

Name: _____

BECKSTONE PRIMARY NEWSLETTER

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Newsletter no. 5 - January 2020

Dear Parents,

Welcome to the first newsletter of 2020!!

For the new Nursery starter parents, welcome to your first newsletter at Beckstone Primary. A newsletter is sent out usually on the first school day of each month and

contains information on activities at the school as well as important diary dates on the back.

If you ever mislay your newsletter then it is always available on the school's web site (address on the title bar) and the diary dates are there too, alternatively spares are available from the School Office.

As always there is a lot of information, about life in school, to share with you e.g. changes to collection arrangements, so please do take the time to read this newsletter carefully.

We hope you find this newsletter informative and useful and would very much welcome feedback either verbally or in writing. Please use the Parent Suggestions box at the top of the school hill or indeed the 'Parents' Online Suggestion Box' on our web site. If ever you wish anything to be included in a newsletter then please do let me know

Here's to a fabulous 2020!

Best wishes,
Mr Warbrick

LARGER PRINT VERSIONS OF THIS NEWSLETTER ARE AVAILABLE ON REQUEST FROM THE SCHOOL OFFICE OR USE 'ZOOM' ON WEBSITE VERSION

This newsletter has been sponsored by the following local businesses, please look out for their advert and support them when you can. Please mention that you have seen their advert in the school's newsletter!!

- Beckstone Cleaning & Electrical Services
- Belle Amour Photography
- Belvedere Dental Practice
- Councillor Marjorie Rae
- Cumbria Coast Karate
- Curzon Street Dental Hygienist
- Harrington Pharmacy
- High Harrington Community Centre
- Robinsons & Co
- Step by Step
- The Wobbly Wand



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Harrington Pharmacy



25 Church Road
Tel 01946 833565

- ❖ Free prescription collection service from Workington and Distington surgeries, for all ages
- ❖ Regular promotions throughout the shop
- ❖ Selection of household, baby and toiletry products. Plus, perfumes and gifts
- ❖ Free repeat medication check- up service

Opening hours
Mon-Fri 9am-5.30pm
Sat 9am-12.30pm



Nativity Donation

Jaxson & Leah's Mum works at Wyndham Manor care home in Cleator Moor and the residents knitted Nativity figures that were donated to the school. Jaxson is pictured alongside them. The donation was very kind and will be used at Christmas time for many years to come. Our thanks go to Wyndham Manor and to all who created this lovely scene.



Mayor of Allerdale Christmas Card Competition

Three of our pupils, George from Year 2, Jesse from Year 3 and Sylvester from Year 5 were runners up in the competition to design the Mayor's Christmas Card. This was no mean feat as there were nearly 900 entries. The winners are pictured with the Allerdale Mayor, our own local Councillor, Hilary Harrington, who is no stranger to the school.



Christmas Fund Raising

The fair raised £1,800 which is amazing, thanks again to all for their support of this event. In addition our raffle raised £1,000 which is another astonishing figure and then the Community Carol Singing and Christmas Performance donations raised even more resulting in a grand total of just over £3,800. The generosity of our school community is very impressive indeed.

Christmas Raffle



The 'Friends at Beckstone' annual Christmas Raffle took place on the penultimate day of last term.

We would like to thank all who donated prizes and bought tickets. Please do take note of all the local businesses who supported the event (the Washington Central, Embleton Hotel, the Royal George, The Lake District Wildlife Park, the Gincase, Lakes Escapes, B&Q, the Body Shop, the Wave Centre, Clip and Climb, and Scarlett beauty) by donating prizes and thank them for their support if you use their service. A complete list of

all the prizes and who won what is available on request from the School Office. The photo below shows the prizes on the day of the draw.



Circuits Morning

The 'Circuits Day' for this half term is on Thursday 13th February. Children can come to school dressed in sports clothes.



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100 Club



The December draw took place on Thursday 19th December. There was no winner of the £30 (21) so the prize money goes to FAB, the £15 prize (26) was won by Mrs Sewell and the £5 prize (64) was won by B. Pearson. New players are welcome and can play on a monthly basis

for a £1 stake. If you wish to buy a number for yourself or your child please see the School Office.

You can now buy numbers for the remaining draws in this school year. The cost for the rest of the year is £7. Please see the School Office. The January draw will be at the end of this month.

Revisewise



REVISE WISE CLUBS

Free revision classes for **Year 6 children** now take place on a Wednesday and a Thursday from 8.20 to 8.50am. Please encourage your children to attend as it has proved to impact on their outcomes in Year 6.

All Year 6 children should be attending!

Coats



We are now asking all children to wear their coats at lunchtimes and playtimes over the winter months. Please ensure they come to school with a coat and one that has their name in – thanks!

School coats which are fully waterproof and have a hood and reflective strips are available from the School Office at a competitive price of just £18.50 (sizes 3-4 up to 11-12); extra small adult upward sizes are £23.20.

Give Blood – Help Save a Life!



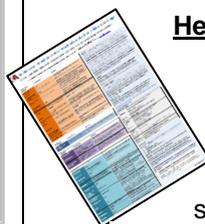
The next donor session you can book online is on Friday 14th February 2020, at the Bridge Centre from 3 to 7pm

Do something worthwhile and save someone's life

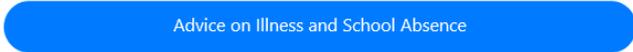


Further details and booking details can be found at www.blood.co.uk

Health



The advice on absence for illness at school has changed. New guidance can be found in the Parent Information/Advice zone of our web site by clicking on the button as shown below.



Class Assembly Date Change

Please note the Year 3 Class assembly has been moved to Friday 24th April.



Chair's Blog

Hi everyone and welcome to the first newsletter of the decade! And a special welcome to our new nursery children and parents, it's fantastic to have you along with us! We have a number of spaces still available, so if you have any friends or relatives with children born between 1 January 2017 and 31 March 2017, please let them know, they can enrol after their 3rd birthday and start in April.

Now that we're into the start of spring term, it's time to start getting ready for SATS this summer. Revisewise is now available for all Year 6 children and I encourage you all to attend; be the best you can be.

You may be aware that school funding is increasingly tighter and we rely more and more on charitable donations and fundraising to provide the best resources and activities for our children. I am therefore making an appeal to you all for donations to our school fund; now that we have ParentPay, it couldn't be easier to make a donation, whatever it is. At the risk of sounding like one of many tv ads, £2 a month, or whatever you can afford, would make a huge difference to our school fund. Log on to ParentPay and there's a link there. Please help if you can.

We are continuing to have issues with inappropriate use of social media amongst our pupils; please see the section of the newsletter on pages 12-13 for guidance and advice. Children are accessing inappropriate content and may be posting and sharing photos and videos that they really shouldn't. Please make sure that you monitor their on-line activity.

After the success of our Summer Holiday play scheme last year, we are offering an Easter holiday scheme and another Summer holiday scheme. There was fantastic feedback from last year's scheme, so please consider using it if you need childcare in the holidays. A booking form will come home with your child soon.

Happy New Year!

Vicki Martin
Chair of Governors





Belle Amour
PHOTOGRAPHY

Call: 07803 475383
Email: info@belleamourphotography.co.uk
Web: www.belleamourphotography.uk

Facebook Instagram

Capture precious timeless moments and special occasions with a local professional photographer




Lost Property

The box was full again at the end of term and clothing with names in was returned to the rightful owners. Unclaimed clothes had to be recycled or are being collected for charitable use (see below). **We cannot stress enough the importance of labelling clothing, make it a New Year resolution!**

Moldova



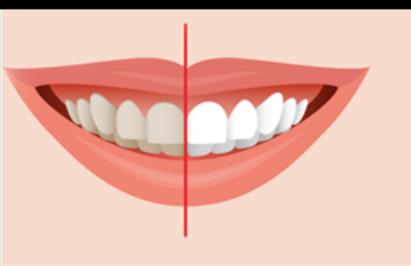
One of our grandfathers has been a grateful recipient of some of our unclaimed lost property. Mr O'Donnell has then supported a school in Moldova by sending them the uniforms. The school are pictured below. The man in the second picture is Victor Zama the pastor who receives the clothes.



School Milk

Milk is vital for growing children as it strengthens bones and teeth. Children in Reception and Nursery are entitled to free milk as are children who are eligible for free school meals and clothing vouchers (not the universal free meal for all FS & KS1 children). The cost of milk for the first half term in the Spring is **£7.50** and needs to be paid by Friday, 10th January **via ParentPay NOT cash or cheque**. If you need help with this please see the School Office. Due to the administrative burden of checking attendance and the inability to change the order daily unfortunately milk money cannot be refunded for absence.





Wouldn't you like cleaner teeth?
It's easier and cheaper than you think.

FIONA WOODWARD, DENTAL HYGIENIST WITH 23 YEARS EXPERIENCE IS AVAILABLE FOR APPOINTMENTS AT CURZON STREET DENTAL SURGERY IN MARYPORT.

SO IF YOU'RE SUFFERING WITH STAINED TEETH, BLEEDING GUMS OR BAD BREATH COME AND LET ME IMPROVE YOUR SMILE AND THE HEALTH OF YOUR MOUTH.



LET ME IMPROVE YOUR SMILE

CALL FOR AN APPOINTMENT
01900 812109



Safeguarding/Child Protection

Full details on the county's policies, procedures and processes with regard to safeguarding plus analysis of outcomes of serious case reviews can be accessed through the Cumbria CSCP (Cumbria Safeguarding Children



Partnership) Web Site at <https://www.cumbriasafeguardingchildren.co.uk/default.asp> the site also has a parental information zone.

In addition to the above the school has a 'Safeguarding Zone' on its web site which contains the above link as well as relevant school policies, further information and a diagram showing how we keep your child safe in school. It is well worth a look.

Sharing information is in the best interests of children and their safeguarding. The school reserves the right to share and receive information from other agencies that may have had dealings with your child.



If you ever have any concerns about the safety or well-being of a child, then you can ring your concerns through to the County's 24 hour 'Safeguarding Hub' number and you can remain anonymous if you wish. Callers can outline their concerns and the Safeguarding Hub will give advice (consultation) and if necessary, undertake an

assessment of need.



There is now also an adult NSPCC helpline where any concerned adult can seek advice if they are concerned about a child and would like advice on whether to make a referral. The number to call is



Domestic Violence



Debbie Cook, our Educational Support Manager has trained to be a 'Domestic Violence Champion' and is a resource available to any adult who would like to confidentially share incidents with her and is a very good source of advice. Just contact the School Office to get in touch with her. Domestic violence is on the increase and causes terrible harm to victims and the associated children.

It is everyone's responsibility to ensure it is eradicated. We are working closely with the Police and the school will learn of any incidents to support any children whose lives are affected by such an occurrence.



School Meals

The menu for this term is reproduced on the next page. It is also available on our web site and is a handy reference to encourage your child to have school meals and also to help them with their choices.

Our school meals are of a high quality with a fabulous array of choices, served by an excellent and committed canteen staff. Indeed the school continues to receive a '5' for its hygiene and cleanliness under the 'Food Safety & Hygiene Regulations Act.

We do encourage all children to have a school meal as the balance of Nutrition is designed to ensure a healthy and long life

Please note the school does not have facilities for storing packed lunches at appropriate temperatures and that packed lunches MUST be healthy. Please give serious thought as to why your child should not have a school dinner, particularly in Years Reception, 1 & 2 when they are FREE!



Free School Meals Application

Eligibility for Free Meals brings other benefits such as a uniform grant, free milk, free instrumental hire and provides the school with additional funding. We ask that ALL



Are you entitled?



ELIGIBLE PARENTS OF PUPILS FROM RECEPTION UP TO YEAR 6 fill in the school meals registration form that is available from the School Office or apply online through

Beckstone Menu



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Main Chicken Curry with Rice</p> <p>Vegetarian Main Vegetable Curry with Rice</p>  <p>Vegetables Sweetcorn Cabbage</p>  <p>Dessert Apple Flapjack Yogurt Fresh Fruit</p> <p>Fresh Sandwiches Available Daily - Ham, Cheese or Tuna</p>	<p>Main Sausage, Mashed Potatoes and Gravy</p>  <p>Vegetarian Main Vegetarian Sausages, Mashed Potato & Gravy</p> <p>Vegetables Broccoli Cauliflower</p>  <p>Dessert Pineapple Cake Yogurt Fresh Fruit</p>	<p>Main Roast Chicken, Stuffing, Roast Potatoes & Gravy</p>  <p>Vegetarian Main Vegetable Wellington with Roast Potatoes and Gravy</p> <p>Vegetables Carrots Green Beans</p>  <p>Dessert Apple, Cheese & Crackers Yogurt & Fruit</p> <p>Salad & Fruit Daily</p>	<p>Main Beef Meatballs with Tomato & Vegetable Pasta</p>  <p>Vegetarian Main Macaroni Cheese</p> <p>Vegetables Roast Mixed Vegetables</p>  <p>Dessert Syrup Sponge & Custard Yogurt & Fresh Fruit</p>	<p>Main Fishfingers & Chips</p>  <p>Vegetarian Main Cheese & Tomato Flan & Chips</p> <p>Vegetables Baked Beans Peas</p>   <p>Dessert Fruit and Yogurt</p> 

Allergy Information: If your child has an allergy or intolerance, please ask a member of the catering team for information.

