

Shine Together ☆☆☆

Issue 65

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



Attendance this week: 97% 😊

24th April '26

Yr 5 Science Day at Cockermouth School – The children attended a STEAM Event at Cockermouth School in the morning where there were 6 local organisations which incorporated Science, Technology, Engineering, Art and Mathematics in to their roles and a Harry Potter themed Science event in the afternoon. The children thoroughly enjoyed the experience and were fantastic ambassadors for the school.



Bridekirk Dovenby 10km Race – Call for marshalls

We are looking for some marshalls at our race on Saturday 16th May. Marshalls are dotted around the course, at school and at M-Sport. If you can help on the day, there

are jobs before the race (ideal if you want to run), during and after the race. Please let us know using sbm@bridekirkdovenby.cumbria.sch.uk if you can help. Thank you.

The race starts at 11am and should all be wrapped up by 2pm. Depending on your job, you won't need to stay this long.

Hawes End Yr2 Residential – All the news about this next week.

Golden Certificates...

Golden Jumpers this week were awarded to Freya in Reception, Beatrice in Yr1, Hawes End Superstars in Yr2, Theo in Yr3, Miguel in Yr4, Ted in Yr5 and Lucian in Yr6.

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

DATES FOR YOUR DIARY

Sunday 26th 3pm – PTA meeting in school

Tues 28th – Guitar lessons

Tues 28th – Yr2 French Club 3.15-4.15pm for those signed up with Emily the Language Tutor

Tues 28th – Yr5/6 to 4pm Athletics after school club for those signed up on Arbor

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

Tues 28th – Archbishop's Young Leaders children visit to Amatheia Care Home in school time. Pick up 3.30pm please.

Wed 29th – Yr3 to 4.15pm Cookery Club after school club for those signed up on Arbor

Wed 29th – Yr5&6 Orienteering Training – **wear PE kits please**

Fri 1st May - Woodwind lessons

Looking ahead...

Monday 4th May Bank Holiday

11th – 14th May – Yr6 SATS

18th – 22nd May – P3 Swimming

Latest News

Bridekirk Dovenby 10km Race - 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 drop 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](#).

Nourish Food Survey – If you haven't already, 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](#)

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?



Yr5s at the STEAM event



FOBDS Corner – Our next meeting is this Sunday 26th April at 3pm in school. If you would like to come along, we'd love to see you there 😊

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."*



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.





Suggested schools' newsletter text – Friday 24th April 2026

Imagine walking out of the supermarket with four bags of shopping, dropping one in the car park, and just not bothering to pick it up ...

Taken from Dana Gunders, author of 'Waste-free kitchen'

Great news! From 31st March 2026, new rules require all English councils to offer weekly household food waste collections, described as 'the biggest shake-up in recycling policy in England in 20 years' (WRAP). Have you been issued with a food caddy yet? Is your local council delivering on this commitment?

UK households throw away 4.4 million tonnes of EDIBLE food each year ... that's food that could have been eaten ... and equivalent to cramming 88 Albert Hall's full of food waste!!!

Young Climate Warriors are becoming detectives this week and joining with many others around the world on [STOP FOOD WASTE DAY](#) – Wednesday 29th April. Take the opportunity this week to work out which foods are being 'binned' and unnecessarily wasted. Can you try 'buying loose' to save on waste ... or maybe try out some new recipes?



Have you ever looked inside your food waste bin ...

It's time for some detective work ... have you ever looked inside your food waste bin - urgh!

With your wits about you, and notepad in hand, can you investigate which food type is most often added to your bin?

How can you reduce the main offenders - after 'careful analysis' make some family suggestions?

Food thrown into landfill produces methane - which has a powerful impact on climate change.

YOUNG CLIMATE WARRIORS



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

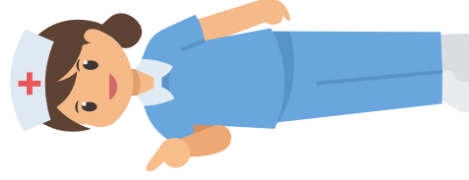
0300 304 9029

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

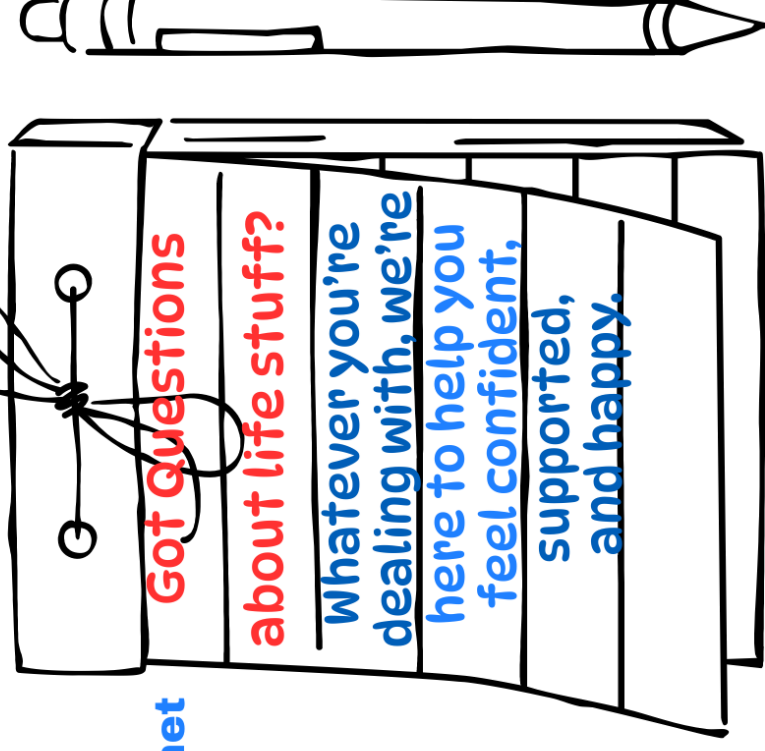
Anxiety

Worry

Puberty

**Drugs &
Alcohol**

Sex Ed



Self Esteem

Low Mood

Bullying

Behaviour

Toileting

Sleep



Virtual Clinics for children aged 5-11 Years



**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