



Jericho Primary School

Windsor Court

Hensingham

WHITEHAVEN

Cumbria

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12 September 2025

News Update 12th September 2025

Hello Jericho Families!

What a fantastic week we've had here at Jericho Primary! The children have been buzzing with excitement and creativity, and it's been wonderful to see so many smiles around school. From star moments in the classrooms to fun-filled playtimes and some brilliant teamwork, the positive energy has been infectious. We're so proud of all the hard work and kindness shown by our children and staff alike. Grab a cuppa, settle in, and enjoy catching up on all the great things happening at Jericho this week!

Class Newsletters and Meet Greet information - information should land in your parenmail inbox at 16:05 this evening. Please watch out for them. We also publish this on our website for your information.

OPAL play- Please find attached a letter providing further information about our OPAL play development at lunchtimes. If you have any scooters that children are no longer using we would love to have them for our new scooter area. Please bring them to the office if you have any that can be donated. Many thanks

Year 6 Secondary Applications: This week, our office has been sending out some open evening information for our local secondary schools. It's that time already to begin choosing your preferred secondary school for next year. Please see the attached letter from the LA with instructions and a reminder that the deadline for applications is the 31st October.

- Whitehaven Academy - 1st October @ 6:00 p.m.
- St Benedict's - Thursday 25th September 2025, between 5pm & 7.30pm.
- Cockermouth School - Thursday 2nd October - 5:30 - 9:00 p.m.
- Keswick School - offering day visits see - [Year 6 Open Day at Keswick School | Keswick](#)

School Dinner Arrangements: A reminder that if you are changing your child's lunch arrangements (ie school dinners/packed lunches) you need to contact the school office. We require 1 week's notice for any changes.

Road Safety: The school has been contacted by a concerned parent who was driving down Highfields Road (Hillcrest) and witnessed two young boys from Jericho standing on the side of the road by the path that leads to school. One of the boys kept jumping into the road as cars were approaching and dancing and then jumping back onto the path. The safety of all our pupils is our top priority, both on and off the school site. We have spoken to the children about road safety and reminded them of the importance of sensible behaviour when leaving school. We also wanted to raise awareness with parents to help reinforce the message.

School Car Park: We kindly remind you not to block the turning point in the school car park. The bin collection lorry requires access in order to turn around, and if a car is parked there, even for just a few

minutes, they will not attempt to empty the school bins as happened on Wednesday morning. We also need to keep in mind that any emergency services need access and would be unable to access the site quickly if ever needed. This also puts both children and staff at risk. This is particularly important for parents dropping off children at Breakfast Club, but applies to all parents at all times.

Please also note:

- The school car park is for staff use only, except for disabled badge holders. Our Disabled Bay is out of access at the moment, please find a safe space to park and ask a member of staff for help.
- Breakfast and After School Club parents, please park in a parking bay or up on the gravel area.
- All other parents, please help us by not trying to access the carpark.

We appreciate your cooperation in keeping the car park safe and accessible.

Triathlon Club - Cockermouth - See attached leaflets for children aged between 8 and 18 years of age.

Bransty Rangers: Please see attached the advert from Bransty Rangers who are recruiting for more team members at present.

Celebrations: We love hearing about all the amazing things our children get up to beyond the classroom walls! Whether it's scoring goals, dazzling on stage, or helping out in the community, their talents and kindness shine bright everywhere they go (Don't forget to let us know - goingtheextramile@jericho.cumbria.sch.uk)

- Oliver and Henry completed the junior and a mini Great North Run on Saturday. They ran for charity and raised a fantastic £1310 in memory of their baby brother Noah.
- Over the summer, Edi challenged herself to walk up Dent. She practised map reading and chose the path through the forest.
- Albie in Year 3 had his first flying lesson.
- Theo in Year 2, Workington team won the Maryport festival tournament. Super goals Theo! Laylend In Year 5 played in the Maryport festival under 10s and won! Great work!

