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WHITEHAVEN
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28 March 2025

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News Update 28th March 2025

Dear parents and carers,

I hope you are well and that you have had a good week. It certainly has been a busy week in school. It's been great to see so many children enjoying the adventure challenge. In our assembly this week we began thinking about how being adventurous in our learning helps develop our brains. We have been thinking about fixed and growth mindsets and how our brains are like muscles - they grow when we exercise them!

Holiday Closure - Don't forget our term finishes next week on Friday 4th April. The school will close at normal times - along with the After School Club. We reopen, starting with Breakfast Club, on Tuesday 22nd April.

All Aboard as we move again! (Y2-Y6) - Over Easter, the temporary classrooms will be handed over and we will move into the building for the remainder of the academic year. We will have little time to pack up and set up in the new building. We wanted to stay open rather than close the school. This does mean that we will have to unpack reading books and library books the first week back. There may be some delay in changing books until we have done this. Please bear with us. We are keeping changes to a minimum to help ease traffic and congestion around the school site. This will mean some changes.

In the mornings - Arrival: Year 2 will make their way to the first entrance of the new building and use this to enter in the mornings. Years 3 - 6 will continue to line up in on the school playground.

In the afternoon - Collection: Year 2 will be dismissed from their new entrance in the new building. Year 3 will be dismissed from the hall as normal. Year 4 and 5 will be dismissed from the main building onto the playground as normal. Year 6 will continue to leave via the front door.

Staff changes after Easter: There will be a small change to staffing after Easter. We will be losing a much-loved member of staff - Mrs McLean. She has taken the decision to step back and enjoy an early retirement. Mrs McLean has been a superb member of our staff who not only has supported children across the school, she has also offered us her skills and support to run our Forest and Beach Schools. We wish you all the very best for a long restful, healthy and happy retirement. When we return, Mrs Robertson will be moving from year 2 to year 5 to support Mr Hutchinson's class.

Clubs and Gardening Club: Thank you so much for the volunteers for our Gardening Club. Miss Hope and Miss Borrowdale will be starting our club after Easter thanks to your kind support. If anyone else would like to share their skills in any area that we can utilise, please touch base with Mrs Smith via the office. We are always looking for volunteers to help at our Beach and Forest School Days.

Online safety: This week we again have had many issues in relation to Snapchat and safety concerns for our children. A reminder that checking devices as a parental responsibility and needs to take place on a daily basis. Please see the attached brief 5-minute guide to support this. <https://www.youtube.com/watch?v=ZaSjHFhOI-o>

Healthy Screen Time for Birth to 5: Please see attached an important leaflet with advice on the impact of screen time on our youngest children. Some great advice and thought-provoking reading.

KOOTH - With the Easter break approaching, we appreciate there will be some young people who may struggle during the holidays without access to the daily pastoral support, teaching staff and friends that the school community provides. Kooth Digital Health offers free and anonymous therapeutic mental health and well-being support to young people in Lancashire & South Cumbria aged between 10- 18, (up to 25 for SEND) in Cumberland, age range is 11- 18, (up to 25 for SEND). Please see the attached for more information

Workington Reds Holiday Course in Partnership with HAF – Easter Holidays: Perfect for children in Years 1-6, our courses include: Football, Basketball, Dodgeball, Tag Rugby, Nerf Games ...and much more!

What to Bring: Dress for the weather, Pack lunch, snacks & a drink, Book
now: <https://workingtonredsinthecommunity.classforkids.io> and scroll down till you find your camp!

Cumberland 0-19 Healthy Child Programme Public Health Nursing Service: Please see attached the letter from the Public Health Nursing Service. There will be a change in delivery provider from North Cumbria Integrated Care to Harrogate and District NHS Foundation Trust. The service will still be based in Cumberland.

Starting School Guide from the LA. Please see attached an information letter from the Local Authority. This will help you to plan your child's start at school and aims to explain some of the different things you should consider.

Family Hub welcome days: Please see the attached flyer regarding our local Family Hub open day. Whitehaven Family Hub will be open on Tuesday 15th April between 11 and 3 pm for Family activities. Please see the QR code on the poster for more information.

Lost Property: On a Friday each week, we will be hanging out our lost property across the hall windows at the front of the school. Please could I ask you all to walk past and collect anything that you have missing? We will then periodically take unwanted items to the local charity shop.

**Celebrations:
Adventure Challenge:**

Well done to Thomas in year 6 who was awarded 'Trainer of the Week' and on Saturday he was chosen as 'Player of the match'.

