# Victoria Junior School - 01900 606053

Newsletter

Summer Term 2024

Week |



Welcome back after Easter Break, I hope you have all had a lovely break. As we begin the first half of the Summer term we have planned some really exciting learning activities for the pupils to experience.

Y3 will be felt making, Y4 are working with a local author to develop their writing skills. Y5 will lead us through our Bright Stars project as we develop our wellbeing packs and fundraise for Age UK. Ian Douglas, a well-known Local story teller, has already begun working with Y5 and later will work with Y6 on storytelling through puppetry. All our residentials will take place this half term. Y3 Kingswood, Y4 Castle Head, Y5 York and Y6 London. These residential offer our pupils an opportunity to have an overnight shared experience with friends. Two are outward bound residentials with a lot of physical activities to challenge their



stamina and nerve, and two are city experiences where they get to experience what a city can offer.

Y6 will complete their SATs National end of keystage 2 test in May, just before half term. I know how anxious some are feeling but we know they will all do their best and that is all we ask of them. They all received their Leavers Hoodies this week, a gift from the school that we give them now so that they can all get good wear out of them.

Our choir will be singing at the 50 Year celebration of the Carnegie Singers concert that takes place at St Michaels church on Saturday and then are rehearsing for the Whitehaven Festival.

Sporting activities will continue through this half term with our first next week when our Girls football team and boys football team will go to Carlisle and play at Brunton Park. Good luck and enjoy the experience.

We will continue to support all the families throughout the term and are here for you if you require any advice. We continue to stress the importance of attendance and the need for you to support your child develop a positive attitude to learning and a love of school and learning. Thank you for your continued support.

# Residential Trips

This term we have our residential trips for all year groups. Balances must be paid via ParentPay as soon as possible as all deadlines have now passed. The dates for each residential is as follows: Year 4 Castle Head - I<sup>st</sup> - 3<sup>rd</sup> May Year 3 Kingswood - 7<sup>th</sup> - 8<sup>th</sup> May Year 5 York - 15<sup>th</sup> - 17<sup>th</sup> May Year 6 London - 20<sup>th</sup> - 23<sup>rd</sup> May

# <u>Wellness Guide</u>

While the short-term benefits of energy drinks can be attractive, it's not wise to ignore the potential health risks. Consuming these beverages regularly can have negative effects on the heart and blood pressure, and even cause dependency on these products to keep users' energy at a 'normal' level. Factoring in that it's illegal to sell these drinks to under-16s, the rise in children and young people using energy drinks is a cause for concern.

This marked increase in young people using highly caffeinated drinks to supplement their energy has heightened the risk of these health issues arising in children – at a time in their lives where such impacts can have greater, longer-lasting consequences. This guide addresses these possible hazards, letting you know how to minimise them for children and young people who like the occasional can.

Guide at the end of the newsletter



As a school we are responsible for recording pupils school attendance in our school registers. The school registers are legal documents, and its data is forwarded regularly to the Department for Education and the Local Authority. As a school we want all of our pupils to attend regularly and on time. We want to support parents to meet their legal duty to ensure regular school attendance. Thank you to all of our parents who are working with us in improving the attendance of the school.



If your child is going to be absent from school, please ensure you inform us as soon as possible by calling the school

office on 01900 606053 and leaving a voicemail on Option I. You can also report this via the Scholarpack App.

# <u>KESWICK SCHOOL: YEAR 5</u> <u>OPEN EVENING</u>

Wednesday 26th June 2024, from 5pm

We warmly invite you to an open evening at Keswick School. Find out more and book a place here:

https://www.keswick.cumbria.sch.u k/admissions/year-5-open-evening

# Pupil Achievements

Penelope has been very busy recently, not only has she completed the British Sign Language Kids Project, she has also taken part in a beach clean on Workington Shore with the Workington Nature Reserve during the Easter holidays - well done Penelope!





If your child has any extracurricular achievements you wish for us to feature on our newsletter, please email these to <u>admin@victoriajunior.cumbria.sch.uk</u> with all information and a photograph. This could be anything from swimming to horse-riding, judo to fishing, and everything in between.

# School Sports

Well done to our year 3 and 4 pupils who attended the Panathlon Challenge this morning. We went to Workington Leisure Centre and took part in a swimming gala against other schools. We went there with the aim of having lots of fun, trying something new and showing a good team spirit. We did all of these and more. Congratulations to all who took part.



# School Council

Our VJS student leaders have decided to come together and kick start 'The Baa-ttery Campaign' supported by Cumberland Council. In Cumbria, our rubbish is taken to a special place where it is processed, treated and something truly amazing takes shape. For many years now, we have been creating a type of fuel out of waste and these batteries can be used to make energy!

Around school you will see our battery delivery boxes where you can dispose of old batteries. The reason we are doing this is because batteries can cause fires when they are disposed in a normal bin. We have been learning how to be more sustainable and recycle more materials. We have been looking at the global learning goals and we have been thinking about how we can do more to improve our school! 'People are in danger; lives are at risk!' To find out more visit recycle-more.co.uk. Thank you for everyone who has brought in their old and used batteries to recycle, we appreciate the help and support from our pupils and parents!



Do you have concerns

STOP



## <u>Team Bassenthwaite</u>

First week back complete for Team Bassenthwaite already! This week we have begun lots of new units of work.

As scientists we have begun focusing on plants. We started by looking at the factors that a plant needs to grow and develop. As geographers, we have moved on to looking at the Lake District and why this is one of the UKs most unique locations. In French we have been focusing on naming different animals and bets. We even manage to write down the comparisons. During our PE sessions with Mr Jones we have moved on to focusing on our cricket skills. This week we were working on how to score points. We used wide fingers when throwing and catching.

As mathematicians we have moved onto the multiplication and division chapter of work and begun with focusing on our 3 times tables. We used objects to help us count in 3s and learnt a song to help us remember the order.

In literacy and language, we have started focusing on a new story; A Tale of Two Robots. This story is all about a little boy called Callum, who is an inventor. Callum has a very messy bedroom but to him it isn't mess- the things lying around his room are pieces of his inventing equipment! Lots of new learning happening for Team Bassenthwaite and we are very excited to dive into our new topics! Well done for all your hard work during

your first week back team. Keep it up!



## <u>Team Buttermere</u>

This week has been a fantastic first week back for team Buttermere.

As mathematicians, we have been retrieving our existing knowledge of time to convert minutes to seconds. We have focussed on how many minutes are in an hour and how many seconds are in a minute to successfully answer word problems. We have also been learning about the number of days in months and what a leap year is! We have also moved onto our new topic 'pictograms and bar graphs' where we have been introduced to different ways to measure and collect data.

As writers, we have been consolidating our sentence structures and handwriting practice. We have been learning how to correctly present our non-fiction writing to the whole class! We have learned the importance of making eye contact during drama activities.

In grammar lessons, we have been focussing on adverbs and word families to use these different words in our guided and independent writing.

In VIPERS, we have continued our story 'The Iron Man' by Ted Hughes as the main character disappears after being chased by a farmer!

As scientists, we have moved onto our new topic 'plants' and we have been comparing the effect of different factors on plant growth.

As geographers, we have started our new topic based on 'The Lake District', we have been learning about how rivers are formed and we identified key features about the location of lake Windermere! Fantastic effort team Buttermere, keep up the great work!



# <u>Team Crummock</u>

In our RWI lesson this week, we have been looking at non-fiction writing, with the intention of collaborating with a partner to create a diagram to explain what happens to the water when we flush the toilet. In French, we have been learning how to say different animals and pets. The intent of this lesson was to build confidence speaking and listening to others in French. We have practiced and quizzed on our knowledge of how to identify and name animals and pets on Languagenut. Fantastic work team Crummock, well done!

The intent of our PE lesson this week was to learn how to score points in a cricket match. We practiced catching with wide fingers, learnt to sprint with big strides and to take a step forward with the opposite foot to throwing arm.

