



**Friday 21st October 2022**

## **WHOLE SCHOOL MESSAGE**

They say time flies when you are having fun and this half term has flown. We have had another great week, with lots of learning, the children will need a rest next week! I have seen some lovely work going on this week and, as usual, the children have been very busy. It is always a pleasure to visit lessons and our children are always well-mannered and talk confidently about their learning.

October is Black History Month and we are proud to support this at Thornhill Primary School. We feel it is important that all of our children recognise the diverse society we belong to and to share, celebrate and understand the impact of black heritage and culture. We believe it is incredibly important that all different cultures are recognised and celebrated. As a school we have spent time recognising the outstanding contributions that Black people have made to society across the globe, both today and historically. On Tuesday pupils spent time celebrating the life of Rosa Parks, the children worked together and gathered a vast amount of information and really enjoyed the sessions. This is an additional opportunity to teach about equality and respect and how we should treat others.

As a reminder parents and carers of children currently in Year 6, must apply for their child's secondary school place by the deadline of 31 October 2022. If there is anything we can do to support with this, please contact myself or Mrs. Murray.

I would like to thank the Friends of Thornhill for the Halloween Disco. It was a very fun event and the costumes were excellent. The children had a great time and it was very well attended.

I would also like to congratulate Mrs. Mclellan, we had a visit from an environmental health officer on Monday, and we received a glowing report and achieved a 5 start status - this is brilliant!

Have a lovely half term break.

**Sophie McCabe**

**Executive Headteacher**



7/11/22

Tempest School Photos

8/11/22

Nasal Flu - Autumn 2022 programme

9/11/22

Parent's Forum, 5pm

11/11/22

Remembrance Day

18/11/22

BBC Children In Need

## ATTENDANCE

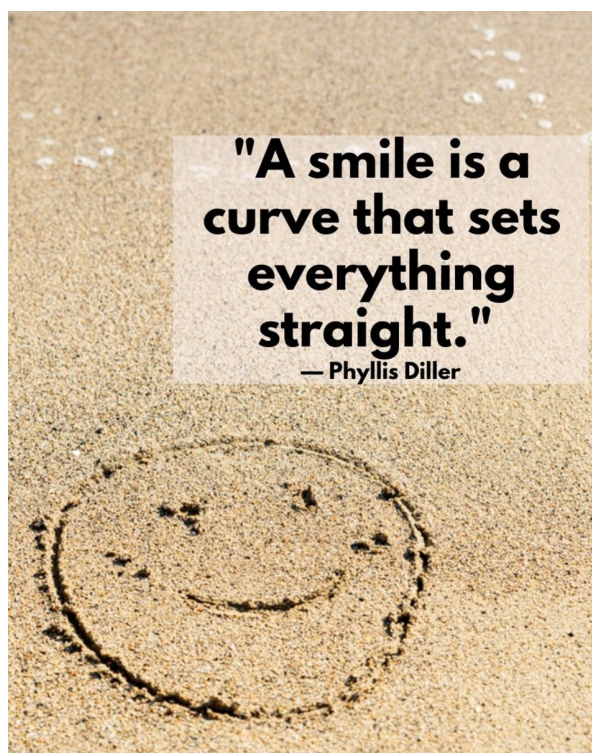
**Whole School - 96.53%**

**Reception – 92.31%**

**Year 1 & 2 – 98.44%**

**Year 3 & 4 – 96.33%**

**Year 5 & 6 – 95.19%**



# SCHOOL LUNCH MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Halloween menu	Spaghetti Bolognese & Garlic Bread	Roast Chicken Stuffing, Roast Potatoes & Gravy	Cheesy Pizza Swirl & Cubed Potatoes	Sausage, Chips & tomato sauce
Halloween menu	Vegetable Bolognese & Garlic Bread	Pasta Broccoli Bake	Veggie Quiche with Coleslaw	Fishfingers, Chips & tomato sauce
Halloween menu	Sweetcorn	Carrot/Broccoli	Baked Beans	Peas/Baked Beans
Halloween menu	Jelly and Fruit	Sultana Flapjack	Oaty Cookie	Apple, Cheese and Crackers