WEEK COMMENCING 6th & 27th Jan, 17th Feb, 9th March

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Beckstone Menu



WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Main Cheese & Tomato Pizza with Wedges</p>  <p>Vegetarian Main Chickpea Curry with Rice</p> <p>Vegetables Sweetcorn Tomatoes</p>  <p>Dessert Oaty Pear Crumble with Custard Yogurt & Fruit</p> <p>Fresh Sandwiches Available Daily - Ham, Cheese or Tuna</p>	<p>Main Sausage Roll with Wedges</p>  <p>Vegetarian Main Vegan Sausage Roll with Wedges</p> <p>Vegetables Peas Beans</p>  <p>Dessert Chocolate Cake with Chocolate Drizzle Yogurt & Fruit</p>	<p>Main Roast Gammon, Roast Potatoes & Gravy</p>  <p>Vegetarian Main Quorn Fillet with Roast Potatoes and Gravy</p> <p>Vegetables Green Beans Carrots</p>  <p>Dessert Apple, Cheese & Crackers Yogurt & Fruit</p> <p>Salad & Fruit Daily</p>	<p>Main Chilli Beef with Rice</p>  <p>Vegetarian Main Vegetarian Bolognese</p> <p>Vegetables Sweetcorn Broccoli</p>  <p>Dessert Orange & Lemon Shortbread</p>	<p>Main Breaded Fish or Fishfingers & Chips</p>  <p>Vegetarian Main Cheese Frittata with Chips</p> <p>Vegetables Baked Beans Peas</p>   <p>Dessert Fruit and Yogurt</p> 

Allergy Information: If your child has an allergy or intolerance, please ask a member of the catering team for information.

WEEK COMMENCING 13th Jan, 3rd & 24th Feb, 16th March

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Beckstone Menu



WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Main Cheese and Ham Pizza with Wedges</p>  <p>Vegetarian Main Mexican Beans with Rice</p> <p>Vegetables Sweetcorn Beans</p>  <p>Dessert Oaty Cookie Yogurt & Fruit</p> <p>Fresh Sandwiches Available Daily - Ham, Cheese or Tuna</p>	<p>Main Chicken & Sweetcorn Pie with New Potatoes & Gravy</p>  <p>Vegetarian Main Vegetable Hot Pot</p> <p>Vegetables Swede & Carrot Mash</p>  <p>Dessert Banana Sponge & Custard Yogurt & Fruit</p>	<p>Main Roast Pork, Roast Potatoes & Gravy</p>  <p>Vegetarian Main Potato & Courgette Stack with Roast Potatoes</p> <p>Vegetables Carrots Peas</p>  <p>Dessert Apple, Cheese & Biscuits Yogurt & Fruit</p> <p>Salad & Fruit Daily</p>	<p>Main All Day Breakfast Bacon, Sausage, Beans, Scrambled Eggs & Bread</p>  <p>Vegetarian Main Vegetarian Stir Fry with Noodles or Rice</p> <p>Vegetables Cauliflower Green Beans</p>  <p>Dessert Chocolate and Orange Brownie Yogurt & Fruit</p>	<p>Main Fish in Batter or Fishfingers & Chips</p>  <p>Vegetarian Main Vegetarian Sausage with Chips</p> <p>Vegetables Baked Beans Peas</p>   <p>Dessert Fruit and Yogurt</p> 

Allergy Information: If your child has an allergy or intolerance, please ask a member of the catering team for information.

WEEK COMMENCING 20th Jan, 10th Feb, 2nd & 23rd March

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the Cumbria County Council 'Citizen Portal'. This can be found by searching for it on the internet, using the link below or following the QR code.

https://emsonline.cumbria.gov.uk/CitizenPortal_LIVE/Account/Login?ReturnUrl=%2FCitizenPortal_LIVE%2E

Please note that you may be able to qualify for FREE SCHOOL MEALS (FSM) for your children if you are receiving Statutory Maternity Pay.

Please also note that the number of FSM claimants is a determining factor in the school's budget allocation, so we need everyone that is eligible to apply – thanks!!

BEGINNERS CLASSES ENROLLING NOW
www.cumbriacoastkarate.co.uk

FREE TRIAL




CUMBRIA COAST KARATE
IN MARTIAL ARTS

**ADULTS, TEENS, BOYS AND GIRLS,
AGED 6 YEARS OLD ABOVE**

<p>HIGH HARRINGTON COMMUNITY CENTRE TUESDAYS 6pm-8pm SUNDAYS 5pm-7pm</p>	<p>ST BEES SECONDARY SCHOOL MEMORIAL HALL THURSDAYS 6pm-8pm</p>
<p>LAMPLUGH VILLAGE HALL MONDAYS 6pm-8pm</p>	<p>THE GATHER ENNERDALE WEDNESDAYS 6pm-8pm</p>

LEARN KARATE IN A FAMILY FRIENDLY CLUB
 BUILD SELF CONFIDENCE
 IMPROVE SELF ESTEEM
 IMPROVE FITNESS
 LOSE WEIGHT
 LEARN HOW TO USE IN SELF DEFENCE
 FAMILIES TRAINING TOGETHER

07543 876490

(THIS NUMBER DOES NOT ACCEPT TEXT MESSAGES)

ALL INSTRUCTORS ARE FIRST AID TRAINED AND DBS CHECKED

Donations Needed

The school would very much welcome any of the following;

- Games, puzzles and jigsaws
- Construction Equipment
- Railway or road sets
- Nursery socks & pants
- Bikes and Trikes for Nursery & Reception
- Good quality books
- Wellingtons for the Early Years
- Comics/games for wet playtimes



Sporting Success



Our Sports Hall Athletics team won through from the Workington tournament to represent Workington in the Allerdale Finals this month. Our congratulations go to them and their superb team coach, Mrs Chambers.