Golden work:

A big shout out to Tobias in nursery for superb writing and independence

Looking ahead:

Upcoming dates for this half term:

WC: 22nd September - Year 6 Cycle Wise

25th September - St. Benedict's open day for year 6 students

30th September - Reception settling in and introduction to reading meeting

30th September - Year 5 React Science Show

6th October - School Individual Photos

8th and 9th October - Settling in parents meetings

13th October - Nasal flu jabs

WC: 13th October - Harvest festival soup lunches for parents all week - more news to follow

17th October - Vindolanda trip for Y4

21st and 23rd October - Stone Age workshop in Y3

24th October - Finish for Half Term

3rd November - School returns for Autumn Term 2

5th November – 1W Trip to The Beacon

6th November – 1H Trip to The Beacon

September 2025

The parent/carers of a Year 6 pupil

Dear Parent/Carer

Transfer to Secondary School in September 2026

As your child is due to transfer to secondary school in September 2026, you can apply for a Year 7 place online at: www.cumberland.gov.uk. **The online application system [Citizen Portal] will be available from the 3 September 2025**

There are several benefits to applying online, including:

- it is quick and easy.
- you will receive an acknowledgement by e-mail that your application has been submitted.
- you can find out which school your child has been allocated by 9am on National Offer day.

Please see the leaflet “Transfer from primary or junior school to secondary school in September 2026” for further information. Available on the council’s website www.cumberland.gov.uk.

If you are an existing user of the Citizen Portal, it is important that you check that your own personal details, particularly the address details, are correct and up to date, as well as those of your child.

If you are unable to apply online, you can still apply using a paper form (SA3). You can download this from the website or alternatively you can contact the School Admissions and Appeals Team to request a copy.

Important information about schools and the application process is contained in the booklet ‘Transfer to secondary school in Cumbria – September 2026’. Please read this before applying. You can download a copy of the booklet at www.cumberland.gov.uk If you don’t have access to a computer, you can also view

copies of the booklet in local primary, junior and secondary schools as well as libraries.

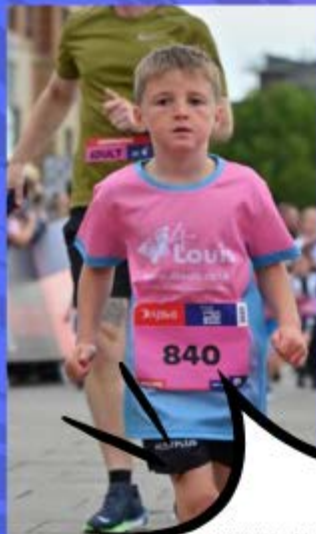
You must submit your application by 31 October 2025. If your form is late, it may seriously affect your chances of being allocated a place at one of your preferred schools.

Yours faithfully

School Admissions

CELEBRATION - SHOUT OUTS

DON'T FORGET TO LET US KNOW WHAT YOU HAVE BEEN UP TO..... SEND TO OUR GOINGTHEEXTRAMILE EMAIL



OLIVER AND HENRY COMPLETED THE JUNIOR AND A MINI GREAT NORTH RUN ON SATURDAY.

THEY RAN FOR CHARITY AND RAISED A FANTASTIC £1310, IN MEMORY OF THEIR BROTHER NOAH.



THEO IN YEAR 2, WORKINGTON TEAM WON THE MARYPORT FESTIVAL TOURNAMENT. SUPER GOALS THEO!



LAYLEND IN YEAR 5 PLAYED IN THE MARYPORT FESTIVAL UNDER 10S AND WON! GREAT WORK!



OVER THE SUMMER, EDI CHALLENGED HERSELF TO WALK UP DENT. SHE PRACTISED MAP READING AND CHOSE THE PATH THROUGH THE FOREST.



ALBIE IN YEAR 3 HAD HIS FIRST FLYING LESSON.

