



# THORNHILL PRIMARY SCHOOL



**FRIDAY 4th NOVEMBER 2022**

## WHOLE SCHOOL MESSAGE

It's been a great start to this half term. The children have been working well, and I have seen that our children are getting better and better with their times tables, and TT Rockstars really helps with this. Please do spend time practicing these and using the TT Rockstars site. If a child knows their times tables, they will see patterns and be able to use these patterns in more complicated mathematics.

If we take the relatively straight forwards  $2 \times 4 = 8$  for example, just learning this will help children spot patterns like  $20 \times 40 = 800$ ,  $200 \times 400 = 80,000$  and  $0.2 \times 0.4 = 0.8$ . In knowing the tables and spotting these patterns, it will help to improve mental arithmetic.

We sent a letter earlier in the week sharing information about events this half term, the first is our coffee and cake morning on the 18th November, we would love any home baked goods for this and hope as many of you as possible can attend for a catch up and a cake, all donations are very welcome as this is for a great cause. This will be held in our hall at 9.30am.

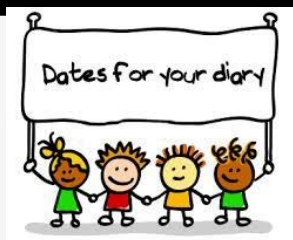
We will finalise timings and details for all Christmas performances and we will share when tickets are on sale. We will ensure there are enough tickets for everyone.

Mrs Murray and I interviewed for our pupil leadership roles this week. Our pupils were fantastic, it was their first interview and they had little time to prepare, but they spoke confidently and gave some great answers. We have announced our leaders in assembly this week and please see the photograph further on in the newsletter. Our Head Pupil is Zac and our Assistant Head Pupils are Jamie and Alyssa, we know they will lead and support the school brilliantly. Our Buddies are Charlie, Aadya and Emily. They will work with the school council. Congratulations to them all.

We are holding our next parents forum next Wednesday at 5pm, if you have any questions please let me know.

I hope you have a lovely weekend.

**Sophie McCabe**  
**Executive Headteacher**



**7/11/2022**

**Tempest School Photos**

**8/11/22**

**Nasal Flu - Autumn 2022 programme**

**9/11/22**

**Parents/Carers Forum**

**18/11/22**

**Children In Need Coffee Morning**

**22/11/22**

**Pupil showcase - 2.45pm**

**9/12/22**

**Wizard of Oz Pantomime—Whitehaven**

**13/12/22**

**EYFS & KS1 Christmas Performance**

**15/12/22**

**Christmas Jumper Day & Christmas Lunch**

**15/12/22**

**Christmas Performance KS2**

**20/12/22**

**End of Term—Finish 1pm**



## **ATTENDANCE**

**Whole School - 97%**

**Reception – 86%**

**Year 1 & 2 – 96%**

**Year 3 & 4 – 99%**

**Year 5 & 6 – 97%**

## **SCHOOL LUNCH MENU**

### **MONDAY**

### **TUESDAY**

### **WEDNESDAY**

### **THURSDAY**

### **FRIDAY**

Sausage Roll & Potato Wedges	Chicken Pie, Mashed Potato	Roast Turkey, Roast Potatoes & Gravy	Lasagne & Garlic Bread	Fishfingers with Chips & tomato sauce
Mac & Cheese	Spicy Tomato Pasta	Cauliflower Cheese Pasta Bake	Vegetable Lasagne & Garlic Bread	Cheese & Onion Roll with Chips
Sweetcorn	Broccoli	Carrots Cauliflower	Green Beans	Peas Baked Beans
Iced Sponge	Chocolate Shortbread	Flapjack	Crispie Cake	Sponge & Custard

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



# GOOD WORK ASSEMBLY

## STARS OF THE WEEK

**Ocean  
Olivia  
Carson**



## STARS OF THE WEEK

**Colby-Lee  
George  
Logan**



**Good Work**

**EYFS, KS1 & Reception**

**Good Work  
KS2**





# NOTICE



**Monday 7th November**

**18th Nov 2022**



**15th  
Dec 2022**



**9th Dec 22**



**LATEST  
NEWS...**

note

note



# National School Meals Week 2022



## National School Meals Week

7<sup>th</sup> – 11<sup>th</sup> November 2022

**LACA**  
the school food people  
for NATIONAL SCHOOL MEALS WEEK

### What's on?

Learn how **your school lunch** is making a **positive impact** on the **environment**

- Delicious plant based menus
- Activities and fun themes
- Learn about recycling, reusing and reducing waste
- Enjoy Great British produce and reduce food miles
- Say thank you to all the VIP's who serve our school meals

Join in the fun!

