



THORNHILL PRIMARY SCHOOL



FRIDAY 14th OCTOBER 2022

WHOLE SCHOOL MESSAGE

This week we have been electing our school council representatives and we can't wait to work with our council members to improve our school further. We truly value the thoughts and opinions of all of our children. In addition to our school council, we have developed additional pupil leadership opportunities.

These include Head Boy and Head Girl; Assistant Head Boy and Assistant Head Girl and we hope to appoint Buddies. We want to help to prepare our pupils for the world of work and support them in developing their aspirations and confidence and their leadership skills for the future. To be in one of our pupil leadership roles our pupils need to apply.

More information in relation to this is included with this newsletter and we have shared information with pupils in school. The closing date is Friday 21st October!

We are looking forward to our Halloween disco, this is being held on Thursday 20th October from 5pm to 6.30pm, tickets are required, and they are available from the school office. The tickets are £2 and this includes a drink and a hotdog.

Just a reminder for anyone who thinks they may be entitled to free school meals to apply. It may save you some money in these days of financial difficulty. Entitlement to free school meals also offers uniform vouchers so it is worth a look.

The link to apply for Cumbria is here:

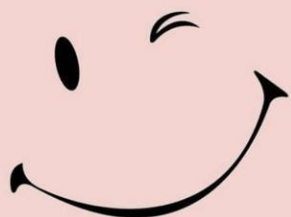
[Apply for free school meals and clothing vouchers | Cumbria County Council](#)

I wrote to you earlier in the week regarding our next Parent Forum, this will take place on the 9th November 2022. If there is anything you would like to raise or discuss, please let Mrs Harman or I know. All parents and carers are welcome to attend, and we hope to see you there,

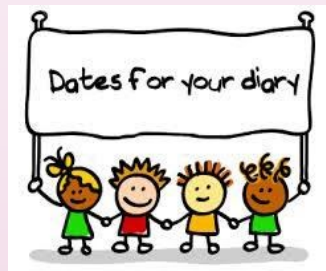
I hope you have a lovely weekend.

Sophie McCabe

Executive Headteacher



Nothing is more pretty than wearing a smile and getting up after every setback.



24/10/22
Half Term

Week Beginning 31/10/22
Parents' Forum

20/10/22
Halloween Disco 5pm—6.30pm

7/11/2022
Tempest School Photos

8/11/22
Nasal Flu - Autumn 2022 programme

9/11/22
Parent Forum

11/11/22
Remembrance Day

18/11/22
BBC Children In Need

ATTENDANCE
Whole School - 97%
Reception – 84%
Year 1 & 2 – 99%
Year 3 & 4 – 99%
Year 5 & 6 – 96%

SCHOOL LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sausage Roll with Wedges	Chicken Curry with Rice	Roast Gammon, Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread	Fish Fingers, Chips & Tomato Sauce
Tomato & Vegetable Pasta	Vegetable Curry with Rice	Broccoli & Cheese Pasta	Stir Fried Vegetable Wrap	Cheese Pasty with Chips
Peas	Sweetcorn	Broccoli Carrots	Cauliflower	Baked Beans
Carrot Cake with Custard	Apple & Raisin Flapjack	Fresh Fruit & Yoghurt or Cookie	Iced Sponge	Peaches & Ice Cream

Freshly cooked jacket potatoes / Fresh Bread / Fresh Fruit / Daily salad selection

GOOD WORK ASSEMBLY

STARS OF THE WEEK



**Brian
Elliott
Aadya
Harlow**



School Council

**David, Damien, Daisy,
Carson, Parker, Kai, Brian,
Isla, Oscar**

**Good Work
KS1 & Reception**

**Good Work
KS2**





We are a small and happy school and we ensure we work to fully support each other

G E M S

GROWTH MINDSET **EFFORT** **MANNERS** **SUCCESS**

Our children receive **GEMS** equivalent to house points and these are awarded across the school on a daily basis

WINNING TEAM

EHEN

Hannah, Jake, David,
Poppy, Harri, Kai,
Aadya, Misha, Lewis,
Carson, Elliott, James,
Zinchidi, Jonny, Elijah,

Hiedi, Elliott, Cole, Oscar, Caden, Taylor

As their reward they can wear anything they like in their team colours on Tuesday.