Charlotte Y2 - has been challenging herself in gymnastics class and swimming lessons

Betsy Year 6 - adventure-packed weekend, exploring Whinlatter Forest on Saturday and on Sunday, playing football in the County Cup.

Heidi-Rose and Harry have had a great weekend getting active! Using the exercise equipment in Bitz Park on Saturday. Sunday morning was a football match Sunday afternoon was spent in the sun getting some steps in walking round some of Ennerdale Lake with her brother dressed as Bumblebee.

Georgie had a very busy week of adventuring - bike rides, 10K Steps, Feeding ducks and walking around Longlands Lake.

Josh (2H) and Chloe (nursery), their dad and mum walked around Cogra Moss.

Amaya 2H- tried out her new bike and had a big walk and adventure at Whinlatter followed by a mint chocolate chip ice cream!

Danny and Ronnie have been roller-skating and playing at the park keeping fit and healthy

Mollie getting her steps in at the harbour this week!

Tory enjoyed walking to school and back home again yesterday and then he went to his 30 mins rugby training

Ms Halsall, Mrs Nicholson and Mrs McCartney completed park run last week.

Grayson and Alview walked the Keswick to Threlkeld Railway Trail.

Ella In Year 6 went on a massive fell walk.

Hayden completed his 2nd official park run.

Golden Work:

Our Golden Work superstars this week:

Izabelle Year 1W - for amazing independent writing.

Ivy in Nursery - for independent writing.

Esme and Starr - Year 4 - amazing artwork - attention to detail.

Jack - Year 3 - For amazing independent Story Writing.

Kamali - Year 4 - For outstanding artwork - great creativity.

Dates for Spring term 2

31st March- Nursery trip to Whinlatter

31st March- Year 5 Adventure- Bear Grylls survival skills day

1st and 2nd April - Year 3 Adventure Visit - Clip and Climb

2nd and 3rd April - Year 1 Adventure Visits - Adventures in the Forest.

4th April - School Closes for the Easter Break at 3:30 p.m. After School Club as normal.

22nd April - School Opens for Summer Term 1

28th April - Year 6 Adventure Visit to Chill Factor

Reception - Rookery Woods on Monday 28th April

Looking ahead:

7th and 8th May- Telephone parents meetings - please note that we have rolled these back slightly as our assessments are out of sync due to the roof closure in January.

12-14th May - Year 5 Residential to York

22nd-23rd May - Year 3 Residential to Blencathra

2nd-4th June - Year 4 Residential to Hawse End

30th June - 3rd July - Year 6 Residential to London



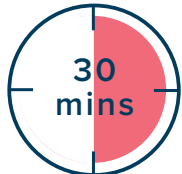
Birth to 5 years

YOUR TIPS FOR A HEALTHIER SCREEN TIME

‘Studies have shown that too much screen time can cause babies and toddlers to **learn fewer words** and have **slower language development**. Excessive use of screens is also being strongly linked to **behavioural difficulties** in very young children.’



0 - 24 months



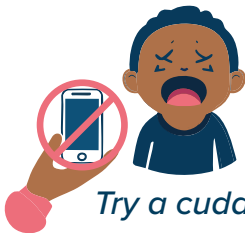
2 - 5 year olds



Bigger is better



Watching lots of short videos is being linked to concentration difficulties in children.



Try a cuddle or a game



Phones, tablets and computers should not be in any child's bedroom overnight.

RECOMMENDATIONS:



NO screen time between **birth - 24 months** except for video chatting with family and friends.



30 MINS screen time. Children aged **2 - 5 years old** should not be on screens for more than **30 mins per day.**



BIGGER screens. If your child is ready to **play a short game** then try to use a larger screen like a **tablet or computer screen.** These cause less visual strain than a phone.



AVOID using a device **to settle your child** down. Evidence shows this makes their anger and frustration worse in later life. **Instead try a book, a game outdoors, or just a cuddle.**



***SLEEP HYGIENE.** Under **5s** should **not use a screen** for at least **2 HOURS BEFORE BEDTIME,** to aid their natural sleep pattern.

*‘SLEEP HYGIENE’ is a term used for healthy habits and behaviours that help support a good night’s sleep.



Harrogate District Hospital
Lancaster Park Road
Harrogate
HG2 7SX

T: 01423 885959
W: www.hdft.nhs.uk

Thursday, March 6, 2025

Dear Parent/Carer

Cumberland 0-19 Healthy Child Programme Public Health Nursing Service

Health Visiting and 5-19 Public Health Services which helps children and young people in Cumberland, are currently provided by North Cumbria Integrated Care NHS Foundation Trust. From 1 April 2025, this service will be provided by Harrogate and District NHS Foundation Trust (HDFT).

