



Jericho Primary School Newsletter

A Smile Is Always Returned

It has been a fantastic start to the new half term here at Jericho Primary School! We are celebrating so many achievements across the school, with a special shout-out to Year 6, who are truly working their socks off and showing incredible dedication. We also want to extend a huge thank you to all our parents for your understanding and support during this week's hot water situation. I personally worked closely with Public Health, the Local Authority, and Environmental Health last week to ensure we were fully prepared to reopen safely on Monday. Despite the challenges, with temporary sinks, numerous urns boiling water, and the hard work of our staff, we have managed to keep everything running smoothly and maintain a clean, safe environment. Finally, we send our very best wishes to everyone in our Shakespeare Club as they prepare for their exciting performance of *A Midsummer Night's Dream* at Keswick Theatre next week—Jericho is ready to take over the Theatre by the Lake!

Reading at Home

A gentle reminder about our homework policy: we ask all parents and carers to encourage their child to read a little each night. Regular reading at home is vital in supporting your child's progress and fostering a lifelong love of reading. Please ensure that your child records their reading in their reading diary every day and brings both their reading book and diary into school each morning. Teachers will be checking reading diaries daily to monitor progress and celebrate achievements. Your support in establishing this routine is greatly appreciated and makes a real difference to your child's learning journey.

Lunch Menus

We are excited to introduce our new two-weekly cycle menus, thoughtfully designed to bring together all your child's favourites from our previous menus, along with some delicious new additions. Each meal will be served with a selection of fresh vegetables to keep things balanced and tasty. Children can choose from three main meal options: a meat or vegetarian dish, or a choice of pasta or jacket potatoes. If none of these appeal, our sandwich bar is always available as an alternative. We're also delighted to welcome back a range of traditional puddings, including custard, which is making a much-loved return to the menu!

Make-up and nails

A quick reminder that we are a make-up-free school. This means no lip gloss or tinted lip balm, false eyelashes, or false nails, please. We know it's tempting for children to want to express themselves with fun nails, but false nails can cause some serious health and safety problems. For example, acrylic nails can get caught while playing or even trap fingers in doors. Sadly, a child in another local school snapped their acrylic nails, which led to a painful injury that required surgery to fix the nail bed underneath.

World Book Day – Thursday 5th March

This year, our World Book Day dress-up will celebrate the National Year of Reading theme, "Go All In." This exciting theme encourages children to dive deeper into the things they already love through reading. Whether your child is passionate about football, animals, space, fashion, gaming, history, music, or making people laugh, books can bring these interests to life in new and exciting ways. We warmly invite all children to come dressed up to show what books or topics they are passionate about, helping us celebrate the joy of reading in a way that is personal and inspiring. We would also love children to bring someone "cosy" to school on the 5th March. We are launching a school-wide "cosy club" to help us relax and snuggle up with a good book. During the day classes will have dedicated reading time to snuggle up with their books, wearing their oodles / cuddling their blankets etc.

Book Fair – Monday 2nd - Thursday 5th March

Next week, we have been lucky enough to secure a book fair booking for World Book Day week. Throughout the week, classes will be given time to look through the cases of books as a class. As usual, **we will be open for sales, both before and after school (8.30-8.50am and 3.30-4.00pm)**. Once again, our **book fair will be cashless**, so please bring a **mobile**



Looking ahead : Marathon Man visit

From January 17th to April 26th, Gary McKee will be running a marathon every single day in his hometown of Cleator Moor, aiming to raise £100,000 towards his amazing goal of £1 million in total fundraising for Hospice at Home West Cumbria over the past five years. To help raise awareness for his challenge, he has organised some short, fun afternoon runs with local schools. It's a great way for children to get active, hear Gary's story, and see what determination and community spirit can achieve. Gary will be visiting Jericho on Friday 6th March during the afternoon. He will do a whole school assembly and then each year group will get a short slot to run around the playground with him. Please help Gary's tremendous efforts towards a very worthwhile cause

https://www.justgiving.com/page/gary-mckee-100ldn?utm_medium=FR&utm_source=CL

Mental Health and Well-being

This week's mental health takeaway sounds like an obvious one! Sleep! How much sleep should my child be getting and how will a negative sleep pattern affect them on a day to day basis? It is known that depriving a person of sleep has been used as a form of torture in the past and we all know how it can feel to be tired and still have to get through the day. Attached is an NHS leaflet which details how much sleep your child ideally should be getting per night and tips that can make their sleep experience easier

Become a Family Hub Parent/ Carer Champion

Would you like to shape support for local families? Become a Parent and Carer Champion and share ideas and feedback to directly influence the design of services.

