Shine Together ☆★☆

Issue 83

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

Attendance this week: 96.7% 😊

23rd October '26

Accelerated Reader Certificates

- This morning, years 2 - 6 received Accelerated Reader Certificates for most words read across the half-term. Highly Commended certificates were also awarded to children who have shown great effort and improvement.



Meet Miss Rudd

- Coming from a long line of teachers, I always knew that I wanted to follow in their footsteps. But before making that ambition a reality, I spent more than 15 years following another passion - motorsport - and travelling the world as part of the FIA World Rally Championship.

After the arrival of my two young boys, the time felt right to get back on track to the classroom, and I successfully completed a PGCE with QTS at the University of Cumbria earlier this year.



I feel so fortunate to have joined the team at Bridekirk Dovenby. It is a school I have always felt a real connection to, with past generations of my family having attended and my son now here too. Everyone - staff, pupils and families - has made me feel so welcome, and I look forward to working with, and continuing to get to know, all of the wonderful children and families that make Bridekirk Dovenby such a special place.

Golden Certificates…

For this week, these were awarded today to the following superstars! Lottie in Reception, Alfie in Yr1, Lizzie in Yr2, Seth in Yr3, Cora in Yr4, Sky & Theo R in Yr5 and Alex in Yr6.

DATES FOR YOUR DIARY

29th Oct - School photos ordering deadline

31st Oct – Closing Date for Applications for Secondary School

Mon 2nd – Choir 3.15-4pm

Tues 3rd – Guitar lessons

Tues 3rd – Ukulele lessons P3

Tues 3rd – Yr3/4 Football after school club 3.15pm-4.15pm

Fri 6th – Woodwind lessons

Fri 6th - 9am Harvest Festival

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

Looking ahead…

10th Nov – Nasal Flu Vaccines

2nd Dec – 6pm KS1 Nativity Service

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

Excellent Drawing - Arley in P1 hand decorated his harvest festival donation bag and we thought it was AMAZING!!! Well done Arley 😊



Future Finances – The lead up to Christmas is an expensive time for all of us, so we thought it would be a good idea to outline some of the expenditure requested by school over this period.

- Harvest Festival donations (due to the re-arrangement)
- Key Stage 2 - Theatre by the Lake £22.50
- Key Stage 1–Kirkgate Christmas Film trip £10 ish TBC
- P4 & P5 Dove Cottage Trip – £20
- Yr3/4 – After School Football £18 – if signed up
- Key Stage 2 – Tickets for the Panto at the Carnegie
- Donations for the FOBDS Christmas Fayre – Hamper goodies, chocolate tombola, bottle tombola and nearly new toys/books.
- Supporting the Christmas Fayre & hamper raffle



Holiday activities organized by the Family Hub are all listed here Spooky Family Fun | Cumberland Family Hubs

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

School Photo Deadline – A message from Tempest. Dear Parents, have you ordered your school photos yet? A polite reminder that the closing date for ***free delivery*** back to school is ***Thursday 29th October 2026.*** Order through the Tempest website using your unique link that was emailed to you, or if you have received paper order forms visit *www.tempest-orders.co.uk* If you need any assistance in ordering your photos, feel free to contact Tempest at *Customerservice@htempest.co.uk*. Thank you.



School Dinners – We are making some changes to the menus from November to comply with the new School Food Standards. You will notice more vegetables, pulses, beans and salad, and mashed potatoes and new potatoes instead of chips/roast potatoes. We use whole meal bread for all sandwiches, and half whole meal/half white wraps. The ham in our sandwiches is not processed, and we are starting to offer a sliced chicken breast sandwich. Sandwiches and jacket potatoes from November will be offered on alternate days and be served with salad. For pudding, cake is offered a maximum of twice per week and all puddings must now contain at least 40% fruit. We gave the children and Mrs Fish(!) homemade rice pudding and peach slices this week which they mainly(!) enjoyed. Out of school club have also switched to cereals with lower sugar and will be trying porridge soon. Hopefully your children will enjoy the changes and enjoy healthier food in school. The new menu is attached. If you have any suggestions for meals or comments about school food, 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."

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

Fungi could be crucial in our fight against climate change. Research suggests a vast network of fungi beneath our feet stores 13 gigatonnes of carbon dioxide each year – roughly equivalent to a third of our global fossil fuel emissions!!

There are around 2.5 million different species of fungi on Earth – that's about 7 times the number of plant species.

Scientists estimate that more than half of all living species on our planet live underground.

You'd need 6.5m-long arms to hug one of the widest trees in the UK – a 1,000-year-old oak in Lincolnshire!



