

24.12.24

St. Mary's

Church of England Primary School
Kirkby Lonsdale



Honesty



Trust



Responsibility



Perseverance



Respect



Dear Parents and Carers,

The Weather

Thank you for trusting us to do the right thing when it comes to decision making around the weather. When we makes decisions, we take time to absorb all of the advice and the situation, then respond appropriately. Where we can, we will make decisions in good time – often after 7am but hopefully in time for you to respond. There are times when decisions are disruptive but always made with the best of intentions. Thankfully, as we have seen, whilst there are a few local incidents around, the wind proved not to be too disruptive at all. Please look to your Arbor App and emails for your information when we make decisions.

Swimming

Mindful that we are delivering swimming lessons throughout Year 3-6, we want to encourage parents and families to build confidence in swimming outwith of school. At times we see children ready to launch in swimming, occasionally fearful of the water and some needing to develop their technique.



How can you help as parents?

1. **Start Early and Make it Fun:** Early exposure to water in a playful way can help children develop a positive association with swimming. Bath time games, splashing around in shallow pools, and simple floating experiences can all lay the foundation for water confidence.
2. **Choose the Right Instructor:** A qualified and patient swim instructor can make a world of difference. Look for someone who specialises in teaching young children and who you feel is able to make good progress with your child. Sometimes a change in instructor can provide a different perspective and new instruction.

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3. **Focus on Positive Reinforcement:** Celebrate every small achievement, no matter how minor. Positive reinforcement helps children feel good about their progress and encourages them to keep trying. Avoid negative criticism or pressure, as this can lead to fear and anxiety.
4. **Make it a Family Affair:** Involve the whole family in swimming activities. Go for family swims, play water games together, and talk about water safety. Seeing their parents enjoying the water can help children feel more comfortable.
5. **Be Patient and Understanding:** Every child learns at their own pace. Avoid pushing them too hard or comparing them to others. Instead, focus on their individual progress and celebrate their unique strengths.
6. **Address Fears Directly:** If your child expresses fear or anxiety about swimming, talk to them about it. Help them identify their specific concerns and work together to find ways to overcome them.

By following these tips, parents can play a vital role in helping their children develop confidence in swimming and enjoy the many benefits of this important life skill.

Here are some local contacts if you want to engage with swimming lessons.

<https://www.piranha-swim.co.uk/contact/>

 **Kirkby Lonsdale - Casterton School**

Sedbergh Preparatory School, Casterton, Kirkby Lonsdale, LA6 2SG

Group Lessons/Swim Squad Sessions

Mondays 5.15pm – 7.45pm
Wednesdays 5.15pm – 7.45pm

<https://www.lunevalleypool.com/online-booking>

<https://www.kirkbylonsdalehealthclub.com/swimming-lessons>

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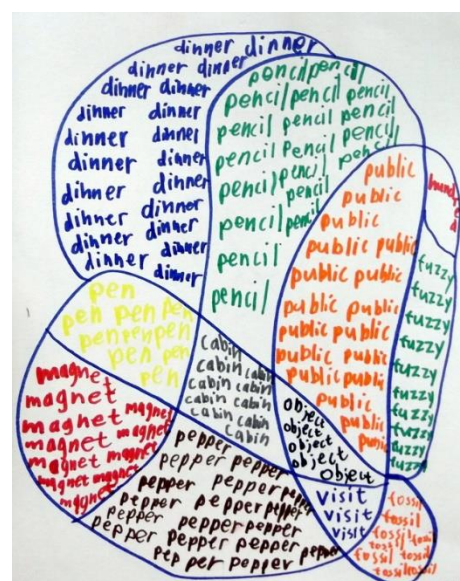
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Does your child struggle with writing and spelling? Our spelling bee is the perfect opportunity to explore writing and spelling together at home. It is also a chance to encourage everyone to have a go at improving spelling.

Spelling Bee Buzz - Get ready to sharpen those pencils and unleash your inner wordsmith! The annual Spelling Bee is just around the corner, and we'll be sending out the official spelling lists very soon. This is a fantastic opportunity for our pupils to immerse themselves in the wonderful world of words and hone their spelling prowess throughout January. The Spelling Bee will take place in early February, so start practicing those tricky words! Last minute spelling doesn't make the spellings stick in a child's brain!

