Jericho Primary School
Windsor Court
Hensingham
WHITEHAVEN
Cumbria
CA28 6UX

Email:
k.hannah@jericho.cumbria.sch.uk
Phone: 01946514545
Website:
http://www.jericho.cumbria.sch.uk/

25 October 2024

Sample Parent

Sample Student (Year 1, Samples)

News Update 25th October 2024

Dear parents and carers,

After a busy half-term, I am sure we are all ready for a well-deserved rest. Thank you to all our children and staff who have worked so hard during the first half term of the school year. Our school has been a busy place this term with so many activities from cycling proficiency to trips to Vindolanda, from science shows to walks through the local area. Along with the everyday bustle of school life, we have also lost our dear friend and pupil, Jay Cartmell. We have shared memories, funny and poignant moments. Speaking at Jay's funeral last week was one of the most touching and privileged moments for me as a headteacher. It's been very moving to see our Jericho family wrapping their arms around Jay's friends and loved ones. Jay's friends in Year 4 have been very brave and strong.

I'm sure you agree that as we move into a week's break, it's a time to reflect and take stock from our busy lives. I wish you all a happy, safe and restful half term. We will see you all on Monday 4th November at our normal opening times as we start the term with our first disco of the year.

A few reminders:

IMPORTANT FROM THE POLICE - PLEASE READ - WHATS APP GROUPS: There have been reports recently of children across the north of the country and in Cumbria being added to large groups on social media apps, such as WhatsApp. There are numerous risks to children and young people when using chat apps such as being added to group chats where they don't know the other people in the group, and also the increased chance they will come across upsetting or negative messages.

PLEASE:

- **Check to see if your child is part of any group chats;**
- **Consider removing them immediately from unknown groups if they are a member;**
- **Consider reporting the group to the relevant social media platform if there is inappropriate content; and**
- **Notify the police if you come across any particularly serious or harmful content**

Parents Meetings for children with an IEP (Individual Education Plan) will take place wc 11th November. Appointments will be available to book on Parentmail from the evening of Fri 25th October. Please see Parentmail to check the days and times available for your child's class teacher.

World's Tallest Mountain Challenge: On Tuesday 5th November, we will be celebrating a local resident completing his quest to raise money for the Macular Society. Mr Gerard McCarten, who

KS2 (year 3,4,5 and 6): 5:30pm to 6:30pm

EYFS: Reception and Nursery children are welcome to come to school dressed in their Halloween costumes on Thursday, November 7th. Please ensure that costumes allow children to continue with their school day and go to the toilet independently (e.g., no full-face masks or costumes with attached hands/gloves).

Remembrance Day: To commemorate Remembrance Day, a variety of items will be on sale from Monday, 4th November. The available products include snap bands, poppy clips, adjustable poppy wristbands, wristbands, pencil sharpeners and pencils with suggested donation prices ranging from 50p to £2. Our Remembrance Assembly will take place on Monday 11th November at 10:45 a.m.). We will be broadcasting this live on our Facebook page. Please join us via Facebook if you can.

School library: We are excited to announce that our school library will be open to all students starting from 4th November. Each teacher will send children from their class to the library at their assigned time. Our Year 6 Librarians will be able to help choose a book and sign it out on the school system. Children can take their library books home on a 2 week loan. Any lost or damaged books will be charged a small fee to cover the cost of replacing them, as in any lending library. If you have concerns about the book your child brings home or any other aspect of our internal library, please contact the class teacher.

We hope you enjoy listening to your children read their chosen books.

Community news:

Hensingham ARLFC are recruiting players please see the attached fliers for further information.

Halloween events at The Georgian Manor- Please see attached flier and QR code for booking tickets.

Copeland family fun days- Please find attached the information regarding what's going on locally over the holidays for children and families.