In a battle to save the planet ... battallions of mushrooms? World Economic Forum article, 2022

MENU from Nov 2026

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pasta Day (mix of wholemeal and plain)– Pasta with tomato sauce, Tuna, Cheese, Beans, Salad Batons.	French Bread Pizza (wholemeal) with Cheese, Tuna or BBQ Chicken, Potatoes and Salad.	Pork and Apple Sausage (or Quorn Sausages) with Mash, Veg & Onion Gravy.	Crispy Chicken or Veggie Nuggets in a half/half wrap with Mayo, Tomato or BBQ Dip, Diced Potatoes and Salad	Fish Fingers, Sausage or Quorn Sausage, Chips, Beans and salad. Homemade Bread
2	Pasta Day (mix of wholemeal and plain)– Pasta with Tuna, Cheese, Beans, Salad Batons.	Chicken Burger in batter or Veggie Nuggets, with Potatoes, Beans and Salad Batons.	Roast Dinner or Roast Quorn, Yorkshire Pudding, New Potatoes and Veg. Gravy	5 Bean Beef Con Carne or 5 Bean Veggie Con Carne, with Rice, Tortilla Chips and Salad.	Breaded Fish, Sausage or Quorn Sausage, Chips, Veg. and Salad Homemade Bread
3	Pasta Day – Pasta with Pesto, Tuna, Cheese or Beans and Salad Batons.	Crispy Chicken or Veggie Nuggets with Sweet n Sour Sauce, Rice, Nachos and Salad.	Brunch – Bacon, Sausage or Quorn Sausage, Hash Browns, Beans, Toasted Muffin and Salad.	Beef & Lentil Lasagne or Quorn Lasagne, Garlic Bread and Salad	Battered Fish, Sausage or Quorn Sausage, Chips, Veg. and Salad Homemade Bread

Alternating choice of Jacket Potato with Cheese, Beans or Tuna Mayo, or Sandwich or Wrap with Cheese, Chicken/Ham, Egg or Tuna Mayo.

Every day will have a selection of desserts including Fresh Fruit, Yoghurts, Fruit Salad, Cake & Custard (not every day).

HALF TERM FAMILY FUN!

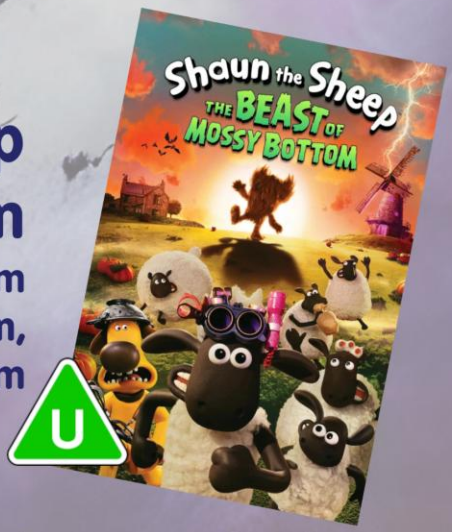


Crafts@Kirkgate Paint-a-Daisy

Saturday 24th October from 2pm
Book a slot or 'drop-in'
see our website for details
Join us for a unique & creative family event hosted by Amelia Bedson, celebrating heritage conservation!

Shaun the Sheep
The Beast of Mossy Bottom

Monday 26th October 2pm
Tuesday 27th October 2pm,
Thursday 29th October 7pm





Bat Out of Hell - The Musical

Saturday 31st October 7pm
Get ready for the ultimate rock experience as we bring Bat Out of Hell back to the big screen.

More family shows coming soon...
Gav Cross Storyteller
'Tell Tale Twit'
Saturday 7th November 3pm



Kirkgate Arts and Heritage

Book online: **thekirkgate.ticketsolve.com/shows**

The Kirkgate Centre, Kirkgate , Cockermouth, CA13 9PJ

www.kirkgateartsandheritage.org.uk

Registered Company no. 6632306 Registered charity no. 1126602

HAVE A HAPPY & HEALTHY HALF TERM!

A quick reminder for parents as we head into next week's break!



BRUSH TWICE A DAY!

2 min

- [x] Remember to keep normal routines

EAT TEETH-FRIENDLY SNACKS!

- [x] Encourage choosing healthy snacks over sugary treats

DRINK WATER & MILK!

MILK

- [x] Drink water or milk instead of sugary drinks

PACK FOR YOUR TRAVELS!

- [x] For families heading away

BRUSH DAY & NIGHT FOR A HEALTHY SMILE!