What could you do to help? Children respond well to creative ways to learn spellings especially if they find spellings tricky.



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PLEASE CONSIDER NOMINATING SOMEONE IN OUR COMMUNITY

Please ask the children who they would like to vote for.

Celebrating Our Community Heroes - We are thrilled to announce the launch of our Community Awards! This initiative provides a wonderful platform for our community to recognise and celebrate the inspiring individuals who make Kirkby Lonsdale such a special place. We invite you to nominate your local heroes in categories such as **Fundraising Hero, Healthcare Hero, Brave Hero, Business Hero and Ultimate Hero.**

Here are a few individuals who I believe deserve recognition:

- **Fundraising Hero:** Volunteer or Organisation - for their tireless efforts in raising funds. Their dedication has made a significant difference to our community.
- **Healthcare Hero:** Healthcare professional, for their compassionate care and commitment to the well-being of our community. Their tireless efforts have brought comfort and healing to countless individuals.
- **Brave Hero:** Local individual who has overcome adversity, for their incredible strength and resilience in the face of challenges. Their inspiring story serves as a beacon of hope and courage for others.
- **Ultimate Hero:** A local hero who has made a huge difference in our community for their dedication to making Kirkby Lonsdale a better place. Their selfless service has enriched the lives of many.
- **Business Hero:** A local business that is making a huge difference in our local area and contributing to community.

Please follow the nomination link to share your nominations.

<https://eu.jotform.com/form/250145255364352>



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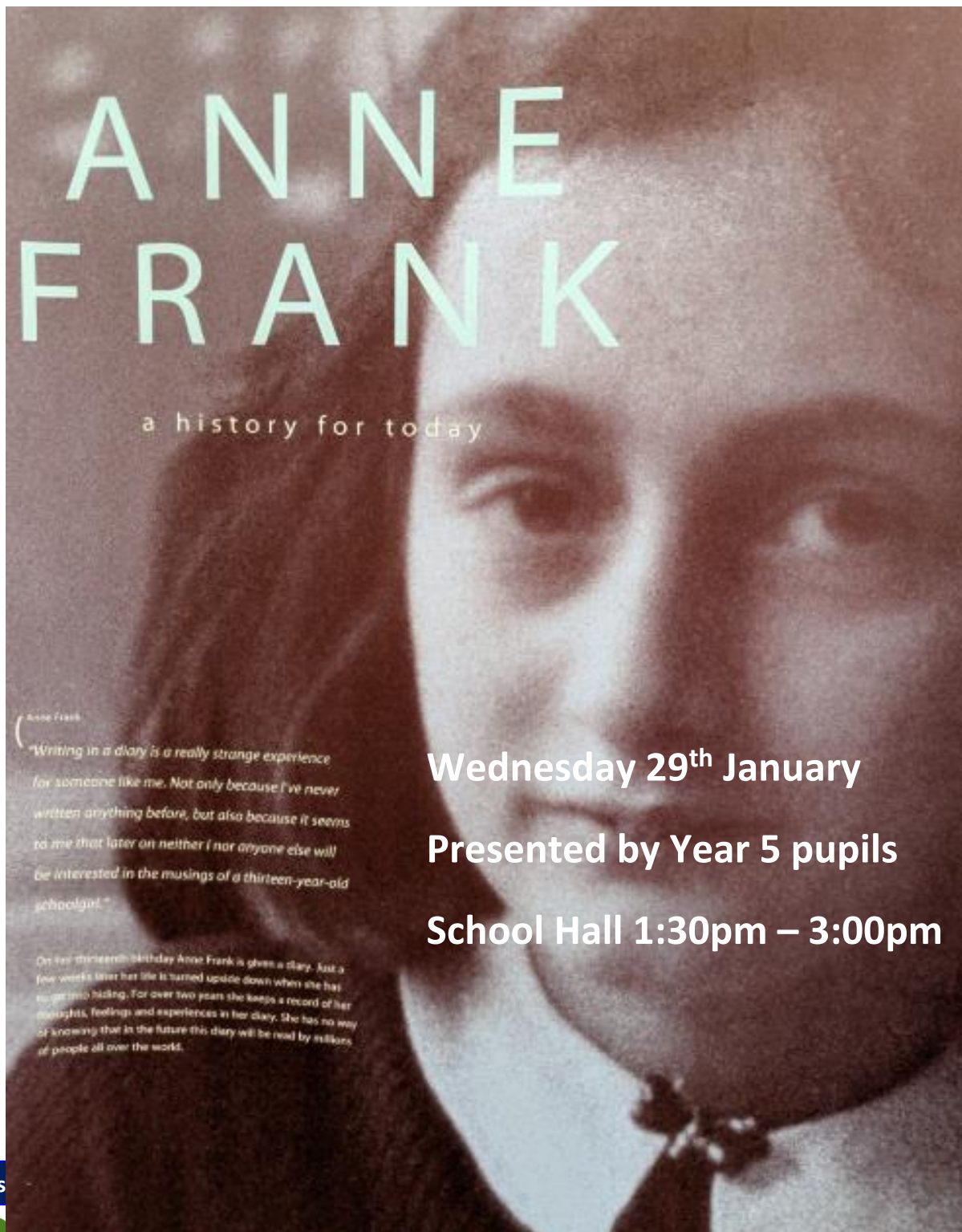
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Our School Council will carefully review each nomination and select the worthy recipients of these prestigious awards. We are excited to celebrate the remarkable individuals who make our community shine!

