

Shine Together ☆☆☆

Issue 80

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

Attendance this week: 96.1% 😊



2nd October '26

Parental Engagement - How you can help your child...

Please could you support us and your child by engaging with their learning too. You can do this by;

- Reading together every day at home
- Encouraging them to complete their homework set weekly on Seesaw (completed on the Seesaw platform or on a piece of paper)
- Reading the school newsletter each week
- Attending meetings on offer in school
- Finding out what your child is learning in class (from the website or Seesaw)



Harvest Festival at Bridekirk Church will take place at 9am on Friday 16th October to which you are all invited. We will be asking for a small donation for the foodbank to be brought into school closer to the time. The poster with the information about donations they would like to receive is attached. Thank you in advance.

Snacks at break time – Please can we remind you that we would encourage you to send a healthy snack in for break time. This could be breadsticks, a cereal bar (no nuts), rice cakes, cheese and biscuits, veg sticks, a fruit tub etc. Please do not send in crisps, cake or chocolate bars and definitely **NO NUTS**. Fresh fruit is available to all of KS1 children on a daily basis free of charge; they do not need to bring in another snack. Any spare pieces of fruit are made available for the older children to take should they wish. There is a presentation here [Primary Snack-tember guide 2026.pptx](#) that might give you some ideas.

Golden Certificates ...

For last week, these were awarded on Monday to Oliver in Reception, Benji in Yr1, Bernie in Yr2, Ezra in Yr3, Astrid in Yr4, Miguel in Yr5 and Nieve in Yr6.

Golden Certificates...

For this week, these were awarded today to the following superstars! Ellie in Reception, Edie in Yr1, Fraser in Yr2, Emilie in Yr3, Riley in Yr4, Ava in Yr5 and Cerys in Yr6.

DATES FOR YOUR DIARY

Mon 5th – Choir 3.15-4pm

Mon 5th – P3 Farm Trip in school time

Tues 6th – P5 REACT Show @Lakes College

Tues 6th – Guitar lessons

Tues 6th – Ukulele lessons P3

Tues 6th – Yr5/6 Football after school club 3.15pm-4.15pm

Friday 9th – Woodwind lessons

Looking ahead...

12th Oct – P2 Farm Trip

15th Oct – School Photos Day

16th Oct – 9am Harvest Festival at St. Bridget's Church, Bridekirk. All welcome.

20th & 21st Oct – Yr4/5/6 visits to Life Exhibition

20th & 21st Oct – Parent Meetings

19th – 23rd Oct – P5 Swimming

31st Oct – Closing Date for Applications for Secondary School

6th & 7th Nov – Open Days for 2027 starters

2nd Dec – 6pm KS1 Nativity Service at St. Bridget's.

9th December – KS2 Panto at the Carnegie.

Latest News

P5 Wet Play Activity Box – A message from Miss Dunne. "I'd like to set up a Wet Play Activity Box for the children this year so they have a selection of activities for when the weather is keeping us inside. If you have any surplus board games, jigsaws, packs of cards, dominoes and/or craft style activities which you would be happy to donate to our class, please can you send them in with your child?"



Back to School Reset Guide – Attached are some tips that are designed to help you support your child's return to school in a way that feels manageable for your family, whether you try one, a few, or all of them.



31st Oct – Closing Date for Applications for Secondary School

Is my child too ill for school? – Please find attached some guidance or when you can and can't send your child into school if they are ill. Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school on the first day and give them the reason.

Message to P5 parents from Miss Dunne

On Tuesday afternoon (6th October), P5 will be exploring European cuisine as part of our Europe topic in Geography this Half Term. Children have been asked to bring a small "taste test" of a traditional dish of their choice from the European country they have researched. Contributions are entirely voluntary. Please note the item(s) must be **NUT FREE** and need to be suitable to be eaten cold/ don't require heating/cooking.



Flu Vaccine Consent – A letter was sent out on the 9th September containing the link to the online consent form. Please indicate consent or decline consent by Friday 23rd October. Thank you.

FOBDS Corner –We would love any new parents to get involved. You can get in touch via the school email address and they will pass on your details. We'll be advertising the date of our first meeting soon.

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."



Have you a child ready to start school?

Bridekirk Dovenby Primary School Open Days

Friday 6th November 2026 @ 1.30pm – 2.30pm

OR Saturday 7th November 2026 @ 10am – 11am

Ask questions and have a tour of the building and grounds...

