

PENNINGTON CHURCH OF ENGLAND SCHOOL
PENNINGTON
Nr. ULVERSTON
CUMBRIA LA12 ORR.

TEL: 01229 587253

Email: admin@penn.cumbria.sch.uk

Web: www.penn.cumbria.sch.uk

Head Teacher: Mrs Helen Storey



Spring Term Newsletter 01 - 14/02/2025

Dear Parents and Carers

As we come to the end of the first half of the Spring term, we are beginning to see signs of Spring and lighter evenings. Enjoy half term next week. We hope that the holidays will be a good break and a chance for all the children and staff who have been suffering from viruses and infections, coughs, colds, sore throats and headaches to make a full recovery.

Special Mentions

Well-done to our children who received this weeks' Special Mention awards. It is great to hear that many children have been able to attend hobbies and events outside school and they were very proud to receive recognition in front of their peers and teachers.



Staffing

Mrs Edward has left for maternity leave today and we look forward to the arrival of baby Edwards. While Mrs Edwards is away, we welcome Miss Mycock to Pennington who will be working alongside Mrs Hockaday in Reception class. Both have worked together this week to ensure a smooth transition.

Family worker

We now have access to a family worker who is available to our school on Fridays. Her name is Michelle Jones and she previously worked for Family Action. Michelle is working across a number of schools in the FPC (Furness Primary Collaborative) as a result of additional funding we have received from a local business, Orcina. Michelle is not a teacher or a social worker but will be available to offer support, predominantly to parents. She will be a valuable addition to the pastoral care we already provide.

Mrs Wright continues to work with the children and will be around to speak to parents in the mornings as usual. If you would like to meet with Michelle in school or have a home visit, please get in touch with Mrs Wright leanne@penn.cumbria.sch.uk or contact Michelle directly mjonesfamisupp@gmail.com

Friends of Pennington-Winter Disco Thursday 27th February

FoP will be holding a Winter Disco on Thursday 27th February for the children at Pennington. We still require parent helpers for the Disco and if you would like to help out please contact Carly, Amanda or Stella via email FoP@penn.cumbria.sch.uk or call into the school office. Please see FoP information below.

World book day - Thursday 6th March

It is World Book Day on Thursday 6th March. This year we are asking children to come to school dressed up as their favourite book character and to bring their favourite book into school.

After School Clubs

We are offering a good selection of clubs after school next term. Louise Walton is coming into school to cover Dance in the curriculum and will also run a dance afterschool club for KS2 - please see the table below for details of all the clubs for the next half term. Clubs will start the first week back after half term.

Year 5 Coffee Morning - Friday 28th February

Year 5 will be hosting a coffee morning between 9.30-10.20am for their parents and friends. We are asking Y5 parents for donations of cakes and biscuits to sell. There is an entry charge £2.00 and the proceeds will go to school funds. Year 5 look forward to welcoming and serving everyone.

Online Safety Tips

It's important that parents and carers know that all social media platforms and messaging apps have age limits. Some social networks use technologies that may not be right for some ages. The NSPCC website has lots of resources for families. You can access this information by clicking the link below to find out more and learn why those age restrictions are in place. Many parents are unaware that WhatsApp is linked to other Meta platforms Instagram and Facebook, and because of this age restrictions apply.

<https://internetmatters.org/resources/what-age-can-my-child-start-social-networking>

<https://www.internetmatters.org/advice/apps-and-platforms/social-media/whatsapp/>

Parking and Drop Off

PCSO Madden dropped us an email regarding parking outside school. Please be mindful of parking and do not park where the cones are, the police have had a complaint about parents blocking the road.



After School Clubs

We aim to offer a range of after school activities throughout the year. The timetable for this term is displayed below. **All clubs need to be booked, paid for and permission given through ParentPay.** There will be a nominal charge for clubs run by school staff to cover resources and sports/outside providers will be charged to cover their time. We still consider this to be good value. Thank you to staff for giving their time freely to offer these opportunities. Clubs will start the first week back for 6 weeks.



