

Clifton Primary School
Clifton
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CA10 2EG
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6th December 2024

We hope those of you lucky enough to see We're Going on a Baby Hunt on Tuesday enjoyed the talents of all the wonderful Hedgehog stars. They were all so enthusiastic and coped amazingly with the challenges of their performances and rehearsals at Cliburn Village Hall. BIG thankyou to Miss Wilson, Mrs Chalmers, Mrs Brough and Mrs Graham for all their hard work in pulling it all together and to everyone who helped on the night.



Stone Age Workshop

Fox Class had an amazing Neolithic workshop with Karen from Penrith Museum on Thursday. The children had the opportunity to handle genuine artefacts, such as flint tools and stone age axe heads from the Stone Age, as well as some replica items. They also had a chance to make wax rubbings of the cup marks at Long Meg and sketched the symbols found on the stones. There was even the chance for the children to use their creative skills by making their own 'stone circle' and beaded bracelets. An exciting afternoon spent bringing History to life!



Adventure Day – Climbing

Bouldering at Eden Rock

Wednesday 11th December –Year 4(am) Year 3 (pm)

Thursday 12th December –Year 6 (am) Year 5 + Y6 musicians (pm)

There will be a charge of £10 added to Parent Pay to help cover the costs of this session which is, once again, being subsidised by Sports Funding. Children should wear comfortable stretch legging/joggers, trainers, a t-shirt and long sleeved fleece. It can be a bit cold at Eden Rock so they should also bring a coat. Children will be in school for lunchtime but can bring a drink and snack for refuelling at Eden Rock.

Tuesday 17th December

Year 1 & 2 – Bouldering at Keswick Climbing Wall and Rookery Wood

Reception & Nursery – Soft Play at Rheged

There will be a charge of £10 added to Parent Pay to help cover the costs of the Keswick Climbing Wall session and a lesser amount for Rheged. Both are, once again, being subsidised by Sports Funding. Children should wear comfortable stretch legging/joggers, trainers, a t-shirt and long sleeved fleece. Activities at Rookery Wood are indoors and outdoors so children should also bring a warm coat, hat and gloves and bring a packed lunch and drink in a rucksack. No fizzy drinks, sweets or food containing nuts please. Nursery and Reception children will be in school for lunchtime but can bring a drink and snack for refuelling at Rheged.

Volunteer adults are needed for Rookery Wood/Rheged so please let Mrs Brabant know, as soon as possible, if you can help on Tuesday 17th. Thankyou!

School Lunches Update

Whilst Joanna remains off school we very much appreciate the help given by Beaconside in providing a cooked lunch for all the children. We also appreciate all your support in booking meals in advance in Parent Pay. These are the numbers and choices we give to Beaconside staff so please remember to order your child/children's preferences before Monday. Thankyou



PTA News

Friday 13th December – Christmas Fair in school @ 5.15pm


Please help make this year's Christmas Fair another successful one:

Bottles & tombola items can still be brought into school.

Cake donations to be brought into school on Friday 13th

Raffle ticket stubs and money to be returned to school by December 11th.

Next meeting – December 5th @7.00pm



Breakfast Club

Just a reminder that Breakfast Club starts at 8.00 am in the morning. Staff arrive slightly earlier to set up but are only able to admit children from 8.00am.

Job Vacancy

We are currently looking for a Clerk to Governors to join our school team (1.5hrs per week).

If interested, you can find further information about the role on our school website or please feel free to pop in the school office to discuss the role further.

[Clifton Primary School & Hedgehogs Nursery - Vacancies](#)

Decider Skills

This term we have started to introduce Decider Skills to the children – these are a set of effective, fun and memorable skills designed to help us all be more resilient, resourceful, responsible, robust and respectful. The Decider Life Skills aim to improve emotional intelligence and help our brains develop positive habits. They provide us all with skills to help us monitor and manage our mental health.



Miss Coutts introduces the new skill to the children at the start of each week and we are intending that they become skills we can all refer to when supporting children – and even use ourselves. We will hold a meeting for parents in the Spring term so we can share the skills with you in more detail. In addition to the last three weeks – STOPP, It Will Pass and ‘Right Now.’ the children this week, been introduced to Name the Emotion.