As mathematicians this week, we have been continuing to work with time with the intent of being able to find the duration of time in both minutes and hours and converting minutes to hours.

As scientists, we have begun our new chapter of learning on plants. The intent of our lesson this week was to explore the different factors which can affect the growth of a plant.

As geographers, we have begun to explore the Lake District. The intent of lesson this week was to explore lakes and to understand how they are formed. We were also named top attenders for the last week in the Spring term. Well done Team Crummock!



## <u>Team Derwentwater</u>

This term in Derwentwater! In Literacy, we have been exploring what makes a reliable source of evidence. This is an important skill for our students to develop as they become critical thinkers and researchers.

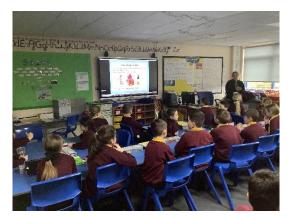
In Maths, we have kicked off our new topic on time. This will help our students understand the concept of time and how to read and interpret clocks and schedules. Science has been an interesting journey as we delve into the world of sound, specifically focusing on pitch. It's amazing to see our students engage with hands-on experiments and deepen their understanding of this topic.

As historians, we have started to explore how crime and punishment has evolved throughout the ages. This has sparked some fascinating discussions and critical thinking among our students.

In RE, our focus has been on Bat Mitzvahs & Bar Mitzvahs. This is an important cultural and religious topic that helps our students learn about different traditions and practices.

We were also lucky to have a visitor, Kate, this week who taught us about healthy eating and portion control. It's always great to have experts come in and share their knowledge with our students.

In Design Technology, we have begun the exciting project of planning and making our own slingshot cars. This week, we focused on creating the chassis and our students have shown great creativity and problemsolving skills.



# <u>Team Coniston</u>

Welcome back to everyone. We hope you had a lovely Easter break. Eating those eggs seems a long time ago now!

The children all looked very smart in their uniforms, ready for some new learning opportunities.

This week we have started lots of new topics.

In our English lessons we are going to be looking at Playscripts for the next few weeks. We will continue with weekly spellings and VIPERS lesson also.

As mathematicians we will be learning how to divide. We have started with dividing 2digit numbers. Knowing our times tables has really helped.

We will keep practising these as the national Year 4 times table check is coming up soon, so please help by asking your child lots of times table questions.

In science lessons we learned this week that sound is caused by vibrations as we have started our new science unit on Sound. Also, as historians we will be studying and researching Crime and Punishment through the ages, starting with the Anglo Saxons and going through to Tudor Britain. Year 4 are going to be receiving extra PE lessons this half term as well, something we are looking forward to.

Of course, there is the Castle Head residential visit happening, you will be invited to a meeting soon.

So, as you can tell we continue to be active learners.

Homework will be given out on Fridays as usual and reading books are to be brought to school every day. Thank you.



# <u>Team Loweswater</u>

Welcome back team Loweswater! We hope you have had a fantastic break and are looking forward to the summer term. Over this half term we will be covering the story 'runaways' in literacy which explores texts set in different time periods and standard English.

In maths we will be learning about time, decimals and money.

In science we are learning about sound, this will be linked to our work in music.

As historians we will be exploring how crime and punishment has changed over the ages. We will be exploring the Jewish religion and Bar and Bat Mitzvah's in RE. In Art and DT we are exploring sculpture and sling-shot cars. We are also looking forward to our residential in a couple of weeks along with a variety of other activities throughout the term. This week in literacy we have been exploring how to take notes from pieces of information.

As mathematicians we have started our new work on time. We have learned about the 24-hour clock and how to convert between different units of time. We have linked our science work to music this week and have been learning about pitch.

As historians we have started our new unit on crime and punishment. This week we explored how the Anglo-Saxon's kept law and order and considered whether we thought their justice system was fair. We have also looked at French phonics this week and tried to differentiate between different sounds.

A great start to the new half term!





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## <u>Team Ullswater</u>

What a great first week back. Team Ulswater are feeling refreshed and keen to overcome new challenges and think more deeply in our Summer term.

