

# NEWSLETTER

FRIDAY 5TH MAY 2023

## CORONATION CELEBRATION

Today, all our children had a huge celebration for King Charles' Coronation which will take place on Saturday 6th May 2023. We all had a wonderful day dressed in our red, white and blue clothing, playing on bouncy castles, eating ice creams and having an amazing picnic lunch.

## WELCOME TO SUMMER TERM 1

Starts: Monday  
17th April

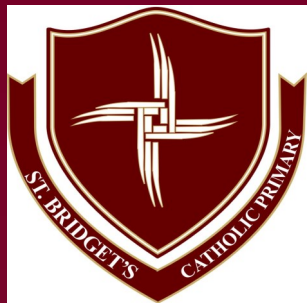
Ends: Friday 26th  
May at 3:00pm

Which class will  
win the attendance  
race this term?  
Year 5 won last  
term with 11  
points.

Stay connected  
with ParentMail







# NEWSLETTER

FRIDAY 5TH MAY 2023

## CORONATION CELEBRATION BUFFET!



## WELCOME TO SUMMER TERM 1

Starts: Monday  
17th April

Ends: Friday 26th  
May at 3:00pm



Are you connected  
on our Class Dojo  
group?

Get in touch for  
any support.



Turn your alerts  
on!

## Attendance Race!

Reception: 90.74%

Year 1: 99.17% **1st Place**

Year 2: 95.98%

Year 3: 97.03% **3rd Place**

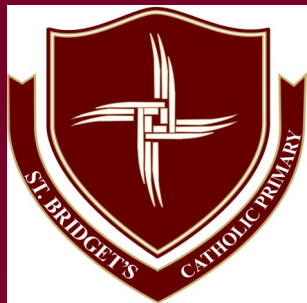
Year 4: 97.44% **2nd Place**

Year 5: 95.06%

Year 6: 94.12%

At St. Bridget's we strive for 100% attendance every week,  
the greater the attendance, the greater the achievement.

# 100%



# NEWSLETTER

FRIDAY 5TH MAY 2023

## Dates for your diary...

School will be closed on **Monday 8th May 2023** for the Coronation Bank Holiday.

We will return to school as normal on **Tuesday 9th May 2023 at 8:45am.**

Year 6 statutory tests (SATs) will commence on **Tuesday 9th May and conclude on Friday 12th May 2023.**

Year 4 multiplications test will take place between **5th–16th June 2023.**

Year 2 statutory tests (SATs) will commence the week beginning **15th May 2023.**

KIDZFIT WORKSHOP will take place on **Monday 22nd May** for the whole school.

Year 1 Phonics Screening Test will commence the week beginning **12th June 2023.**

## School Uniform

The deadline for uniform orders with free delivery to school for September 2023 is **Friday 23rd June.**

Please order uniform directly from One Identity.  
<https://www.oneidentity.co.uk/st-bridgets-egremont/>

## P.E. Dates for this term

Monday - Year 1 and Year 3

Tuesday - Year 2 and Year 6

Wednesday - Reception and Year 1

Swimming on Wednesday for Year 4 and Year 5

Forest School on Thursday for Year 5 - **CANCELLED 11/05**

Cricket on Friday for Years 2, 3, 4, 5 and 6

## WELCOME TO SUMMER TERM 1

Starts: Monday  
17th April

Ends: Friday 26th  
May at 3:00pm

Need to get in  
touch?

Contact us on:  
01946 820320

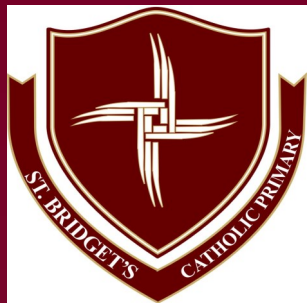
Or drop us an  
email on;

admin@st-bridgets-  
pri.cumbria.sch.uk

Take a look at our  
website!

[https://www.st-bridgets-  
pri.cumbria.sch.uk/](https://www.st-bridgets-pri.cumbria.sch.uk/)





# NEWSLETTER

FRIDAY 5TH MAY 2023

## WELCOME TO SUMMER TERM 1

Starts: Monday  
17th April

Ends: Friday 26th  
May at 3:00pm

### Allergy Warning!

We are a kiwi and  
nut free school due  
to severe allergies,  
please be mindful  
of this.



**MACMILLAN**  
CANCER SUPPORT

*Thank you*

For supporting Gary McKee's 365 challenge

Mrs Newby attended a special event this week to celebrate Gary McKee's achievements during his 365 day marathon. St. Bridget's have received a certificate of recognition for supporting Gary on 2 of his runs last year.

We are proud of our children who ran alongside him and our amazing community who supported Gary throughout - whilst benefitting 2 wonderful charities.

### Thought of the Week...

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."

– Christian D. Larson

*Believe!*



# Curriculum in Action

Check out our website for all of our blog posts:

<https://www.st-bridgets-pri.cumbria.sch.uk/blog>



Hi Mrs Smith,

I just wanted to write to you to say what a great afternoon I've had with the St Bridget's swimming team at the inaugural Copeland schools swimming gala.

