

Shine Together ☆☆☆

Issue 64

Our School Motto: Work Together, Aim High, Shine Bright



Attendance this week: 97% 😊

17th April '26

Exciting News: Nourish Is Coming to Bridekirk Dovenby!

We are really excited to share that we will be taking part in **Nourish**, Cumberland Council's new school food programme.



Nourish was developed in London by the charity School Food Matters and takes a whole school approach to supporting happy, positive relationships with food. The programme focuses on six key areas: food culture and role modelling, food provision and the dining environment, food brought into school, food education, positive relationships with food, and equity, inclusion and sustainability.

Mrs Fish and the School Food Development Officer, Maddy, have been working together to create a tailored action plan for Bridekirk Dovenby Primary School. Together, they have identified key priorities including food provision and the dining environment, food culture and role modelling and food brought in.

Nourish is all about involving the whole school community – children, staff, parents, governors and catering teams. There will be lots to look forward to, including fun food activities, cooking workshops, taster sessions and more.

Maddy will be visiting school four times over the next two terms to deliver these sessions and work alongside the school community. We're really looking forward to getting started and bringing Nourish to life in our school!

We would like you to get involved too. Please can you take a few minutes to complete this survey to feedback your views about food in our school. Please remember, this isn't just about School Dinners but also includes Breakfast and After School Club, KS1 snack, packed lunches and any other food cooked or given out in school. [Nourish Cumberland Schools at Bridekirk Dovenby Primary School - Parent / Carer Survey.](#)

Thank you 😊

Golden Certificates...

Golden Jumpers this week were awarded to Grace in Reception, Molly in Yr1, George S in Yr2, Jack in Yr3, Sky in Yr4, Isabelle in Yr5 and Eli in Yr6.

All our latest information is on our website here: [Latest News | Bridekirk Dovenby CE Primary School](#)

DATES FOR YOUR DIARY

Tues 21st – Guitar lessons

Tues 21st – Yr2 French Club 3.15-4.15pm for those signed up with Emily the Language Tutor

Tues 21st – Yr5/6 to 4pm Athletics after school club for those signed up on Arbor

Wed 22nd – Yr3 to 4.15pm Cookery Club after school club for those signed up on Arbor

Wed 22nd – EARTH DAY – See poster attached

Thurs 23rd & 24th – Yr2 Hawes End Residential

Thurs 23rd PM – Yr5 Cockermouth Trip – Science and STEAM event

Fri 24th - Woodwind lessons

Looking ahead...

28th April – Reception & Yr6 National Child Measurement Programme visit

29th April – Archbishop's Young Leaders children visit to Amatheia Care Home in school time

11th – 14th May – Yr6 SATS

18th – 22nd May – P3 Swimming

Latest News

Bridekirk Dovenby 10km Race – Our 10km race is fast approaching and we can see that a few parents have entered already which is great news. We have just released the officially measured route which is below. Please help us to spread the word about the race by sharing our Facebook Page link here [Bridekirk 10k | Cockermouth](#). We are hoping that Bridekirk and Tallentire residents will come out and support the race by cheering the runners on as they pass by. We plan to organise a leaflet to these residents closer to the time. Obviously, anyone can gather at school or at any point along the route to cheer. The race starts and finishes at school and refreshments will be available on the day.



Enter now here: [Events Up North - Entry System & Race Timing Solutions - Bridekirk Dovenby 10K](#).

Panto video – Available to buy on Arbor now. Go to School Shop and the link is there to purchase for £10. You will be able to download your copy from our new website which will go live in early May.

French Club – There are a couple of places left for the French Club starting next Tuesday. Emily has said ‘the club is most suitable for children in Years 2–5, with Year 1s welcome if they have an older sibling attending’. Please note, although this is being run on school premises and the tutor is DBS checked, bookings and payment should be made directly with Emily using hello@Emilylanguagetutor.com. If your child is in Out of School Club, you will still need to pay for Out of School Club as well as this club (unless you are collecting your child at 4.15pm). Info is on the poster attached.

Family Hub – Is in our area from 14th April – 12th May, offering advice and support to parents on a range of topics. Poster is attached.