Invitation

Whether you have a child, or not in Year 5, please come and discover their guided tour of our Anne Frank Exhibition.





E-School Nurse Video Clinics (By appointment only)



Twice weekly **online health support and advice for parents, carers and professionals who are supporting children and young people aged 5-19 years old.**

Tuesday and Thursday

You will be able to talk to the nurse over a live video link using [Attend Anywhere](#). The link is private, secure, confidential and convenient.

In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the **E-School Nurse video clinic**

Please read the information leaflet or visit:

www.cumbria.gov.uk/ph5to19

You can telephone for an appointment

01228 603973 Mon-Fri 8-4pm



happierhealthiercommunities.

NCIC/E-SN/Poster.All/022021 | APPENDIX 02

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Discussing the world...

Each week we discuss an issue which is sent to us by Picture News. Like other schools, we share the images and chat about the current issue in the world or our country. This week we are trialling sending this along with our newsletter to encourage you to discuss this over the dinner table, in the car or on the way home or whenever you chat together. Hopefully, reinforcing the discussion topic will empower your child to reflect and develop their views.



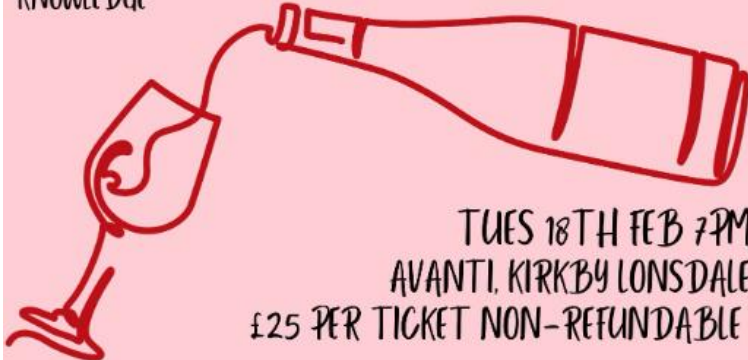
PTA – Please support our new event

ST MARY'S PTA

Wine Evening

ENJOY A CHILDFREE EVENING WHILST SUPPORTING ST MARY'S PRIMARY SCHOOL.

SIX WINES, NIBBLES & AN EASY GOING QUIZ TO IMPROVE YOUR KNOWLEDGE




TUES 18TH FEB 7PM
AVANTI, KIRKBY LONSDALE
£25 PER TICKET NON-REFUNDABLE

TICKETS LIMITED SO BE QUICK!
PURCHASE FROM AVANTI
VIA JACQUI WALLER: 07980952870 ^{OR}

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