



Jericho Primary School
Windsor Court
Hensingham
WHITEHAVEN
Cumbria
CA28 6UX

26 January 2024

Sample Parent

Sample Student (Year 1, Samples)

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News Update 26th Jan 2024

Dear parents and carers,

It's been a great week in school with lots of news to celebrate and share:

We started by hearing news about our girls football team. A huge well done to the year 5 & 6 girls for winning the Workington Reds girls football competition last week. We are all super proud of them for their wonderful for success!

We then had a lovely article published about our recent inspection in the Whitehaven News. It was great to see how many of you liked our facebook link for the story, showing how proud we all are.

Finally, this week has ended with our wonderful well-being Ninja's collecting a special award for our school. We have been awarded a "Doubly, Outstanding Happy School" award. Our ninjas had a great day sharing with local schools our work on the role of the defender. Check out our Facebook page for more information and pictures.

School start time: A gentle reminder school begins at 8.45 for all children with the exception of the nursery, therefore if children arrive in school after this time they will be recorded as late. If children arrive after 9.00am please be aware they are legally registered as not arriving until after registers close and this will constitute absence on their overall absence for the morning session of the day. If you have issues or require support in relation to children arriving on time then feel free to contact the office and staff will be happy to discuss concerns with you.

U6s rugby training: Calling any boys or girls age 4 coming 5 and age 5 coming 6 for Hensingham Rugby ARLFC. It's a good way of making new friends and friendship for life. If any of the parents want to bring their child then training starts this Monday 22nd January at St Benedict's sports hall 5pm till 6pm.

Golden Work:

Jaxon Y2 – fantastic Scientist research

Ethan Y2 for wonderful writing

Rocco Y4 – improvement with handwriting

Hendrix Y6 – amazing improvement in Arithmetic

Keegan – Reception – amazing independent work.

Emmie Y5- Wonderful debating skills

Cooper Y5- Mastering the bus stop methos in maths

Harlan Y6- Fantastic maths progress

First Aid Changes: Just a reminder to keep checking your emails for notification if your child has an accident at school. We are moving our recording systems from a paper based to web based process in school. The new system will notify you by 3:30 in your email inbox. If a child has a bump to the head or a more serious incident, we will continue to verbally notify you.

Donations

If anyone has any of the following for our Wet Playtime boxes in classes, we would appreciate it greatly! Please hand it to the office or class teachers

Eg Packs of cards, board games, jigsaws, crafts, knitting, mazes or puzzles, plasticine or play dough, colouring equipment or books, comics, small world models etc

Family Action Copeland are holding Fun Days during the February Half Term throughout the week. Please see the attached poster for details. No booking necessary, families can just turn up and enjoy the fun activities.

Online Safety: While limiting our screen time may require a great deal of restraint, the effort can be rewarded with significant benefits to our physical and mental health. Our guide has simple tips for helping to manage the amount of screen time in your household – encouraging the whole family to spend more quality time together and live in the moment.

Save the Dates:

25th Jan- Art of Brilliance Gala for (happiness Ninja's only)

WC 5th Feb- IEP review meetings

5th Feb - Safer Internet Week in School

7th Feb – Year 3 trip to Rock Museum – Keswick

8th Feb – 3 trip to Rock Museum – Keswick

8th Feb – Year 2 – Trip to the Lake District Wildlife Park

Friday 9th Feb - School finishes for half term

26th Feb – 8th Feb – Year 6 Swimming each afternoon.

27th Feb – Shakespeare at school performance Keswick Theatre

7th March – World Book Day in school

21st March – Year 4 Viking Day in school

22nd March Class photos in school

26th March – Nursery Trip to Muncaster Castle

27th and 28th March – Year 5 Tree Planting

28th March – School Closes for Easter Holidays.

13th May – all Week – KEY STAGE TWO SATS

Residential

Year 3 Blencathra – 20th May – 21st May

Year 4 – Hawse end – 3rd June – 5th June

Year 5 – York – 13th May – 16th May

Year 6 – London – 24th June – 27th June

Join us this half term for our February Fun Days

0 – 19 Child and Family support services - Copeland



Monday 12th February

Frizington Library

10:30am - 12:00pm

Tuesday 13th February

Millom Family Hub

10:30am- 12:00pm

Wednesday 14th February

Cleator Moor Library

13:00pm - 14:30pm

Friday 16th February

South Whitehaven (Valley)

11:00am - 12:30pm



Snacks

Valentines arts and crafts

Messy play

Sensory trays

Face painting



Registered Charity Number: 264 713

Find out more at cumberland.gov.uk

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you *do* want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday



Play  **Rugby
League**



At Hensingham ARLFC

U6s

Mondays 5-6pm

Starts 22nd Jan

St Benedicts School

Sports Hall

All welcome