ParentPay



The school is now operating an online cashless payment system from the start of this half term. Money for school lunches, milk and trips will now only be accepted through this system.

The only money that will accepted into school will be for the extended services (Breakfast Club, Educare and Afterschool Club) but please note these services can be paid through your employer as tax free childcare vouchers. The companies registered to the school are Eden Red and the Computer Share Voucher scheme.

If you have any problems or have not yet set up an account then please do not hesitate to contact the school office as soon as possible.

Non Uniform Days



The next non-uniform day is on the 6th February and coincides with the children signing a song in Makaton as part of a national challenge.

Nursery Intakes

Children born between **1 January 2017** and **31 March 2017** can receive their free 15 or 30 hours a week Nursery education from **April 2020**.

If you know of any children with birth dates between these times and would like their child to come to this school, then please ask them to get in touch with the School Office as soon as possible.

Children born between **1 April 2017** and **31 August 2017** can receive their free 15 or 30 hours a week from **September 2020**.



Children born between **1 September 2017** and **31 March 2017** can receive their free 15 or 30 hours a week from **January 2021**.

Forms for applying for any of these intakes are available from the School Office or just ring and we can post them out.

Please let friends/relatives know we now have a number of spaces for Nursery in January and April and can enrol children from their 3rd birthday for 15 hours and for the full 30 hours from the term after their 3rd birthday.

Beckstone's Extended Services



Our extended services include the Breakfast Club (£4.00 from 7.30am, £3.50 from 8am); Educare (our popular afternoon child care provision for morning Nursery children – see table at below) Please note that unfortunately we are unable to offer facilities for packed lunches for Nursery children. Beckstone Xtra (again £3.50 an hour) runs from the end of the school day until 5.15pm



The prices for our extended services are extremely competitive to support families in these difficult economic times. The price per hour is only £3.50. This is very good value and an extremely competitive rate for child care.

15 HOURS ENTITLEMENT

Sessions will run from:

12:10—1:10 p.m. = 1 Voucher

12:10—2:10 p.m. = 2 Vouchers

12:10—3:10 p.m. = 3 Vouchers

A charge of £3.10 will be required to cover the cost of a school dinner and midday care from 11.50am to 12.10pm.

*Vouchers cannot be split, for example if you collect your child at 1:45 p.m. you will be charged 2 vouchers, likewise if you collect your child at 2:30p.m. you will be charged 3 vouchers regardless.

NON-ENTITLEMENT

Sessions will run from:

12:10—1:10 p.m. = £5.00

12:10—2:10 p.m. = £8.50

12:10—3:10 p.m. = £12.00

Please note Vouchers can be used in Breakfast Club and Beckstone Xtra or barked to use elsewhere.

Carer & Toddler Club



This runs every Wednesday afternoon from 1.30 to 3pm. There is no cost to join but a £3.00 levy is charged to cover the cost of refreshments etc. Please spread the word as there are many spare spaces now the last cohort has joined Reception

Extreme Weather/Heating Emergencies

As winter approaches it is to be hoped that inclement weather is not serious and that the heating system works effectively. If this happens not to be the case and the school is forced to close then the following will be points of information;



- ⓘ A text message will be sent to all parents (**it is of vital importance we have an up to date mobile number contacts for every child**)

- ⓘ The County Council web site carries information on schools that are closed
- ⓘ CFM and Radio Cumbria will be informed and closure details will be included in their broadcasts
- ⓘ The school web site will be updated underneath the 'Weather Warnings' link.

**Beckstone Property
Services Ltd**

All household maintenance jobs catered for.
Small electrical jobs a speciality.
Part 'P' Registered

Contact Harvey Reid on 07576378635
or email: Harvey_reid_69@btinternet.com

School Fund

We need donations to this fund as funds are getting REALLY tight so please help if you can. The fund is donation based (for example the businesses advertising in this newsletter provide donations to this fund) and is used to fund the coaches for sporting events, buy many consumable items and fun activities for the pupils as well as many other things for school that enable us to provide services free of charge.



Please have a ratch down the sofa or anywhere to find some spare money to donate to the school to support all the children.

Please help if you can by donating to this fund.



Now we have the ParentPay system we can offer the facility for families to make an automatic School Fund donation on a monthly basis, from their bank account even £2 per month would cumulate to a great fund to support activities in school. If you would like to support the school in this way please contact the School office for further details on how to set this up.

Cinema Nights



There are 2 Cinema Nights this half term, one for Reception & KS1 on Tuesday 11th February. The second is on Wednesday 12th February for KS2. If you have children in both ends of the school then we can accommodate that

with an older child going to the younger sitting or vice versa!
 Further information and booking forms will go out towards the end of the month. The cost of the films including care and copious refreshments will be £6 per child payable when booking.



School Savings Account

Encourage your child to save is a financial skill that will serve them well in life. If you would like to make use of our school savings account facility simply call in at the School Office to open an account if your child does not already have one.



High Harrington Community Centre

The Community Centre is in Crooklands, High Harrington and is colloquially known as the 'Green Hut'. It is a very competitively priced and useful resource for all in the community to use. To hire this facility for any event then please contact Marjorie Rae on 01946 831004. The venue can be used for children or adult parties, meetings etc. and hire rates are very reasonable indeed. If you do hire this venue, please let Marjorie know you read about it in this newsletter.

Also, please pass on the following details to anyone you think may be interested:
 Ladies Club, every Tuesday from 1.30 to 3.45pm. All ages are welcome to attend. A great opportunity to get to know new people and make new friends.

Ladies Club
 Tuesday
 from 1.30 to 3.45pm at High
 Harrington Community
 Centre.



All ages are welcome to attend.

