

Shine Together ☆☆☆

Issue 70

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

Attendance this week: 96.6% 😊



5th June '26

Open Day Saturday 6th June 10-11am –

We've had our first Open Day for the Reception September 2027 intake this afternoon and will be welcoming families again in the morning. There's no need to book, so if you, or someone you know, would like to come along, then please do.

Yr4 & 5 Athletics – A mixed Yr4 & 5 team, represented school at an athletics event at Cockermouth School this week. Along with 5 other primary



schools, they took part in a 600m run, long jump and rounders ball throw. They managed to dodge most of the showers and had a great time 😊 Well done everyone



Golden Certificates...

Golden Jumpers this week were awarded to Hallie in Reception, Lilly in Year 1, Oakley in Year 2, Robin in Year 3, Junior in Year 4, Poppy in Year 5 and Anna-Marie in Year 6.

DATES FOR YOUR DIARY

Mon 8th – 10th – P5 Bikeability

Mon 8th - Yr3 & Yr4 trip to Beamish leaving at 7.30am prompt – **Bring a packed lunch**. Collection time approximately 6.45pm

Tues 9nd – Guitar lessons

Tues 9th – WHOLE SCHOOL PHOTOGRAPH

Tues 9th – Yr2 French Club 3.15-4.15pm for those signed up with Emily the Language Tutor

Wed 10th – 4pm Orienteering 2nd Session in Harris Park. Meet in the park please.

Thurs 11th – Smilecare team in school to visit the Reception children.

Fri 12th - Woodwind lessons

Fri 12th – Climate Summit for the Climate Ambassadors

Looking ahead...

16th June – Reception & Yr1 trip to Keswick

17th - 19th June – Yr5 & 6 London Residential

22nd June – Yr6 Leaver's trip to Carlisle Cathedral & Hollywood Bowl

Latest News

Bridekirk Dovenby 10km Race – The total has now been calculated and we have raised £1000 for school. Thank you again to everyone who took part or helped on the day 😊

Breaking the Rules Day – Thank you for your donations for this unique day. We have raised £535 to go towards Science resources which Mrs Harrington is busy planning.

School Food Ambassadors – Mrs Fish has talked to the children in assembly today about our work with the Nourish Food Programme and has asked for volunteer School Food Ambassadors.

Nourish guidance on Packed Lunches - We've attached some guidance from the Nourish team about 'What should be in a packed lunch?' We're also starting to make some changes to our school provided packed lunches as well as healthier choices for school dinners. Today the Reception children tried a range of fruit and natural yoghurt for pudding. They tasted mango, watermelon and pineapple. Mrs Martin is looking at healthy choices for Out of School Club snacks so look out for more fruit, veg, and different snacks. We're also making simple changes such as substituting white bread for 50/50 bread.

Beamish – Don't forget it's an early start for the year 3 and 4 children going to Beamish on Monday morning. Children need to be at school in good time to leave at 7.30am. Also, don't forget your packed lunch, suncream/waterproof!

Arbor Notifications – Over the next 2 months, we will be phasing out school text messages. These will be replaced by Arbor's In-App messages. For this to work, we kindly ask that you all **enable Notifications on Arbor** if you haven't already. This will most likely be in your phones Settings, the Apps, select Arbor, and then find the 'Notifications' section.

Baby pram request – If anyone has a baby pram or pushchair that they no longer need, P1 would love one to use in their outdoor area. Thank you

Posters attached – There are lots of posters attached this week for various events coming up before the end of term and over the summer holidays. Please take a look.

Here are the boys from the Athletics event



FOBDS Corner – Our FOBDS Summer Fayre will be on Sunday 5th July 11am – 1pm. If you would like to get involved, please get in touch.

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."



Suggested schools' newsletter text – Friday 23rd May 2025

'If we change our perceptions and see the dandelion flower for what it is – an absolute lifeline to our bees in early spring – we might learn to love them more.'

Sophie Leguil, botanist and founder of #MoreThanWeeds

Our half-term challenge is about wildflowers. Young Climate Warriors are encouraged to identify some of their local wildflowers, and plant a 'wildflower meadow in a pot'.

Wildflowers that have grown and evolved here in the UK for hundreds of years are struggling to adapt quickly enough to the impacts of climate change. Our beautiful wildflowers have evolved alongside our native wildlife and are a particularly attractive food source for our native pollinators.



Wildflowers — a vital source of food and shelter for our pollinators

Time to play, to relax, to let your mind wander, and time to notice the wild flowers?

They brighten the pavement, cheer up the brickwork, provide a splash of colour to the verges.

How many can you spot, what colours are they, how many petals do they have, do they smell nice? Take a photo, find out their names?