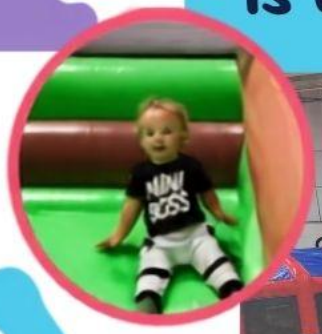
wishing everyone a wonderful, safe & happy break!

ap smilestars™

Hardy's Bouncefest UK

– Est. 2014 –

is coming to Keswick School











Sat 24th & Sun 25th October 2026

GRAB YOUR TICKETS NOW AT

BOUNCEFESTUK.COM



Gilcrux Village Hall & Educational Trust

Saturday 7th November

4.00 pm – 6.00 pm



Who would like to join us for a couple of hours of spooky fun and games?

Entertainment from "Stu Di Doo"

Fancy dress optional

£5.00 per child and includes pizza and fries

Please book your place with me 016973 21895 or helj@talktalk.net


CARLISLE UNITED
FOOTBALL CLUB
COMMUNITY SPORTS TRUST
HOLIDAY
ACTIVITIES
LOCATIONS:
Carlisle (Football & Gym and Dance)
Penrith (Football only)
Maryport (Football only)
Ages 5-13
27 - 30 October
BOOK NOW VIA ABLER:
For further information
Email: Sam.Tickner@carlisleunitedcst.co.uk or Phone:
01228 554169

Cumberland Council

One Minute Guide to……

Diarrhoea and Vomiting (Gastroenteritis)

Key Messages

Diarrhoea and vomiting (gastroenteritis), including illnesses such as norovirus, can spread rapidly within education settings. Prompt action, good hygiene practices and early exclusion of symptomatic individuals can help reduce transmission and minimise disruption.

What Should Staff, Pupils and Students Do?

Children, young people and staff who develop diarrhoea and/or vomiting should stay away from the education setting until **48 hours after symptoms have completely stopped** and they are well enough to return. This helps prevent the spread of infection.

People affected by gastroenteritis should:

- Rest and drink plenty of fluids to prevent dehydration.
- Avoid preparing food for others whilst symptomatic.
- Wash their hands frequently with soap and water, especially after using the toilet and before eating or handling food.
- Avoid close contact with others where possible until fully recovered.

Preventing the Spread of Diarrhoea and Vomiting

Education settings can help reduce the spread of infection by:

- Encouraging regular hand washing with soap and water.
- Ensuring paper towels and hand washing facilities are readily available.
- Promoting good hygiene practices among pupils, students and staff.
- Cleaning and disinfecting frequently touched surfaces regularly.
- Immediately cleaning any areas contaminated by vomit or diarrhoea using an appropriate chlorine-releasing disinfectant.
- Wearing appropriate personal protective equipment (PPE), including disposable gloves, when cleaning spillages.
- Washing contaminated clothing or fabrics on a hot wash cycle where appropriate.
- Keeping rooms well ventilated where possible.
- Minimising the sharing of equipment and resources where practical during periods of increased illness.

Please note: Alcohol hand gel is not effective against some causes of gastroenteritis, including norovirus. Hand washing with soap and water remains the most effective method of removing infection.

How is it Spread?

The viruses and bacteria that cause gastroenteritis spread easily from person to person. Infection can occur through:

- Contact with contaminated hands, surfaces, objects, food or drinks.
- Close contact with an infected person.
- Exposure to airborne particles produced during vomiting episodes.

People are usually most infectious from the start of their symptoms until at least **48 hours after symptoms have stopped**.

When to Seek Advice

Education settings should seek additional advice if:

- There are increasing numbers of diarrhoea and vomiting cases.
- Absence levels are significantly higher than expected.
- Multiple pupils, students or staff become unwell within a short period.
- The illness is resulting in hospital admissions.
- Additional infection prevention and control support is required.

Further Information

For the latest national guidance, visit:

- Norovirus (vomiting bug) – NHS
- Diarrhoea and vomiting - NHS
- Health protection in children and young people's settings, including education - GOV.UK
- A to Z of infectious diseases in children and young people's settings - GOV.UK
- Managing outbreaks and incidents in children and young people's settings - GOV.UK
- New_HandWash_Poster

Contact Details

Please contact the UK Health Security Agency (UKHSA) by:
Email: **cl.hpt@ukhsa.gov.uk**
Telephone: **0344 225 0562**
The service is available **Monday to Friday, 8:00am to 6:00pm**.

Cumberland IPC Team welcome any queries relating to infectious diseases.
Please email **IPC@cumberland.gov.uk**, and a member of the team will respond as soon as possible.
The Infection Prevention and Control (IPC) Team is available:
Monday to Thursday: 9:00am to 5:00pm
Friday: 9:00am to 4:30pm