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



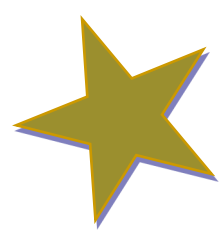
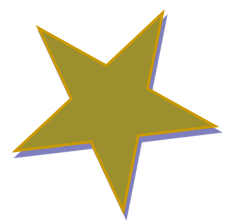
# ★ GOOD WORK ASSEMBLY

## STARS OF THE WEEK

**Poppy for amazing times tables work**

**Harry for being polite, well-mannered and eager to learn**

**Eileen for excellent effort in all areas**



**Good Work**  
**Showcasing Artwork in relation to the Festival of Light**  
**Brian, Isla and Hugo**

# GOOD WORK ASSEMBLY

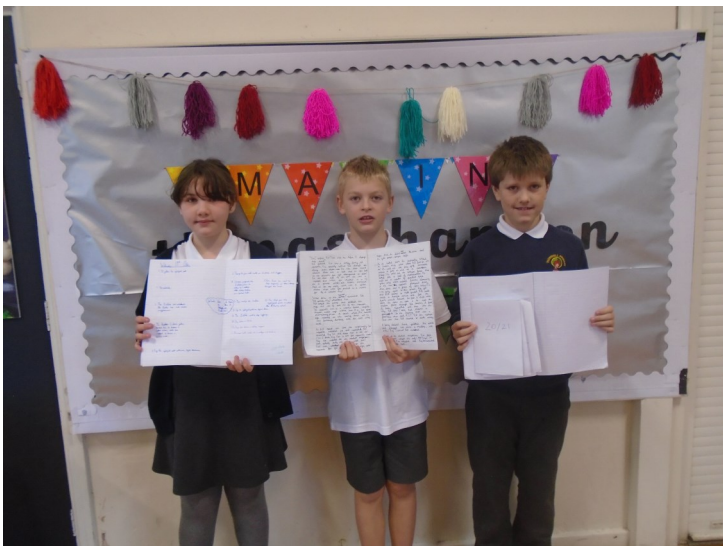


**Good Work**  
**Excellent English & Phonics**  
**Heidi, Elsie & Leo**

**Good Work**  
**Parker's Black History Month**  
**Work**  
**Misha & Kaley for Maths**



**Good Work**  
**Alyssa for her RE Knowledge**  
**Alfie for his excellent English and**  
**exceptional story**  
**Zac for his superb science**  
**knowledge**





# Our 2022 Playleaders

On Tuesday and Thursday afternoons  
our leaders will be organising games  
during lunchtime play