Can you grow a wildflower meadow in a pot at home?

Half-term Wildflower challenge:



YOUNG CLIMATE WARRIORS

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



What should be in a packed lunch?



Starchy Foods

- Wholemeal bread
- Pasta
- Rice
- Couscous or other grains
- Wholemeal bagels
- Wholemeal chapattis or rotis
- Wholemeal bagels
- Wholemeal pitta or wraps
- Oats or cereal products

Protein

- Meat
- Fish
- Eggs
- Beans and Pulses
- Non-dairy protein

Dairy

- Milk
- Yoghurt
- Cheese
- Soft Cheese
- Soya Products

Vegetables

- Carrots
- Tomatoes
- Cucumber
- Spinach
- Peppers
- Avocado

Fruit

- Bananas
- Melon
- Apples
- Satsumas
- Strawberries
- Pineapple
- Mango
- Peach
- Plums
- Blackberries
- Raspberries
- Grapes

Items to avoid

- Salty snacks e.g. crisps, salted nuts, fruit or veg with added sugar or salt.
- Confectionery e.g. sweets, chocolate bars, chocolate-coated products, biscuits.
- Any drink that is not water.



Tips for a nutritious packed lunch

This guide complies with School Food Standards and offers tips on how to build a packed lunch on a budget, as well as suggestions for how to make lunches more inspiring.

One portion of wholegrains and one source of protein

- Three-bean pasta salad
- Jollof rice
- Rice and peas
- Roast chicken sandwich
- Cheese quesadilla
- Wholemeal pitta and hummus
- Chicken salad
- Pitta pizzas
- Tuna and pasta salad
- Vegetable noodles
- Soup and crackers
- DIY Tacos
- Falafel in a pitta
- Roast plantain wedges
- Salmon and cream-cheese bagel
- Tuna and bean salad
- Ham and cheese sandwich
- Chickpea and vegetable wrap
- Roast vegetable and turkey pasta
- Cucumber and hummus wraps

At least one portion of vegetables and one portion of fruit

- Bell pepper
- Carrots
- Celery
- Peas
- Corn
- Broccoli
- Cherry tomatoes
- Kale crisps
- Salad
- Spinach
- Courgette
- Green beans
- Beetroot
- Radish
- Cucumber
- Cauliflower
- Grapes
- Banana
- Orange
- Pineapple
- Cherries
- Mango
- Raspberries
- Strawberries
- Blackberries
- Dried fruit
- Tinned fruit (not in syrup)

One snack

- Small bag of popcorn
- Small pieces of cheese
- Crackers
- Low-sugar yoghurts (check the food label is green)
- Malt loaf
- DIY fruit crunch pots
- Brown, plain rice cakes
- Dried fruits (sultanas, raisins)
- Edamame beans

Tips to make a balanced packed lunch

- Pick a main course that includes wholegrain and protein, a selection of fruit and vegetables, one snack and water.
- Ensure fruit and vegetables are always included in a packed lunch.
- Choose wholegrain (bread, pasta, rice). Increased fibre will keep children or young people fuller for longer.
- Swap out sugary fruit juices, smoothies and fizzy drinks for water, or add fresh fruit to water such as strawberry, oranges or lemons.
- Replace crisps, cheese strings, cookies and sweets with healthier snacks.



Tips to create a healthy packed lunch on a budget

- Keep different types of wholegrain bread products in the freezer so you have a variety of options that will last longer – bagels, pittas, sliced loaf, wraps.
- Use leftover veg or roast meat from the day before to make cold pasta salads or sandwiches.
- Buy tinned fruit in juice (not syrup) and frozen or tinned vegetables – they are just as nutritious!
- Buy a steel water bottle rather than using disposable plastic water bottles – it's better for the environment and saves money in the long run.

Tips to help your child or young person enjoy packed lunches:

- Involve your child or young person with making their lunch – cutting the fruit and veg or adding salad to their wrap (do it the day before and squeeze some lemon on the fruit to keep it fresh).
- Dipping foods are fun and a happy change from a sandwich every day. Provide a low-fat dip such as hummus or tzatziki so they can dunk their carrots or peppers.
- Taste the rainbow! Try a variety of different fruits and vegetables for a visually fun packed lunch.

HEALTHY PACKED LUNCHESES

YOUR CHILD'S PACKED LUNCH SHOULD INCLUDE
ONE PORTION OF:



Fruit



Vegetables



Meat, Egg,
Beans or Fish



Starchy Food



Bottle of
Water

YOUR CHILD'S PACKED LUNCH SHOULD NOT INCLUDE
THESE FOODS:



Chips & Other
High Fat Snacks



Chocolate Bars,
Sweets, Cakes



Pastry/Fried
Foods



Cereal Bars



Soft Drinks

Zoom out (Ctrl+Minus key)

JOIN US FOR A



'PULL TOGETHER'

EVENT

Get involved and
help protect the river.