After School Clubs - Spring 2 2025

Day	Activity	Leader	Where?	Time
Monday	Year 1, 2 and 3 Multisports £15.00	Corey	School Playing Field Hall when wet	3.15-4.00pm
	Year 5 and 6 Computers £6.00 (16 places)	Mr Hodgson	Year 5 Classroom	3.15-4.00pm
Tuesday	Year 3 and 4 Watercolours £6.00 (20 places)	Mrs Barton	Year 4 Classroom	3.15-4.00pm
	Year 4 Cooking £6.00 (10 places)	Mrs Tuck	School Hall	3.15-4.15pm
Wednesday	Year 4, 5 & 6 Multisports £15.00	Corey	School Playing Field Hall when wet	3.15-4.00pm
Thursday	Colouring club Year 1 and 2 £6.00 (20 places)	Mrs Baldwin	Year 1 Classroom	3.15 - 4.15pm
	Dance Year 3, 4, 5 and 6 £15.00 (25 places)	Louise Walton	School Hall	3.15-4.15pm
Friday	Year 4, 5 & 6 Chess Club £6 (20 places)	Mrs Hockaday	Year 6 Classroom	3.15-4.00pm

After School Club Attendance - To enable that we know your child is safe, please can you let school know if your child is not going to be able to attend their after-school club. Thank you.

SCHOOL TERM DATES 2024/2025



AUTUMN TERM 2024

<u>STARTS</u>	<u>ENDS</u>	<u>HALF - TERM HOLIDAY</u>
Wednesday 4 September	Friday 20 December	Monday 28 October - Friday 1 November

Number of school days in term - 73

SPRING TERM 2025

<u>STARTS</u>	<u>ENDS</u>	<u>HALF - TERM HOLIDAY</u>
Tuesday 7 January	Friday 4 April	Monday 17 February - Friday 21 February

Number of school days in term - 59

SUMMER TERM 2025

<u>STARTS</u>	<u>ENDS</u>	<u>HALF - TERM HOLIDAY</u>
Tuesday 22 April	Friday 18 July	Monday 26 May - Friday 30 May

Good Friday - 18 April
Easter Sunday - 20 April
Easter Monday - 21 April
May Bank Holiday - 5 May

Number of school days in term - 58

Number of days in year - 190

INSET Days: Monday 2 and Tuesday 3 September
Monday 6 January

SCHOOL TERM DATES 2025/2026



AUTUMN TERM 2025

<u>STARTS</u>	<u>ENDS</u>	<u>HALF - TERM HOLIDAY</u>
Wednesday 3 September	Friday 19 December	Monday 27 October - Friday 31 October
Number of school days in term - 73		

SPRING TERM 2026

<u>STARTS</u>	<u>ENDS</u>	<u>HALF - TERM HOLIDAY</u>
Wednesday 7 January	Friday 27 March	Monday 16 February - Friday 20 February
Number of school days in term - 53		

SUMMER TERM 2026

<u>STARTS</u>	<u>ENDS</u>	<u>HALF - TERM HOLIDAY</u>
Monday 13 April	Friday 17 July	Monday 25 May - Friday 29 May
Good Friday - 3 April Easter Sunday - 5 April Easter Monday - 6 April May Bank Holiday - 4 May		

Number of school days in term -64

Number of days in year - 190

INSET Days: Monday 1 and Tuesday 2 September
 Tuesday 6 January

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Dear Parents/Carers

Pupil Premium and Free School Meals

If your child is eligible for 'free school meals' and you register them for this, we'll receive extra funding called 'pupil premium'. We use this extra money to improve the educational provision and resources at the school.

What is pupil premium funding?

Pupil premium funding from the government is given to schools to help pupils reach their full potential, regardless of their background or financial situation. It's provided for pupils who:

- Are registered for free school meals
- Have been registered for free school meals at any point in the past 6 years
- Are, or have been, in care
- Have parents in the armed forces

At Pennington, we get an extra £1,385 for every eligible pupil who is registered for free school meals. This extra money could make a real difference to the quality of education we offer.

For example, we've previously used pupil premium funding for:

- Educational provision/resources
- Academic interventions
- Wellbeing and self-esteem building interventions

Is my child eligible for free school meals?