We have started each day with our Reading Plus and I have been impressed with how much reading some have done over the Easter Holidays.

As Writers, we are beginning to explore myths and legends from different cultures. It has been fascinating to learn about Chinese tradition and see how much other cultures have influenced our lives. We are learning how to write in the style of mythical fiction and its really allowing everyone to show off their creativity.

As Mathematicians, we are continuing to work and angles and measuring using a variety of methods. Our previous work in addition and subtraction has proven very helpful when solving the values of multiple angles from a single point.

We have started our new topic and as Geographers are now questioning where all of our food comes from. This term we will be focussing on Fairtrade and why this is important to consider. we had a great discussion about the Avocado from Rio De Janero and the Carrots from Spain. We will be linking our knowledge from the slave trade to this Geography topic to really build those connections.

This week we are beginning our Robodance competition training. Everybody will learn how to programme and then a final team will be picked to represent Team Ullswater in June. I am very confident that we will have some fantastic programmers and designers in our class. Next week will be very creative and thought provoking as we have Ian Rankin in, working with the children on planning, critical thinking and developing ideas. I can't wait to see all of the different interpretations that are discussed next week.



## <u>Team Grasmere</u>

A great first week back for Grasmere! This week we had the opportunity to work with Ian Douglas, who is a Storyteller and Theatre Maker, to make shadow puppetry. Or Tuesday Ian told us a Cumbrian legend, then in small groups we made a story board about part of the story. In the afternoon, we collaboratively made a list of objects our scenes would need and made them using paper and coloured foil. On Wednesday, we remade our puppets using stronger card and started to film our different scenes using our story boards, which we created on the first day. On Thursday we watched our footage and recorded pieces of rarratives to match each one. At the end of the day, we were able to watch some of our work to see a rough draft of the amazing work we have

created. We can't wait to see the final product!

On Friday, we enjoyed our weekly Computing session with our specialist teacher Mr Cowper. Year 5's have been working hard on their robots for the Robodance competition.

We have a very busy term ahead of us including: year 6 SATs, Y5 York residential, Y6 London residential and the music festival.

This term in Science, we will be continuing our topic of 'light', in Geography, we will be starting our unit on 'North America', in Art we will starting our unit on sculptures - 3D Making memories, in PSHE we will be continuing our unit on 'Dreams and Goals' and much more!

Thank you to those who have already brought their PE kits back into school.



# <u>Team Ennerdale</u>

Ennerdale have hit the ground running for the summer term!

As writers, we have started a new fictional unit called the Dragon Slayer. The pupils are loving learning about Chinese culture. As mathematicians, we are now learning about percentages - writing them and finding equivalent fractions and decimals. The pupils have also enjoyed a football session with Stu this week. We are coming to the end of our history topic learning about slavery. This has been a hard-hitting subject to learn about but the pupils have been magnificent in their approach, showing tremendous empathy. On Thursday, the pupils enjoyed a great PE session with Chris focusing on cricket fielding skills.



# <u>Team Thirlmere</u>

It has been a busy start to the Summer Term for Team Thirlmere. Things are getting underway with SATs learning and revision. This week we have focused in on reading skills that are needed in the reading paper, showing pupils how to find the information and how to use it. In maths, we have been learning how to find the area and perimeter of rectangles and squares, as well as how to find the area of triangles and parallelograms.

This week, we have started our new Geography topic, this half term we are learning about North America, discussing the different countries, the physical and human geography of North America and learning about immigration too. As scientists, we are continuing our learning on Light, we will be learning about shadows and exploring light phenomena. We enjoyed our first dance and football sessions of the half term on Thursday, as well as a music and extended ukulele

session too.

A busy half term coming up for Team Thirlmere, let's keep up the hard work Team!



# Team Windermere

Windermere have all come back to school with an excellent attitude, refreshed after their Easter break. I am delighted with the amount of effort and motivation that pupils have showed this week.