We are working hard to make sure this change happens smoothly. Don't worry - the service will still be based in Cumberland. HDFT has lots of experience helping children and young people aged 0-19. We will keep working with families in schools, health centres, family hubs, GP surgeries, youth clubs, and in family homes.

From 1 April 2025, there will be a new phone number you can call. It will be 03003 049029. You can call this number between 09:00am – 05:00pm.

Yours sincerely



Carly Dodsworth
*Head of Public Health Nursing and Operations
Harrogate and District NHS Foundation Trust*



Amy Thompson
*General Manager
North Cumbria Integrated Care NHS
Foundation Trust*



Colin Cox
*Director of Public Health and Communities
Cumberland Council*



National
Trust

Join in with our



Easter adventures

What will you discover along the trail?

Get ready for an Easter adventure and enjoy a chocolate treat. **£3.50 per trail, plus admission**

Acorn Bank, nr Penrith

5–21 April
10.30am–4pm

Allan Bank, Grasmere

6–21 April, (closed 7,11,14,18 April)
10am–5pm, last entry 4.30pm

Sizergh

18–21 April,
10am–4pm, last entry 3.30pm

Tarn Hows

12–21 April
9.30am–4pm

Wordsworth House & Garden, Cockermouth

14–21 April (closed 17 April)
10am–3pm, last entry 2.30pm

Wray, west shore of Windermere

5–27 April
10am–3.30pm



Find out more at:
nationaltrust.org.uk/lake-district

Dear parent/carer,

With the Easter break approaching, at Kooth Digital Health we appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides.

WE ARE STILL HERE.

Kooth Digital Health offers free and anonymous therapeutic mental health and wellbeing support to young people in Lancashire & South Cumbria aged between 10- 18, (up to 25 for SEND) in Cumberland, age range is 11- 18, (up to 25 for SEND). Funded and endorsed by the NHS & local authorities. Our services remain available over the Easter period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device via the following website-

www.kooth.com



Kooth offers free access to online text-based practitioner chats, self help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer:peer communities.

With no threshold, waiting list or referral process, young people can access support for ANY issues they may be experiencing. These may include; body image, self-esteem, loneliness, bereavement, academic pressures, stress, anxiety, friendships, identity, life changes etc.

The registration process is quick, anonymous and safe, simply by registering at www.kooth.com using non-identifiable information.

Kooth delivers 1000's of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via any web-enabled device.

If you have any questions regarding the service, please contact a member of staff in school. Or if you would prefer to contact Kooth directly, simply email parents@kooth.com. A selection of Parent/Carer resources can be accessed using this link: [Parents/Carers resources](#).

Kind Regards and wishing you a restful holiday,

Heather

Kooth Engagement Lead across Lancashire & Cumbria



You are invited!

Cumberland Family Hub



Join us for fun family activities
Tuesday 15 April 11am - 3pm
Family Hub on the Harbour, Swingpump
Lane, Whitehaven, CA28 7LZ



Sign up here to let us
know you are coming



Starting School in Reception

Useful information if your child is due to start school

This information will help you to plan your child's start at school and aims to explain some of the different things you should consider.

The law states that children must be receiving a full-time education by the start of the school term after their fifth birthday. In Cumberland there are three school terms, split into six half terms and the school year runs from 1 September to 31 August with varying start and finish dates depending on the individual school/setting.

A child is of 'compulsory school age' on the 31st of December, 31st March or 31st August following their fifth birthday as illustrated in the table below.

5 th Birthday Between	Compulsory School Age
1st September – 31st December	January - Beginning of term 2 (Spring Term)
1st January – 31st March	April - Beginning of term 3 (Summer Term)
1st May – 31st August	September - Beginning of term 1 (Autumn Term) in the next academic year

Most children start school full-time in the September following their fourth birthday. This means they will turn five during their first year at school.

Applications for school places in Cumberland are made through the [School Admissions Team](#). Students with an Educational, Health and Care Plan should contact their [EHCP Co-ordinator](#).

Schools take children of four and five years old with a wide range of abilities at the beginning of the school year, starting in the reception class. Teachers are used to adapting the school day and all activities and learning involved in the first year at school to meet a range of children's needs, including those that are the youngest in the year group.

If you want to know more about a particular school, we recommend that you arrange to meet with the school and ask what they can do to help your child settle into school life.

By giving the school all the necessary information about your child in advance, sharing your child's experience of school and keeping in close contact with your child's class teacher throughout the first terms, your child should settle happily into school.

Deferred entry to school - later in the academic year

For various reasons parents/carers may feel that their child is not ready to go to school in the September of the school year in which they reach the age of five.

For example, if, your child was born in the summer months (between 1 April and 31 August) and will be four years and a few weeks old when they are due to start school or your child was born prematurely and if born nearer the expected due date, would attend school the following school year.

If you do not think your child is ready to start school at the usual time, you may have heard about the option to 'defer' or 'delay' your child taking up a school place.

Parents / carers can request that their child attend's part time until they reach compulsory school age, or that the date their child is admitted to school is deferred until later in the same academic year.

Deferral dates are set out as follows:

Child's fifth birthday	Can defer until...	If I defer which class will my child join?
1 September - 31 December	1 st January	Reception class
1 January - 31 March	1 st April	Reception class
1 st April – 31 st August	1 st September	Year One

For a Deferred school place, you need to apply for a school place for your child in the normal way. When you are informed by the Local Authority which school your child has been offered a place at, you should accept the place and discuss a deferred start date directly with the school.

Delayed admission - outside of your child's normal age group

Parents / carers may request that their child is admitted outside of their normal age group. It is the responsibility of the admission authority of the school to make the decision on the basis of the circumstances of each case.

Factors considered by an admission authority when considering admission outside the normal age group include:

- The needs of the child and the possible impact on them of entering Year 1 without having first attended the reception class.
- In the case of children born prematurely, the fact that they may have naturally fallen into the lower age group if they had been born on their expected date of birth.
- Whether delayed social emotional or physical development is adversely affecting their readiness for school.

Parents/carers should think very carefully about the implications of admitting their child outside the normal age group and ensure that joining a lower year group is in the best interests of the child.

Admission to summer born children / delaying when your child starts primary school

It is important to note that parents / carers of Summer born children do not have a right to enter their child into a different year group, they simply have a right to request that their child is considered for education outside of their year group.

Parents /carers may request for their child to be held back a school year (to start school in the September after their fifth birthday) if both the following apply:

- They were born in the summer (1 April - 31 August).
- You do not think that they are ready to start school in the September after their fourth birthday.

To request a delayed admission, parents /carers must apply for a place during the standard application process timeline for their child's chronological age group, stating their reasons for requesting delayed entry to the following year.

The Local Authority is the admission authority for community and voluntary controlled schools. The governing body is the admission authority for foundation and voluntary aided schools, and the academy trust is the admission authority for academies and free schools.

If a child has additional needs and has an Education, Health, and Care Plan (EHCP), or is being assessed for an EHCP then a decision about delayed school entry will be made during the assessment process, or through a review of the EHCP by the Cumberland SEND Team.

If your request is agreed, your application will be withdrawn, and you will need to make a fresh application for the following school year by the National Deadline date of

15 January annually.

Please note if your request to delay entry is not agreed there is no right of appeal against the decision.

Types of school	Admission authority
Academy and free school	Academy/School Trust
Community or maintained school	Local Authority
Foundation school	Governing body
Voluntary Aided School	Governing body
Voluntary Controlled School	Local Authority

Please remember schools take children with a whole range of abilities at the beginning of the school year, starting in the reception class. Teachers are used to adapting activities and learning involved in the first year of school to meet a range of children's needs, including those that are young in the year group or those who struggle with some day-to-day tasks.

Things to consider...

- If you are worried about your child not being ready for school it is useful to know that learning in the reception class has a more play-based curriculum and that as a matter of course teachers will be adapting the activities and routines in the classroom for a wide range of children with differing abilities and ages, including those who are youngest in the year group. Children in the reception class follow the Early Years Foundation Stage (EYFS) curriculum, which is also followed in nurseries, preschools and by child minders.
- You may wish to contact your preferred school(s) before applying for a school place to discuss how they tailor provision for the younger children in the reception class. The school may be able to allay your concerns about your child's readiness for school.

Starting one or two terms later than most of the other children in the reception class may mean that:

- Your child missed a range of activities designed to help the children settle into life at school and become familiar with the school's routines.
- Your child will be joining an already established year group of children. Social groups and friendships may already be taking shape before your child joins the class.

If you think your child has or may have special educational needs, this may not necessarily be a reason to defer entry to school. You may wish to discuss admission to school with the Special Educational Needs Co-ordinator (SENCO) at your child's early years setting before deciding whether or not to delay entry.