Children in Ehen do not have to wear uniform on Tuesday

NOTICE



Monday 7th November

A quick guide to.. COVID Poster for Parents

A quick guide for parents / carers has been produced explaining whether their child is well enough to attend school or an early years setting when displaying some of the symptoms of COVID-19. The quick guide can be accessed using the link below:

[A quick guide to.. COVID - Poster for Parents](#)



Reminder – 2/3 year old Nasal Flu

Children aged 2 or 3 on the 31st August 2022 are eligible for a nasal Flu Vaccine from their GP Practice. If you have not received a reminder to book an appointment, then please contact your GP surgery about availability.

LATEST NEWS...



Halloween Disco

Thursday 20th October 5pm – 6:30 pm

**£2 per ticket
INCLUDES HOT DOG & A DRINK**

ST BEES SCHOOL
WORTH WHISP WORTH DASH

Open your imagination..

... and make a difference in the world

St Bees School are looking for the future leaders of change. The future ambassadors for our planet. The movers and shakers of the future. We are a forward-thinking, global school...

Apply today, start your future tomorrow

THE FULL CIRCLE SCHOLARSHIP • DEADLINE 14th OCT 2022
admissions@stbeesschool.co.uk

stbeesschool.co.uk/scholarships

note

note

KS2

Our Phunky Food ambassadors did an assembly to KS2 children called, "Drain your drinks"

which emphasizes the importance of drinking regularly throughout the day. The ambassadors will be working with class 3 and doing a variety of activities to further their knowledge and understanding.

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/>



Drain your drinks ... drink plenty of sugar-free fluids

6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml



How much a day?



Avoid!

Sports and energy drinks - high levels of caffeine which are not suitable for children.

Encourage good drinking habits through:

- Leading by example - show enjoyment for water throughout the day
- Sticker/ reward charts
- Fun water bottles/cups
- Hydration station - where children can pour their own water whenever they want/need



Drink frequently!

Water - drink plenty. It will keep you hydrated without adding extra sugar or energy.

Drink regularly!

Milk - a useful source of nutrients particularly protein, B vitamins and calcium. Limit milky drinks with added sugars such as hot chocolate and milkshakes - always check the label and choose lower sugar options.

Once a day! Fruit juices and smoothies - provide the body with a range of vitamins and minerals, and fluid. However the fruit sugars naturally present also add energy and increase the risk of tooth decay. Stick to 150ml once a day at meal times.

Sometimes!

Tea and Coffee - contain caffeine which is a stimulant. Caffeine is not suitable for young children. It is best for children to drink decaffeinated tea or coffee with some milk and no added sugars or sweeteners.



8 DAILY OCCASIONS TO ENCOURAGE FLUIDS FOR CHILDREN:

- 1 Before school
- 2 Morning break
- 3 Lunch
- 4 During exercise
- 5 After-school snack
- 6 Whilst doing homework
- 7 During dinner
- 8 Whilst reading a bedtime story

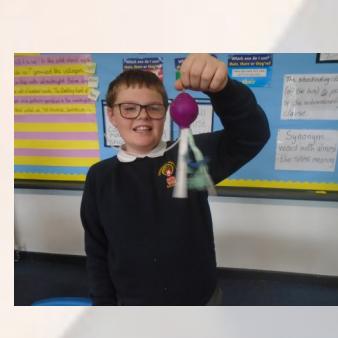
www.phunkyfoods.co.uk

KS2



Staff from the Whitehaven Harbour Youth Project spent the afternoon with year 5 and 6 this week, next week they will be back to speak to year 3 and 4. They brought with them a sea bin that they have in Whitehaven Harbour. The bins collect macro and micro plastics from the harbour and help to keep it clean. The children impressed staff with their knowledge of recycling and current environmental issues and learnt more about how important their generation is in helping protect the earth. Shockingly they discovered that there are 5.2 trillion microplastics in our oceans and the Great Pacific Garbage patches are three times larger than the size of France. The children realised they can play a part in helping the environment in lots of ways including by not buying plastic bottles, drinking tap water and recycling crisp packets at local supermarkets rather than throwing them away. After the presentation the children made a collage out of materials which had been collected from the ocean.

To prevent there being more plastic than fish in the oceans by 2030 they learnt that we all need to take action NOW!



