



Jericho Primary School
Windsor Court
Hensingham
WHITEHAVEN
Cumbria
CA28 6UX

15 September 2023

Sample Parent

Sample Student (Year 1, Samples)

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News Update 15th September 2023

Dear parents and carers,

What a busy first full week. A mixture of sunshine and showers hasn't stopped a great week in school. We have had some lovely playtimes this week exploring our new grounds. I hope you can see them coming together as the growing areas have now been started. It was lovely to see so many of you at our Meet and Greet sessions this week. I will be emailing out the information to all of you for your year groups next week if you didn't manage to make a session.

Here are a few messages for the week ahead:

A Summer of Adventuring! It's been lovely to hear so many children sharing their adventures over the summer. We would like to share and celebrate children's adventures over the summer. If you have a wow moment or a wow place that you have visited, please drop us an email. Please email us at goingtheextramile@jericho.cumbria.sch.uk Send your memory, the place where it took place, a photo and your child's name.

A great cause and a very kind man! A member of our Whitehaven community has kindly offered to help support our fundraising at school. Mark Holliday, along with his children Thomas and Jessica, are going to be taking part in the Cumbrian Half Marathon in Carlisle on the 1st October. He is looking to raise as much money for us as possible. Please read about his adventuring on our facebook page and if you can, please help by sponsoring him. Thanks Mark!!

Online safety: This week we have attached some great advice on how to set boundaries for gaming with your child. Please keep monitoring devices at home and ensure that we all keep safe online.

Taekwon-do / Little Tiger Cubs - I've attached some great information about our local Taekwon-do club based at St Gregory's and St Patrick's School. A club that all our Year 5 and 6 children can join. Our youngest children aged 3-5 can also join the Little Tiger Club. Please see the information attached.

Starting School - If you have children who were born between 1 Sept 2019 and 31 Aug 2020, then please see the information attached about applying for school places for Reception this year. The deadline to apply to the Local Authority is 15th January 2024. More information can be found on the Local Authority or our website.

Golden work - Our Golden superstars this week are:

Oliver and Cora from year 1 for wonderful sentence writing!

Joey - 1H - for writing 4 superb sentences independently.

Ewan - 5W - for mastering the art of poetry writing.

Jay - 3H - Fantastic mathematics work - working independently.

Ethan 1W – brilliant concentration in his phonics lesson

Noah 5H – Maths presentation and accuracy

Ellie and Evelyn 6W – thoughtful poetry about different perspectives

Pearl 3W - high standard of Maths work

Finn and Maddie – super art work on Primary colours

Lyndon 6H – fantastic descriptive writing



**THE FUN MARTIAL ARTS
TRAINING SYSTEM FOR
CHILDREN 3-5 YEARS OLD**

- 🐾 Learn Through Play
- 🐾 Have Fun
- 🐾 Develop Flexibility
- 🐾 Improve Balance & Co-ordination
- 🐾 Learn Respect
- 🐾 Increase Self Confidence
- 🐾 Learn Basic Self Defence



Cockermouth	Christ Church Rooms	Tuesday 4.00-4.45pm
Egremont	Methodist Church (The Meeting Place)	Monday 5.00-5.45pm
Keswick	Keswick School	Thursday 6.10-6.55pm
Whitehaven	St Gregory & St Patricks School	Friday 4.30-5.15pm
Workington	Carnegie Arts Theatre	Saturday 11.30am-12.15pm



To book your free trial lesson visit our website at:
www.uktc.co.uk or phone **01786 845060**
Limited places available



TAEKWON-DO CLASSES FOR ALL AGES (5 YEARS+) OVERLEAF



FREE TRIAL LESSON

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary; emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

Meet Our Expert

Daniel Upscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Source: <https://hipalapp/about/privacy.html>



**Cumberland
Council**

Parents/carers are
responsible for applying
for a school place by
15 January 2024

Starting School

Children born between
1 September 2019
and 31 August 2020
can start school in **September 2024**

You can apply online at: www.cumberland.gov.uk

Alternatively pick up

"Starting School in Cumberland-September 2024"

leaflet from any infant or primary school

or contact: **01228 221582**

or email school.admissions@cumberland.gov.uk

UNITED KINGDOM TAEKWON-DO COUNCIL
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FITNESS & SELF DEFENCE CLASSES FOR CHILDREN (5 YEARS+), YOUTHS & ADULTS



TAEKWON-DO - the worlds most popular martial art taught by the UK's leading Taekwon-Do organisation. Ideal for all ages (5 years & above).

Cockermouth
Christ Church Rooms
Tuesday 5.00-6.00pm

Egremont
Egremont Methodist Church (The Meeting Place)
Monday 6.00-7.00pm (All ages)
Monday 7.00-8.00pm (Adults & Advanced)

Keswick
Keswick School
Thursday 6.00-7.00pm

Maryport
Maryport Boys and Girls Club
Saturday 10.00-11.00am

Whitehaven
St Gregory & St Patricks School
Friday 5.30-6.30pm

Workington
Carnegie Arts Theatre
Tuesday 6.30-7.30pm
Saturday 12.30-1.30pm

Book your free trial lesson online now at
WWW.UKTC.CO.UK
or phone 01786 845060



LITTLE TIGER CUBS CLASSES FOR 3-5 YEAR OLDS OVERLEAF



FREE TRIAL LESSON