Autumn Activities: Stuck for ideas of what to do with your time next week? We have attached some autumn ideas. Although the activities are spread daily over four weeks, there are a variety of ideas to make you feel good, whatever your age, state of health or abilities. You can take part whether you have a garden, patio, balcony or a windowsill. Many of the activities are simple and can be done without materials or prep. If you would like some extra support, the activities are explained in more detail on the following website: Autumn Calendar Click Here

Celebrations:

Well done to Rosie (Y3) and Hetty (Y4) who also competed in the “That’s Showbiz” dancing heats for Stage Stars dance school at Ellsemere port last week. Their fantastic dancing has earned them a place in the finals at Blackpool in January. Well done girls! We are so proud of you.

Golden work: Our super hard workers of the week:

Rosie, Annie and Marley in year 3 for superb story planning ideas for their stone age writing piece.

Reece in year 2 for super phonics progress

Payton, Mila, Ella and Evie in year 6 for wonderful internet safety posters

Archer and Ronnie in year 2 for a superb recount of the great fire of London

Sharing Celebrations: Don't forget that we love to celebrate everyone's successes at Jericho, both in school and out of school. If you would like to share news or pictures of your child's achievements out of school then please let us know. You can email us via the following email address. We will then share the news on our Facebook page and in our News Updates - **goingtheextramile@jericho.cumbria.sch.uk**

Mental Health: Supporting pupils with grief It's important that trusted adults feel able to help children and young people cope with grief. Children are seeing bereavement and sadness across our community and its important that we help them and support them. This week, our guide will help us all to understand what grief is, encourage coping strategies and how to reach out for support.

Looking ahead: Autumn 2 dates

4th November: school reopens for Autumn term 2

11th Nov - Remembrance Service - Online via Facebook.

15th Nov - Children In Need Day in School

WC 18th Nov - Antibullying Week in School.

29th Nov - Christmas Dec Day and Christmas Fair

6th Dec - Christmas Panto Day in school

WC 9th Dec - Christmas Performances (see below - TBC)

13th Christmas Dinner and Christmas Jumper Day

Thursday 19th Dec - Carol Service for children in school.

School closes for Christmas 20th Dec at 1:30 p.m.

Provisional Christmas Performances Key Stage 1 and Early Years:

Wednesday 11th December: ***Year 1*** Christmas Performance - **parents are to attend at 2:30 p.m**.

Thursday 12th December: ***Year 2*** Christmas Performance - **parents are to attend at 2:30 p.m**.

Friday 13th December: ***Reception*** Christmas Performance - **parents are to attend at 2:30 p.m**.

Provisional Christmas Performances Key Stage 2 for Christmas

Monday 9th December: ***Year 3*** Christmas Performance - **parents are to attend at 4:00 p.m**.

Tuesday 10th December: ***Year 4*** **C**hristmas Performance - **parents are to attend at 4:00 p.m.**

Wednesday 11th December: ***Year 5*** Christmas Performance - **parents are to attend at 4:00 p.m**.

Thursday 12th December: ***Year 6*** Christmas Performance - **parents are to attend at 4:00 p.m.**

Nursery - information to follow.

Thrive
using gardening to change lives

Autumn wellbeing calendar

#autumnwellbeing

Improve your health and wellbeing this autumn with our 28-day journey of gardening and nature-based activities. For more information and activity guides visit **www.thrive.org.uk/autumn**