THORNHILL PRIMARY SCHOOL



Job Title: Head Pupil/Assistant Head Pupil

Positions available: 1 x Head, 1 x assistant

When required: Immediate start

Hours of work: Lunchtimes, breaktimes and possible wraparound care

Salary: 2 x GEMS per week

Job Description:

You must:

- ⇒ Be a superb role model, prepare and support activities that encourage all pupils to achieve
- ⇒ Be an ambassador for our school at all times
- ⇒ Play an active role in the school council
- ⇒ Work with other pupils who have responsibilities across school, e.g buddies, team captains
- ⇒ Meet with the Senior Staff in school to work to improve the school further
- ⇒ Share and present ideas to parents at school events

Experience Required

You must:

- ⇒ Be an excellent listener
- ⇒ Have great communication skills
- ⇒ Be able to make decisions and share these decisions with others
- ⇒ Be able to lead by example
- ⇒ Have good time management skills
- ⇒ Be organised

Personal Qualities

You must:

- ⇒ Be willing to give up your own time as needed but still ensure you focus on achieving your best
- ⇒ Be tolerant and understanding
- ⇒ Be responsible and reliable
- ⇒ Be confident to share ideas on behalf of others
- ⇒ Be able to have fun
- ⇒ Be eager to face new challenges

Interested pupils should complete an application form and hand it into the school office

THORNHILL PRIMARY SCHOOL



Job Title: Buddy

Positions available: 1 x Head, 1 x assistant

When required: Immediate start

Hours of work: Lunchtimes, breaktimes and possible wraparound care

Salary: 1 x GEMS per week

Job Description:

You must:

- ⇒ Start school promptly and help the teacher prepare the classroom
- ⇒ Set a great example by wearing full school uniform with pride
- ⇒ Remind pupils of our rules and expectations
- ⇒ Help younger children as needed, this could be at lunch times and before school or in school clubs
- ⇒ Attend meetings with other pupils with responsibilities
- ⇒ Work with the school council
- ⇒ Share thoughts and ideas on activities for pupils and how we can make the school even better

Experience Required

You must:

- ⇒ Enjoy working with younger pupils
- ⇒ Be able to listen carefully to others
- ⇒ Communicate well with children and adults
- ⇒ Always return a smile!
- ⇒ Be able to follow instructions
- ⇒ Be able to lead games with small groups of children

Personal Qualities

You must:

- ⇒ Be kind, caring, friendly and helpful
- ⇒ Like working with younger children
- ⇒ Enjoy taking responsibility
- ⇒ Be reliable and work as a member of a team
- ⇒ Be willing to give up your own time

Interested pupils should complete an application form and hand it into the school office



Thornhill Primary School Pupil Application Form

Name:	Year group:
Position applied for:	
Reason for application (think about what made you apply for this role and what interested you about the job description)	
Personal Qualities:	
Experience:	
Signature:	Date:

Please hand into the school office

Family learning sessions at Muncaster on the 22 October.
The pumpkin carving sessions are free and after the session the family is welcome to stay and enjoy the grounds of Muncaster Castle.

Pre booking via the website is essential

www.adultlearning.cumbria.gov.uk

Create and Make – Pumpkin Carving

Saturday 22 October

10:00 – 12:30

OR

13:30-16:00

Muncaster Castle

A595

Ravenglass

CA18 1RQ

On this free short two and a half hour workshop you will work with your child to create a carved pumpkin to take away with you.

About the course

Sharing a creative project with a child offers opportunities for bonding, chat, development of confidence and a multitude of skills. This course links to Halloween in the fantastic setting of a spooky Muncaster Castle. In this workshop you will work with our tutor and your child to create a Halloween lantern that you can take home. You will find out why we make lanterns, how to plan a great design and transfer it to your pumpkin. You will also learn how to cut and display your pumpkin safely. After the pumpkin carving session, you are welcome to stay and enjoy the renowned Halloween festivities at Muncaster

For more information and to book a place please contact Adult Learning in Copeland
T: 01946 506416
E: copelandadultlearning@cumbria.gov.uk

On line booking is essential:

<https://adultlearning.cumbria.gov.uk/>

Click on the link and search for

WHC00181A

WHC00181B

Serving the people of Cumbria

 **cumbria.gov.uk**



family
action

Building stronger families

FamilyLine is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues.

We are open Monday to Friday: 9am –9pm. The helpline will be covered by SHOUT text crisis line outside these hours, including weekends and bank holidays.

About Family Action

Family Action is a national charity marking its 150th anniversary in 2019 and is committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people. We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.



FamilyLine

A free helpline, a telephone befriending, coaching and counselling service for all family members over the age of 18 across England and Wales.

Family Action
34 Wharf Road,
London,
N1 7GR

T: 020 7254 6251
E: info@family-action.org.uk

www.family-action.org.uk



Building
stronger
families
150 years



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* We will refer anyone under the age of 18 to the relevant services required.

www.family-action.org.uk