



THORNHILL PRIMARY SCHOOL



FRIDAY 7th OCTOBER 2022

WHOLE SCHOOL MESSAGE

It is great to see our pupils actively engaged in their learning, and this week I have seen some very creative music lessons, exciting science lessons and active PE lessons. I also popped in to our phonics sessions.

Phonics is the link between letters and sounds, it is so important that our children develop a strong and secure understanding to ensure they are fluent readers. Please do read with your children at home, and for advice and suggestions please see the link below:

[Oxford Owl for Home: help your child learn at home - Oxford Owl](#)

We have noticed some children have been wearing jewellery to school. We would kindly ask that jewellery, including watches are left at home as they are easily lost, broken and can cause issues around health and safety. Whilst we would encourage children to own a watch and learn to tell the time, children do not need a watch in school as we have clocks in all classrooms.

Young people are brilliant with technology, which is fantastic, but there can be associated risks and it is important that as adults we all work to keep children safe online. The best way to keep your family safe online, and to understand your child's internet use is to use technology and the internet together. Get to know how a game or device works by exploring it as a family and finding where the main settings and safety features are. In the same way that you set boundaries for most areas of your children's lives, establish and share your expectations and supervise your children whilst they are using devices. Please see the link below for further information and guidance.

[Parents and Carers - UK Safer Internet Centre](#)

Celebrating the Harvest Festival is a long held tradition, and we celebrated as a school on Wednesday. Our children got to find out more about the foodbank and we are very thankful for your donations. We have explored the importance of being thankful for all we are so fortunate to have.

I hope you have a lovely weekend.

Sophie McCabe

Executive Headteacher



October 22

ADHD Awareness Month

10/10/22

World mental health day

12th & 19th October 22

KS1 & KS2 Seabins Workshop

24/10/22

Half Term

Week Beginning 31/10/22

Parents' Forum

20/10/22

Halloween Disco 5—6.30pm

7/11/2022

Tempest School Photos

8/11/22

Nasal Flu - Autumn 2022 programme

ATTENDANCE

Whole School - 98%

Reception – 100%

Year 1 & 2 – 97%

Year 3 & 4 – 99%

Year 5 & 6 – 95%

★
**MAKE TODAY
 RIDICULOUSLY
 AMAZING.**
 ★

SCHOOL LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese & Tomato Pizza with cubed potatoes	Chicken Fajitas & Rice	Roast Turkey Roast Potatoes & Gravy	Pork Sausage Hot Dog & Potato Wedges	Fish Fingers, Chips & Tomato Sauce
Vegetable Noodles	Tomato & Vegetable Pasta	Cauliflower & Cheese Bake	Vegan Sausage Hot Dog with Potato Wedges	Cheese Pasty & Chips
Green Beans	Coleslaw Sweetcorn	Carrot Cabbage	Sweetcorn	Peas
Lemon Drizzle Cake	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt Station or Ginger Cookie	Sponge with Custard	Chocolate Shortbread

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

GOOD WORK ASSEMBLY

STARS OF THE WEEK

Poppy
Oscar
Charlie

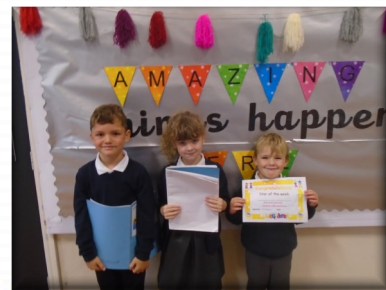


Summer Reading Challenge

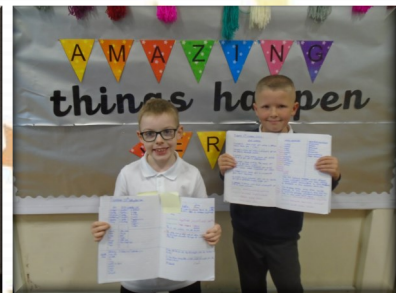
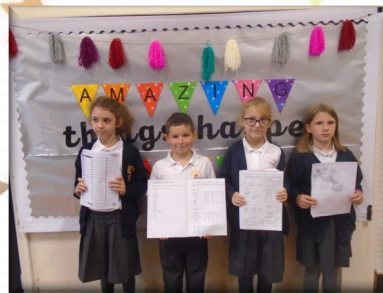
GADGETEERS

