



# Newsletter

Autumn 1 2024

## Upcoming Events

- 4/11 School Opens Autumn 2
- 7/11 PTA Meeting (All welcome!)
- 8/11 C3 Football Event
- 11/11 School Council at Village Remembrance Service
- 15/11 Children in Need Day
- 15/11 KS2 Cross Country Event
- 20/11 KS1 Visit to Theatre
- 22/11 Multisport Event C2
- 2/12-6/12 Assessment Week
- 4/12 KS2 Visit to Panto
- 9/12 C1 to Walby Farm Park
- 13/12 PTA Christmas Fair
- 13/12 Choir Performance St Bees
- 17/12 Christmas Lunch
- 18/12 C1 Christmas Play 2pm
- 20/12 Toy Day (no electronics)
- 20/12 School closes at 1:15pm
- 6/1/25 School Opens Spring 1

Please make a note of key dates and check emails for more information about events. Bookings and permissions are required on School Hub in 'Other items'

## School Summary

It has been a fantastic start to the new school year, with pupils settling quickly into their new classes including new rooms, new furniture and of course new teachers! It was great to see so many parents attending our Meet and Greet sessions and our Parents' Afternoon to find out how they can support learning both in and outside of the classroom.

We have continued to build on our School Values, demonstrating **Love** through showing kindness, respect and helping each other around school, as well as through fundraising and community initiatives such as our Foodbank Collection and Recycling Challenge led by some of our pupil groups. We have had lots of Star of the Week awards for **Ownership** and **Attitudes** to learning, and our pupils have definitely shown **Collaboration** skills during our Sporting events, STEM workshops and Class Assemblies. It was also fabulous to see our pupils working together to support their **Wellbeing** on our Hello Yellow day which focused on raising awareness of looking after our mental health.

We have been sharing lots of updates on the learning taking place in each class, on our FaceBook page and it has been lovely to see the children so engaged and proud of their work. After this long and busy half term, they certainly deserve a well earned rest!

Wishing you all a safe and happy half term break!

*Mrs Walker*

## Clubs

Our Clubs for Autumn 2 have been chosen by the pupils and include; Movies / Books, Sports, Christmas Crafts, Singing & Dancing including Christmas Choir, and back by popular demand ... Makaton sign language!

Sessions are 3:15-4:30pm and bookings are now available on School Hub. We also offer Morning wrap around care from 8am and FREE Breakfast Club for ALL pupils from 8:30am

# Safeguarding Update

Our attendance for the term so far has been 93% which is sadly below the 97% national target. Please remember that if your child has mild symptoms such as headache, sore throat or 'sore tummy' they can be sent into school and we will inform parents if they need to come home ... 99% of the time, as soon as they see their friends they are feeling better. Similarly, if they sleep in due to a disturbed night, please bring them in to school when they are up rather than taking the whole day off ... everyday really does count in terms of lost learning!

As Halloween approaches, please be mindful of keeping children safe when Trick or Treating. Pupils have been reminded in our school assembly about informing parents of where they are going and of being respectful to the residents of our local community whilst having lots of Halloween fun! There are many scary movies shown on streaming devices around this time of year which can be viewed anytime of day ... please set parental controls to support pupils making appropriate movie choices. Here are some tips from #WakeUpWednesdays with everything parents need to know.

## HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

### CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

- U: Suitable for all ages
- PG: For children aged 8 and above; this content shouldn't unsettle them
- 12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references
- 15: Suitable only for 15-year-olds and above
- 18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

### WHAT ARE THE RISKS?

#### STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

#### FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

#### PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

#### CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

#### PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

## Advice for Parents & Educators

### WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

### REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them: this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

### DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

### USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.





# Ready to Read

One of our key areas of school development this half term has been the implementation of our new Phonics Scheme, Read Write Inc. It is safe to say our pupils are loving learning with Fred the Frog and have all made amazing progress on their reading journey! Children were rewarded with certificates and parents have been sent celebration emails so please share these achievements with family and friends to encourage your children to keep going!

