



NEWSLETTER

12/5/23

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WELL BEING WEEK

The school will be holding a Well Being Week during the week beginning next week. I have included a note from Flo bell, our Chair of Governors below:

I am looking forward to the Wellbeing activities next week in school. It is also National Mental Health Awareness Week which is focusing on anxiety this year (Mental Health Foundation - www.mentalhealth.org.uk).

Being able to maintain our wellbeing is so important in developing resilience, the ability to cope with challenges we encounter throughout life. Managing anxiety is an important part of being resilient, and being able to identify when we are experiencing anxiety is also crucial, so that we can decide what to do about it

Monday will focus on identifying the physical and mental signs of anxiety, and on learning some simple age-appropriate coping strategies.

We will also share the 5 Ways of Wellbeing: Connect, Be Active, Give, Learn, and Notice. From Tuesday-Friday the children will do a range of activities relating to these, and have opportunities to think about and discuss what they enjoy doing to support their wellbeing. I am sure you will hear lots about the activities!

I will be returning to school on Friday afternoon to enjoy Connecting and Giving at the coffee afternoon, and also spending a little time with the Juniors to think about Wellbeing Plans, their own action plan to follow should they recognise they are feeling anxious.

If you would like to find out more about how to support your children if they experience any anxiety, a great place to start is Young Minds <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>. Pooky Knightsmith also shares some excellent insights and 5 coping strategies for children and young people (and adults!) here: https://youtu.be/Ip_LCrZRINE.

When I did Enjoy-a-Ball, the children were very familiar with my mantra of 'practice makes you better', and this is also true when learning coping skills. 'Practice makes permanent' too, by practising coping skills in calm times they become automatic, part of our 'tool-box' for life! I am sure the focus on wellbeing next week will provide many magical moments and pockets full of memories, as well as increase the childrens' resilience now and into the future.

Flo Bell, Chair of Governors

COFFEE AFTERNOON

As part of well-being week, the school are holding a coffee afternoon from **2 – 3pm on Friday 19th May** where grandparents and members of the wider school community are invited into school to have a coffee and enjoy some home baking made by the children earlier in the week. We recognise the contribution grandparents make to the lives of the children whether this be picking up or dropping off at school, listening to their grandchildren read or looking after them at weekends. Any grandparent who comes will be joined

by their grandchild(ren) who will serve them and join them for a drink and a cake. Do come at any time between 2pm and 3pm and if it makes things easier for those coming, children can be collected earlier than usual.

SATS

Well done to Y6 who have completed their end of Key Stage Standard Attainment Tests this week. They have tackled fronted adverbials, present progressives and some very demanding Maths problems. The children have been presented with their Leavers' Hoodies today so should have come home with smiles on their faces.

STREET TAG AND DAILY WALKS

Several walks have taken place during the last two weeks at lunchtimes. The children have collected tags, polytags and accumulated steps. It has also been good to explore the lanes and lonnings around Cummersdale where bluebells are everywhere at the moment. Our weekly spot prize this week of a voucher for Crofton Farm Tea Room goes to Mrs Hayley Ramsay.

The school has also been given a number of vouchers for Whinlatter Forest Car Park as prizes. If anyone would like one of these (worth up to £8) just come and ask. They are valid until the end of August.

MABIE FARM

Reception will be going to Mabie Farm Park on **Thursday 18th May**. This date has been brought forward considerably due to other events taking place in school. Further information will have been sent to parents in a letter.

FOOTBALL

The football team recently took part in a competition at Lime House School. After wins against Lime House, St Michael's and Raughton Head, the team drew against Ivegill and narrowly lost to Cumwhinton to come 2nd overall.

There has been a change of date for the football festivals at Brunton Park due to Carlisle United's involvement in the play-offs. They will now take place during the final week of the half term on **24th May (Y5/6 Girls)** and **25th May (Y5/6 Boys)**, by which point hopefully Carlisle (and Stockport!) will be looking forward to Wembley?