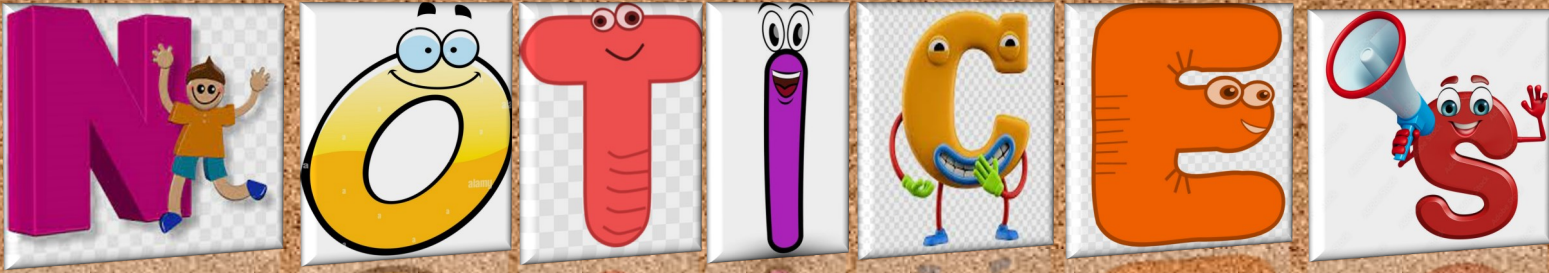
Well done to our very own 'Gadgeteers' Georgie, Parker, Daisy & Ollie who completed the summer reading challenge and received their certificates this week.

Good Work KS1 & Reception



Good Work KS2





Monday 7th November



**World mental health day –
Monday 10th October 2022**
Several sources of support for those struggling with their mental health in Cumbria are available here -

[Welfare - Mental health and wellbeing | Cumbria County Council](#)

**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](#)



Bonfire Night at St Bees School

FREE ENTRY • Tasty Treats • Firework-Free

Friday 4th November | 4:30 - 6:30pm | Wood Lane, St Bees



Reminder – 2/3 year old Nasal Flu

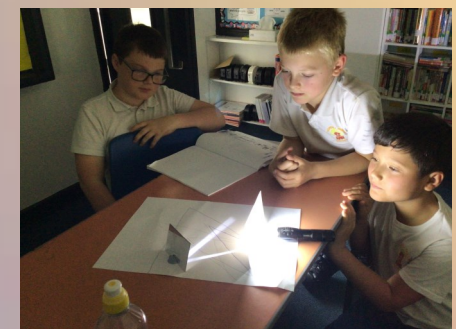
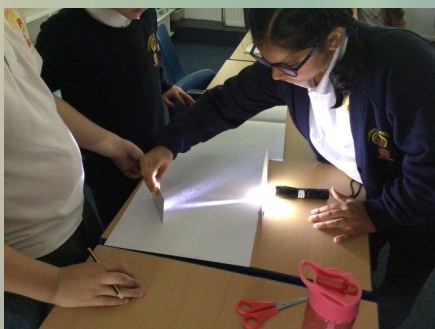
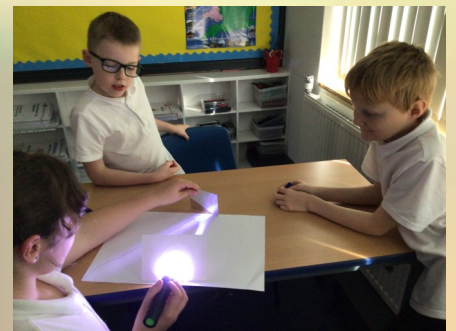
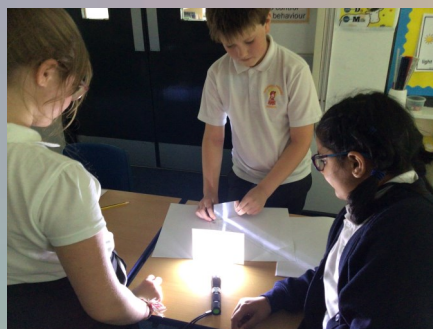
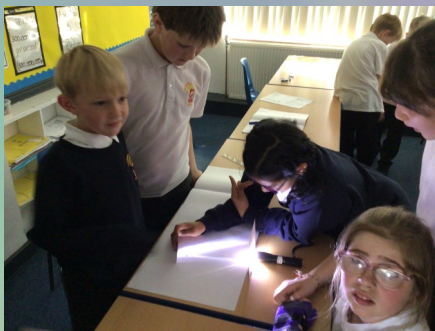
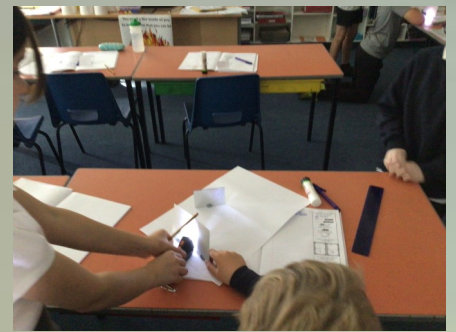
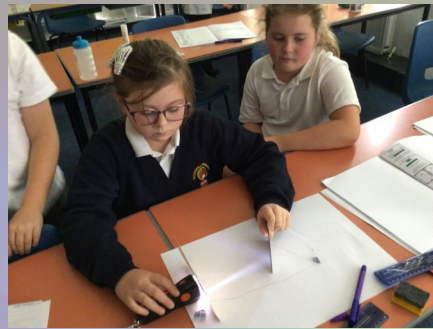
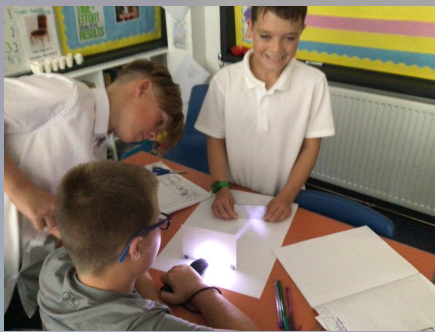
Children aged 2 or 3 on the 31st August 2022 are eligible for a nasal Flu Vaccine from their GP Practice. If you have not received a reminder to book an appointment, then please contact your GP surgery about availability.



