



It has been a very wet week in school. Funnily enough the only times it has been glorious sunshine were when I sent the Remind out telling everyone I had cancelled Sports Day and at 2pm on Wednesday when we should have been having it!

There was lots of disappointment about this but the field was saturated and we want our sports day to be sunny, so we are praying for the 24th June to try again.

This week, 8 children went to Arkholme to represent school in a resilience muddy obstacle course. It was a wonderfully wet and wild day with lots of moments where the children had to work together to encourage each other to get over the challenges they faced, Miss Bateson and Ms Gray came and sang the praises of our team. So proud! We have also welcomed Alma's dad Paddy to help us with something very exciting, which we can't wait to share with you.

Governor's Corner

This week I would like to introduce

Caren Threlfall

Caren's daughters attended school some time ago and she has been a governor since. Caren is an artist and has worked with the children in recent years with felting and silk painting. She worked for many years in a Cumbria Primary School too. Caren is our wellbeing and Art Governor. She ensures that we continue to elevate our creative subjects in school. If you would like to meet with Caren, then let us know and we can put you in touch.

Ms Gray hasn't been in school today as she is doing something **VERY** Amazing!!

Our Ms Gray is representing Team GB in a triathlon competition in Spain over the weekend.

She has been training for a long time and is kitted out in her Red, White and Blue for the event.

We are so proud and excited for her and have sent her off to Spain with all our best wishes. Truly living out our **Inspire, Believe, Achieve** Vision #runlikethewind!!

JOY

As part of worship this week, we have thought about the **Generosity** of time.

Taking the time to say hello to a neighbour, phone someone you haven't seen for a while or play a game with family or a friend. Precious moments spent together are very valuable.

In Joy this week, we had lots of talk from our Tough Runners about face planting in muddy puddles, being proud of themselves for facing the challenge and spending time with friends.

We also celebrated the excitement of the World Cup with us all being part of a sweepstake. Watch this space for news on who gets through to the next round.

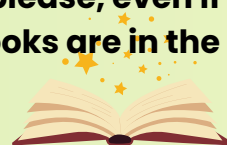
Phone News: Just so you are aware, we have had an upgrade to our telephone system, so you will get an automated message when you dial through. Also, if your child has access to a phone please check they are not signed up to a What's App group called **'100 Before 2027'** Cumbria Police has asked us to raise concerns about this group.

Diary Dates

Tuesday 16 th June	Swallows	Swimming	Swimming Kit - Please bring Pj's to swim in - Long sleeved and long legs please
Thursday 18 th June	Everyone	Tennis PE Session	PE Kits
Tuesday 23 rd June	Swallows	Swimming	Swimming Kit
Wednesday 24 th June	Everyone	Sports Day from 2pm	
Thursday 25 th June	Everyone	Tennis PE Session	PE Kits
Monday 29 th June	Robin and Little Owls	Beach School - Packed lunch required for today only	
Tuesday 30 th June	Robin and Little Owls	Beach School	
	Swallows	Swimming	Swimming Kit
Wednesday 1 st July	Robin and Little Owls	Beach School	
Thursday 2 nd July	Robin and Little Owls	Beach School	
	Everyone	Tennis PE Session	PE Kits
Monday 6 th July	Swallows	Beach School (Mon-Thurs)	Packed lunch required each day

Jumble Sale

Thank you to everyone who helped with the Jumble Sale over the weekend or donated items. We raised over £700 and still have some items to sell on Vinted. We do have books left and are asking for your help to drop these off at charity shops please, even if you can just take a carrier bag that will help clear the leftover pile. The books are in the Village Hall so please ask Miss Riley to let you in.



Water safety – Important message for parents and schools

Following recent tragic incidents involving water, this is an important reminder of how quickly situations can change. As the weather gets warmer, more children and young people are spending time around rivers, lakes and the coast, increasing the risk of harm.

Even on hot days, open water can be dangerously cold, and conditions are often unpredictable.

Children and young people may not always recognise these risks, so it's vital that key safety messages are shared.

Key water safety messages

Please help reinforce the following advice with children and young people:

-  **Stop and Think:** Check for hidden hazards such as deep water, currents and cold temperatures
-  **Stay Together:** Never go into or near water alone; choose areas with lifeguards where possible
-  **Call 999 in an emergency:** Ask for the Coastguard at the coast, or Fire & Rescue if you are inland
-  **Float** – If you fall in, stay calm, float on your back and control your breathing



Cold water shock

Many recent incidents have involved cold water. Even strong swimmers can be affected. Sudden immersion can cause panic, loss of breathing control and reduced ability to swim.

If you fall into water:

- Try to stay calm: The effects of cold water shock usually pass within the first minute
- Float on your back to regain control of your breathing
- Once calm, call for help or swim to safety if possible

A Life-saving skill: Float to Live

Teaching children how to float could save a life:

- Tilt your head back with ears in the water
- Relax and breathe slowly
- Move hands and feet gently to stay afloat

In an emergency:

