

# Thornhill Primary School



FRIDAY 9th DECEMBER



Changing Lives  
Learning Trust

RESPECT RESILIENCE ACHIEVEMENT OPPORTUNITY

## WHOLE SCHOOL MESSAGE

This week has been full of joy, our children have been working hard exploring all areas of the curriculum and they have been practicing for our Christmas performances and today we have all enjoyed the Pantomime, oh yes, we have!

You will have received a letter from the trust regarding the trust's change of name which is also included in this newsletter. If you have any questions relating to this please do not hesitate to ask.

This term our children have enjoyed weekly swimming sessions but yesterday was the last session and we will not be swimming in the spring term. It is great to know that our children are far more confident in the water.

We have celebrated excellent progress in Phonics this week, our early readers are making incredible progress and they are wowing staff! We are very proud of them all, and eager to ensure we foster a love of reading in all pupils. Please do spend time to enjoy a book or two with your child/children over the weekend.

Our young people are growing up in a world of ever-changing technology and whilst this is incredibly positive, we must acknowledge the associated risks. As a school we will ensure we teach pupils the importance on online safety and as parents and carers you play a key role in helping your children to stay safe online. We feel it is particularly important to share this information at this time of year as children may get devices and games at Christmas or use siblings. The number of apps and social media channels your child/ren could be exposed to grows all the time, as does an app's functionality and it is important to know as much as possible. The links below provide a vast amount of useful information.

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

[Social media guides - UK Safer Internet Centre](#)

If you would be interested in attending a parent online safety information session please let me know and we will organise this.

I would also like to share this information from the Local Authority - Cumbria County Council has committed 'Household Support Grant' funds to support families experiencing Food and Utility hardship. Families can access the information on the support available through the council's 'Ways to Welfare' website.

<https://www.cumbria.gov.uk/costofliving/default.asp>

We are looking forward to seeing you in school next week for our Christmas performances.

Have a lovely weekend.

**Sophie McCabe Executive Headteacher**



# The Trust's name officially becomes Changing Lives Learning Trust



## Changing Lives Learning Trust

RESPECT · RESILIENCE · ACHIEVEMENT · OPPORTUNITY

7<sup>th</sup> December 2022

Dear Parents/Carers

### CHANGE OF REGISTERED COMPANY NAME AS OF 6<sup>th</sup> DECEMBER 2022

The purpose of this letter is to inform you that following a Member's resolution, our West Lakes Multi-Academy Trust has recently changed its registered and trading name to Changing Lives Learning Trust.

This is simply a change in the Trust's overarching company name and logo; there is no change to any of the details for your child's school.

Whilst the websites will be updated to reflect the change of name, your child's academy email addresses and contact details will not be changing until early in the New Year and we will be in touch nearer the time with further details regarding this.

Thank you again to all who have contributed to this work.

Yours sincerely

Jonathan Johnson OBE  
Chief Executive Officer



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**13/12/22**

**EYFS & KS1 Christmas Performance**

**15/12/22**

**Christmas Jumper Day**

**Christmas Lunch**

**15/12/22**

**KS2 Christmas Performance**

**20/12/22**

**End of Term—Finish 1pm**

# ATTENDANCE

**Whole School - 95.5%**

**Reception – 91%**

**Year 1 & 2 – 96%**

**Year 3 & 4 – 93%**

**Year 5 & 6 – 96%**



# SCHOOL LUNCH MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Meatballs in Gravy and mashed potatoes	Spaghetti Bolognese With Garlic Bread	Cheesy Pizza Swirl with Cubed Potatoes	Roast Turkey, Chipolata with sage & Onion, Roast Potatoes & all the trimmings	Sausage, Chips & tomato sauce
Tomato Pasta	Vegetable Bolognese with Garlic Bread	Veggie Quiche with Coleslaw	Cheese & Cranberry Pastry Roll	Fishfingers with Chips & tomato sauce
Mixed Veg	Sweetcorn	Baked Beans	Carrot Brussels	Peas Baked Beans
Apple Crumble and Custard	Jelly and Fruit	Oaty Cookie	Chocolate & Orange Brownie	Apple, Cheese and Crackers

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



# STARS OF THE WEEK

**THEA**

**Excellent effort & amazing listening  
in expressive art**



**ROSIE-MAE**

**Moving up a whole group in phonics &  
making amazing progress**



**TEXAS**

**Being a super helper with the school play**

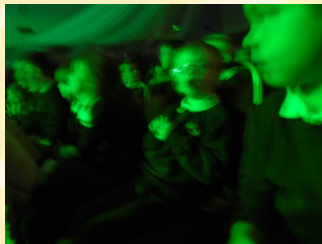
**Harley**

**For trying hard in all lessons & having a  
positive 'Can Do' attitude**





# WIZARD OF OZ PANTOMIME



# THORNHILL PLAYLEADS

During playtimes this week our enthusiastic play leaders have been running a whole school competition.

The children competed in a penalty shoot-out.

The distance from the goals and the width of the goals were suited to each age group, as were the goal keepers.

Our super shooter winners were Oscar, Autumn and Kasie!

Prizes were given out in good work assembly.



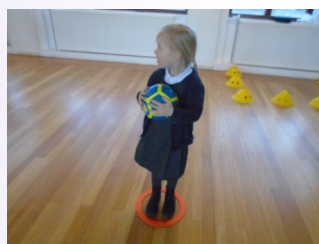


# FOOTBALL TOTS EYES

Nursery had a wonderful time today with Scott, the Footie Tots Coach from the Football Fun Factory.

They embraced all opportunities to learn new skills and play team games. Learning to kick a ball and balance on a ball.

The children particularly enjoyed the obstacle course at the end!





# 10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 18-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

## WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. "Netiquette" (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

## 1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

## 2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

## 3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as using CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

## 4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

## 5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

## KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – as share the love!

## WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

## THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

## REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

## FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the medium.



National Online Safety

#WakeUpWednesday





## 2 year old review for your child – A Parent's Guide

### What is a 2 year old review?

- A two year old review is a valuable opportunity to discuss your child. You know your child best.
- It is an opportunity for you to share your child's strengths.
- It is a chance for you to ask any questions.

### What will happen?

Your Health Visitor will invite you and your child to take part. Your Health Visitor will ask you to complete a questionnaire before the session.

At the session there will be a range of play activities for you and your child to take part in together.

If your child is attending childcare, the childcare provider will also invite you take part in a review. Other professionals who may be involved in your child's development and learning can be invited if you feel it is appropriate.

Parental permission is required; however, a grandparent or main carer can attend.

Please take up this opportunity to talk in a relaxed environment about your child.