“A great opportunity to get to know new people and make new friends”

**ACCEPTING
 NEW
 NHS
 PATIENTS
 NOW!**

25 Station Road
 Workington
 CA14 2UX
 01900603866

Walk to School – Feet First



We aim to improve the health and fitness of our youngsters and reduce congestion and the hazard of traffic outside school. We hope that our children will take part in Feet First as well as picking up road safety skills. In addition, it is hoped they will be encouraged to think about the environmental and health benefits of walking, cycling or scooting to school. If your child has to travel a long distance by car – why not park remotely from the school and walk, cycle or scoot the rest of the way (Park & Stride/Ride/Glide).

Why not make walking to school a New year Resolution.

Shopping Gateway

We are in partnership with a charity called 'School Angel' to raise money for the school. This is really simple to use and you can visit via our web site by clicking on the 'Shopping Gateway' Once on the page all you need to do is click on the logo for whatever shop/service you would like to visit. The school will receive commission from these firms at no extra cost to you; it is just a gateway to access websites.



**PLEASE DO TRY TO SUPPORT THE SCHOOL
 WHEN YOU SHOP ONLINE....
 PARTICULARLY IF BOOKING SUMMER
 HOLIDAYS NEXT YEAR!!**



Facebook

The school has a live Facebook page – it is called “Beckstone Primary School (Official Facebook Group)”, you should be able to search for the group or you can use this address or QR code.

<https://www.facebook.com/groups/1922762928000636>

The top of the Facebook page should look like the image above...there appears to be other sites with the school name on but these are not official:

We have created this page to let you know when our school website is updated and to send messages. It is for information only and doesn't accept comments.

If you are a Facebook user and would like to receive news feeds and updates about the school, then don't forget to 'join' the group and select the “see first” button. The Facebook page has open access and will also contain links to updates on our web site and messages from school – there is no facility to message school, please use other methods. As a result, any photos etc. will only appear from our web site following clicking on a link. It is hoped this will dissuade children who are under 13 using Facebook but will allow adults to receive updates about the school.

Indeed, please note no children should have Facebook accounts under the age of 13 and applications to join the group will be refused/accounts will be deleted.



QR Codes

QR stands for 'quick response'. QR Codes, if you don't know, are those funny black and white boxes you see in newspapers and magazines such as the image alongside. These are placed within this newsletter at relevant points to give you quick access to websites mentioned. All you have to do is install a free QR code reader to your phone/tablet, just search the App/Play store using 'QR', and simply scan the code.



Why not try downloading it and scan this code and see if it works. It should take you directly to our school web site.

Breakfast Club Sandwiches

On the last Friday of each month the Breakfast Club serve bacon or sausage sandwiches at a cost of 50p per child or £1.50 per adult. Parents can purchase a buttie as they drop their children off and can eat in or take away. The take-away option is also available to any parents even if their child is not in the Breakfast Club. The next Breakfast Club sandwich day is Friday 31st January.



For all the family

MESSY CHURCH

MESSY MARY'S

Taking place every 3rd Saturday of each month

4pm - 6pm

In St Mary's Parish Church Hall

Come and join us for church with a difference

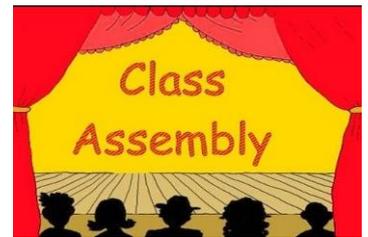
Messy craft, games, interactive worship and delicious food!

If you would like more information please contact

The Rev. Julia Powley on 01946 830215

Class Assemblies

This term sees most of the class assemblies. These are on Fridays and start promptly at 9.05am. Parents are welcome to attend and can take photographs/video if they wish as we have no objections from parents for this. We will also film the assemblies and DVDs can be ordered after the event and these can be ordered for £3 after the assembly. We endeavour to get these DVDs to you later the same day if we can. Finally, no fire drills are planned for these times so if the fire alarm does sound please leave by the rear doors of the Sports Hall and muster on the back playground.



Swimming Spring 2020

3LS, 4JWa and 4DP will be having swimming lessons this term. Lessons begin THIS Monday coming, 13th January and finish on Monday 23rd March. Children will need a bag, a towel, appropriate swimwear and a hair brush or comb. Time is tight and the children will not have time for any 'beauty' treatments before returning to school on the bus!



Again, please can all note that **swimming is statutory and all should take part unless medical advice states otherwise.** There is no better sport for overall health than swimming. It's great for your heart and circulation, provides natural, low-impact resistance for building muscle and as it challenges your body it will help release endorphins - your body's natural pain and stress fighters which can fight off infection and also make you feel happy.



The Wobbly Wand

Handmade, whimsical
arts & crafts

www.wobblywand.co.uk



Wobbly Wand's Page



FAB Meeting

The next meeting of the 'Friends of Beckstone' will take place in the staff room of the school on **Thursday 13th February at 3.30pm**. We can provide FREE Beckstone Xtra places for those wishing to attend as long as they are booked in advance. We will be planning events for the rest of the school year, do attend if you can.

The Rae Way – Back Path

Please be careful using the back path in frosty weather as it was an issue last year with frost making the tarmacked parts of the path slippery. Unfortunately, the school is unable to grit this access path as H&S regulations only allow the school to grit pathways into the building within its grounds. The local Council sadly do not have the resources to employ gritters. In cases of bad frost, it is therefore advisable to access the school from the front entrance if you feel the Rae Way is too dangerous.



Courteous Parking

Please can all parents using cars near the school please park courteously and legally. We had complaints last term about parents parking in front of people's drives, parking on Eadie Street which is for residents only and also very near the start of the back path on the Main Road. This latter one is a concern as

there is no crossing here and cars parked near or on the red tarmac are obscuring vision for cars and pedestrians and can make it very unsafe to cross.



schoolangel
charity for schools

Please use School Angel every time you shop online for anything from great holidays & hotels to the latest ipad, mobile phone or must have fashions. All the major UK retailers have agreed to make a donation to your school every time you shop from the School Angel website.




School Angel is Super Simple

No accounts, No passwords, No email or names needed. Just click on whichever shop you want to use and schoolangel will make sure your donation gets right back to school.

