



Bolton Primary School  
Bolton  
Appleby-in-Westmorland  
Cumbria  
CA16 6AW  
Telephone: 017683 61511



## Newsletter: Thursday 29<sup>th</sup> January 2026

Dear Parents and Carers,

### Golden Diners Table

Well done to our lucky golden diners last week - Hugo, Olly, Benji T and Evie. Super manners in the dining hall and loving their lunches!

### School Lunches

We are so proud of the lunches that we are able to offer our children and have been really pleased with the quality of the food from Temple Sowerby Pub. Please talk to your child about their school lunch choices when booking meals. Most children are eating all of their lunch each day; however, a small number are not eating very much, so these conversations at home can really help.

### Tri-Golf

Year 1 and 2 had a great time at one of our EVA events at Appleby Grammar School last Friday, completing lots of Tri-Golf activities and they developed some super golfing skills. Well done KS1!

### School Improvement - Priority 3

One of our key priorities this academic year has been to further strengthen our whole-school culture around pupil leadership, wellbeing and positive behaviour. We are proud of the many steps we have taken to ensure that every child feels safe, supported and listened to in school.

Across the school, children are now taught Decider Skills, helping them to develop resilience, emotional awareness and positive ways to manage challenges. Each class also completes a daily emotional check-in using the Zones of Regulation, giving children regular opportunities to recognise, name and talk about their feelings in a supportive environment.

To further support wellbeing, we have invested in an Emotion Coach who leads Nurture Group sessions, alongside our own ELSA (Emotional Literacy Support Assistant) programme, both of which focus on building confidence, emotional understanding and healthy coping strategies.

Pupil leadership continues to grow and thrive. Our School Council has been strengthened, and pupils are now leading their own Pupil Parliament assemblies, helping to ensure that children's voices are heard and valued as part of school life.

All staff have worked together to develop a more positive and consistent approach to behaviour. We have introduced whole-class rewards, star awards and clear expectations that are shared by all adults in school. We have also developed the use of reflection sheets, which provide valuable time for pupils and teachers to talk, reflect and learn from situations, supporting children to understand their choices and develop important life skills.

Together, these improvements are helping to create a calm, caring and inclusive environment where children can flourish both emotionally and academically.

### Parent Consultation Appointments

We would like to let you know that our upcoming parent consultation meetings will be taking place on the following dates:

- ❖ Reception - Tuesday 10th February with Mrs Moody
- ❖ Year 1/2 - Thursday 12th February with Miss Holmes and Mrs Moody
- ❖ Year 3/4 - Wednesday 11th or Thursday 12th February with Mrs Cousin
- ❖ Year 5/6 - Wednesday 11th or Thursday 12th February with Miss Mephram

Appointments will begin at 3:40pm, with each meeting lasting 10 minutes.

If you are unable to attend on the dates listed above, we will do our best to arrange an alternative meeting time.

For children with a support plan, class teachers will be in touch to arrange an alternative appointment during the week commencing 2nd February, allowing for a 15-minute meeting.

Please remember that, as a school, we have an open-door policy and staff are always happy to help. If you have any worries or concerns about your child, do not hesitate to contact us—there is no need to wait until parent consultation meetings.



**Extra-Curricular Sports Clubs 3:30-4:30pm**

Wednesdays - Rec/KS1 Basic Moves with Mrs Tinkler

Thursdays - KS2 Dance with Abby Overs  
Please wear PE uniform on these days if you're booked onto the club,

£1 per session. Please book using Parent Pay



**After School Care Provision**

**3:30-5pm / 3:30-6pm**

Mondays - Art and Craft Explorers Club with Mrs Cousin, Mrs Kipling and Kaya (Donations of toilet roll tubes/kitchen roll tubes and bottle tops needed please!)

Tuesdays - Game on! Club

with Mrs Tinkler and Shannon

Wednesdays - Bolton Bake Off Club with Miss Holmes/Mrs Rankin and Rebecca

Thursdays - Nature Makers Club

with Mrs Austin and Kaya

Fridays - Film Fridays Club

with Miss Mephram and Rachael/Anne

(if you **do not** consent to your child watching a PG rated film, please contact the office)

**3:30pm-5pm at School £7.50 per session**

**5-6pm at Nursery £10.50 per session**

**(includes 3:30-5pm session)**

Please collect your child at 5pm from Bolton School or at 6pm at Bolton Nursery.

Please see more information on the next page about our 'After School Wrap Around Care Provision' and our 'Extra-Curricular Sports Clubs'.

Please book your place via the school office!

Yours sincerely,

Debbie Tinkler

[head@bolton.cumbria.sch.uk](mailto:head@bolton.cumbria.sch.uk)



## After School 'Wrap Around' Care Provision Spring and Summer 2026



Bolton Primary School and Bolton Nursery will be providing the 'After School Care' Provision

This is a trial for the Spring and Summer Terms

3.30-5pm - At School - £7.50 (includes a snack)  
Collect your child from school at 5pm

5-6pm - At Nursery - (£10.50 includes 3.30-5pm session)  
Collect your child from nursery at 6pm

Bookings to be made via School - Please call us on 017683 61511 or email [admin@bolton.cumbria.sch.uk](mailto:admin@bolton.cumbria.sch.uk) to book your child's place.

If you have a booking for the academic year 2025-2026, these bookings will be honoured.

Please book to secure your place.