Y3/4 are also in action in a competition at Harraby 4G on **Tuesday 23rd May** – further details to follow.

CHEMISTRY SESSION

Children in Y5 will be attending a Chemistry Session on **Wednesday 24th May** held jointly with pupils from Lime House School at their school. It promises to be an afternoon of fizzes and bangs! The children will travel by minibus with Mr Jones and Mrs Wakefield.

BIKEABILITY

The week beginning **22nd May**, children in Y5 and 6 will be taking part in their Bikeability Training. (Cycling proficiency). Cyclewise (based at Whinlatter) will come to the school to assess the children and get them practising their manoeuvres on the roads nearby so that they can become safe cyclists.

The children will be in groups which will go out at differing times throughout the week, but some groups are not cycling every day. All children will start cycling on the MUGA/field at first and all bikes will be checked to see whether they are roadworthy. The instructors are usually quite adept at adjusting seats, brakes, tyres etc. Do remember a helmet, but if you do not have one, let the school/instructor know.

Bikes can be brought in daily (or cycled in) or be left on Monday and picked up on Friday. They can be put in the bike racks or left around the tables at the back of school. We will ensure that all bikes are brought in to school at the end of each day.

Y1/2 SWIMMING

The week beginning **Monday 22nd May**, all Year 1 and year 2 children will be going swimming each morning to the Sands Centre. Travel will be by coach, leaving mid-morning and returning by lunchtime. The children will come to school as usual in uniform apart from Tuesday, the normal PE day.

The children will need a swim bag containing a towel, swim wear and goggles (if needed). It is advisable that the girls don't come to school with their costume on under their uniform as this can make going to the toilet in school difficult. Also make sure that jewellery is left at home that week.

To help your child (and the staff!), can you make sure that they can undress, dry and dress themselves. The teachers will be on hand to help turn clothes the right way round, do buttons etc, but the more the children can do, the better.

RECEPTION CLASS ASSEMBLY

The children in Reception will round off the half term with an assembly at **2.30pm on Friday 26th May**. The children will share their learning about 'Minibeasts and Life Cycles' with the rest of the school. Parents, friends and family are all welcome.

ATTENDANCE

The school has had an attendance rate of over 98% this week which is really impressive. Reception and Y6 have had 100% attendance for 2 weeks running and Y1 have joined them with 100% this week. My goody bag for attendance spot prizes is needing to be restocked – keep up the good work!

PUPIL OF THE WEEK

The **Pupil of the Week** this week is **Isabel Wilson (Y6)** for approaching a difficult week with a very positive and mature attitude. Last week's winner was **Luke Bainbridge (Y1)** for becoming a very sensible member of the class (and having a great Coronation outfit!)

Last week's winner of the **Kindness Cup** was **Hiilani Allinson (Y1)** for being extremely thoughtful and kind.

The **Enjoy-a-ball Sports Trophies** go to **Mia Heffernan (Y5)** who showed a very competitive streak when taking part in wheelchair basketball and **Alfie Lee Wannop (Y2)** who excelled at this difficult sport. Also to **Noah Jesse (Y3)** for his dance moves at Musical Theatre Club this week.

DATES FOR YOUR DIARY

15/5/23	Well Being Week
18/5/23	Reception Trip to Mabie Farm Park
19/5/23	Coffee Afternoon (2pm onwards)
22/5/23	Y1/2 Swimming sessions begin (daily for 1 week)
22/5/23	Y5/6 Bikeability sessions all week
22/5/23	Y3/4 Tennis Competition, Chatsworth
23/5/23	Y3/4 Football Final, Harraby tbc
24/5/23	Carlisle United Girls' Football Festival (am)
24/5/23	Y5 Visit to Lime House School for Chemistry Afternoon
25/5/23	Carlisle United Boys' Football Festival (am)
26/5/23	Reception Class Assembly (2.30pm)
26/5/23	End of Half term