2025 St Bees Junior Triathlon Competition Information



Brief overview of the competition:

DATE- Saturday 27th September 2025

COST- £5.00 cash on the day.

TIME- starts first race 10.30am.

VENUE- St Bees School, Wood Lane, St Bees, CA27 0DS

RACES- Youngest age limit is 8 years old, using Tristar guidelines

Race for ages 8-10, Swim 150m, grass cycle 2km, grass run 1.2km.

Age 11-12, Swim 200m, grass cycle 4km, grass run 1.8km

Age 13-14, Swim 300m, Grass cycle 6km, grass run 2.4km.

Age 15+ (SuperSprint youth), Swim 300m, Grass cycle 8km, grass run 2.4km.

HOW CAN I JOIN IN/ENTER?

If you are not a member of the Junior Tri Lakeland club, you will be required to fill in a paper copy of the temporary membership form on the day, before the race. This allows us to be insured correctly for the event.

As a guide for numbers, we would like you to contact us via email and let us know you wish to enter, so we are approximately prepared for the right size of entrants on the day.

Email using the website contact form www.trilakelandjuniors.co.uk

Or message using facebook page.

You will need a bike, that does not have to be fancy or expensive, but it must be safe and roadworthy/working. All cyclists need to wear helmets, but only during the cycling section.

Swimming costume and old T shirt/shorts and trainers are fine, you do not need to invest in any specialist clothing.

The idea the event is to have ago and have fun.

Please join us 😊



Did you know that there is a junior triathlon club based in Cockermouth?

Would you like to give 1 or all of the disciplines a go?

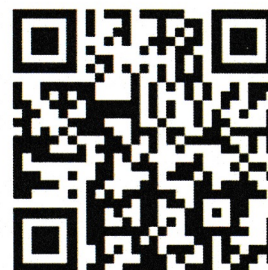
The club is open to 8-18 year olds and our aim is to provide a safe and fun environment for the teaching and development of the three disciplines that make up a triathlon, swimming, cycling, and running. The training sessions are during term time and are led by qualified triathlon coaches.

Swim training is held on a Saturday 12:30 to 13:30 at Cockermouth Sports Centre £5.00/hour £3.00/half hour.

Run training is held on a Wednesday 18:00 to 18:50 at Cockermouth School Fields £2.50

Cycling training is held on Wednesday 19:10 or 19:30 for 45 mins at the Lakes Home Centre car park Cockermouth or MSport track, Dovenby.

If you would to try some of the sessions please email us at trilakelandjr@gmail.com or for more information please look on our website www.trilakelandjuniors.co.uk / scan the QR code



Year 6 Open Evening

Thursday 2 October • 17:30-21:00



AN EXCEPTIONAL LEARNING EXPERIENCE FOR ALL
aspire • enjoy • include • respect • community





Session 1 - 5:15pm
Valley, Monkway, Hensingham, out of catchment

Session 2 - 6pm
St James's, Jericho, St Begh's, St Mary's Kells

Session 3 - 6:45pm
St Bridget's Parton, Lowca, Bransty, Moresby, anyone who could not make previous tour

UNITED KINGDOM TAEKWON-DO COUNCIL

TAEKWON-DO



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



FREE TRIAL LESSON



LITTLE TIGER CUBS CLASSES FOR 3-5 YEAR OLDS OVERLEAF





**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	Tue 4.00-4.45pm
Egremont	Methodist Church (The Meeting Place)	Mon 5.00-5.45pm
Keswick	Keswick School	Thu 6.10-6.55pm
Whitehaven	St Gregory & St Patricks School	Fri 4.30-5.15pm
Workington	Carnegie Arts Theatre	Sat 11.30am-12.15pm



Book your **FREE TRIAL LESSON** online now at

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or phone 01786 845060



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





U7

BOYS & GIRLS IN
YEAR 2 FROM
SEPTEMBER 2025

JOIN OUR TEAM

FED UP OF WAITING LISTS?
CONTACT BRANSTY RANGERS
TO SIGN UP TODAY!