Just come along on the day or for further information

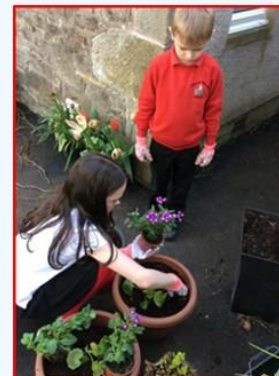
contact us on 01900 829889 or admin@bridekirkdovenby.cumbria.sch.uk

Can't make the date? An individual appointment can be provided.

We look forward to showing you around our wonderful school!



**Bridekirk Dovenby Out Of School Club
7.45 am - 5.30 pm**



Work Together, Aim High, Shine Bright



Great news. Each person in England now produces about 6% less household waste than in 2020 – keep refusing, reducing, reusing, recycling and re-creating to keep it going down!

'Great Cable Challenge' ... it's amazing ... if every primary school pupil in the UK recycled just one cable, we could save over 20,000 kg of copper from going to landfill.

Every single piece of litter you can pick up (or prevent) can help wildlife. The RSPCA receive around 10 calls a day about animals affected by litter.



'The important thing is not to stop questioning. Curiosity has its own reason for existing.'
Albert Einstein



Head out on a litter hunt ... But why? But why?

Head to your park or playground with a grown-up and find at least 5 sneaky, cheeky pieces of rubbish that haven't made it to the bin ... and recycle them if you can.

But why? Being a Young Climate Warrior is about asking questions ... and being curious... what's the reason to recycle ... why can't we leave the rubbish to rot in the hedgerow?

Picking up litter helps protect animals from getting hurt, and recycling it, rather than putting it in landfill, reduces greenhouse gas emissions, helping to combat climate change.



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



www.youngclimatewarriors.org



Cumberland
Safeguarding
Children Partnership

5 Minute Briefing



ICON Week - Never, ever shake a baby



This week, Monday 21 – Friday 25 September 2026, is ICON Week, which is dedicated to raising awareness about infant crying and how to manage it, supporting parents and carers, and preventing serious injuries, illnesses, and even fatalities caused by abusive head trauma, often resulting from shaking a baby.

ICON is an acronym for:



Infant crying
is normal



Comforting
methods can
help



It's OK to walk
away



Never, ever
shake a baby

Is my child too ill for school?

Does your child have a high temperature (38°C or more)?

YES

Keep them off school until it goes away.

NO

Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	Cold sores Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.	Impetigo They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.	Ear infection If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Threadworms Speak to your pharmacist, who can recommend a treatment.	Conjunctivitis Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	Ringworm See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.	Measles They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
	Head lice & nits You can treat head lice and nits without seeing a GP.	Scarlet fever They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.	Vomiting & diarrhoea Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).
	Hand, foot & mouth disease If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.	Chickenpox Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	
	Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.		

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.nhs.uk for the specific illness or infection, or 'Is my child too ill for school?'

The back-to-school reset guide

- The start of the school year can bring mixed emotions for children and parents. Dr Martha Delros Collado, a psychologist with over 20 years' experience who specialises in family support, shares her tips to help parents prepare for their child's return to school.

These tips are designed to help you support your child's return to school in a way that feels manageable for your family, whether you try one, a few, or all of them.

□ Build excitement together

As you prepare for your child going back to school, help them find things to look forward to. Chat about seeing friends, a favourite lesson, or feeling more grown-up as they move into a new year. If they're starting somewhere new, look at photos of the school together and talk about what will feel familiar and what will be different. This can make the unknown feel less daunting and a little more exciting.

□ Focus on facts rather than predictions

When you talk about school, stick to facts, such as what time school starts or what the first day will look like, instead of guessing how your child will feel. When your child responds, listen first before you rush to reassure them or solve the problem. Often, children simply need you to listen. An open conversation can help you understand what they need and how best to support them.

□ Build independence through simple choices

School is a space for children to build their confidence and grow. Try to nurture this by giving them small choices about their school kit for the new term. This might mean picking out something new if that works for your family, or it could be choosing which bag or shoes to wear from what you already have or deciding what to put in their pencil case. Even small choices like these give children a sense of control and can help them feel more excited about returning to school, while also building their confidence and independence.

□ Ease back into school-time routine early

Children often need a little time to adjust after the summer holidays. Around a week before school starts, gradually reintroduce school-time bedtimes and wake-up times. You can also bring back familiar routines like preparing school bags or choosing clothes the night before. Starting early can make those first mornings much easier and help reduce tiredness after school.

□ Make the new routine feel familiar

Whether starting a new school, a new morning routine, or taking a different route to school, try to make time to practise your routine before term begins. Familiarity can help school feel less daunting. Try travelling the route they'll use on school days, whether that's walking, taking the bus, getting a lift, or a combination. Even talking through the journey together, or looking at pictures of the school or route beforehand, can help build familiarity if a full practice run isn't possible. This is also a good opportunity to talk to your child about the school drop off and pick-up. Clearly explain what their routine will look like, who'll be picking them up, or if they'll be attending after-school clubs. Many families' day-to-day looks different: writing this up in a clear and simple visual timetable can help children become familiar with their weekly routine. This allows children to understand what will soon become their new normal away from the pressure of the school run and the early mornings.

□ Making goodbyes easier

It's completely normal for some children to find goodbyes difficult, especially after spending more time together over the holidays. Help your child know what to expect by keeping your goodbye warm, predictable and brief. Having a consistent routine, such as a special hug, handshake or phrase, makes goodbyes feel more familiar and helps your child feel more secure.

If they're upset, let them know you understand how they're feeling, while calmly reassuring them that you'll see them again at the end of the school day.

□ Address anxieties ahead of time

Children might have specific worries about returning to school – such as what they're going to eat, using the bathroom, friendship groups or their new teachers. By acknowledging their feelings while showing your confidence that they can cope, you help them feel more safe and secure about the change.

Remember, the goal isn't to have the perfect response, but to help your child feel listened to. Here are a few simple swaps that can help make those conversations feel more open and supportive.

Instead of

Your teacher is really nice and you'll make loads of friends!

Try

You're moving up to year 3. Can you remember your teacher's name? Was it Miss Clare...? Who is in your class this year? Can you remember what you are going to be doing that's different to last year?

Instead of

Don't worry about school dinners – there will be lots to choose from!

Try

You'll be having school dinners. We can look at the menu together and choose foods you think you might like to try.

Instead of

Don't be sad – you'll be fine!

Try

I can see this feels hard right now. It's ok to feel sad when we say goodbye. I'll be thinking about you today, and I'll be back to pick you up after school.

□ Make time to unwind after school

You know your child best, and the school day can be tiring in different ways. When they get picked up, some children will need space to move and burn off energy, while others will need quiet time to decompress. Ten minutes in a park or with a favourite quiet activity – such as a book or fidget toys – can help their brains and bodies decompress after school. It doesn't need a special space – even a few minutes curled up on the sofa can help.

One thing that can help most children is having a small snack and a drink at pick-up, no matter what time it is. This can help them transition from school to home and give both their bodies and minds a chance to relax.

- By supporting your child in a way that works for your family, you can help them start the new school year feeling secure, confident and ready for the year ahead. Because school is about more than academic learning: it's a chance for your child to build independence, develop social skills, make friends, and feel part of a community where they can experience small successes and build resilience. Together, these experiences support your child's social, emotional and academic learning at school.

School HARVEST Appeal 2026

**HELP SUPPORT YOUR LOCAL COMMUNITY
WITH A FOOD HARVEST COLLECTION**

PLEASE HELP

Our school appeal this year is called

SHARING Together

Nothing makes a community stronger
when we look out for one another.

Please help by donating any of the
food items listed.



Please help if
you can.
THANK YOU!

HARVEST SHOPPING LIST

Milk UHT full fat
Fruit Juice UHT 1 litre
Tinned Meat
Dried Pasta (500g)
Dried Rice (500g)
Sponge Pudding
Tinned Tuna
Tinned Fruit
Jam
Tinned Veg
Tinned pasta e.g. Ravioli
Pasta Sauce
Tinned Custard
Tinned Rice Pudding
Baked Beans
Cereals (300 to 500g)
Instant Mash (single packets)

North Lakes Foodbank, Lorton Street Methodist Church, Lorton Street, Cockermouth CA13 9RH.

For more information contact Stuart Christian

email: stuart@thefoodbank.org.uk Tel: 07733338352

Charity Number: 1067541

Need help with food? Go to www.thefoodbank.org.uk/get-help

 **Trussell**
Ending hunger together