Despite doing all their swimming lessons in the smaller St Bees school pool, everyone of the team stepped and attacked the larger 25m Copeland pool with great gusto.

Whilst St Bridget's may not have won the overall competition; our swimmers could not be faulted for their team spirit, enthusiasm and hard work in every event.

The school should be very proud of the team and I hope the swimmers enjoyed the event as much as I did.

Kind Regards

Mark Newby  
SEND Governor

Some of our Year 5 and Year 6 pupils had taken part in a swimming gala this week, up at Copeland Swimming Pool.

Each and every child who participated did amazingly. Please see above feedback regarding the event from our SEND Governor, Mark Newby.



## Forthcoming Events

### Summer Term 2023



APRIL			
DAY	DATE	TIME	EVENT
Wednesday	26 <sup>th</sup>	pm	Police visiting Early Years children in school
Thursday	27 <sup>th</sup>	am	<b>STRIKE DAY – school closed</b>
MAY			
Monday	1 <sup>st</sup>		<b>BANK HOLIDAY</b>
Tuesday	2 <sup>nd</sup>		<b>STRIKE DAY – school closed</b>
Friday	5 <sup>th</sup>	All Day	King Charles' Coronation Celebrations – non uniform
			<b>YEAR 6 TESTS</b>
Monday	8 <sup>th</sup>		<b>BANK HOLIDAY</b>
Tuesday	9 <sup>th</sup>	am	Paper 1: Grammar and Punctuation and Paper 2: Spelling
Wednesday	10 <sup>th</sup>	am	Reading Paper
Thursday	11 <sup>th</sup>	am	Paper 1: Arithmetic and Paper 2: Reasoning
Friday	12 <sup>th</sup>	am	Paper 3: Reasoning
			<b>YEAR 2 TESTS</b>
Monday	15 <sup>th</sup>	am	Paper 1: Reading
Tuesday	16 <sup>th</sup>	am	Paper 1: Arithmetic
Wednesday	17 <sup>th</sup>	am	Paper 2: Reading
Thursday	18 <sup>th</sup>	am	Paper 2: Reasoning (maths)
Monday	22 <sup>nd</sup>		KIDZFIT Workshops – whole school
Friday	26 <sup>th</sup>	3pm	<b>HALF TERM</b>
HALF TERM			
June			
Mon – Fri	5 <sup>th</sup> -16 <sup>th</sup>	-	<b>YEAR 4 TIMES TABLES TEST</b>
Mon – Fri	12 <sup>th</sup> -16 <sup>th</sup>	-	<b>YEAR 1 PHONICS SCREENING TEST</b>
Thursday	15 <sup>th</sup>	9.35am	Y6 visit West Lakes Academy for a 'light' workshop
Mon – Wed	19 <sup>th</sup> – 21 <sup>st</sup>		<b>YEAR 6 RESIDENTIAL TO ROBIN WOOD</b>
Friday	23 <sup>rd</sup>	10:15am 1:30pm	<b>SPORTS DAY</b> EYFS (Nursery & Reception) @ 10:15am KS1 & KS2 (Y1 – Y6) @ 1:30pm
Wednesday	28 <sup>th</sup>	am	Paralympic athlete visit to school
July			
Wednesday	5 <sup>th</sup>	All day	Year 6 Taster Day @ West Lakes Academy
Wednesday	5 <sup>th</sup>	Half day	'Move Up Day' – all classes move to their new class for half a day
Thursday	6 <sup>th</sup>	All day	Nursery Trip to The La'al Ratty
Tuesday	11 <sup>th</sup>	6pm	JUNIOR SHOW – Oliver!
Wednesday	12 <sup>th</sup>	6pm	JUNIOR SHOW – Oliver!
Friday	14 <sup>th</sup>	1:30pm-4pm	<b>SUMMER FAIR</b>
Monday	17 <sup>th</sup>	9am – 4pm	Junior Trip to Walby Farm Park (Y3/Y4/Y5/Y6)
Tuesday	18 <sup>th</sup>	9am – 3pm	Nursery fun day in school – ice cream van, bouncy castle etc.
Tuesday	18 <sup>th</sup>	9am – 3pm	Reception, Year 1 and Year 2 trip to Lowther Castle
Tuesday	18 <sup>th</sup>	2pm	Leavers' Assembly in school for Year 6 parents
Wednesday	19 <sup>th</sup>	1:15pm	Finish school for summer

Further details of each event will be given, as necessary.

Details of Sporting Events this term will be sent to the individuals/classes involved.

New academic year starts on Wednesday 6<sup>th</sup> September 2023.



# 10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

## AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: It tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

## CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

## BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

## ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

## MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

## TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

## THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

## STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

## USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

## BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

## Meet Our Expert

Barry Collis has been a technology journalist and editor for more than 20 years, writing for titles such as the Sunday Times, WHAT? PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly about internet safety issues.



