

Clifton Primary School
Clifton
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7th February 2025

Miss Wilson's Wonderful PE Festival

The children in Hedgehog and Fox Class made the most of the facilities at Newton Rigg this afternoon and enjoyed 10 different activities with the help of Bradley, Max, Chester, Nicky, Freddie and Zak. They practised balancing, throwing, catching and ball control and also skills such as communication and collaboration. It was lovely to see them all working together so well and supporting the younger children to achieve success. Thanks to Miss Wilson for organising such a fun afternoon.



Children's Mental Health Awareness Week

This week it has been children's mental health week. We have been doing a number of activities including:

On Monday we watched Inside Out 2. I think it helped us learn the meaning of mental health because it has different characters who represent our feelings and emotions. It helped Hedgehog Class especially when learning about their own feelings. In Inside Out 2 there are different characters introduced, such as Anxiety the main character. We had a brain break to refocus our brains. Unfortunately, the school closed because of an unsuspected gas leak and we all worked together to keep each other safe. (Max – Year 6)

On Wednesday we did a yoga lesson in the morning and in the afternoon we had a hot chocolate and some mindfulness colouring. People were excited when they had the hot chocolate and everybody was doing some mindfulness colouring. The yoga lesson was nice and calm. People liked the yoga lesson. (Nicky – Year 6)



All three classes practised some mindful yoga with Gitu Menghani on Wednesday morning. They learned breathing techniques, animal poses and how to focus on the moment.

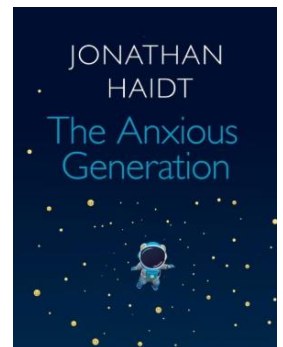
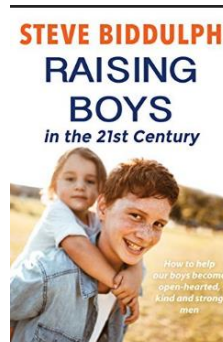
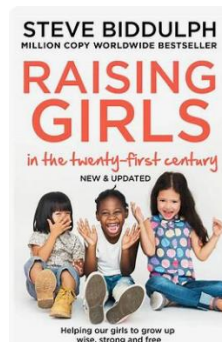
On Wednesday we did lego activities to help us communicate with our friends. We painted an island of personality and did fiddly finger activities. These help us communicate with our friends. We learned how to draw animals and origami and made rabbits, bats and dogs. (Freddie – Year 6)

Later on, in the week, Thursday, Mrs Davies organized toasting marshmallows. Year 6 teamed up with their buddies and supported them with this activity. This is a good mental health activity so we could get outside and connect with nature and enjoy sweet treat. (Max – Year 6)



Everyone topping up their well-being by going out into the sunshine and toasting marshmallows 😊. Small groups took it in turns to visit the Secret Garden.

There will be a selection of books available in the foyer to support parents on the challenges of bringing up children so please feel free to pop in and borrow one. They are all tried and tested by members of staff who have used them in school and for their own children.



Year 6 Homework Club

In the build up to SATs week in May Miss Simpson and Mrs Davies are holding a Homework Club on Thursdays after half term They will run until 4.30 and are a great way for children to prepare for their assessments. Please speak to Miss Simpson if you have any questions.



Advance Notice of Road Closure

Please be aware of the following road closure, after half term, that will add extra time to journeys made to and from Penrith direction.

The A6 between Eamont Bridge and Clifton is to close for up to 4 days from 8am on Monday the 24th February through to 5pm on Thursday 27th February for Westmorland and Furness Highways to carry out Pre Surface Dressing, Patching and Civil Works from A6 Clifton North 30mph signs to the Mini roundabout at the junction of the A6 with the B5320 at Eamont Bridge.

Traffic diversions will see vehicles diverted 22miles adding up to 30 minutes to drivers journey via Shap and the M6.

The alternative route for vehicles will be signed and available via the unrestricted sections of the A6, B6261, M6 and the A66.

Decider Skills

Miss Coutts will continue with the Decider Skills in the coming weeks and this week spoke to the children about Decider Skills and Mental Health.

We will hold a meeting for parents later in the term so we can share the skills with you in more detail. Up to now they have learned about STOPP, It Will Pass, 'Right Now,' Name the Emotion and Opposite Action



Remember 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.

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

Hedgehog Class – Monday and Friday

Fox & Deer Class – Friday (for the first two weeks)

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

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

PLEASE ENSURE ALL HEDGEHOG CHILDREN HAVE THEIR PE KITS IN SCHOOL FOR USE ON MONDAYS AND FRIDAYS.

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

Next week it will be the final Outdoor Learning lesson for Deer Class this half term. Next half term it will be Fox Class and Hedgehog Class who do Outdoor Learning on Wednesday afternoons.

Wednesday 12th February – Deer Class

Please send 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.

Spring Term Clubs

Miss Wilson will be hosting Choir club on a Tuesday lunchtime.

Sewing Club with Mrs Roberts on Fridays – there is a £4 charge to cover costs. It is open to children from Year 2-6.

Running Club (for all age groups) is on Thursday. Children will need a spare pair of trainers that can get muddy.





Dates for the Diary

Wednesday 12th February – Stay & Play @ 2.00 - 3.00

Thursday 13th February – KS2 Dodgeball

Friday 14th February – Break up for Half Term

Thursday 6th March – World Book Day

Friday 7th March – Girls Football @ QEGS

W/B 10th March – Science Week

Wednesday 12th March – Hedgehogs visit to Walby Farm Park

Friday 14th March – Y2-6 Life Centre visit

18th & 20th March – Parent’s Evenings

27th March – Year 5/6 Orienteering

27th March – PTA meeting

Wednesday 2nd April – End of term Spring Celebration in church @ 2.00pm

Thursday 3rd April – PTA Easter Bingo @ 6.00pm

Friday 4th April – End of Spring Term

Looking Ahead

w/b 12th May – Year 6 SATs week

Tuesday 20th May – Sports Day @ 1.00pm

Thursday 22 May – Sleepover for Rec, Y1 &2

Friday 23 May – Beacon walk and cinema for Rec, Y1 &2

2-9 July – Adventure Week

Wednesday 16th July – Year 6 Leaver’s Celebration

Friday 18th July – Talent Show & end of term

Separate letters are sent for all sporting events and trips

Job Vacancies

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](#)

TERM DATES FOR THE YEAR AHEAD

School term and half term dates for 2024/2025

Term	Start of term	Half term	End of term
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