They might also mention ‘feeling the fizz’ which is a way of recognising that our emotions are having a physical effect on our bodies. The Decider Skills help us develop strategies to use when we feel the fizz

Name the Emotion skill helps us to identify the emotion we are feeling, and then choose to re-act positively.



Everyone experiences emotion, it is normal. When we are distressed, it can feel like our brain has been hijacked, we cannot think straight and the distress feels very intense. The emotion can be overwhelming and we struggle to manage the emotion and respond well to the situation.

Every emotion carries an urge to act in a certain way.

Next time you feel an emotion, NAME IT FIRST and then decide what to do with it before acting on it.

EMOTION	THOUGHTS	BODY REACTIONS	BEHAVIOURS
ANGRY	It's unfair!	Fight! Attack!	Fight Run Argue Shout
ANXIOUS & WORRIED	Danger!	Escape! Avoid.	Avoid Run away
SAD	Hopeless	Withdraw. Isolate.	Do less Cry Stay home Think about sad things

PE LESSONS this half term are as follows.....

Hedgehog Class – Monday and Friday

Fox & Deer Class – Friday

The children in Year 2-6 will be having PE at Newton Rigg for the whole of Friday afternoons.

Please can children come to school in their PE kits on these days. Please send PE kits in to keep on the pegs for Hedgehogs as changing time is a good opportunity to develop independence skills

THERE WILL NO PE AT NEWTON RIGG ON FRIDAY 13th or 20th DECEMBER due to Theatre by the Lake trip and Carol Singing.

Friday afternoon is busy and getting the children back to school on time after Newton Rigg is much easier if the coach can park outside school. Please do not park in the parking spaces on Friday afternoons – we will try to put out cones but it is not always possible. Thankyou!

Outdoor Learning

This half term it is the turn of Fox and Hedgehog classes to do Outdoor Learning.

Wednesday 4th December – Fox Class

Monday 9th December – Hedgehog Class

Wednesday 18th December – Fox Class

Please send in a complete set of suitable clothing and, now the wetter weather is here, **wellies** and ensure all items are labelled with your child's name.

Please be aware that shorts are not acceptable clothing for Outdoor Learning. The children are outside for a long period of time and the weather can be wet and cold. It can also be a health and safety risk when children are around fires and in nature with nettles/brambles etc.

Autumn Term Clubs

There will be no Year 3/4 Coding Club with Mrs Newman on Tuesday 10th but there will be a final one on December 17th.

There will be no more running club with Mrs Davies until the New Year due to Bouldering and Christmas Lunch/parties.

There will be no Sewing Club on Fridays for Years 2-6 until January.

There is a £4 charge for Sewing Club to help cover costs



Dates for the Diary

- Tuesday 10th December – PTA Wreath Making Evening
- Wednesday 11th December – Y3 & 4 Bouldering at Eden Rock
- Thursday 12th December – Y5 & 6 Bouldering at Eden Rock

Rock

Friday 13th December – Years 2,3 & 4 – Carol singing at Booths and Library visit. TBC

Friday 13th December – PTA Christmas Fair & whole school Theatre By the Lake trip

Tuesday 17th December – Nursery, Reception, Year 1 & 2 – Rookery Wood and Rheged (TBC but details above)

Thursday 19th December – School Christmas Lunch (in line with Beaconside)

Thursday 19th December – Christmas Parties

Friday 20th December – Carols at Church @2.00pm

AS USUAL - THERE WILL BE NO AFTER SCHOOL CLUB ON THE LAST DAY OF TERM

Separate letters are sent for all sporting events and trips



TERM DATES FOR THE YEAR AHEAD

School term and half term dates for 2024/2025

Term	Start of term	Half term	End of term
Autumn	Wednesday 4 September 2024	Monday 28 October to Friday 1 November 2024	Friday 20 December 2024
Spring	Tuesday 7 January 2025	Monday 17 February to Friday 21 February 2025	Friday 4 April 2025
Summer	Tuesday 22 April 2025	Monday 26 May to Friday 30 May 2025	Friday 18 July 2025

Remember you can keep up to date with events and photos on our Friends of Clifton Primary School Facebook page so please join if you have not already.

If you have any questions or feedback, please do not hesitate to contact us.

Nikki Brabant, Tasha Coutts & the Clifton Team