# **HALLOWEEN MENU**

## **MONDAY 31ST OCTOBER**

**HAUNTED HOTDOG WITH BLOOD SAUCE**

**OR**

**WOCUS POCUS VEGGIE HOTDOG (V)**

**OR**

**NIGHTMARE CHICKEN NUGGETS**

**FRANKENSTEIN FRENCH FRIES**

**HUGGLE BUGGLE BAKED BEANS**

**PUDDING**

**DEATH BY CHOCOLATE CAKE**

**SANDWICHES**

**HAM/CHEESE**



**Pupils have selected their choices for this menu in school this week, to allow for ordering.**

**Should parent's who pre-order have any questions on this, please email the school office.**



# Everyone had a great time at the Halloween Party!








# AUTUMN TERM

## School Menus

**caterlink**  
leading the imagination

### Autumn Winter 2022 Central Menu Option B

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Option 1	Meatballs in Gravy and mashed potatoes	Spaghetti Bolognaise With Garlic Bread	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Cheesy Pizza Swirl with Cubed Potatoes With Beans	Sausage with Chips tomato sauce
	Option 2	Tomato Pasta	Vegetable Bolognaise with Garlic Bread	Pasta Broccoli Bake	Veggie Quiche with Coleslaw	Fishfingers with Chips tomato sauce
	Vegetables	Mixed Veg	Sweetcorn	Carrot Broccoli	Baked Beans	Peas Baked Beans
	Dessert	Apple Crumble and Custard	Jelly and Fruit	Sultana Flapjack	Oaty Cookie	Apple, Cheese and Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two	Option 1	Sausage Roll with Potato Wedges	Chicken Pie with Mashed Potato	Roast Turkey with Roast Potatoes and Gravy	Lasagne with Garlic Bread	Fishfingers with Chips And tomato sauce
	Option 2	Mac and Cheese Station	Spicy Tomato Pasta	Cauliflower Cheese Pasta Bake	Vegetable Lasagne with Garlic Bread	Cheese & Onion Roll with Chips
	Vegetables	Sweetcorn	Broccoli	Carrots Cauliflower	Green Beans	Peas Baked Beans
	Dessert	Iced Sponge	Chocolate Shortbread	Flapjack	Crispie Cake	Sponge and Custard
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three	Option 1	Cheese and Tomato Pizza with Wedges	Sausage, Onions and Gravy with Mashed Potatoes	Roast Gammon with Roast Potatoes and Gravy	Cottage Pie	Fishfingers with Chips & tomato sauce
	Option 2	Jacket Potato with filling	Veggie Sausage with Mashed Potato	Tomato Pasta	Veggie Cottage Pie	Cheese Omelette with Chips
	Vegetables	Beans	Cabbage	Broccoli Carrots	Mixed Vegetables	Peas Baked Beans
	Dessert	Rice Pudding	Chocolate Cookie	Flapjack	Rock Buns	Sponge and Custard
Or a choice of Yoghurt & Fresh Fruit available daily						

#### Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

#### ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.





# PARENT/CARER GUIDE ORDERING SCHOOL LUNCHES



Parents and carers are required to order and pay for their child's school meals online at <https://www.scopay.com/>

Parents and carers need to order their child's school meals, ie main meal, vegetarian meal, jacket potato or packed lunches (puddings are included in the price) using the codes below.

## Nursery children only

C: Nursery Meat E: Nursery Vegetarian L: Nursery Cheese Sandwich J: Nursery Ham Sandwich  
N: Nursery Tuna Mayonnaise Sandwich S: Nursery Egg Mayonnaise Sandwich G: Nursery Jacket B

## Pupils Reception > Year 6

B: Pupils Meat D: Pupils Vegetarian K: Pupils Cheese Sandwich H: Pupils Ham Sandwich M: Pupils Tuna Mayonnaise Sandwich R: Pupils Egg Mayonnaise Sandwich F: Pupils Jacket P: Home Packed Lunch

## Please Note:

- Children in years 3 and 4 need to pay for their school meals unless they are entitled to free school meals or universal infant free school meals
- Meals for children in Reception, Year 1 and Year 2 continue to be free under the Universal Infant Free School Meal scheme but you **still need to make your child's meal choices online**.
- You can only reserve or make changes up to 24 hours before the day the meal is being taken.
- Parents are required to pay by card (debit or credit) before entering any lunch selections. If your child is registered as being entitled to free school lunches the system will allow you to book without making a payment.
- The system will not allow parents to order if they have a debt.
- If you wish to book a meal on the day or make a change, please inform the school office by 9.30am at the latest.