Your School Needs Your Help – School Angel makes it easy, simple and free for you to make a real difference to your school children

Simply click on the 'Shopping Gateway' link on our web site or scan the code



Pupil' Use of Social Media & Online Gaming

Please can all parents make sure they are aware of the apps and the social media their children have access to. Disturbingly we have found out through Kidsafe discussions that STILL some of our children use a wide range of online games and apps that have disturbing content and shouldn't be seen by children of a Primary age
In addition, there are games for the PlayStation, Xbox etc that allow children to talk to each other and



sometimes strangers when playing the game. Of particular concern at the moment is 'Fortnite'. This game has a **12** rating as it contains moderate violence but also allows open and unfiltered contact to others. Last term the school was becoming involved in a number of issues where 'online chats' had resulted in name calling, threats and upset and often 'last night's' game spilled over into classrooms and staff have had to sort issues out. Furthermore, we have learnt from some children that they stay up until very late (way past recommended sleep times – see following article) to play these games. As a consequence, there are some pupils who are coming to school too tired and upset to focus on their learning from playing a game that has a rating above their years! We are urging parents of pupils who have access to this game to curtail its use and put their child's learning first!

All social media apps including WhatsApp, Tik Tok, Snap Chat, Facebook and Instagram have a minimum age of **13!** There is an important reason for this as children under this age do not have the emotional maturity or social awareness of how to use them properly. Anything written is never deleted and could come back to haunt your child later in life. We understand that you may be under pressure from your children to allow them access to these apps (e.g. Snapchat) or sites such as Facebook and Instagram but please dissuade them and tell them Mr Warbrick has said 'no'. Childhood is a very special phase in life and it should last as long as possible and not be shortened through accessing adult media.



How much sleep do children need?

Below are the approximate hours of sleep **needed** by children of different ages, as recommended recently in a Government Health report. If one assumes children are woken up at say, 7.30am for school then 'sleep times' have been added to the recommendations...these are not bed times, but times children need to be asleep, so bedtimes consequently need to be earlier, perhaps half an hour before!

3 years - 7.30pm

- daytime: 0 to 45 minutes
- night-time: 11 hours 30 minutes to 12 hours

4 years - 8pm

- night-time: 11 hours 30 minutes

5 years - 8.30pm

- night-time: 11 hours

6 years - 8.45pm

- night-time: 10 hours 45 minutes

7 years - 9pm

- night-time: 10 hours 30 minutes

8 years - 9.15pm

- night-time: 10 hours 15 minutes

9 years - 9.30pm

- night-time: 10 hours

10 years - 9.45pm

- night-time: 9 hours 45 minutes

11 years - 10pm

- night-time: 9 hours 30 minutes



TOP TIPS ABOUT SLEEP:

Advice from Public Health 5-19 Service....

Children of all ages will benefit and respond well to a regular bedtime routine as well as feeling safe and secure.

Tip 1: Create a calm, quiet bedtime routine. This should begin shortly after tea with some quiet play, a bath, story and then bed.

Tip 2: Ideally set a time for bed and stick to it. When a good bedtime routine is established occasional later nights as children get older should not be a problem.

Tip 3: Make sure the bedroom is dark, cool and quiet and establish some early rules!

No TV, computers or phones in the bedroom and ideally avoid stimulating electronic games 2 hours before bedtime.

Tip 4: Don't expect your child to go to sleep straight away. Once in bed some quiet play, reading or listening to an audio story is fine for a little while until they are ready to drop off.

Tip 5: Get everyone in the family to stick to the routine.

Tip 6: 'I am hungry' 'I am thirsty' – A light supper before tooth brushing and keeping a glass of water next to the bed can help.

Tip 7: When problems do occur try to stay calm and avoid getting anxious. If your child gets up or is difficult to settle by themselves; check they're ok, reassure them, give them a quick cuddle but then tuck them back into their own bed. Remember your child needs to learn to go to sleep independently. Repeat and keep repeating the above whilst remaining calm, firm and consistent!

Tip 8: Sometimes sleep problems are affected by daytime routines; Make sure your child has regular exercise and plenty of fresh air. Avoid fizzy drinks and energy drinks which contain a lot of sugar and caffeine.

Tip 9: Is your child worried or scared? If this is the case, aim to talk and reassure your child in the daytime so that bedtime and sleep can be a calm and restful time.

Tip 10: If you have tried these tips, but your child keeps having problems getting to sleep or sleeping through the night, you may feel you could do with more support. Begin by keeping a sleep diary and then speak to your GP about your worries so that further assessment or support can be given.

VISIT THESE USEFUL WEBSITES

www.nhs.uk/livewell/childrensleep

Solutions to help you or your child prepare for bed and get a full night's sleep.

www.parenting.org.uk

Advice on a variety of topics.

www.familylives.org.uk

Advice on a variety of topics.

www.sleepforkids.org

Website for parents and young people about sleep and how to get a good sleep routine.

www.sleepfoundation.org

Includes information from the National Sleep Foundation which is dedicated to promoting the many positive health and wellbeing benefits of a good night sleep for all ages.

Play Group & Chat

Open to all!

**Every Wednesday
1.30 pm – 3.00 pm**



£3 cost covers: tea, coffee, homemade cake, raffle ticket, snacks for children.

**Additional Child - £1.50
Additional Adult - £1**



Sign in at the office, sessions held in dining hall/breakfast club. Even if you fancy a cuppa and a chat before collecting your child, please come & join us!

Easter & Summer Holiday Play Scheme

Following on from the success of the Summer Play Scheme the school will be offering an Easter Holiday Play Scheme. The Easter camp will run on a daily basis from Monday 30th March on weekdays through to Thursday 9th April, the day before Good Friday (school resumes on the Tuesday after Easter Monday, 14th April). The play scheme will run from 8am until 5pm. Further details and a booking form will be sent home in the near future.

HOLIDAY PLAYSCHEME



Please also note that the Summer Holiday Play Scheme will be repeated this year and will run for the first 2 weeks and the last 2 weeks of the Summer holiday. Further details and a booking form will be sent home immediately after the Easter Holidays.

Foodbank

Thank you to all who donated towards the 'Reverse Advent Calendar'. The Foodbank were very grateful and we will have improved the festive period for many families in the locality. We have a Foodbank collection point just inside the Reception classes' entrance if you would like to donate any items. It is collected regularly. For further details of the work of the Foodbank and

how you can be involved contact; the North Lakes Foodbank; email:

info@thefoodbank.org.uk www.thefoodbank.org.uk or

tel: 0750 2311 452

A list of foods welcomed is below.



Reg Charity No 1067541

Shopping List

Please help local people in crisis by buying items from the list below and giving them to the North Lakes Foodbank

Thank you!