### Spring Term - Theme each night!

Monday: Art and Craft Explorers Club

Tuesday: Game On! Club

Wednesday: Bolton Bake Off Club

Thursday: Nature Makers Club

Friday: Film Fridays Club

Invoices will be sent via Nursery - You can still use your childcare account to receive 20% top up from the government to support with payments. Please call nursery on 017683 62468 or email [admin@boltonnursery.org.uk](mailto:admin@boltonnursery.org.uk) if you need guidance with your invoices.

## Extra-Curricular Sports Clubs



Bolton Primary School will continue to offer 'Extra-Curricular Sports Clubs'

There will be a club for Rec/KS1 and a club for KS2 each week.

These clubs will be sports based.

These will be £1 per week as we can subsidise these with our Sports Premium Money

These will run for the whole half term.

### Spring 1 Sports Clubs 3.30-4.30pm

Wednesdays - Rec/KS1 - Basic Moves with Mrs Tinkler (starts Wednesday 14<sup>th</sup> January, last session Wednesday 11<sup>th</sup> February)

Thursdays - KS2 Dance with Abby Overs (starts Thursday 8<sup>th</sup> January, last session Thursday 12<sup>th</sup> February)

Following the 'Extra-Curricular Sports Club' - You can book your child into 'After School Care'.

4.30-5pm will be £3 and 4.30-6pm will be £6

# Spring 2026 Diary Dates and Key Information

Don't forget to sync the school calendar to your phone from our website!

This page will be updated each week.

Date	Who	Time	Information
30/01/26	<b>Selected</b>		Lola and Clara - music enrichment event at Morland. Travelling with Mrs Rankin. Packed lunch needed.
31/01/26	<b>KS2</b>		Carlisle United Football Game - if you have booked a ticket with us, please meet staff outside the club shop by 1.15pm.
02/02/26	<b>Selected</b>	PM	Debate at Appleby Grammar School - McKenna, Jasper, Esme and Wilson Travelling with Mrs Rankin
04/02/26		3pm	Governors - Staffing, Finance and Premises
05/02/26	<b>Class 2</b>	All Day	Whinlatter Trip - Geography Please make the £10 voluntary contribution towards the cost of the trip and give consent on Parentpay. Children will need a packed lunch, waterproof coat, sensible shoes, water bottle.
09/02/26	<b>All</b>	Everyday	Swimming Week. Parents/carers should have hopefully completed and returned up-to-date information regarding your child's most recent swimming information. Please remember to contact the office if you are able to help during any of the morning slots 9:30-10:30am. Children to arrive to school 'beach ready' - swimming gear underneath their usual school clothing/PE kit for each day. (Remember to pack underwear for after the swimming session!) Hair must be tied back and jewellery removed before school. Class 1 Rec-Y2 leave school at 9 am and swim at 9.30 am - 10.15 am KS2 Y3-6 - leave school at 10 am and swim at 10.30 am - 11.30 am To avoid items getting lost or misplaced at the pool, it would be extremely helpful to check that all your child's clothing is clearly labelled. A towel and underwear will also be needed. Please could we ask parents of Class 1 children (Reception and KS1) to encourage your child/children to get changed before and after school 'independently' with the run up to swimming. This will help them prepare for our swimming week. Bolton School prioritises swimming and we aim to give each child 10 hours in each academic year. We believe that doing block swimming everyday results in more progress than weekly. Mrs Cousin (PE lead) runs the programme. If you have any queries, please do not hesitate to contact us.
09/02/26 - 13/02/26	<b>All</b>		Parent Consultations this week Reception - Tuesday 10th February with Mrs Moody Year 1/2 - Thursday 12th February with Miss Holmes and Mrs Moody Year 3/4 - Wednesday 11th or Thursday 12th February with Mrs Cousin Year 5/6 - Wednesday 11th or Thursday 12th February with Miss Mephram <i>For children with a support plan, class teachers will be in touch to arrange an alternative appointment during the week commencing 2nd February, allowing for a 15-minute meeting.</i>
13/02/26	<b>All</b>		Break up for half term - Non-uniform £1 suggested donation for NSPCC
23/02/26	<b>All</b>		Start of Spring Term 2
27/02/26	<b>All</b>	9am	Buddy Reading
02/03/26	<b>Rec</b>	10-11am	JAM Session at Bolton Church
05/03/26	<b>All</b>		World Book Day - PJs or Costume
09/03/26 - 13/03/26		All week	Abigail Robinson - Work Experience Placement Student
11/03/26	<b>C2</b>	AM	RHSE Session with Mrs Hodgson
12/03/26	<b>Y5s</b>	11:25- 12:25pm	Science Outreach Session at Appleby Grammar School
13/03/26	<b>Class 2</b>	12:30- 2:30pm	EVA Dodgeball Event @ Appleby Sports Hall.
16/03/26 - 20/03/26	<b>All</b>		Assessment Week
16/03/26	<b>Rec</b>	10-11am	Jam Session at Bolton Church
19/03/26	<b>C2</b>	All Day	Birdoswald Trip - History

			We are asking for a voluntary contribution of £11 towards the cost of the trip. This is now live on Parentpay. Children will need a packed lunch, waterproof coat, sensible shoes, water bottle and wear normal uniform.
24/03/26	<b>C1</b>	All day	Windermere Trip - History We are asking for a voluntary contribution of £15 towards the cost of the trip. This is now live on Parentpay. Children will need a packed lunch, waterproof coat, sensible shoes, water bottle and wear normal uniform.
25/03/26	<b>All</b>		Environment Day - House Group Activities
27/03/26	<b>All</b>	3:30pm	End of Spring Term - Break up at normal time 3:30pm
13/04/26	<b>All</b>		Start of Summer Term