In English and Maths we have started revising for SATs, looking at reading skills in English and Area, Perimeter and Algebra in Maths. I'm pleased to hear that pupils have also started their revision at home. We have had Ukulele lessons, Music and PE as normal – these will continue all term. In Geography, we have started to learn about North America, locating all the countries and learning about populations, towns and cities. Pupils picked an individual but unfamiliar country in North America to research.

In Science, we are continuing our work on Light, investigating shadows and light sources,

Reading continues to be a huge strength in Windermere and I'm glad that everyone is still enjoying relaxing with a book, long may this continue.

Everyone in Windermere was delighted to receive their Leavers Hoodie earlier this week.

Another busy week in Windermere



#### <u>April</u>

20<sup>th</sup> - Carnegie Singers concert 22<sup>nd</sup> - Reverend Powell assemblies 23<sup>rd</sup> - 25<sup>th</sup> - Year 3 felt making 24<sup>th</sup> - Y5/6 Girls football tournament 25<sup>th</sup> - Year 4 Phunky Foods session 25<sup>th</sup> - Y5/6 Boys football tournament 29th & 30<sup>th</sup> - Year 5 Phunky Foods session

#### <u>May</u>

I<sup>st</sup> - 3<sup>rd</sup> - Year 4 Castlehead Residential 2<sup>nd</sup> - Year 4 Phunky Foods session 6<sup>th</sup> - Bank Holiday - School Closed 7<sup>th</sup> - 8<sup>th</sup> - Year 3 Kingswood Residential 13<sup>th</sup> - 16<sup>th</sup> - Year 6 SATS Week 15<sup>th</sup> - 17<sup>th</sup> - Year 5 York Residential 20<sup>th</sup> - 23<sup>rd</sup> - Year 6 London Residential

Half term

Friday  $24^{th}$  - Friday  $31^{st}$  May 2024

#### <u>June</u>

3<sup>rd</sup> - Reverend Powell assemblies 6<sup>th</sup> - Year 4 Phunky Foods 10<sup>th</sup> - 14<sup>th</sup> - Sports Week 11<sup>th</sup> - 12<sup>th</sup> - Excel Activities 13<sup>th</sup> - Football competition 14<sup>th</sup> - Sports Day 19<sup>th</sup> - Y6 Blackpool trip 21<sup>st</sup> - Y5/6 Odd Socks Theatre performance at Curwer Park

#### July

I<sup>st</sup> - Phunky Foods Y6 16<sup>th</sup> - Year 6 Leavers Prom 19<sup>th</sup> = Break up for summer at Ipm

# YOUR INVITATION TO JOIN OUR MCCF HUB IN Keswick GIRLS

#### Sundays, 12-1:30pm (U12s), 1:30-3pm (U16s) 2<sup>nd</sup> June, 9<sup>th</sup> June, 16<sup>th</sup> June, 23<sup>rd</sup> June, 30<sup>th</sup> June, 7<sup>th</sup> July, 14<sup>th</sup> July, 21<sup>st</sup> July, 28<sup>th</sup> July, 4<sup>th</sup> August Keswick School • VENUE: • DATES: [CA12 5QB] ELIGIBILITY APPLY FOUNDATION Aged 11-16 Thinking about it? Email the Hub Manager for more info: Attend a state school owain.oxenham@icloud.com Committed to putting 100% Ready to go? effort into all training sessions Scan the QR code and register your interest by: Does not currently play in a 1st June 2024 County Team WHAT IS AN MCCF CRICKET HUB? MCC Foundation (MCCF) runs a network of more than 120 cricket Hubs serving some 4,000 young players across the UK. Our Hubs provide free-to-access coaching and match play for state-educated cricketers aged 11-16.

- · Have fun whilst being supported to reach your full potential on and off the cricket pitch
  - · 10 weeks of high-quality intensive cricket coaching during the winter
    - Match play and talent ID opportunities over summer

OX

- Cricket+ including S&C, mental health and nutrition support
  - Completely FREE to attend

info@mccfoundation.org.uk



# **Regular events at Workington Library**

Monday - 3pm-4:30pm

# Mindful Mondays

Colour yourself to calm. Join us every If you care for someone who couldn't Monday for the soothing art of colouring.

