



'We lift our eyes to the hills'

January Newsletter 2023

The Christmas holidays now seem like a distant memory and we are already stuck into the spring term. We hope that you all had a lovely Christmas and were able to find some seasonal cheer despite the 'not so ideal' weather.

This half term the school value we are focusing on is **Respect**.

We have been talking about how we need to take **responsibility** for what we **say** and how we look after **our environment** and the **things around us**. The Adventurers have been busy making bird feeders to look after our birds in the cold weather. We will be reflecting on others ways to take responsibility and show respect.

Learning this term

The whole school have a focus on learning about space. We started off our topic with the Wonder Dome visiting school- a gigantic inflatable planetarium. Each class got a session in the planetarium with an astronomer to guide them through the night sky with stunning photographs and films of stars, planets and galaxies. We had the opportunity to question the astronomer, (we thought of some tricky ones!) and learnt lots of cool facts about space and beyond...



A whole school approach to KIRFS: 'Key Instant Recall Facts'

This term we have introduced KIRFS across the whole school to help the children to establish key number recall and understanding. Each half-term your child will be expected to learn and practice their KIRFs at home. On Seesaw, we will send home a parent help sheet that outlines the key focus for the half-term and how you can help at home to support your child to gain confidence. The children will complete a 'KIRF' challenge at the beginning, middle and end of each half term to track their confidence and their scores will be recorded in their reading records so you are able to see how they are doing.

Healthy Snacks & Drinks

Children need to bring in a water bottle to be put on the side, so the children can have a drink throughout the day. These can be taken home daily or left for the week. They all will be sent home on a Friday. **This needs to be water.** "Statistics released by Public Health England (PHE) showed that around 30 per cent of under-fives in Cumbria had signs of tooth decay which is higher than the national average and is a growing trend."

The Explorers and Discoverers are encouraged to bring in a healthy snack for the morning. We would recommend fruit, raisins, crackers. At the moment there are quite a few unhealthy snacks coming into

school. **Please no sweets, pastries, biscuits or chocolates.** The Adventurers receive free fruit and milk. "NHS Digital figures show 36.7 per cent of Cumbria's youngsters are unhealthily overweight when they finish primary school." We want to support our children to make healthy choices from a young age.

Teepee tots – restarting 3rd March

We are excited that Teepee Tots is restarting the Friday after half term, from 9.30-11.30am for a price of £2.00 per child, this includes refreshments throughout the morning. If you have any friends who you feel may enjoy the group, please spread the word or let Laura in the office know their contact details.

Mother's Day Service

Our Mother's Day service will be held at St Thomas's church on **Friday the 17th March at 9.30am**. This is a not only a school service, we would like to invite the community to attend with us which includes school parents, grandparents and also friends. Everyone is welcomed.

Mental Health Week

Next week is **Mental Health Week in School**. The theme of this year's Children's Mental Health Week is **Let's Connect**. Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. The children can come in their own clothes on Friday 12th Feb and will spend some time on the school field connecting with their friends.



Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond. Can you connect with someone in your community or a family member? What could you do?

As parents you play an important role in your child's mental health. There are lots of lovely **free resources** for families on their website. <https://www.childrensmentalhealthweek.org.uk/families/>

World book Day

We are holding world book day this year on **Friday the 3rd of March**. We have moved it slightly from the national day. On World Book Day, the children can come to school dressed as their favourite books character.

Miss Lace, will also be holding an Usborne book fair in school. Further details will be sent out later this month.

Please find your children's Book token attached.

School Field Development Project by Nic Williams

"There is much excitement around a fledgling plan to improve the outdoor provision for the school. The students and staff have come up with a highly aspirational and inspired list of suggestions and improvements. Improved habitat areas, climbing boulders, a slide, outdoor woodworking areas, outdoor cooking areas, bog restoration... the list goes on much further!

The SSA are keen to support the projects, but after some shock at initial costings, even their generosity will only get us so far. We're trying to think bigger than our limited budget, and what we are really hoping for is that amongst the talented local community we can come together and support a number of communal work events in the spring and summer to get a number of the environment areas sorted. We're also seeing if we can organise a parent assisted school day event when the students could make their own woodworking benches.

We'll get out a more detailed plan in the future, but we're keen to kick off straight away to build a bit of momentum. So, if you think you might want to help with renovating the bog, revamping the bird hide area or building some benches, please could you drop Nic Williams an email on nic.williams@selside.cumbria.sch.uk. He's currently fleshing out the project plan, so watch this space.

An additional beg or borrow request - the students are really enthused by their Design and Technology work, but need a better storage solution for their woodworking tools whilst we build a permanent one for them - if anyone has a spare lockable box/shed ready for reuse or upcycling then please let us know, it would be greatly appreciated."

Many thanks, Nic Williams

School Reading helpers

We are looking for parents or family friends in the community to come into school on a Friday afternoon from 2-3pm to help read with our school children. If you are able to help, please contact the school office on admin@selside.cumbria.sch.uk

Selside School Association- SSA for short

Exciting things to come...

Decorate an Egg competition- Friday 31st March

Easter Bingo- 21st April

Swimathon - Saturday 4th March

Camp out on the School Field- Sat 15th July

Next Meeting date

Tuesday 18th April @ 7pm

Please don't forget to support our SSA if you make any amazon purchases. Simple use Amazon Smile and search for our name Selside School Association on the list. AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice.

With very best wishes



June Lowther & all the Selside School Staff

Dates for the diary - More information will be coming out closer to the time

Spring term dates:

- Parents evening: 7th Feb
- Mental Health Week: Friday 10th children to come in own clothes
- **Half term 20th to 24th Feb**
- World Book Day: Friday 3rd March
- Elleray Cross Country event: Discoverers Class only: Wednesday 8th March
- Explorers class at the Jetty Museum: Fri 10th March
- Mother's Day Service: Friday 17th March @ 9.30am
- School council at Pupil Parliament
- Break up for Easter: 1.30pm on Friday 31st March
- **Summer term dates:**
- Bank holiday: 8th May
- SATs for Year 6: 9th to 12th May

PTO

- Discoverers Residential: 16th to 19th May
- **May half term 29th May to 2nd June**
- Discoverers Trip to Wordsworth's Museum: 6th June
- Adventurers Day at St Catherine's Wood: 9th June
- Explorers Residential: 21st to 23rd June
- School Swimming: 26th to 30th June (year groups to be confirmed)
- Sports Day: Wednesday 5th July
- Year 6 day trip to London: 7th July
- Back up Sports Day: Wednesday 12th July
- Summer Concert: Friday 14th July **@ 2pm** (Please note this has changed from an evening slot)