## I don't yet have a SCOPAY.com account:

Request a user account code for your child from the school office. Visit [www.scopay.com](http://www.scopay.com) or download the SCOPAY mobile app and Register as a New User. Follow the instructions on the screen to enter your details and add the unique online link code when prompted. If you need assistance creating your account, there are help guides on the login page

## I already have a SCOPAY.com account for another child:

Request a user account code for your child from the school office. Visit [www.scopay.com](http://www.scopay.com) or download the SCOPAY mobile app and log on to your existing account using your username (email address) and password. Select Your Info, then Link Accounts. Add the unique online Link Code to add your child's account. Their name will then appear in the dropdown on the screen.

**Note:** You only need your online link code when registering. It is no longer needed once your account has been activated. If you require a second code (for another parent, relative or carer to create an account), please request this from the school office.

If you have a question regarding your SCOPAY account, see the **SCOPAY Parent Information Page** at [help.scopay.com](http://help.scopay.com). This page includes information regarding the SCOPAY mobile app, setting up Parental Alerts and FAQs to help with your queries.

# Autumn What's On Guide



## Bumps to Babies



Bumps to Babies is a group which will provide parents/carers with babies aged **0-6 months** with the opportunity to share their experiences and learn about basic development, such as typical sleeping patterns, physical development, crying (communication and language) and milestones your baby may reach during this time period. The sessions will be based on your interests, or needs of these topics. The sessions will also allow you to connect with other parents/carers in the local area.

**South Whitehaven** – Wednesdays @ 10-11am

**Egremont**- Tuesdays @ 1 -2pm

## Baby Explorers

These sensory sessions are suitable for parents and babies **6 months +**. Join us for sensory play, songs and rhymes. A safe place to meet other parents and spend time with your baby. Sensory play enhances your baby's learning, creativity and imagination. It's an opportunity to build a secure bond with your baby through engaging play. Due to the nature of the group we recommend bringing a towel and extra clothes- we do get messy! We do use food products for some activities, please inform us of any allergies or intolerances.

**South Whitehaven** Tuesdays @ 10am-11am

**Egremont** Tuesday @ 10.30am- 11.30am

**Please contact the following for more information. These are drop-in sessions but please be aware places are limited**

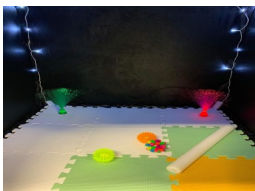
**South Whitehaven**- email [rebecca.butler@family-action.org.uk](mailto:rebecca.butler@family-action.org.uk) or telephone **07564055097**

**Egremont** – email [leanor.cummings@family-action.org.uk](mailto:leanor.cummings@family-action.org.uk)

or telephone **07815688396**

**Millom** – email [alice.murphy@family-action.org.uk](mailto:alice.murphy@family-action.org.uk)

or telephone **01229 777592**





# Autumn What's On Guide



## Little Explorers: 1-2's



Little Explorers is a group which provides children aged between one and two with the opportunity to grow and learn with other children in the community. The sessions will be fun and exciting, with lots of role play experiences, mark-making, crafts and messy play, which are all themed around well-known books and stories. The sessions will also allow parents and carers to connect with others in the local area.

If you are interested, please feel free to attend our **drop-in service** within one of the centres.

**South Whitehaven:** Mondays @ 11am-12pm  
**Egremont:** Fridays @ 1-2pm

## Little Learners

Come and join us for some exciting Mini Makers sessions. The sessions will use sensory play, role play and exciting activities to help children develop school readiness skills. The sessions will help support fine and gross motor skills, listening, and communication and language skills. We will engage in songs and rhymes, stories and fun sensory activities together.

Suitable for ages **2-5 years**

**South Whitehaven** Mondays @ 2pm

**Egremont** Mondays @ 2pm

**Please contact the following for more information about the sessions at your local Family Hub. Places are limited**

**South Whitehaven – [Rebecca.butler@family-action.org.uk](mailto:Rebecca.butler@family-action.org.uk) or telephone 07564055097**  
**Egremont – email [eleanor.cummings@family-action.org.uk](mailto:eleanor.cummings@family-action.org.uk) or telephone 07815688396**

# Autumn What's On Guide



## SEND Support Group

Our SEND support group is an opportunity for you and your child to attend fun activities, whilst meeting parents and carers in the local community.