Stay for a **school lunch** and **make a difference**

Spread the word... **USE HASHTAGS**

**TO FIND OUT MORE AND DOWNLOAD FREE RESOURCES SCAN THE QR CODE**

#NSMW2022 #LACA\_UK #tasteforyourself #makingadifference  
#nationalschoolmealsweek #laca\_uk @nationalschoolmealsweek @NSMW @LACA\_UK

# Anti-Bullying Week 2022



Anti-Bullying Week 2022 is coordinated in England by the Anti-Bullying Alliance.

<https://anti-bullyingalliance.org.uk/anti-bullying-week>

It will take place from **14 to 18 November 2022** and has the theme **Reach Out**.

The week will kick off with **Odd Socks Day** on Monday 14th November, where adults and children wear odd socks to celebrate what makes us all unique.

## What is Bullying?

Bullying is any deliberate behaviour that is done to hurt or upset someone over an ongoing period of time. As such, it can happen anywhere that there are people, such as schools and places of work. Bullying can be done by an individual or a group of people in many ways. This includes verbal bullying, whereby someone is hurt through vicious words, name-calling, or statements.

Physical bullying occurs when perpetrators physically cause harm to another person. As a result, bullies can exercise control over another and gain a sense of power. This type of bullying can vary from pushing and shoving to kicking, slapping and punching. This makes it the easiest form of bullying to identify and confront.

In contrast, [cyberbullying](#) is one of the most challenging forms to see and prevent. When acting through the Internet, smartphones and social media, perpetrators can remain anonymous, whilst victims suffer in silence.

Cyberbullying has no fixed location, but instead could occur anywhere, from school property to a child's home. In a world where social media and the use of smartphones is ever-increasing, cyberbullying deems particular importance for the protection and wellbeing of young children.

## Facts on Bullying:

With the following facts, you could demonstrate the everyday prevalence of bullying with your class for this year's Anti-Bullying Week:

- **Before the age of 18, 45% of young people have experienced some sort of bullying.**
  - **Over 16,000 children reject going to school because of bullying.**
  - **7/10 people from age 13 to 22 have experienced cyberbullying**

[https://www.bbc.co.uk/bitesize/articles/z9ggqfr?  
utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=bullying](https://www.bbc.co.uk/bitesize/articles/z9ggqfr?utm_source=google&utm_medium=cpc&utm_campaign=bullying)



# Talk to us about **F**ostering

WITH CUMBRIA COUNTY COUNCIL

Attend an upcoming  
information event in  
your area at Workington  
in the town centre  
(opposite the entrance  
to the Multi Storey  
Car Park). on **Thursday  
17 November** from  
10am to 2pm



Details on how to join  
at: [cumbria.gov.uk/fostering](https://cumbria.gov.uk/fostering)



**Become part  
of Cumbria's  
biggest  
family**

# Help for Households

**We know people are worried so the government is offering help for households. See what cost of living support you could be eligible for.**

## Cost of Living Payment

If you claim certain benefits or tax credits, you may be eligible for an extra payment to help with the cost of living. If you're eligible, payments will be made automatically.

## Useful links

<https://helpforhouseholds.campaign.gov.uk/housing-support/>

<https://helpforhouseholds.campaign.gov.uk/help-with-your-bills/>

<https://helpforhouseholds.campaign.gov.uk/help-with-childcare-costs/>

<https://helpforhouseholds.campaign.gov.uk/income-support/>

<https://helpforhouseholds.campaign.gov.uk/help-with-transport-costs/>

<https://helpforhouseholds.campaign.gov.uk/help-finding-work/>



<https://helpforhouseholds.campaign.gov.uk/discounts-and-offers/>



# Your views on the Outdoors



Active Cumbria are working in partnership with 4 other Active Partnerships from around the country to understand how to get more families with children under 5 using the outdoors. The outdoors has many benefits including improved mood, focus, sleep, activity levels, lowered stress levels and blood pressure and it can help to connect people to their community.

We want to explore what prevents families from using the outdoors and what would encourage people to spend more time outdoors with their children.

They are looking to reach as many local families with children under 5 as possible through a short online survey which can be accessed [here](#)

By gaining as much insight as they can, it will help shape a future project which aims to improve people's health and wellbeing through spending more time outdoors.