- * Milk (Full Fat or Semi- Skimmed UHT)
- * Fruit Juice (1 ltr carton UHT)
- * Pasta Sauces (jars or sachets)
- * Biscuits or snack bars
- * Cereals (Medium sized boxes)
- * Tinned Meat
- * Tomatoes (Tinned or Carton)
- * Tinned Fish
- * Tinned Fruit
- * Tinned Vegetables
- * Soup (Tinned no Cuppa Soup)
- * Rice Pudding (Tinned)
- * Instant Mash Potato
- * Sponge Pudding (Tinned)
- * Sugar
- * Jam
- * Pasta (Medium bags of dried pasta. No sachets of 'pasta & sauce' mixes)
- * Tea Bags/Instant coffee (Med)



No Low Calorie Foods

Web Site & Photos

To view many of the photos of school activities last term including the Christmas performances please do visit the 'Film and Photo Gallery' of our web site.

2019-2020

Community Carol Singing	KS1 Christmas Performance	KS2 Christmas Performance
Breakfast Club Dancing	Year 6 Choir at Dunmail	National Takeover Day
Remembrance Parade	Nature Photographs	Halloween
"Off By Heart" Choral Challenge (Oct 2019)	Great North Air Ambulance	
Arabella's Coffee Morning	Y5/6JMcG Hawkshead Residential	Gurning Competition



Mrs Carter finished yesterday to begin her maternity leave. We wish her all the very best and look forward with excitement to hear about the birth of her first child.



Kids Page

Articles, jokes, puzzles and reviews done by pupils would be welcomed on this page. All you need to do is hand it in to Mr Warbrick.

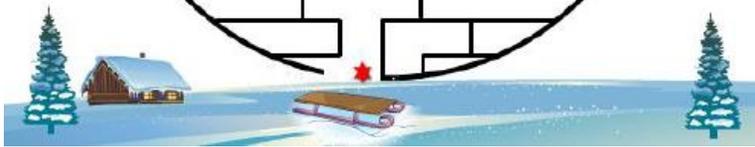
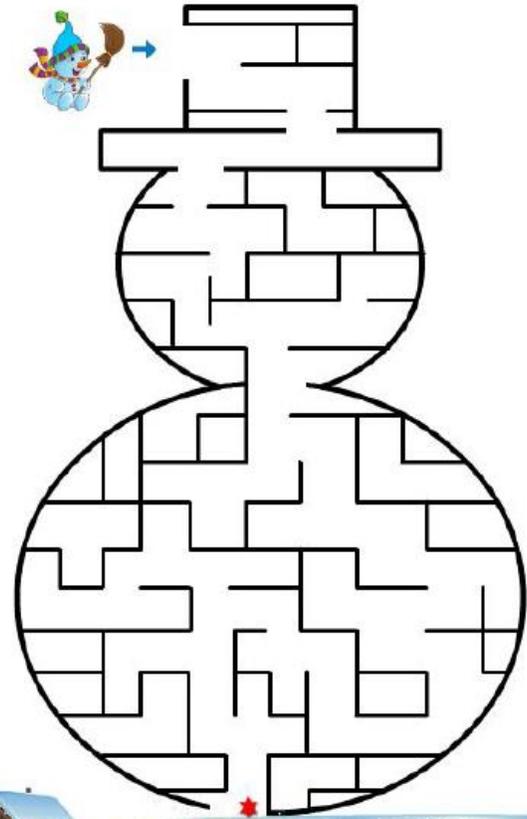
WINTER WORD SEARCH



WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

Help the snowman find the sledge.

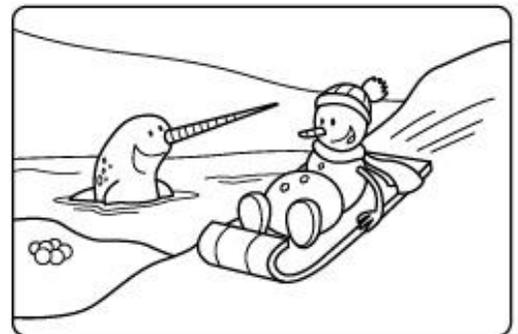
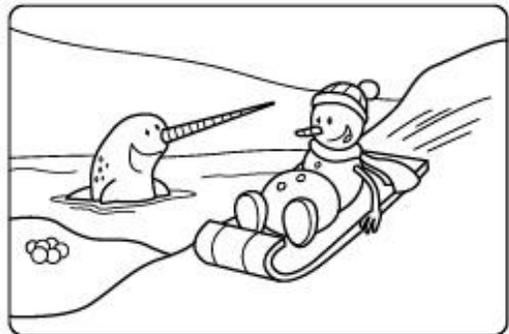


Disney Winter Colouring



Winter Spot the Difference

Find 6 differences between the 2 scenes.



Need to contact your Councillor?



Marjorie Rae
County Councillor for
Harrington, Clifton and Stainburn



3 Springfield Avenue • High Harrington
Workington • Cumbria • CA14 4LW

Tel: 01946 831004 • Mobile: 07719 325644
Email: marjorie.rae@cumbriacc.gov.uk

Building pride in Cumbria

Term Dates until Summer 2023

	Spring 2020	Summer 2020	Autumn 2020	Spring 2021	Summer 2021	Autumn 2021	Spring 2022	Summer 2022	Autumn 2022	Spring 2023	Summer 2023
Start of Term	Tuesday 7 th January	Tuesday 14 th April May/VE Day – Fri 8 th	Wednesday 2 nd September	Tuesday 5 th January	Monday 19 th April May Day – Mon 3 rd	Thursday 2 nd September	Wednesday 5 th January	Wednesday 20 th April May Day – Mon 2 nd	Wednesday 7 th September	Wednesday 4 th January	Monday 17 th April May Day – Mon 1 st
Half Term	Monday 17 th February – Friday 21 st February	Monday 25 th May – Friday 29 th May	Monday 26 th October – Friday 30 th October	Monday 15 th February – Friday 19 th February	Monday 31 st May – Friday 4 th June	Monday 25 th October – Friday 29 th October	Monday 14 th February – Friday 18 th February	Monday 30 th May – Friday 3 rd June	Monday 24 th October – Friday 28 th October	Monday 20 th February – Friday 24 th February	Monday 29 th May – Friday 2 nd June
End of Term	Friday 27 th March	Friday 17 th July	Friday 18 th December	Thursday 1 st April	Friday 16 th July	Friday 17 th December	Friday 1 st April	Wednesday 20 th July	Tuesday 20 th December	Friday 31 st March	Wednesday 19 th July

