

Shine Together ☆☆☆

Issue 71

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

Attendance this week: 97.3% 😊



12th June '26

Back in time at Beamish

– The Year 3 & 4s stepped back in time on Monday on a fun packed day visiting Beamish Living Museum. They learnt about school in Victorian times, saw



trams and buses and houses from bygone eras, visited the old-fashioned sweet shop and rode on the carousel, plus much more.

Bikeability – The year 6's had all weathers this week for their

Bikeability lessons with Cyclewise. They showed great resilience in the hail and rain. Well done everyone!



Golden Certificates...

Golden Jumpers this week were awarded to Alexandria in Reception, Lizzie in Year 1, Miles in Year 2, Ophelia in Year 3, Casper in Year 4, Isaac in Year 5 and Eadie in Year 6.

DATES FOR YOUR DIARY

Tues 16th – Guitar lessons

Tues 16th – Yr2 French Club 3.15-4.15pm for those signed up with Emily the Language Tutor

16th June – Reception & Yr1 trip to Keswick

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

Fri 19th - Woodwind lessons

Looking ahead...

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

26th June – Keswick School in school to perform scenes from Matilda

26th June – Green Foodbank Day

30th June and 1st July – Yr6 Cockermouth School Move Up days

Sunday 5th July – 11am–1pm Summer Fayre

6th July – Yr5 PE Event at Cockermouth School

10th July – Yr5 Humanities Event @C'Sch

Monday 13th July – Provisional Sports Day TBC

Latest News

Children's Commissioner's Survey The Children's Commissioner has asked all schools to take part in this national survey, The BIG Future to hear your views. Please take part here:

<http://www.childrenscommissioner.gov.uk/thebigfuture>.

Nourish Parent/Carer Survey – I know some of you missed this survey from the start of half term, so here it is again; [Nourish Cumberland Schools at Bridekirk Dovenby Primary School - Parent / Carer Survey](#).



Whole School Photo – We had fun this week taking our whole school photo in between the hail and rain. We're waiting for these proofs, plus the Year 6 and Reception class photos and will send them out asap.

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



OOSC - New games, puzzle books and colouring books are being enjoyed in OOSC.

School Dinners – It was P5's turn to sample the new fruit salad and yoghurt dessert this week. I can count over 12 different fruits here! It was served with natural yoghurt and looked delicious!



Fake News – We have spoken to the children today about how fake news can be spread by pictures, messages and social media sites, and emphasised that we can't always believe what we see or hear. We want to re-assure you that all internet traffic into school is filtered through Cumberland Council's 'Securely' system. School also pays for a SOPHOS Firewall to provide added data security.



FOBDS Corner – We could do with a couple more helpers at the Summer Fayre on Sunday 5th July. You could help for some of the time on a rota so you can still have time to look around. The fayre is 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."*

'Imagination is more important than knowledge'

Albert Einstein – Theoretical Physicist

This week's Young Climate Warriors challenge encourages children to think creatively – to use their imagination to help combat climate change. Do you agree with Einstein, what do your children think?

Can we move away from our 'throwaway' culture that is fuelling climate change, live within the limits of our finite resources and turn our waste into something useful or creative? How about creating a 'happy jar' – full of jokes, dares, riddles ... and with Father's Day around the corner, how about a jar full of promises?



Upcycling — time to climb into a story – and create a 'happy jar'!

Climb into a story – which would you choose? Desert island, jungle adventure, or mountain hideout?

Imagine you have limited resources. Help our planet by upcycling, reduce your impact on climate change.

'Happy jars' – full of jokes, dares, riddles? Father's Day promises jar? A stash of homemade birthday cards?



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

What is HAF

The Holiday Activities and Food (HAF) programme provides free, fun-filled activities and nutritious meals for children and young people during the school holidays. Designed to support families, HAF offers a wide range of sessions – from sports and crafts to cooking and outdoor adventures – delivered by local providers in a safe and welcoming environment. The programme helps children stay active, make new friends, learn new skills and enjoy healthy food throughout the holidays.

Who is HAF for

The Holiday Activities and Food (HAF) programme is aimed at statutory school-age children and young people (Reception-Year 11) young people who receive benefits-related free school meals, as well as families who may need extra support during the school holidays.

If you are not eligible for a funded place, many of our providers offer paid places.

To check eligibility
please visit:



SCAN ME

How to book

All Cumberland HAF bookings are made through the EEQU booking system, on EEQU you:

- Do not need a HAF code to book
- Can contact providers with any questions through direct messages
- Check each providers SEND accessibility checklist
- Will see more detailed information about each activity
- Can access a more visual and user-friendly platform
- Can request bookings for multiple children at the same time

To see what's on offer and to book, visit: eequ.com/cumberlandHAF



SCAN ME

For any enquiries, please email HAF@cumberland.gov.uk

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

Lowther Celebration of Nature

Hosted by Cumbria Connect & Lowther Castle & Gardens

Saturday 4th July 2026 10am - 5pm

Lowther Castle - Setterah Park Farm - Low Gardens Bridge

Join us for a free event celebrating nature across the Lowther Estate & The Castle & Gardens. Events include.....

Bioblitz across the Estate & Gardens - See what you can find!

Drop-in Activities:

- ✿ Nature Interest Table
- ✿ The Beaver Trust
- ✿ Watch The Pond Dipping
- ✿ Glow Worm Project
- ✿ Bug Hunting In Our Haystacks
- ✿ Moth Trap Reveal
- ✿ Nature Crafts & Games
- ✿ Red Squirrel & Bird Watching

Bookable Activities:

- ✿ Electric Cycle Safari
- ✿ Beavers & Becks Walk
- ✿ Into The Woods Walk
- ✿ Wetland Wildlife Hide
- ✿ Bat Walk At Dusk Walk (9.30pm)



Find out more and book tickets at www.lowthercastle.org

Entrance to the gardens will be required for events within the castle garden.



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





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)



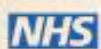
Choose **one** of the following dates - ALL 10:00 am - 2:30pm

 **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!


**North Cumbria
Integrated Care**
NHS Foundation Trust


SENDAC
— Cumbria's
SEND voice —

Hosted and funded by **SENDAC**




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

FAMILY EVENTS

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

LAKE DISTRICT
MUSIC

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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(gimmie, gimmie, gimmie a musical adventure)

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20 - 24 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: 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