Tuesday - 10:30am-11am

# Story Tots

Fun interactive session for under 5s and their grown-ups

Tuesday - by appointment only Databank

If you're struggling to afford an internet connection or to top up your mobile phone, then the National Databank can help you.

# Tuesday - Fortnightly Loose Ends

11:30am-1:30pm Do you have a visual impairment or sight loss? Come along and join the group for social connection and support

# Tuesday - by appointment only Carer Support Clinic

manage without your support you may be eligible for benefit payments. To book call: 01900 821976

# First Wednesday - 1pm-2:30pm Social @ the Library

Come along meet new people, make friends, chat, and have a laugh. Everyone is welcome.

Wednesday - 4pm-5:30pm

# Intergenerational Chess Club

Come and play chess in a friendly atmosphere. Boards and pieces are provided, and all ages 8+ and abilities welcome

Thursday - 10am-12pm English Cafe

A friendly environment to practice your English, play games, have a coffee and explore our resources.

Scan this QR code to book on to our current events and see what else is on offer



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes For further guides, hints and tips, please visit nationalcollege.com.

# What Parents & Educators Need to Know about



Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

#### HIGH CAFFEINE CONTENT

ist energy drinks contain high levels of ffeine: often much more than a typical cup of ffee or fizzy drink. Excessive calfeine nsumption can lead to increased heart rate, gh blood pressure, anxiety, insomnia, gestive issues and – in extreme cases – even ors sever conditions. Cor childree and re severe conditions. For children and dies are still developing, whose bo

#### INCREASED RISK OF HEART PROBLEMS

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#### IMPACT ON MENTAL HEALTH



#### DISRUPTED SLEEP PATTERNS

#### LINKS TO SUBSTANCE ABUSE

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#### POTENTIAL FOR DEPENDENCY

something you're particularly passionate about, you could work with local rganisations and policymakers to advocate for regulations on energy drink children and young people. Raise awareness among parents, educators and nity members about the potential health risks associated with energy drinks

althy behaviours by visibly choosing alternative

inergy drinks. Maintai lults about the reason ining the importance

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ing and academic success.

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# **Advice for Parents & Educators**

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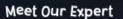
#### LIMIT CONSUMPTION

vise to educate young people about the potential risks related to energy ks, emphasising the consequences of excessive caffeine consumption, ourage healthler alternatives like water, herbal teas or natural fruit juices, can model healthy behaviours by restricting your own consumption of energy ks and creating a supportive environment for informed choices.

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#### PROMOTE HEALTHIER HABITS

ols can help with this issue by including discussions about the possible lers of energy drink consumption into their health education curriculum. urage children and young adults to critically evaluate the marketing messages see and make informed choices about their health. Teachers could also provide rces and support for children to identif



Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions fo education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at prestigious Gold Catering Mark. Jason has spoken about loss Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity

Source: See full reference list on guide page at nationalcollage.com/guides/energy=drinks

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ADVOCATE FOR REGULATION

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SET A POSITIVE EXAMPLE

@wake.up.weds

# Victoria School Nursery, Infant and Junior Term Dates 2023/2024

Autumn Term 2023

Starts: Tuesday 5th September 2023

Half Term: Monday 23rd - Friday 27th October 2023

Ends: Tuesday 19th December 2023

Spring Term 2024

Starts: Wednesday 3rd January 2024

Half Term: Monday 12th - Friday 16th February 2024

Ends: Thursday 28th March 2024

Summer Term 2024

Starts: Tuesday 16th April 2024

Half Term: Friday 24th May - Friday 31st May 2024

Ends: Friday 19th July 2024

Good Friday: 29<sup>th</sup> March Easter Sunday: 31<sup>st</sup> March Easter Monday: 1<sup>st</sup> April

May bank holiday: Monday 6th May 2024

# INSET DAYS FOR ACADEMIC YEAR 2023-2024

INSET are determined locally Please note these may differ from Cumbria County Council term dates