



# **THORNHILL PRIMARY SCHOOL**

## **FRIDAY 6th JANUARY**



**Changing Lives  
Learning Trust**

RESPECT · RESILIENCE · ACHIEVEMENT · OPPORTUNITY

### **WHOLE SCHOOL MESSAGE**

Happy New Year!

I hope you had a wonderful and restful Christmas break. We hope 2023 will be a great year for all of our children and families.

We have had a great start to the new term and we are thrilled to be back, straight back to the fun of learning.

As we start a new term, I would like to remind you of the importance for attendance. We urge you to ensure that your child is in school and on time everyday to prevent falling behind with their learning. It is considered that attendance of 90% or below is persistent absence and a child who has an absence % of 80% misses 38 days of school across the year which equates to 190 lessons. We do ask that you avoid taking any holidays during term times and please talk to your child/ren about the importance of them being in school. If you would like to discuss this further, please do not hesitate to speak with me.

As a school we work to foster a love of reading, you can't beat reading a good book! Please promote this with your children and we believe every child should read or listen to a book at least 5 times a week outside of school and more often if possible.

I hope you have a lovely weekend.

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

# ATTENDANCE

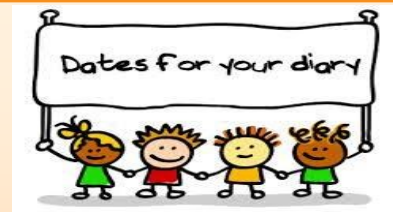
**Whole School - 97%**

**Reception – 86%**

**Year 1 & 2 – 100%**

**Year 3 & 4 – 97%**

**Year 5 & 6 – 97%**



**17/1/23**

**Reception Parents curriculum meeting**

**20/1/23**

**Chinese New Year Event Years 5 & 6 St Bees**

**30/1/23**

**Glaramara Residential Yrs 5 & 6**

**30/1/23—5/2/23**

**National Story Telling Week**

**6/2/23—10/2/23**

**Bikeability Training Years 5 & 6**

**23/1/23**

**Wheel chair basketball day.**

**20/2/23-24/2/23**

**Half Term**

**2/3/23**

**World Book Day 2023**

**6/3/23**

**Forest School Trips**

**31/3/23**

**End of Term**

“How we handle what's ahead of us will be determined by what we learned from everything that's behind us. For if we learned nothing, what's behind us will be the exact same thing that's in front of us.”

# SCHOOL LUNCH MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Meatballs in Gravy & mashed potatoes	Spaghetti Bolognese Garlic Bread	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Cheesy Pizza Swirl , Cubed Potatoes	Sausage, Chips & tomato sauce
Tomato Pasta	Vegetable Bolognese & Garlic Bread	Pasta Broccoli Bake	Veggie Quiche with Coleslaw	Fishfingers with Chips tomato sauce
Mixed Veg	Sweetcorn	Carrot Broccoli	Baked Beans	Peas Baked Beans
Apple Crumble & Custard	Jelly and Fruit	Sultana Flapjack	Oaty Cookie	Apple, Cheese & Crackers
Freshly cooked jacket potatoes / Fresh Bread / Fresh Fruit / Daily salad selection				