KS2

Year 5 and 6 have been experimenting to prove that the angle of incidence equals the angle of reflection.

Ask your child to demonstrate this at home as you only need a piece of card, a mirror and a torch and explain which angle is which.





Halloween Disco

Thursday 20th October

5pm – 6:30 pm

Thornhill Primary School

£2 per ticket

INCLUDES HOT DOG & A DRINK



Tickets available from Thornhill school office
Please note:
*Nursery aged children will need to be
accompanied by an adult*

HARVEST ASSEMBLY 22

The children enjoyed a visit from Stuart Christian and Timmy Tuna from The North Lakes Food Bank on Wednesday morning.

With the help of Timmy Tuna, Stuart was able to explain to the children the purpose of a food bank and how it helps and supports those in need

Thank you all for your kind donations in support of the Food bank who provide help to individuals and families in crisis, through the provision of emergency food supplies.



Your donations - Thank you!

Stuart & Timmy Tuna



Better Health Every Mind Matters



This initiative is designed to empower people to look after their mental wellbeing by addressing the four most commonly-reported, early mental health concerns: anxiety, low mood, stress and trouble sleeping.

There are small things we can all do to help be kind to our mind and these can make a big difference to how we feel.

You can access the Mind Plan by taking a short quiz via the website

[Your mind plan \(www.nhs.uk\)](http://www.nhs.uk)

You will then receive a personalised mental health action plan, providing practical tips to help you deal with stress and anxiety, as well as content on

[coping with money worries and job uncertainty.](#)

There are lots of other tips for looking after your wellbeing on the Every Mind Matters website

[Mental wellbeing tips - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Department
for Work &
Pensions



Supporting Families Team

The DWP Supporting Families Team works in partnership with Cumbria County Council to provide support for local families. Together we can help to make a brighter future for your family.

We can:

- Check your household income and benefits to ensure you are paid the right money at the right time to support your family budget
- Carry out a better-off calculation for you to show how your finances can improve when starting work, when increasing your hours or when changing jobs
- Support you with budgeting and debt management advice
- Support you back into the workplace by accessing funding through your local Jobcentre, removing barriers to work such as upfront childcare costs, clothes for interviews, equipment needed for work and initial travel to work costs
- Support you when you want to start your own business or are self employed
- Support you back into the workplace if you have recently lost your job or been made redundant
- Support you with apprenticeships, traineeships, training, volunteering, work experience placements or want to improve your qualifications
- Support you if you have a disability and want to get into work using the Government's Access to Work Scheme where appropriate
- Support you with on-line job searching using jobsites and social media platforms
- Support you to update your CV and can carry out a skills audit to find out the jobs that best suit your skills
- Provide you with ongoing in work support
- Refer you to local service providers and charities for 1-2-1 support depending on your individual needs
- Provide regular progress updates to Lead Professionals where appropriate



Here is how you can contact your local Supporting Families Employment Adviser:

Name [Louise Armstrong, Vicky Norwood, Kerry Keens, Rachel Slowey and Adele Aitken](#)

E-mail Focus.family@cumbria.gov.uk

Team Manager: edna.skillen@dwp.gov.uk

We are here to help you and your family