Drop in to find out more:

- Monday 9 March, 1 pm at Family Hub on the Border, Longtown
- Wednesday 11 March, 1 pm Family Hub on the Harbour, Whitehaven

More dates and locations to follow. [Email parentandcarerchampions@cumberland.gov.uk](mailto:parentandcarerchampions@cumberland.gov.uk) for more [information](#).

Celebrations

Hallie in Year 1 has completed her bronze medal in swimming and is now working towards her Silver. Well done Hallie, a superb achievement.

Golden Work

Tommy (Y3) – For Fantastic independent writing and improvement in handwriting.

Aaron in Year 6 for superb attitude to learning - A real can do It attitude.

Thea in Year 2 for super, descriptive writing in RE.

Esther in Year 2 for fabulous lever work in DT.

Hugo in Year 6 for his fantastic understanding of fractions, decimals and percentages.

Harmony in Year 1 acing her mathematics work all by herself!

Looking ahead:

23rd Feb - School reopens for Spring Half Term 2.

27th Feb - 4th March - Book Fair in School

3rd March - Y6 Shakespeare Club Performance at Theatre by the Lake

4th March - 4W trip to Moor Forge

5th March - 4H trip to Moor Forge

5th March - World Book Day

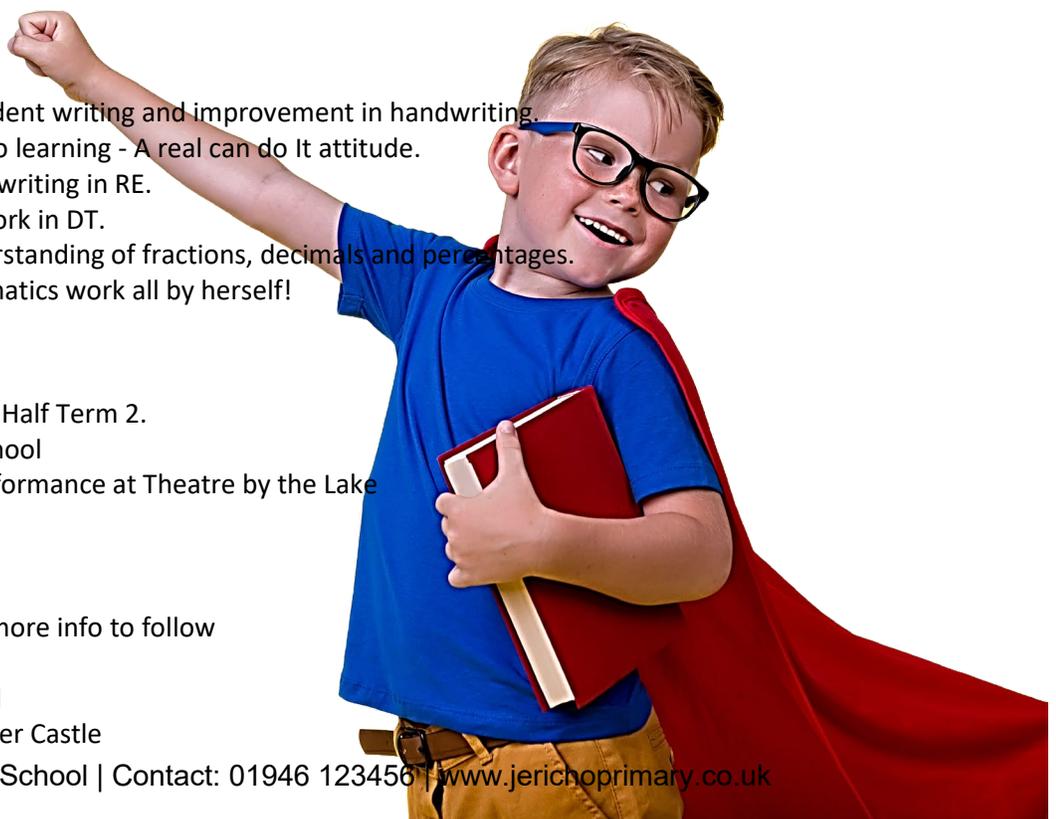
5th March - Dress up day in school, more info to follow

6th March – Marathon Man visit

20th March - Red Nose Day in School

23rd March - Nursery trip to Muncaster Castle

Jericho Primary School | Contact: 01946 123456 | www.jerichoprimary.co.uk



25th March - Class Photos in School

27th March - School Closes for the Easter Break @ normal time.