# GOOD WORK ASSEMBLY



STARS OF THE WEEK



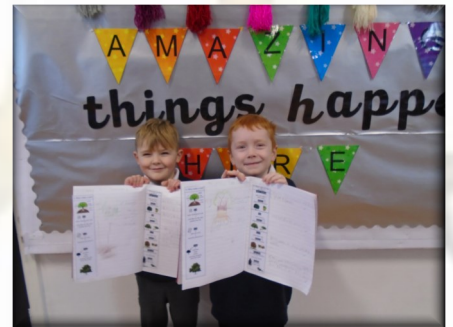
well  
done

Stars of the Week  
KS1 Cleo & KS2 Ugoeze

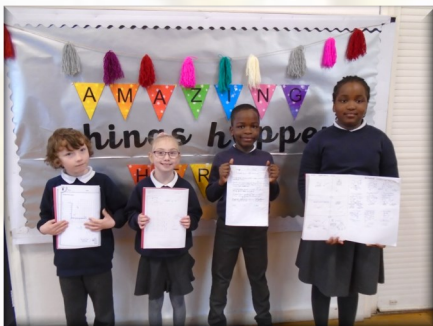
well  
done



Good Work  
Nursery



Good Work  
Oscar & Shane

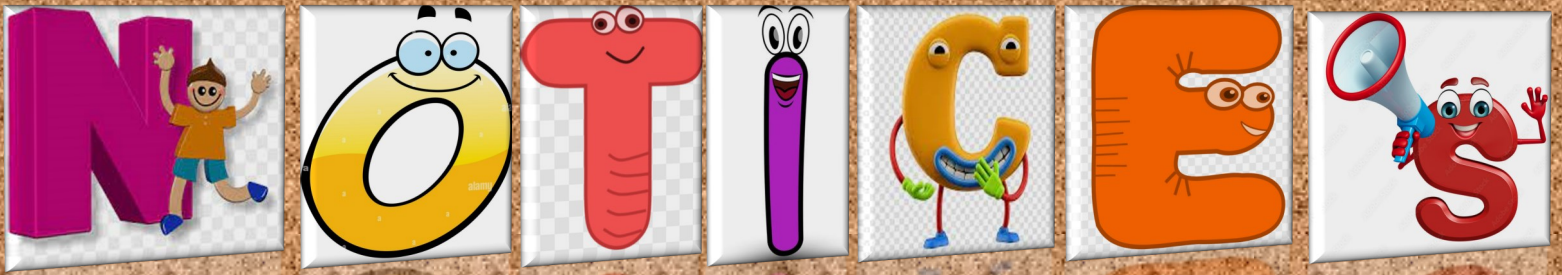


Good Work Year 3 & 4  
Elliott, Gabriella, Zina & Ugoeze



Good Work Year 5 & 6  
Kai & Jake





LATEST  
NEWS...

### **Cost of Living Support**

#### **Barnardo's Cost of Living national helpline**

**Barnardo's have launched a national Cost-of-Living Helpline.**

**This dedicated helpline aims to support families, children and young people across the UK who need cost of living support.**

**We are all feeling the effects of the rising cost of living and for some, this can be a source of real anxiety and concern. Our advisors on the helpline, will be open**

**Monday – Saturday 9.30am - 5.30pm.**

**The helpline number is 0808 500 0045.**

note

note

### **Finding cheaper food for your family**

**Many charities and organisations are working very hard to help families have access to free or cheap food this winter. Please see this article from Family Corner for useful ideas and apps**

**[Find cheaper food for the family this winter | Family Corner](#)**

**Cumbria County Council's 'Cost of living support' webpages contain information on affordable food support across Cumbria**

**[Cost of Living Support | Cumbria County Council](#)**



# #MeetMovePlay



## Whitehaven ParkPlay

**Come and meet Christina, Rachel & Rebecca at South Whitehaven Family Hub, Family Action CA28 8BN every Saturday from 09:30 am**

Cornerstone  
Partners:



ParkPlay welcomes everyone, so turn up for games, activities, fun - and a community here for you.

Register at [park-play.com](http://park-play.com)



**ParkPlay**

**Well Whitehaven**

## Family Action Cumbria are introducing a new course for Dads, Dads-to-be and Young Men

### Any Man Can

#### What is Any Man Can?

A 12-week early intervention group programme for Dads, Dads-to-be or young men to prevent dysfunctional or problematic behaviour from escalating to domestic violence or abuse.

*This is NOT a perpetrator programme.*

#### Who is this course suitable for?

Dads, Dads-to-be or young men who:

Are previously unknown to services for domestic abuse or violence, but behaviour is seen as problematic.

May have been involved in violence outside of the home.

May have strong beliefs about gender or be sexist.

Must accept responsibility for their own behaviour and want to improve it for themselves, their partner and/or children. They may want to be a “better Dad” or “better partner”.

*This is an early intervention programme, for families on Early Help Plans, new parents or parents-to-be etc.*

***If you would like more information regarding this course please join our Virtual Meetings via Teams***

Tuesday 10<sup>th</sup> January 2023 @ 12 noon (approx. 1 hour)

Tuesday 10<sup>th</sup> January 2023 @ 4 pm (approx. 1 hour)

To book a place email [fiona.vallis@family-action.org.uk](mailto:fiona.vallis@family-action.org.uk) , the link will then be forwarded.



# Talk to us about **F**ostering

WITH CUMBRIA COUNTY COUNCIL

Could you transform a child's  
life in 2023 by sharing yours?

Contact us today or  
attend our upcoming  
fostering information  
event on **Thursday  
19 January** at the  
Washington Hotel,  
Washington St,  
Workington  
CA14 3AY from  
6pm to 8pm.



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



Fostering changes lives  
**0303 333 1216**

Register your interest today  
[cumbria.gov.uk/fostering](https://cumbria.gov.uk/fostering)

# Children's Teeth

## Fluoride varnishing

Research shows that fluoride varnish is highly effective at reducing tooth decay if it is applied twice a year.

**What is fluoride varnish and what is it used for?**

Fluoride varnish provides extra protection against tooth decay when used in addition to brushing. Fluoride varnish is a pale yellow gel that sets quickly when applied to children's teeth using a soft brush. The varnish sets quickly and has a pleasant taste and a fruity smell.

Scientific studies have shown that fluoride varnish gives added protection to teeth against decay when used in addition to brushing teeth regularly with fluoride toothpaste.



**Ask your Dentist for Fluoride Varnish – Its Free!**



### NHS Help Lines

**For advice on an urgent dental problem  
9am - 4.30pm:**

- North Cumbria 01228 603900
- South Cumbria 01539 716822

**After 4.30pm and weekends:**

- NHS 111