**Better rivers,
better water,
better pints.**

Jennings Brewery has teamed up with West Cumbria Rivers Trust on a three-year campaign to tackle invasive non-native Himalayan balsam. This includes practical on-the-ground control work and community action days. Get involved in public balsam bashing events and help protect the river from source to sip.

TO SAY THANKS

Volunteers
get a free pint
in the Jennings
taproom after
each event.

6 June 2026

1-4pm

Meeting point: Double Mills
Footbridge, Cockermouth

24 June 2026

10am-3pm

Meeting point: Loweswater, nr
Cockermouth

8 July 2026

10am-3pm

Meeting point/parking: Foulsyke,
Loweswater

25 July 2026

1-4pm

Meeting point: Double Mills
Footbridge, Cockermouth

GET INVOLVED...

No experience needed and no sign-up required - just turn up on the day. Everyone is welcome, and it's a great activity for all the family (under 18s must be accompanied by an adult).

Balsam is easy to pull by hand, so it's a simple, hands-on way to make a real difference. Come along for an hour or stay longer, meet others, and help us clear balsam along the river.

MORE
INFO





Community Sports Trust

WHITEHAVEN MAY SOCCER SCHOOL

Thursday 28 May - Friday 29 May

Ages 5-13

£30 for full camp
£20 per day



FREE Parent Carer Sensory Processing Training On Tour 2026!

(With Free Lunch)



Zena Cassels -
Children's Occupational Therapist

- ✓ **FREE** sensory processing training session for parent carers.
- ✓ Delivered by **NHS Occupational Therapist Zena Cassels**.
- ✓ For parents of children with additional needs/ disabilities.
(your child does not need a diagnosis for you to attend)



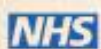
Choose **one** of the following dates - ALL 10:00 am - 2:30pm

 **Whitehaven | 4th June**
Whitehaven Football Club

 **Wigton | 22nd June**
The Market Hall

 **Penrith | 8th July**
Penrith Cricket Club

 **Carlisle | coming soon**
sign up to our waiting list on the booking form!


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**Booking
required**
-
**Limited
spaces!**

FAMILY EVENTS

Perfect for ages 3 - 8 (and grown-ups too!)

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INTERACTIVE MUSIC AND STORYTELLING

Opera North: Mini Magic Flute

Fri 31 July @ Barrow Library

Come with us on a fun, enchanting musical adventure led by a trio of opera singers and an accordionist

11am, 1:30pm & 3.30pm

Tickets: £5 adults / £2 under 18s

Musical Curiosities: Cloudland

**Sun 2 August @ Windermere Jetty
Museum**

Join flautist Meera Maharaj and harpist Lucy Nolan as they embark upon a journey into the clouds

11am, 2pm & 3.30pm

Tickets: £5 adults / £2 under 18s

Concerteenies: The Duck With No Luck

Sun 9 August @ Abbot Hall, Kendal

A musical story about Dizzy the Duck with songs and actions for everyone to get involved

11am, 1pm & 2:30pm

Tickets: £5 adults / £2 under 18s



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Performance: Fri, 16.00

Cost: £165 (sibling £135) –

Deposit £30 per student

Venues: Eaglesfield Paddle Primary
Academy, Eaglesfield

 stagecoach.co.uk/cockermouth

 07734 772847

stagecoach carlisle
27 - 31 JULY

Age: 5 - 18 years

Time: Mon - Thurs, 10.00 - 16.00

Performance: Fri, 16.00

Cost: £165 (sibling £135) –

Deposit £30 per student

Venues: Richard Rose Morton
Academy, Carlisle

 stagecoach.co.uk/carlisle

 07734 772847

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SUMMER

2026



ARTS & CRAFT



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HOT MEALS



TRIPS

WHEN: 27TH JUL TO 20TH AUG - MON TO THU

TIME: 10AM TO 2PM

WHERE: Christ Church Community Hall, South Street

Cockermouth, CA13 9RU AGES: 5-16

VISIT: WWW.GENIUSTUITION.CO.UK/cockermouth



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West Cumbria

Dyslexia Association



Helpline 07704 326 452

West Cumbria Dyslexia Association



Saturday 4th July 2026 10am-12pm

The Presbytery, Kirkby Street, Maryport, Cumbria, CA156EX



Come and talk to us!

Saturday hubs : Maryport support is Sharon, Christine ,Abi, Jean and Lucy

Try our resources!



Registered Charity No: 010118