Lost property – Please contact the office if any of these belong to you.

Bird Bath – Does anyone have a bird bath we could have for our Sensory Garden?



FOBDS Corner – We hope you all had a great Easter break. We are still planning to hold our KS1 Easter Egg hunt and will release the date asap.

Our Christian Vision:

At Bridekirk Dovenby School, we nourish the uniqueness of our community. Rooted in love, a rich and diverse curriculum enables all to flourish and grow. Confident and secure, our children reach out, ready to embrace the seasons of life in all its fullness.

Psalm 1 “They are like trees, planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all they do, they prosper.”



£5 per child
per session
(paid in adv.
per half term block)

FRENCH CLUB

TUESDAYS AFTER SCHOOL

3:15-4:15

- * Develop practical vocabulary and useful everyday phrases
- * Strengthen speaking confidence
- * Take part in interactive games and creative activities
- * Explore storytelling and cultural themes



Suitable for pupils
who already study
French in school as
well as those new to
the language.



**BOOK
NOW**



hello@EmilyLanguageTutor.com



Cumberland
Council

Hub

2U



**Hub2U is a mobile Family Hub
offering support and advice.
Come and chat to the team:**

Cockermouth Titans RL Club

Highfield

Tuesdays

April 14th-

May 12th

3.00pm-7.00pm



Cumberland
Family Hub.



Self Esteem

Low Mood

Bullying

Behaviour

Relationships

Friends



Virtual Clinics for Young People aged 11-19 Years



Harrogate and District
NHS Foundation Trust

School Nurse Clinic

**Emotional Health
& Resilience Clinic**

Ring or email to book a
consultation on

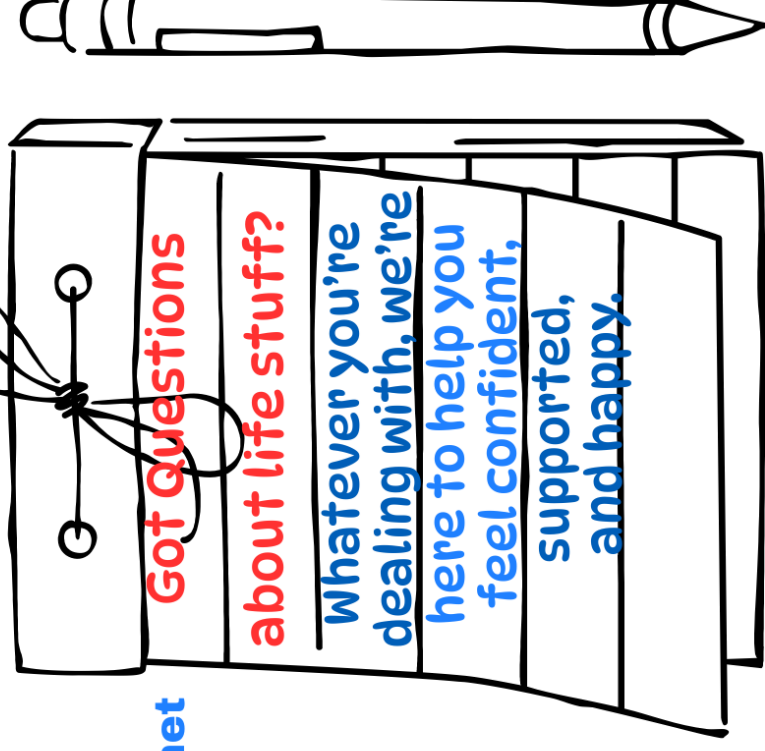
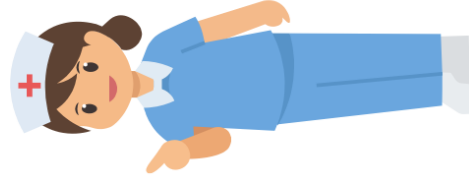
0300 304 9029

hdft.spoc0-

19cumberland@nhs.net

Feeling overwhelmed
or just not yourself
lately?

We're here for you.
We'll actually listen,
help you bounce back,
build confidence and
feel good again.