13th April - School reopens for the Summer Term 1.

4th May - Bank Holiday Monday.

Friday 22nd May - School Closes for Half Term

Monday 1st June - School reopens for Summer Term 2

Residential:

Year 5 - 11th May - 13th May

Year 3 - 21st May - 22nd May

Year 4 - 10th June - 12th June

Year 6 - 23rd June - 26th June.

School year 2025 to 2026

Term	Start of term	Half term	End of term
Autumn	Wednesday 3 September 2025	Monday 27 October to Friday 31 October	Friday 19 December 2025
Spring	Wednesday 7 January 2026	Monday 16 February to Friday 20 February	Friday 27 March 2026
Summer	Monday 13 April 2026	Monday 25 May to Friday 29 May	Friday 17 July 2026



Week 1

Jericho Primary School

Monday

BBQ Chicken Pizza
Margherita Pizza

Pasta Bar

Pasta with cheese sauce, tomato sauce + garlic
bread & cheese

Mini Jacket Potatoes and Sweetcorn

Dessert

Zesty Apple & Oat Crumble with Custard

Tuesday

Creamy Chicken Curry and Naan
Veggie Bolognese Pasta Bake

Jacket Potato

Rice
Seasonal Vegetables

Dessert

Vanilla Sponge

Wednesday

Roast Chicken and Gravy
Roast Quorn Fillet and Gravy

Pasta Bar

Pasta with cheese sauce, tomato sauce +
garlic bread & cheese

Mashed Potato, Carrots, Mixed
Vegetables

Dessert

Chocolate and Beetroot Sponge

Thursday

All Day Breakfast
Mac & Cheese Bake

Jacket Potato

Baked Beans
Green Beans

Dessert

Jammy Shortbread

Friday

Fish Fingers
Salmon Pasta Bake

Sticky Veggie Sausages

Chips
Garden Peas

Dessert

Carrot Cake

Daily

Sandwich Bar – Freshly baked bread
Salad Bar
Fresh Fruit
Yoghurts

All dietary needs i.e. Allergens, intolerances &
religious beliefs will be met.
We use local suppliers, Haighs & Pioneer for fresh
rolls, ham and sausage.

For allergen information please contact the catering team on 01946 514545



Week 2

Jericho Primary School

Monday

BBQ Chicken Pizza
Margherita Pizza

Pasta Bar

Pasta with cheese sauce, tomato sauce + garlic bread & cheese

New Potatoes, Baked Beans, Mixed Vegetables

Dessert

Jam and Coconut Sponge with Custard

Tuesday

Penne and Meatballs
Cheesy Leek Bake

Jacket Potato

Garlic Bread, Sweetcorn, Green Beans

Dessert

Chocolate Brownie

Wednesday

Roast Gammon and Gravy
Quorn Sausage and Gravy

Pasta Bar

Pasta with cheese sauce, tomato sauce + garlic bread & cheese

Mashed Potato, Seasonal Vegetables

Dessert

Date and Apple Cake

Thursday

Shepherd Pie
Veggie Bolognese Bake

Jacket Potato

Broccoli, Carrots, Baked Beans

Dessert

Fruity Flapjack

Friday

Fish Fingers Soft Tacos
Omelette

Pasta Bar

Pasta with cheese sauce, tomato sauce + garlic bread & cheese

Chips

Peas and Sweetcorn

Dessert

Fruit Jelly

Daily

Sandwich Bar – Freshly baked bread

Salad Bar

Fresh Fruit

Yoghurts

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Cumberland
Council



**Become a Parent or Carer
Champion to help shape
services in your
community**

parentsandcarerchampions@cumberland.gov.uk

Patient information

Sleep - a guide for school aged children

Why getting a good night's sleep is so important?