Thank you to all of the parents who attended our Phonics Workshop and who continually help their children with reading each night ... your support makes all the difference! A huge thank you to Miss High who is doing a fabulous job as our Phonics Lead and to all of the RWI Staff who are delivering the program with such passion and enthusiasm! If you have any questions about the scheme or need support or advice, please contact Miss High at [FH@lowca.cumbria.sch.uk](mailto:FH@lowca.cumbria.sch.uk)



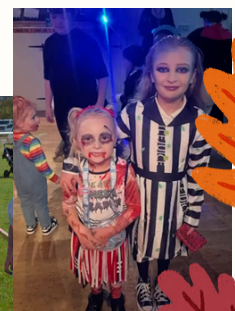
We held our first Scholastic Book Fair this half term to encourage children to get excited about books and it was lovely to see so many families attending to support the event. Not only did our pupils buy some excellent books but we also raised £200 worth of books for our own school library!

Over the coming months, we will be reigniting our 'Love of Reading' with themed activities, author events and introducing Book Bags and Boxes for our pupils to bring home and share with family! *If you would be interested in volunteering to hear pupils read on Wednesdays between 9:00 and 9:30am please contact the office.*

## PTA Celebrations

Our PTA have been doing an amazing job of securing funds to support pupils learning and enrichment in school this half term. So far they have raised a massive £1,350 with the Colour Run and Halloween Disco events ... and they have already started planning for another amazing Christmas Fair! If you can support this in any way, either by giving time and ideas to help with planning events or time to support events please contact the office to find out more or come along and join our next meeting on Thursday 7th November - free tea / coffee and childcare available.

This year we are raising funds to purchase a new outdoor adventure station as well as contributing to trips and resources to support learning. In the next half term, the PTA are funding a place for EVERY child to visit the Theatre which will be an amazing experience for our pupils and also reduces costs and expectations for our families.



# Community News

If you know of any events in our community or an activity that our families may be interested in please get in touch with the office and let us know.



## Community Lunch




**Available every Wednesday at 1pm**  
(Orders need to be booked by Tuesday)



**Delicious Homemade Roast Dinners with  
a Selection of Meats, Roast & Mashed  
Potato with Seasonal Veg and Pudding**

For only £4.95 per person

Contact the Office to Book your place!



## FORZA RUGBY CAMPS



**LOWCA ARLFC**  
LOWCA RUGBY LEAGUE CLUB, WHITEHAVEN  
CA28 6PH  
WEDNESDAY 30TH OCTOBER & THURSDAY 31ST OCTOBER  
10AM- 3PM  
£25 PER DAY OR BOTH DAYS FOR £40

Book now at- [WWW.ELITEKIDSCOACHING.COM/RUGBYCAMPS](http://WWW.ELITEKIDSCOACHING.COM/RUGBYCAMPS)

\*Packed Lunch & water bottle required, spare clothes recommended if poor weather\*



## MUNCASTER HALLOWEEN FESTIVAL

**22<sup>ND</sup>-30<sup>TH</sup> OCTOBER**

TICKETS & DETAILS AT  
[MUNCASTER.CO.UK](http://MUNCASTER.CO.UK)

TWILIGHT OWLS - SCARY MAZE  
BIG TOP CIRCUS - TRICK OR TREAT TRAIL  
FOOD & DRINK STALLS - FACE PAINTING  
FIRE SHOW - ZOMBIE SHOOTOUT

**DRESS CODE: SPOOKY!**



## CREATIVE WRITING WORKSHOP HALLOWEEN

Join us at District Tuition for a spine-tingling Halloween Creative Writing Workshop! Dive into the eerie world of suspenseful storytelling, guided by spooky music and chilling prompts. Unleash your imagination and sharpen your writing skills in a fun and frightful atmosphere —if you dare!

**TRICK OR TREAT**

**28-29<sup>th</sup> OCTOBER** | **100% FREE** | **12:00 PM - 1:00 PM**

[DISTRICTTUITION.COM](http://DISTRICTTUITION.COM) | 01946 817888