cumbria Safeguarding Children Partnership - Safeguarding Hub 03003732724**

Cumbria Safeguarding  
Children Partnership



C S C P

If you **SEE** something...  
**SAY** something!

Are you concerned about a child or family?

If you **see** or hear something that worries you...  
**say** something!

Safeguarding is everyone's responsibility.

To report a child safeguarding concern call:

Cumberland Safeguarding Hub – 0333 240 1727

Westmorland and Furness Safeguarding Hub – 0300 373 2724

NSPCC on 0808 800 5000

In an emergency call 999

**Help us keep our children safe in Cumbria**

"It's alright to  
ask for help"

**SAMARITANS**

116 123



for better mental health

MindLine  
Cumbria

Call us today - We're here to help

**0300 561 0000**

Want to know more about mental health?

What services are available and where to get support?

Do you need to talk? Feeling alone or in crisis?

Worried about someone? Not sure how to help them?

12pm - 9pm Mon - Fri.

5pm - 9pm Sat



[www.mindlinecumbria.org](http://www.mindlinecumbria.org)  
[info@mindlinecumbria.org](mailto:info@mindlinecumbria.org)

Mind  
MindLine



# Support for families



[westmorlandandfurness.gov.uk](http://westmorlandandfurness.gov.uk)

## 15 hours free childcare for Working families of 2 year olds

### Check if you're eligible!

Visit [www.gov.uk/apply-free-childcare-if-youre-working](http://www.gov.uk/apply-free-childcare-if-youre-working) or scan the QR code to apply.



From April 2024, eligible working parents of 2-year-olds will be able to access 15 hours childcare.

Each parent, and any partner would need to be working and earning the equivalent of 16 hours a week at national minimum/living wage (at least £167 per week) and be under £100,000 net income per year.

#### When to apply

Your child's birthday	Child can start	Best time to apply
1 September to 31 December	January term	15 October - 30 November
1 January to 31 March	April term	15 January - 28 February
1 April to 31 August	September term	15 June - 31 July

#### How you can use your free childcare

You can use up to 15 hours of free childcare per week for 38 weeks of the year (during school term time). Some childcare providers offer stretched hours over more weeks if you use less than 15 hours per week.

#### What you need to know

Remember to reconfirm your eligibility every 3 months. If you apply more than 3 months before the term starts, you'll have to reconfirm your eligibility in your account to keep your code valid.

#### Childcare Choices

Childcare choices [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

Use the online childcare calculator to find out how you can save on your childcare and support that is available.



Apply now at  
**Childcare Choices**

[www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

HMRC helpline number:  
0300 123 4097



## Alston Moor Food Bank

If you haven't got any money, please get in touch with the Food Bank.

07890 345901  
[alstonfoodbank@gmail.com](mailto:alstonfoodbank@gmail.com)

**Anyone who doesn't have any money and needs food, we are there for you.**



Deliveries will be made by appointed volunteers or Alston Essentials and will respect discretion, confidentiality and personal privacy.

Please don't hesitate if you need the Food Bank's support.



Kooth is a free, safe, and anonymous online platform where young people can access mental health support whenever they need it. Delivered in partnership with the NHS, Kooth is available to anyone between the ages of 10-18, and in some areas, it extends up to age 25.



The Westmorland and Furness Holiday Activities and Food Programme Activities are running a range of dates and venues for their HAF events. Visit the link

[www.westmorlandandfurness.gov.uk](http://www.westmorlandandfurness.gov.uk)

or scan the QR code to find out more. For any enquiries, to check your eligibility status, or to request a code, please email: [HAF@westmorlandandfurness.gov.uk](mailto:HAF@westmorlandandfurness.gov.uk)



# Support for families

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.













# Summer wellbeing calendar

Practise kindness in your community, connect with others, and boost your wellbeing with the suggestions in this calendar.

You can also use the blank spaces to come up with your own ideas too. For more ideas, download our **Self-kindness toolkit**. All the resources or activities mentioned can be found at [redcross.org.uk/wellbeing](https://redcross.org.uk/wellbeing)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Set a positive intention for the month. What do you want to achieve?				Plan a meal around a fruit or vegetable that is in season		
		Send a message or call someone you haven't spoken to in a while				Download our First aid app to learn how to prepare for hot weather
Take a walk to clear your mind. Notice the signs of summer around you			Write something kind and leave it for someone to find			
	Get creative and repair, paint or repurpose something you own				Grow something! Seeds can flourish in jars, pots, window boxes and gardens	
		Explore local community groups to meet new people				Quiet time Choose a book or go to a quiet space where you can enjoy some time to yourself

## The power of kindness





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Tel: 01434 381236