Getting sufficient sleep has been shown to benefit memory, learning, attention, mood, behaviour and physical health.

How many hours does your child need?

Age	Hours of sleep
Pre-school (3 - 5 years)	11 - 13
5 - 9	10 - 11 hours
10 - 14	9 - 9.75
15 – 17	8.5 - 8.75
Adults	7 – 9

(Information from National Sleep Foundation and NHS Choices)

Promoting sleep

Exercise and activity

Exercise during the day is important to help us sleep but discourage lots of activity right before bedtime.

Exercise affects our body temperature and the best time to exercise to promote sleep is 4 - 6 hours before sleep.

Diet

A healthy balanced diet promotes good sleep. A large meal too close to bedtime will interfere with sleep.

If your child has a snack before bed, carbohydrates such as bread or cereal are good options.

Monitor your child's sleep to consider how different foods may be affecting their sleep.

Environment

Create a good sleeping environment for your child. Their bedroom should be calm dark, quiet and cool. A night-light may help children feel safer.

Do not allow your child to watch TV or play computer games whilst falling asleep. These activities stimulate children and therefore do not promote sleep.

Reward



Give your child lots of praise for accomplishing even small things as they develop better sleep habits.

Bedtime routine

Establishing a bedtime routine is crucial in supporting your child to sleep well. Here are some hints on creating a good bedtime routine.

Decide on a bed time and stick to it. Weekends and holidays may have more flexibility.

Don't extend the routine or make exceptions. Make sure that this routine is the same every night and praise your child for completing the tasks.

It may be helpful to have the routine written down or in picture format to help guide your child.

A bath 30 minutes before bed can help to promote sleep.

Avoid activities that make your child excited (playing active games, watching TV, computer games etc.)

Begin bedtime routine at least half an hour before bed time. Some children take longer to wind down than others so give plenty time. Bedtime routine may take longer for children who have ADHD.

- ✓ Give a “heads up” that the routine is about to begin 30minutes before the start of the routine.
- ✓ Give countdown reminders as required. This will make it easier for your child to begin the routine rather than if they are abruptly interrupted in the middle of an activity.
- ✓ Build a bedtime routine of 4 to 5 activities. Activities should be things that prepare your child for bed e.g. brush teeth, put pyjamas on.
- ✓ As a reward for completing the routine, whatever time is left before the set bedtime is time for the two of you to have 1:1 time. This may be reading a story together or talking.
- ✓ Tell your child it's time for sleep and say goodnight.
- ✓ It can be helpful to have the same phrase used every night to act as a cue for the expected behaviour.

But what if

My child frequently awakens during the night?

Night time waking is normal as a temporary stage. If this problem persists talk to your doctor.

- Don't go into the child's room unless you must, for example if they are really upset.
- Assume that the child has to go to the bathroom and steer them that way. Be gentle and quiet. Try not to put any lights on as they wake us up.
- Do not talk to them as engaging or show emotion as engaging them in conversation will waken them more.
- If your child wakes from a nightmare then provide reassurance to help settle them back to sleep but do not engage in conversation.

My child keeps getting out of bed?

Children will create reasons for having to get out of bed. Usually this is because they are either scared, bored or both.

If a child gets out of bed, the longer they stay up and the further away they get from their bedroom, the more reinforcement they will get from this behaviour therefore it is important to stop them as soon as possible and do not talk or show any emotion.

- Ensure that bedtime routine covers reasons for getting up like being hungry or thirsty.
- If your child has difficulty falling asleep without you, sit in a chair in the room and gradually move further away until you are outside of the room.
- Consider the use of reward charts for staying in bed but remember that there is a long delay in this reward as it would be used the next morning and therefore is likely to be more effective with older children.

Find out more

NHS Children's Sleep website:

<https://www.nhs.uk/Livewell/Childrenssleep/Pages/childrenssleephome.aspx>

National Sleep Foundation: <https://sleepfoundation.org/sleep-topics/children-and-sleep>

The Sleep Charity <https://thesleepcharity.org.uk/information-support/children/>

1-2-3 Magic, Effective Discipline for children 2 - 12 by Thomas Phelan

The information in this leaflet has been taken from the above resources. Please refer to them for further information.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>