Training at Copeland Stadium
Fridays 5pm - 6pm

CONTACT: RICHARD MORTON
Tel: 07860 934 388

JERICO PRIMARY SCHOOL

Headteacher: Mr James Blackwell

Windsor Court, Whitehaven, Cumbria, CA28 6UX

Telephone: 01946 514545

www.jericho.cumbria.sch.uk

Email: admin@jericho.cumbria.sch.uk



Dear parents,

Jericho Primary school is about to start a programme to improve opportunities for physical activity, socialisation, cooperation, coordination, resilience, creativity, imagination and enjoyment through improved play.

The Outdoor Play and Learning (OPAL) Primary Programme is the result of over 20 years of testing and development in over 800 schools and has been used in Spain, Canada, France and New Zealand. The programme has also been adapted and used in schools in Slovakia, Czech Republic, Hungary, Poland and Austria under the Play Friendly Schools project. In 2018, OPAL won first prize in an EU-funded award for the best active school's programme in Europe and two UK national playwork awards. In 2019, OPAL was awarded a quarter of a million pounds by Sport England to bring the programme to many more schools.

OPAL is based on the idea that, as well as learning through good teaching, your children also learn when they play. As 20% of their time in school is playtime, we want to make sure that this amount of time (equivalent to 1.4 years of primary school) is as good as possible.

One reason the school is carrying out this programme is that childhood has changed, and many children no longer get their play needs met out of school.

- Average screen time per day is six hours.
- Average outdoor play time per week is five hours.
- Percentage of UK children who only play outdoors with other children at school is 56%.

There are many proven benefits for schools that carry out the OPAL Primary Programme. They usually include: more enjoyment of school, less teaching time lost to disputes between children, fewer accidents and greatly improved behaviour.

Play is not messing about. It is the process evolution has come up with to enable children to learn all of the things that cannot be taught, while also having so much fun. There are certain things children **must** have in order to be able to play. These include:

- Having clothes that they can play in.
- Having things to play with.
- Having a certain amount of freedom.

As the school improves play opportunities for your children, you may find the school is asking you for resources and is making changes about how the children use the school grounds. They may use more of the grounds, for more of the year. Your children may get a bit messier, be exposed to more challenges and have greater freedoms to play where, with whom and how they like. The experiences the school is fostering are essential for children's physical and mental wellbeing and are in line with all current good practice advice on health and safety, wellbeing and development.



Nurture – Achievement – Adventure – Respect – Creativity

'A smile is always returned'

JERICO PRIMARY SCHOOL

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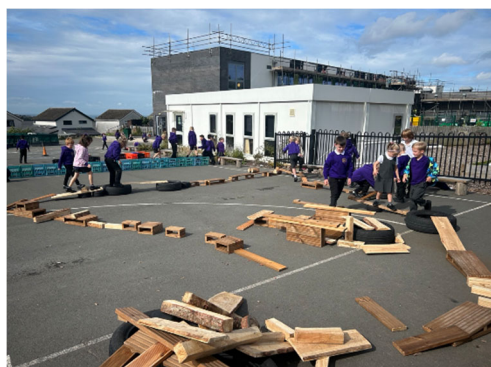
The school will be supported by OPAL for 18 months and there will be an opportunity to come and talk to the OPAL mentor at your child's school. If you would like to learn more about the OPAL Primary Programme, please have a look at the OPAL website (www.outdoorplayandlearning.org.uk), where you will find lots of useful information and several videos about the programme.

In the coming 18 months you will be invited to events where you can come and see for yourselves what is happening and have the opportunity to join in too.

We are really excited about this project and hope that you will support us in our efforts to improve playtime for all children.

Best wishes

OPAL play team at Jericho



Nurture – Achievement – Adventure – Respect - Creativity
'A smile is always returned'