MON	TUE	WED	THU	FRI	SAT	SUN
1 Share a photo of a tree with changing colours (5 mins)	**2** Reflect on this years' spring and summer (10 mins)	**3** Make a hedgehog house (20 mins)	**4** Search for sweet chestnuts and conkers* (10 mins)	**5** Go for a walk and notice changing colours* (15 mins)	**6** Autumn treasure hunt (20 mins)	**7** Sow sweet peas (15 mins)
8 Wildlife bingo (15 mins)	**9** Collect seeds to store (10 mins)	**10** Go for a walk and notice autumn smells (15 mins)	**11** Plant tulips in pots or in a border (15 mins)	**12** Leaf mould part 1 (collect leaves) (10 mins)	**13** Leaf mould part 2 (create mould) (15 mins)	**14** Build a bug hotel (20 mins)
15 Go for a walk and notice autumn sounds (15 mins)	**16** Make some 'ephemeral' nature art* (15 mins)	**17** Go stargazing* (10 mins)	**18** Kick through some autumn leaves* (5 mins)	**19** Press some leaves or flowers (15 mins)	**20** Sow broad beans (15 mins)	**21** Make a bird feeder (15 mins)
22 Create leaf art part 1 (collect leaves) (5 mins)	**23** Autumn flower arranging (15 mins)	**24** Create leaf art part 2 (create art) (15 mins)	**25** Buy or plant something to live in your home (15 mins)	**26** Grow from hardwood cuttings (15 mins)	**27** Make a festive wreath* (15 mins)	**28** Revisit your tree from day 1 and take another photo (5 mins)

Thrive uses gardening to change the lives of people with a wide range of health needs through Social and Therapeutic Horticulture.

© Thrive 2021. Registered as The Society for Horticultural Therapy. Company number: 01415700 / Charity number: 277570

*** = you could invite a friend!**

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform.
This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief –particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?



1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by *their* experiences and *their* understanding of death – and in the context of their religious or community beliefs.

3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123

WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994

WINSTON'S WISH:
08088 020 021

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.09.2022

Cumberland Council

Family Fun

family action

0 – 19 Child and Family Support Services - Copeland

October Half Term Fun Days!!

Our Family Fun Days are back in October Half Term packed with Halloween and Bonfire Night themed activities



Egremont Family Hub

Tuesday 29th October 10.30am-12.00pm

Millom Family Centre



Wednesday 30th October 10.30am-12.00pm

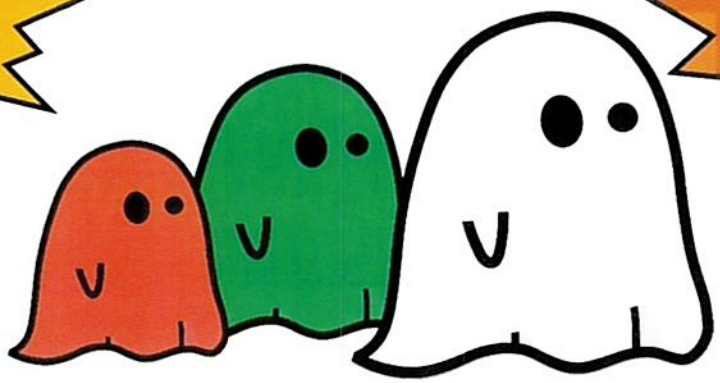


Whitehaven Family Hub on the Harbour

Friday 1st November 1.00pm-2.30pm

Arts & Crafts
Messy Play
Sensory Trays

Face Paints
Tattoos
Snacks



Find out more at cumberland.gov.uk

Registered Charity Number: 264 713

Hensingham ARLFC Recruitment Day





Wednesday 30th October & Friday 1st November 10am-12pm Ages 8, 9 & 10



Wednesday 30th October & Friday 1st November 1pm-3pm Ages 11, 12, 13 & 14

Contact: - Tony 07513842933 or Nicola 07745556220

Hensingham ARLFC U6s





Red Lonning
Community Centre
Monday's
4th, 11th & 18th
November 5-6pm



St Benedicts School
Monday's
From 25th November
5-6pm

Contact: - Kevin 07725696549 or
Craig 07738243390

Happy HallowsEve

Join us for our spooktacular weekend! Have a bewitching Halloween!
Enjoy all the spooky surprises inside!

Friday 25th
-
Monday 28th

October 2024

The Georgian Manor House

8 Corkickle, Whitehaven

Tickets NOW ON SALE

Scan me!