To be eligible for free school meals, your family's annual household income must be no higher than:

- £22,700 for families with one child
- £26,300 for families with two or more children

Your child might be eligible if you access:

- Income Support
- Income-based Jobseeker's Allowance or Employment and Support Allowance
- Support under part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on- paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit, provided you have an annual net earned income not exceeding £7,400 (£616.67 per month)

Universal infant free school meals

Currently, pupils in reception, year 1 and year 2 are entitled to a free school meal thanks to a different government funding scheme known as universal infant free school meals (UIFSM). You shouldn't confuse UIFSM with free school meals and the pupil premium.

If your child is in reception, year 1 or year 2 and is eligible for free school meals according to the criteria above, you should still register because we'll receive the extra pupil premium funding.

Does my child have to eat the free school meals?

No. Pupils who are registered for free school meals don't have to eat them. If you're eligible but you want your child to have packed lunches you should still register because the school will receive the funding which can support your child in other ways.

How do I register?

You only need to register once at the school.

To register, please click on the following link:

<https://www.westmorlandandfurness.gov.uk/schools-and-education/free-school-meals-and-clothing-vouchers>

More information

For more information about pupil premium go to our website, which contains details of how the pupil premium has been spent in the past academic year and how it will be spent this year.

Kind regards

Mrs Storey
Headteacher

FRIENDS OF PENNINGTON

AGM Date and venue to be confirmed.

Winter Glow Disco

The next Friends of Pennington Event will be our Winter Glow disco on Thursday 27th February, put on your brightest clothes and dance the cold away.

There will be face painting, glow sticks, games and a competition for the best dressed in each group. There will be two time slots, 5-6pm for reception Year 1 and 2 and 6.30-8pm for Years 3, 4, 5 and 6. Drinks, snacks and hotdogs will be available.

If you would like to volunteer to help at the disco, please email Carly, Stella or Amanda at FoP@penn.cumbria.sch.uk to get in touch or contact Mrs Baldwin in the school office.

Coniston to Barrow (C2B), Saturday 10th May 2025

Due to the success of the Friends of Pennington C2B team last year, raising £1,100 for Friends of Pennington, we are going to input a team to walk it again on Saturday 10th May.

Sponsorship details to follow!

Thanks, Stella, Carly and Amanda.

Friends of Pennington School

Email us at FoP@penn.cumbria.sch.uk to get in touch

FUNDRAISING

LET'S KEEP GOING!

£372 Nov Coffee Morning!

£2,212 Christmas Family Fun Night



10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Ulverston Junior Open Chess Championships

To be held in
The Coronation Hall,
Ulverston

on
Tuesday 18th February 2025
12:30pm - 5:00pm



Rules

All junior chess players welcome (6 years old to under 18 on Sept 1st.)
The tournaments will be 7 rounds Swiss style competition.
The time control will be 15 minutes each (no increments).
Additional rules will be explained prior to the start of play.

Parents & Teachers

Under 11s must be accompanied by an adult.
All parents are welcome to stay.
For further information & registration please telephone:
Peter Hanks on 07833934031
Entry is free.



Supported by Ulverston Town Council



**HEY KIDS, DO YOU LOVE MOVIES?
IF SO WE WANT TO HEAR
FROM YOU!**

ITV's hit kids' show, **Mini Movies**, is returning for series 2 and we're looking for movie-loving kids to take part.

You could star in exciting video clips full of visual effects, pitch your own movie ideas, create amazing animations and show off your costume skills!

If you'd like to get involved, ask your parent or guardian to email your name and age to...

casting@thechancercollective.com

After that you'll receive further information on how to apply. Be quick though, as spaces are filling up!

CHECK OUT MINI MOVIES SERIES ONE ON **ITVX
TO SEE WHAT KIDS GOT UP TO LAST TIME!**

ACTIVITY DAY



WEDNESDAY 19TH FEBRUARY
LOW FURNESS PRIMARY SCHOOL
9.30AM-3PM
AGES 4+

BOOK ON VIA- HPACTIVITIES.COM



MULTI SPORTS SESSION



TUESDAY 18TH FEBRUARY
ST MARY'S PRIMARY SCHOOL, ULVERSTON
9.30AM-12PM
AGES 4+

BOOK ON VIA- HPACTIVITIES.COM





Onside Sports Development Half term Football Camp

Onside Football Academy (4-12 year olds)

The emphasis of the course is player development and enjoyment, each child will spend the morning enhancing their individual skills and, in the afternoon, get the chance to show them off with opposed practices, team games and competitions.