**NOS**  
National  
Online  
Safety®  
#WakeUpWednesday





# COMMUNITY SPORTS TRUST

## GIRLS FOOTBALL FESTIVAL



**WHO**

Year 5 & 6

**WHERE**

Brunton Park

**WHEN**

Wednesday 24th May

09:00 - 12:30



To register your school please click the link in the email or scan QR code

For further information call  
01228 554 169 or email

[schoolscoordinator@carlisleunited.co.uk](mailto:schoolscoordinator@carlisleunited.co.uk)



BE JUST AND FEAR NOT





# COMMUNITY SPORTS TRUST

## BOYS/MIXED FOOTBALL FESTIVAL



**WHO**

Year 5 & 6

**WHERE**

Brunton Park

**WHEN**

Thursday 25th May

09:00 - 12:30



To register your school please click the link in the email or scan QR code

For further information call  
01228 554 169 or email  
[schoolscoordinator@carlisleunited.co.uk](mailto:schoolscoordinator@carlisleunited.co.uk)





# It all starts with...



Give your little star an **endless summer** packed full of fun and friendship

All Stars Cricket is the best first experience for all **5-8 year-olds**

Participants receive a **personalised kit bag** including bat, ball and t-shirt!



Sign up today at  
**[allstarscricket.co.uk](http://allstarscricket.co.uk)**





# DYNAMOS CRICKET



**New skills, teamwork and friendship  
this summer, for all 8-11 year-olds.**

**SIGN UP**





**DYNAMOS  
CRICKET**

**This is  
our game.**

[dynamoscricket.co.uk](https://dynamoscricket.co.uk)

**Join us at:**

**Egremont Cricket Club**

**Session dates:**

**17/05/2023**

**Session timings:**

**6pm**

**Contact:**

**Coady Scott [coadyscott@icloud.com](mailto:coadyscott@icloud.com) 01946824548**



# Cumbria Fostering

Become part  
of Cumbria's  
biggest  
family

Find out more about

# Fostering

...in Foster Care  
Fortnight from 15-28 May

Attend our fostering drop in on  
**Tuesday 23 May** at Costa Coffee in  
Washington Square, Workington from  
12pm to 1pm.



**0300 013 2065**



Westmorland  
& Furness  
Council

Working for Cumberland Council and  
Westmorland & Furness Council

[cumbriafostering.org.uk](http://cumbriafostering.org.uk)



Join Internet Safety Talks for a talk on how to keep your children safe online. The session will cover a range of important topics that concern parents, including:

- Establishing usage levels and internet rules at home
- Surfing for children when parents are not supervising
- Safe Search, Blocking content, How long should my kid be online - DNS Filtering
- Social media and safe privacy settings
- How to avoid/deal with online bullying
- All about Snapchat, TikTok & Instagram
- Free vs Paid Parental Control - Issues arising
- Gaming issues esp. Fortnite, Minecraft, ROBLOX.
  - Which games are most suited to younger gamers, Public Servers, VPNs
  - Plus Tips & Tricks you can do within 24 hours

**When:**

May 23rd 2023,  
7.30pm

**Where:**

Online

Spaces are free but limited so sign up here as soon as possible to avoid disappointment:



<https://www.ticketsource.co.uk/null/t-gajrlqv>



# The Family Connector Project

## Free Online Learning support for Parents/Carers

The Family Connector Project understands that supporting your child/ren can be a minefield at times. The internet has some great resources that may be of use to you as a parent/carer. All links below are free to use at your own pace of learning.

[Online Learning \(https://inourplace.heiapply.com/online-learning/\)](https://inourplace.heiapply.com/online-learning/)

Courses on this website include:

- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your teenager
- Understanding your child with additional needs
- Understanding your teenager's brain

[Learning and School Help for Parents \(https://www.bbc.co.uk/bitesize/articles/zqbt6g8\)](https://www.bbc.co.uk/bitesize/articles/zqbt6g8)

This website supports you with important events such as:

- How to deal with back-to-school worries
- Supporting your child with SEND at school
- Supporting your child return to secondary school
- Supporting your child with exam pressures
- How to help your child with homework

[Parenting Classes Online \(https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together\)](https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together)

This website supports parent with primary school aged parents to:

- Promoting wellbeing
- The power of communicating and being positive
- Understanding behaviour
- Managing and promoting positive behaviour in the family
- Play and what do children need
- Setting limits, boundaries and promoting co-operation

[Free Courses for Parents – \(https://freecoursesinenglandonline.co.uk/parents/\)](https://freecoursesinenglandonline.co.uk/parents/)

This website offers support to gain a qualification in Childrens mental health covering:

- Children and young people's mental health in context
- Mental health problems commonly associated with children and young people
- The impact of mental ill-health on children and young people
- Support available to maintain mental wellbeing in children and young people

## Mental Health Support Available

<https://mindedforfamilies.org.uk/> This website provides lots of learning to support you and your family with mental health support including how to take care of yourself whilst supporting others.

[www.every-life-matters.org.uk](http://www.every-life-matters.org.uk) This website is a great source for information specifically for those thinking about suicide or those supporting someone who is thinking of ending their life.