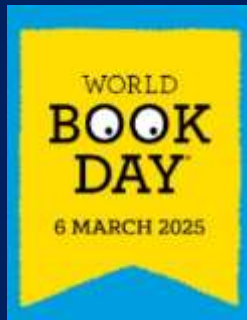


07.03.24

# St. Mary's

Church of England Primary School  
Kirkby Lonsdale



Honesty

Trust

Responsibility

Perseverance

Respect



Dear Parents and Guardians,

What a truly wonderful week it has been at St Mary's! We've journeyed through history, explored the countryside, and celebrated the magic of reading with great enthusiasm.

### **World Book Day: A Roaring Success!**

This Thursday, our school was transformed into a vibrant tapestry of beloved characters and literary landscapes. We had a sensational World Book Day, filled with engaging activities that sparked imaginations and fostered a love of reading. From thrilling orienteering challenges that led us on literary quests to captivating book readings that transported us to far-off lands, the day was a resounding success. Thank you to all the staff, parents, and children who embraced the spirit of the day with such creativity and enthusiasm. The costumes were simply spectacular!



### **Year 5's Dairy Farm Adventure**

A huge thank you to the wonderful Noblet family for hosting Year 5 at their farm this week. Our pupils had a fantastic time learning all about dairy farming, from milking cows to understanding the process of producing milk. It was a truly enriching experience, providing valuable insights into where our food comes from. We are incredibly grateful for the Noblet family's generosity and for sharing their knowledge with our students.



### **Year 2's Historical Journey to Judges Lodgings**

Year 2 embarked on a fascinating journey back in time with their visit to the Judges Lodgings in Lancaster. They explored the historic building, learning about life in the past and experiencing what it was like to live and work in a Georgian era courthouse. The children were captivated by the stories and artefacts, bringing history to life in a truly memorable way.



Finally, thank you for the various emails and conversations we have been having regarding the recent Ofsted Inspection. We value all of the discussions, emails and items that have been had over the past few days. It brings us great happiness that our children are benefiting from the impact of the journey we have been on over many years to develop the school for our children.

## Family Visits in school

- (1) Next week will be Science Week. During this week we will be teaching our science unit for this term and enjoying celebrating science week. We will not be dressing up this week (World Book Day was enough for any parent) but we will be inviting you to join us in school. At 2:45pm on Friday, we are inviting family members to come and see your child's science before they go home on Friday. Please come and have a look at their work.
- (2) Following the online parent consultations, on Thursday 20<sup>th</sup> March, we are also inviting you to come into your child's classroom and look at their work. This will begin at 2:30pm (short break to let the children go on buses/home) and you can stay until 4pm to have a look at work in trays etc. This is a perfect opportunity to discuss your child's progress with them and celebrate their achievements.

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# Rugby Club – Raffle Tickets

If you are wanting to purchase raffle tickets to support the Kirkby Lonsdale Regeneration Fund (£5) which is being organised by the Rugby Club, we have tickets in the school office.



## Celebration of our Ofsted Inspection March 21st

We want our children to celebrate our recent inspection where all areas were Outstanding. ON March 21<sup>st</sup> we will be hosting a special afternoon of activities, sport and orienteering for the whole school. During this time, we will also have a special surprise for the children during the afternoon. It should be very exciting!

## London Marathon

Various members of the community will be taking part in the London Marathon coming up in April. Whilst we have looked into registering a group of children for the Mini Marathon, it won't be practical to do so, however we do have an alternative.

Along with many schools, we have signed up for the Schools Mini Marathon, which is 2 miles. Our children are very used to taking part in running events at school and this is a superb opportunity to join other schools nationally in completing the 2 miles. We will be doing this on April 22<sup>nd</sup> after the Easter break. We will keep you in touch with the details just before the holidays.

Good luck if you are training for the marathon yourself and we hope the training and the event goes well!

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## Kirkby Lonsdale Swim School

1<sup>st</sup> lesson FREE for all St Mary's pupils.

Monday and Wednesday evenings after school at Casterton, Sedbergh Prep Pool.

- Learn to swim stages; Beginners and Intermediate
- Advanced Squad Swimmers

Contact: [enquiries@piranha-swim.co.uk](mailto:enquiries@piranha-swim.co.uk)



### 1st Kirkby Lonsdale Scouts are opening a Squirrel Drey!

Squirrels are the youngest Scouts  
aged four to six years old.

**When?** Our meetings will be held 4-5pm on Fridays.  
Our first meeting is planned for the 25th of April 2025

**Where?** at the Methodist Hall in Kirkby Lonsdale.

#### How? Can I join in...

complete the **JOIN** form at [kirkbylonsdalescouts.org](http://kirkbylonsdalescouts.org)  
and a Leader will be in touch.

For more information about 1st Kirkby Lonsdale Scouts  
please visit our website or contact  
Kate Turner [1stkirkbylonsdalescouts@gmail.com](mailto:1stkirkbylonsdalescouts@gmail.com)



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# Mindful March 2025

SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted



WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are



FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible



ACTION FOR HAPPINESS

Happier · Kinder · Together

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