Diary Dates



January

- Week beg. 7th – Nursery Home Visits
- Tue 7th – Children re-start
- Thu 9th - A Y3&4 class are cooking
- Mon 13th – New January Nursery Children Start
- Thu 16th – Year 3 & 4 Tullie House Anglo Saxon Assembly
 - A Y3&4 class are cooking
- Fri 17th - Y3 First Aid, Little Lifers
- Tue 21st – Y3&4 Quicksticks Hockey Tournament
- Thu 23rd – A Y3&4 class are cooking
- Fri 24th – M&M Productions – ‘Snow White’
 - Group from 5/6JMcG visiting East Croft
- Tue 28th – Curriculum & Pupils Meeting 5pm & Main Governors 6pm
- Thu 30th – Young Voices Trip
- Fri 31st – Class Assembly – 4JWa**
 - Breakfast Club sandwiches will be served priced at £1.50



February

- Sat 1st – Football Competition at the Sands Centre
- Tue 4th - Y3&4 Multi-Skills competition
- Thu 6th – ‘Sign2Sing’ non uniform day
- Fri 7th – Class Assembly – 5LJ**
- Mon 10th – 3 Year Old Dental Survey
- Tue 11th – KS1 & R Cinema Night
- Wed 12th – KS2 Cinema Night
- Thu 13th – Circuits Morning
 - Over 55's coming for lunch
 - FAB Meeting 3.30pm
- Fri 14th - Break up for Half Term



FEBRUARY HALF TERM

- Mon 24th – 6HG Cooking
- Tue 25th – Y1&2 Multi Skills competition
- Wed 26th & Thu 27th – Water Workshops for KS2
- Thu 27th – 5/6JMcG Cooking
- Fri 28th – A group from 6HG visiting East Croft
 - 5LJ Cooking
 - Breakfast Club sandwiches will be served priced at £1.50



Dates for rest of School Year



- Thu 5th March – World Book Day & ‘Play in a Day’ plus family reading!
- Mon 8th March – Duck eggs arrive
- Tue 10th March – Year 4 Tullie House Viking Trip
 - KS1 & R Bingo Night
- Wed 11th Mar – Year 3 Tullie House Viking Trip
 - KS2 Bingo Night
- Thu 12th – Sport Relief Mile
- Fri 13th Mar – Class Assembly – 2SF**
- Mon 16th – Ducks on tour!
 - KS1 & R Cinema Night
- Tue 17th Mar & Wed 18th Mar – Parents' Evenings + 6Hg on Thurs 19th**
- Thu 19th Mar – Non Uniform for Down's Syndrome Association
 - KS2 Cinema Night
- Fri 20th Mar – Class Assembly – R/1JWh**
- Week beg. 23rd Mar – Egg & Bonnet week
- Mon 23rd Mar – Circuits Morning
- Tue 24th Mar – Y3&4 Tennis Tournament
 - Y5&6 visiting Reservoir
 - Governors 6pm
- Tue 24th Mar & Wed 25th Mar – Reception Come & Play 2-3pm**
- Wed 25th March – BIG Dance at Sands Centre
- Thu 26th – Egg Dumping Final**
 - County Gymnastics Final
 - A group from 4JWa visiting East croft
- Fri 27th Mar – Class Assembly – 12RM**
 - Break up for Easter
- Sun 29th Mar – Clocks go forward
- Tue 14th Apr – Children start back
- Week beg 14th April – Nursery Home Visits
- Mon 20th April – New April Nursery starters start
- Thu 23rd Apr – Class Photo Day
- Fri 24th Apr – Class Assembly – Year 3**
 - A group from Reception visiting East Croft
- Tue 28th Apr – Staffing & Finance 5pm, Main Governors 6pm
- Fri 1st May – Class Assembly – RJT**
- Tue 5th May – Y1&2 Football Competition
- Wed 6th May – Workington Academy Pre-Admission Evening
- Fri 8th May – VE Bank Holiday
- Mon 11th – Thu 14th May – KS2 & KS1 SATS week**
- Mon 18th – KS1 & R Cinema Night
- Tue 19th May – School Swimming Gala
 - Governor Challenge Day
 - KS2 Cinema Night
- Wed 20th – Fri 22nd May – Y6 Kingswood Trip
- Fri 22nd May – Class Assembly – 4DP**
 - A group from 1AC are visiting East Croft
 - Break up for half term
- Wed 3rd June – Uniform try on event for Workington Academy, 3.45 to 6pm
- Fri 5th June – Class Assembly – 1AC**
- Mon 8th June – Phonics screening week & Y4 X Table tests (for 3 weeks)**
 - Sponsored Circuits Day
- Thu 11th June – Workington Swimming Gala
- Fri 12th June – Y1&2 Kinder Cricket Competition
- Thu 18th June – ‘Off by Heart’ Individual Challenge
 - Workington Academy Tutor day
- Tue 23rd June – Workington Academy, St Joseph's & Cockermouth Transition Day
 - Wed 24th June – Y5 Workington Academy Familiarisation Day
 - Cockermouth Transition Day #2
- Thu 25th June – Imran Kowali visiting
- Fri 26th June – A group from 4DP are visiting East Croft
- Mon 29th June – Health Week, begins. An Olympian is visiting
- Tue 30th June – Sports day (reserve on 2nd July)
- Mon 6th July – Laura berry, Kooth, visiting Y6 re supporting transition
 - KS1 & R Cinema Night
- Tue 7th July – Curriculum & Pupils 5pm, Main Governors Meeting 6pm
 - KS2 Cinema Night
- Wed 8th July – Summer Trip for classes RJT & R/1JWh to Maryport Aquarium
- Thu 9th July – Y6 Keswick Transition Day
- Fri 10th July – Meet new classes' day part 1
 - A group from 3LS visiting East Croft
- Mon 13th July – Meet new classes' day part 2
- Tue 14th July – Y6 Graduation
- Wed 15th July – Curriculum Evening & Reports Out
- Thu 16th July – Fun day
- Fri 17th July – Beckstone's Got Talent & close for summer