This group is aimed at children aged 0-6 years, who have a diagnosed additional need (physical or educational) or if you are worried about any of your children's needs and require advice and support from us and other parents or carers. The group will be full of fun activities, sensory play and opportunities for you to share your experiences, or to get advice or any support needed.

**The sessions are drop-in and booking is not needed.**



**South Whitehaven – Wednesday 3.30-5pm**

**Please contact the following for more information**  
Christina Thurston - email [christina.thurston@family-action.org.uk](mailto:christina.thurston@family-action.org.uk)  
or by telephone [07815688314](tel:07815688314).



## Little Learners @ The Library!



We are bringing our Little Learners Sessions out and about to  
**Cleator Moor Library!**

These sessions are for children from **0-5 years old** and will include arts & crafts, sensory exploration, stories, rhymes, music and more for all ages to engage with.

Come along and meet other families and children.

**Wednesdays @ 1.30pm- 2.30pm**

No booking necessary, just come along!

**For more information please contact**  
[Rebecca.butler@family-action.org.uk](mailto:Rebecca.butler@family-action.org.uk)

[07564055097](tel:07564055097)



# Autumn What's On Guide



## Adolescent Girl's Group

**Copeland** families: We will be running a six- week informative and supportive group for adolescent girls aged between 11-13. The group aims to boost self-confidence whilst being aware of a variety of relevant topics to this age group in a non-judgmental environment.

The topics include:

**Online safety**  
**Emotional resilience and anxiety**  
**Puberty**  
**Drugs, alcohol and peer pressure**  
**Healthy eating and cooking**  
**Arts and crafts / celebration of success**

If you are interested, or know anyone to be referred to this group, please contact [copeland@family-action.org.uk](mailto:copeland@family-action.org.uk) for further information and a referral form.

## Cook-a-long

A virtual family cook-a-long for families to learn cooking skills, new recipes, learn healthy eating key messages and to engage in family bonding time.

**Ingredients will be dropped off at your door and a ZOOM link sent prior.**  
**Booking essential for block to secure space, but are limited.**  
**Next block will start in September.**

Please contact Eleanor on [eleanor.cummings@family-action.org.uk](mailto:eleanor.cummings@family-action.org.uk) to book a place.



# Autumn What's On Guide



## Drawing and Talking

Drawing and Talking is a therapeutic intervention for children and adults. It is designed as a short-term proactive intervention intended to complement, rather than replace, the work of Specialist Mental Health Services.

Through a 12-week cycle of sessions this non-intrusive tool allows children and young people to bring what they need to their sessions. Utilising drawing as a way to help them express their feelings differently in ordinary verbal language. The Drawing and Talking therapeutic approach allows individuals to discover and communicate emotions through a non-directed technique. This is what sets Drawing and Talking apart from existing solution-focused and cognitive based therapies and interventions.

For more information or to discuss a referral please contact your local Family Hub.



## Decider Skills

The Decider Skills is Cognitive Behavioural Therapy to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.

There are 12 skills they will be taught to help manage feelings and emotions with a workbook to make their own as a supportive tool.

**Please contact your local Family Hub for more information and advice as to start dates for the next sessions.**



## Let's Get Talking

Let's Get Talking is a six-week programme which supports communication and language development in partnership with the Speech and Language Team.

This group is suitable for children **aged 2 to 4 years** with few or no single words, and no other concerns regarding special educational or developmental needs.

**Please contact Christina (South Whitehaven) on: [christina.thurston@family-action.org.uk](mailto:christina.thurston@family-action.org.uk) or by telephone 07815688314**  
**or Eleanor (Egremont) [eleanor.cummings@family-action.org.uk](mailto:eleanor.cummings@family-action.org.uk) for more information on the sessions.**