All coaching will be delivered by coaches with enhanced DBS disclosures to work with children enabling us to provide a fun, safe environment for your child to work.

FURNESS COLLEGE

Mon 17th Feb - Fri 21st Feb

UVHS

Mon 17th Feb - Fri 21st Feb

*** Book early to avoid disappointment ***

- Each camp will run **9am-3pm** (Group drop off and collection times will be confirmed on booking)
- We have use of a huge hall and 3g playing facilities so if the weather is poor the camp will run as normal.
- Participants will require appropriate sports kit and trainers. Also, a packed lunch and still drinks will be needed for their lunch break.
 - **INDIVIDUAL DAYS £20**
 - **FULL WEEK BOOKING £85**

For further info please contact Gavin Butler
Tel – 07887940150

Instagram – Onside Sports Development

Email – Gav@onsidesportscoaching.co.uk

Facebook- Onside Sports Coaching Development

Photographs/Videos may be taken for publicity, training and advertisement purposes. By circling YES it will indicate you DO have objections to this, please contact Onside Sports Coaching with any questions

0 – 19 Child and Family Support Services – South Lakeland

February Half Term Cooking & Craft Session

Tue 18th February, Sedbergh Children's Centre – LA10 5AL

Wed 19th February, Ulverston Children's Centre – LA12 9BE

10:30am-12:00am

Come and join us to make and decorate bird biscuits and have fun making bird themed crafts. We will be bringing the outdoors inside, and our birds need you to help them by making a bird feeder to take home. Open to children under 10 years old accompanied by an adult.

Limited places, to book contact sharon.norton@actionforchildren.org.uk Mobile: 07545 701232

Registered Charity Numbers: 1097940/SC038092

Registered address 3 The Boulevard, Ascot Road, Watford WD18 8AG

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HAPPY NEWS



KIDS



Teddy's mission to save the planet, one tub at a time

Six-year-old Teddy was shocked to learn that chocolate tubs couldn't be recycled in his local area, so he decided to do something about it! Setting an initial goal of collecting 500 tubs, he quickly smashed that target, gathering over 2,500 with help from his school and neighbours. All the tubs he's collected will be sent to a special plastic reprocessing centre. "I'm one little boy and it started with one tub and one dream to save the planet, and now look how many we've got," Teddy said.



Woodlands and wildlife wonderful for wellbeing

Have you ever felt happy after a walk in the woods? Well, it turns out you're not the only one! A huge survey in the UK found that 90% of people feel better after spending time in woodlands, thanks to all the sights, sounds, and smells of nature. From birds singing to leaves crunching underfoot, the sounds of the woods were the top mood-boosters, while colourful flowers and different textures also helped make people feel good!



Donkey finds happiness

A lonely rescue donkey in Canada found happiness when he discovered a love for playing with a yoga ball. After his first ball deflated, kind-hearted strangers donated over 40 more. He now has three new friends who enjoy playing with them too!



People are just finding out the Pringles man has a name

Did you know that the Pringles man has a name? He's not just "Mr. Pringle," he's Julius Pringle! Before 2006, the iconic moustached man on the front of the Pringles can didn't have a name, until two college students jokingly added it to his Wikipedia page. The name quickly went viral, and to their surprise, Pringles liked it so much that they officially adopted it. The revelation is trending on social media again, with people even being surprised to find out he has legs too!



Space makes weird noises

Space might seem quiet, but it actually has its own unique sounds. Chinese scientists have recorded special waves, called chorus waves, 160,000 kilometres away from Earth. When these waves are converted into audio, they sound like bird calls or whistling. This discovery is exciting because these waves were once thought to only happen near certain areas of Earth's magnetic field. So, next time you look up at the stars, remember: space is filled with its own cosmic music!





February 2025 Newsletter

Thursday
20th Feb
19:00 - 20:00
FREE



FREE SESSION Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday
3rd Feb
10:00 - 11:30
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb
19:00 - 20:30
£24



Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb
19:00 - 20:30
£24



Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb
19:00 - 20:30
£24



Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk