Shine Together ☆★☆

Issue 81

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

Attendance this week: 97% 😊

9th October '26

Harvest Festival at St. Bridget's Church – Next Friday 16th October we hope you can join us for the Harvest Festival at St. Bridget's Church, Bridekirk at 9am. We will send out a letter next week about the arrangements on the day particularly for our new Reception parents. As part of this celebration, we are asking for a donation for the foodbank to be brought into school next week. The type of donations they would like to receive are on the poster attached. Thank you.

Cross Country Trials – Some KS2 children took part in Netherhall's Cross Country trials this week. Martha came first in the year 6 girls and Chloe came 5th. Well done to both girls who will now qualify for the next round.



School Photos – Next Thursday is School Photo Day. Each child will have their photo taken at some point in the morning. If you would like younger siblings to join in on a family group photo, please bring them in from 8.30am to the OOSC door. Last year we were overwhelmed by the number of these groups at 8.30am, so if it is the same this year, please bear with us as we get through the queue.

Farm Trip P3 – We'll have a report on Monday's Farm trip after P2 have been next Monday.

Dove Cottage - Letters have been emailed out today about a trip -

Golden Certificates…

For this week, these were awarded today to the following superstars! Felix in Reception, Jonty in Yr1, Molly in Yr2, Oakley in Yr3, Robin in Yr4, Neave in Yr5 and Olivia in Yr6.

DATES FOR YOUR DIARY

Mon 12th – Choir 3.15-4pm

Mon 12th – P2 Farm Trip in school time

Tues 13th – Guitar lessons

Tues 13th – Ukulele lessons P3

Tues 13th – Yr5/6 Football after school club 3.15pm-4.15pm

Thurs 15th – School Photos Day

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

Friday 16th – Woodwind lessons

Looking ahead…

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.

Contact us on: 01900 829889 admin@bridekirkdovenby.cumbria.sch.uk or sbm@bridekirkdovenby.cumbria.sch.uk

Latest News

Nourish Parent and Child Cooking Session – It was vegetable wraps on the menu for the Parent and Child cooking session this week. The children did a good job of chopping, grating





and tasting food they made themselves. We hope to be holding a Christmas themed session next half term.

Cora's Little Princess Fundraiser – We are incredibly proud of Cora, who is taking on the challenge of donating 12 inches of her beautiful long hair to The Little Princess Trust, a charity that provides real-hair wigs to children and young people who have lost their hair.



Her big hair cut is scheduled in for October half term week. Cora is also raising funds to support the charity and the wonderful work they do. It has been lovely to see the support she has already received, and we wish her the very best with her challenge!

If you would like to support Cora's fundraising, you can find her donation page here: https://www.justgiving.com/page/cora18

Well done, Cora! 💖

31st Oct – Closing Date for Applications for Secondary School

European Food tasting in P5 - Thank you to all the P5 parents who sent in European cuisine for a tasting session. Each child was given a country to bring a food from and



asked to introduce their dish to the class. A special mention goes to Will who handmade an Italian dish, Zabaglione. Delicious!

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

FOBDS Corner –Our next meeting will be on Zoom at the beginning of November to help plan the Christmas Fayre. We will confirm the date and time next week. If you think you might be able to help on a stall, please email Mrs Smith using lynsey@bridekirkdovenby.cumbria.sch.uk

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."



It's my 100th volunteer parkrun event!

Join me to celebrate!

Cockermouth Greenway junior parkrun

A FREE event for juniors aged 4-14

When: Sunday 11th October, 8.55am for 9am start

Where: Bellbrigg Lonning Playfield, Cockermouth
What3Words: spinning.flinch.variation

I'd love to get 100 juniors running... but our average is 33, so that's probably a bit ambitious!

So, please help to get 50 juniors, plus another 50 adults i.e. our volunteers and parent/carers.

I'll bring the chocolates for after the event... you just need to bring your kids (and your friends too).

Not done a junior parkrun before?

It's a **FREE 2K** event that can be walked or run with the aim of the juniors getting some exercise in the fresh air and having fun!

Register here – it takes two minutes and only has to be done once.

https://www.parkrun.org.uk/register/

Please share with your friends, schools, youth groups – thank you.

Can't make it this week? Join us next week instead!

I'm looking forward to seeing you all!

Sam

Climate change is already making life much more difficult for farmers around the world. Choosing to buy Fairtrade products can help farmers to invest in sustainable farming and to adapt to our changing climate. Watch the short film Weathering the Storm with Fairtrade.

The Big Plastic Count 2024 found that snack packaging—including soft plastic bags, wrappers, and packets for crisps, biscuits, chocolate, and cereal bars—consistently emerges alongside fruit and vegetable packaging as the highest-counted plastic waste type in UK households.



It's time to 'mix it up a bit' ... to help tackle climate change.

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


A Spooktacular Halloween Adventure in the Lake District!
Community event: Everyone's welcome!
TERROR
AT GREAT TOWER
TUESDAY 27TH & THURSDAY 29TH OCTOBER 2026
BOOK NOW!
...IF YOU DARE!

TERROR AT GREAT TOWER

A Spooktacular Halloween Adventure in the Lake District!

Great Tower (Newby Bridge) in 250 acres of eerie woodland!
Tuesday 27th & Thursday 29th October 2026

Step into the shadows for a frightfully fun Halloween adventure full of spooky surprises.

- The Terror Trail – a chilling walk through deep, dark woodland... with creepy characters lurking behind every tree
- Pumpkin carving – create your own glowing Halloween masterpiece
- Hands-on Halloween crafts full of creepy creativity
- Toast marshmallows over the fire and enjoy a warm, spooky treat

Younger Children (Ages 6–10)
2pm – 4pm (Terror Trail: 2pm – 3pm)
3pm – 5pm (Terror Trail: 3pm – 4pm)

Older Children (Ages 10+)
6pm – 8pm (Terror Trail: 6pm – 7pm)
7pm – 9pm (Terror Trail: 7pm – 8pm)
8pm – 10pm (Terror Trail: 8pm – 9pm)

- **£10 per person (per 2-hour time slot)**
- **Open to all (members and non-members)**
- **Suitable for ages 6+**

Don't miss out!

Spaces are limited and tickets are selling fast!

BOOK NOW
...IF YOU DARE!

Scout Adventures Great Tower, Birks Road, Newby Bridge, Cumbria LA23 3PQ
info@scoutadventures.org.uk

Scout Adventures is owned and operated by The Scout Association. Reg.Charity number 306101 (England and Wales). Registered address. The Scout Association, Gilwell Park, Chingford, London, England E4 7QW


STAGE COACH
STAGECOACH
COCKERMOUTH
HALLOWEEN
WORKSHOP
FRIDAY, THE 30TH OF OCTOBER
10AM TILL 3PM
FOR CHILDREN
AGE 6 YEARS+
HALLOWEEN
DRESS UP
PRIZES
TO BE WON!
www.stagecoach.co.uk/Cockermouth

Cumberland Safeguarding Children Partnership

5 Minute Briefing

ICON Week - Never, ever shake a baby

ICON week

21-25 September 2026

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?

UK Government NHS

Does your child have a high temperature (38ºC 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

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.

Threadworms

Speak to your pharmacist, who can recommend a treatment.

Should go in (let the school know)

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.

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.

Head lice & nits

You can treat head lice and nits without seeing a GP.

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.

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.

Seek treatment before returning to school

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.

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.

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.

Chickenpox

Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

Keep them off (at first)

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.

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.

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).

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.

NORTH LAKES foodbank

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.



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