Anger

Anxiety

Worry

Puberty

**Drugs &
Alcohol**

Sex Ed

Self Esteem

Low Mood

Bullying

Behaviour

Toileting

Sleep



Virtual Clinics for children aged 5-11

Years



Harrogate and District
NHS Foundation Trust

**Emotional Health
& Resilience Clinic**

Ring or email to book a
consultation on

0300 304 9029

hdft.spoc0-

19cumberland@nhs.net

School Nurse Clinic

We can help your child
feel heard, build
resilience, and grow with
confidence if they are
struggling emotionally.



We're here to help with
any concerns about your
child's sleep, toileting,
diet, or development –
supporting them to grow
feeling comfortable,
confident, and happy



Anger

Anxiety

Worry

Diet

Development

'Real environmental progress has always come from collective, imperfect action, not individual perfection.'

Earth Day 2026

Earth Day 2026 is being celebrated with over 9,000 events across the globe. Earthday.org emphasises that collective action is powerful, and lasting change doesn't begin with perfection but with participation. Small imperfect actions we can sustain over time matter, because they build habits, awareness and confidence.

Food systems are responsible for around a third of global carbon emissions, but the good news is that what we eat is one of the most powerful levers we have. This week, Young Climate Warriors are encouraged to be adventurous, raiding the store cupboard and choosing to give cooking with pulses a try. It doesn't have to be perfect, it just has to be delicious!



IT'S TIME TO RAID YOUR STORE CUPBOARD ...
... hunt down the pulses!

Pulses - what are they? Which pulses can you find - lentils, chickpeas, dried beans, dried peas?

Be adventurous ... can you make a meal out of pulses - or check out a new pulse recipe? Please check with your parent/carer first.

Getting our daily protein requirements from eating more pulses and wholegrain can help reduce our impact on climate change.

How adventurous are you ... would you try these if you were offered them - mealworm cookies, red ant chutney, roasted crickets?

Pulses challenge!

YOUNG CLIMATE WARRIORS

When you've completed this challenge ... Remember to hit the red button!

The poster features a green header with icons of a beetle, a globe, and a swirl. A circular inset on the right shows various pulses in bowls. A cartoon character of a globe with arms and legs is on the left. The bottom has a dark blue banner with a red button icon.

2026 Tri Lakeland Juniors Mini Series Competition Information



Brief overview of current dates/website links and details for competitions:

1. Tri Lakeland Junior Club, Aquathon, Saturday 18th April 10.30am start, St Bees School. £5.00 entry, can be paid on the day. Email; trilakelenjr@gmail.com or let us know on WhatsApp/in person.
2. Haltwhistle Triathlon, 25th April. [One Life Haltwhistle Triathlon 2026 – British Triathlon](#)
3. Tri Lakeland Junior Club, Duathlon, Wednesday date in June, TBC as will need dry evening.
4. Tri Lakeland Junior Club, Triathlon, St Bees School, Saturday 19th Sept. Start times, details on entry closer to the date.

To be eligible for full entry in series, your child must complete one triathlon in addition to any of the other races.

Park Run Series, May to September 2026:

May 2026, date TBC. The first Park Run race will be a joint affair, starting at Maryport. [home | Maryport Prom parkrun | Maryport Prom parkrun](#)

September 2026, date TBC, the last of Series will also be at Maryport. [home | Maryport Prom parkrun | Maryport Prom parkrun](#)

Children are encouraged to complete a parkrun of their choice at least once a month from May to September 2026. If you could send us a photo of the runner and or their result so we may log this in our league table.

All children who are members of the club can join in with most of these races listed but there are age limits which must be adhered to (see the individual website details/entry).

This is a very small selection of races that the club has chosen to use this year for their series. At these events we will attempt to have a strong Tri Lakeland turnout with good support. All members are welcome to come along and try one or more of these events and essentially just have some fun. There is no expectation that members must take part in races, but full support will be given if you have never done anything like this before and lots of advice to ensure that you will enjoy it and try your best.

Those who do compete will be eligible for an award/prize at the end of the year, if they are successful in their age group. Please join us 😊 |