



**St James' Church of England Infant and
Nursery School
16th January 2026**





Welcome to our weekly newsletter!

Another busy week in school. On Monday, we welcomed our younger Nursery children into school. The staff are thrilled with how well they have settled and the children are enjoying exploring their new classroom.

We also have a new member of staff in our Nursery, so a big St James's welcome to Naomi Lawson. We hope you enjoy working with us.

On Wednesday the staff had Online Safety training with Kym Allan. This is now essential for school staff due to the increasing sophistication of digital threats and ensures we meet the statutory standards issued by the government through their guidance 'Keeping Children Safe in Education'. We continue to share online advice via our Facebook page, website and in class with the children through the programmes Kidsafe and Heartsmart.

Children have started in their new Read, Write, Inc groups this week and continue to amaze the staff with their reading skills.

In Nursery this week, Children have been exploring colours and emotions in art linked to the book *The Colour Monster*. They are reading 'The Big Book of Nursery Rhymes' in Literacy, which they are very excited about.

Melbreak and Catbells are continuing with their learning about food. They produced some lovely fruit collages in art, based on the work of Giuseppe Arcimboldo. In maths they continue to focus on numbers 4 and 5, paying attention to their different compositions. Numberblocks on BBC iPlayer is a great way to reinforce this at home.

KS1 have had week full of fun learning. They continue with their book *The Bear Under the Stairs* and are looking at addition and subtraction in further detail in maths. They have enjoyed learning about mechanisms in DT too.

The staff have been busy updating the school website and have new class pages and a wealth of information about how your child learns.

Have a lovely and restful weekend,

Miss Sapsed



Hawse End



Letters have gone out this week for our Year 2 residential to Hawse End. This is a brilliant opportunity for the children to explore the outdoors and try a range of thrilling activities such as canoeing, ghyll scrambling and orienteering. If you have any questions or worries about the trip, please speak to your child's teacher. We will also hold an information in March for detailed information.

Online Safety and You Tube Kids



1 - As part of our online safety training, the trainer stressed the importance of children only having access to You Tube Kids (not the general You Tube) as this has enhanced filtering and parents are able to manage settings so that they control the content being watched. This is easy to download and if you need more information about online safety, please speak to your child's teacher.

'FIVE A DAY'

YOUR TIPS FOR A HEALTHIER SCREEN TIME



'How much is too much screen time for children?'

'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'

HEALTH PROFESSIONALS FOR SAFER SCREENS



Accepted by NHS England Mental Health Leads



'Bedtime stories are the best and healthiest way to settle your child'

Birth to 5 years

'Studies have shown that too much screen time can cause babies and toddlers to learn fewer words and have slower language development. Excessive use of screens is also being strongly linked to behavioural difficulties in very young children.'

RECOMMENDATIONS:

1 NO screen time between birth - 24 months except for video chatting with family and friends.

2 30 MINS screen time. Children aged 2 - 5 years old should not be on screens for more than 30 min per day.

3 BIGGER screens. If your child is ready to play a short game then try to use a larger screen like a tablet or computer screen. These cause less visual strain than a phone.

4 AVOID using a device to settle your child down. Evidence shows this makes their anger and frustration worse in later life. Instead try a book, a game outdoors, or just a cuddle.

5 SLEEP HYGIENE. Under 5's should not use a screen for at least 2 HOURS BEFORE BEDTIME, to aid their natural sleep pattern.



Watching lots of short videos is being linked to concentration difficulties in children.



Try a cuddle or a game



Phones, tablets and computers should not be in any child's bedroom overnight.

* "SLEEP HYGIENE" is a term used for healthy habits and behaviours that help support a good night's sleep.



'Walk, run, ride a bike, anything that gets kids up and about and off their screens'

'Try and ensure screen-free time together'

'Ditch screens at mealtimes! Studies show that eating in front of screens leads to higher obesity risk as children consume more unhealthy food'

6 to 10 years

Studies show there is a clear link between excessive screen use and difficulties with concentration, sleep and mental health. There may also be distinct physical changes in the developing brain.

RECOMMENDATIONS:

1 WAKING UP WITHOUT screens It is recommended that social media/screens are not used for the first hour of the day.

2 1-2 HRS PER DAY is the suggested screen time in the week and not more than 2 hours on weekends.

3 STAY ACTIVE Encourage physical activity for 1-2 hours a day.

Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

4 SCREEN-FREE time together Children will often mimic behaviours of the adults around them. Consider your own social media usage/ phone checking behaviour.

5 It is recommended that screens should not be used 1 HOUR before bedtime. Phones, tablets and computers should not be in a bedroom overnight.



* "SLEEP HYGIENE" is a term used for healthy habits and behaviours that help support a good night's sleep.



'Buy an alarm clock so that screens are not in the bedroom'

'Encourage connection with friends in person wherever possible'

11 to 17 years

'Studies show there is a clear link between excessive social media and screen use and difficulties with concentration, sleep and mental health. There may also be distinct physical changes in the developing brain.'

RECOMMENDATIONS:

1 WAKING UP WITHOUT screens It is recommended that social media/screens are not used for the first hour of the day.

2 SCREEN TIME As a general rule, it is suggested that screen time should not exceed 1-2 hours per day in the week and not more than 3 hours on weekends.

Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

3 STAY ACTIVE Encourage physical activity for at least an hour per day.

4 SCREEN-FREE time together Children will often mimic behaviours of the adults around them. Consider your own social media usage.

5 Phones, tablets and computers should not be in a bedroom overnight.



HEALTH PROFESSIONALS FOR SAFER SCREENS

Junk Modelling

KS1 are busy restocking their workshop areas. If anyone has any cardboard boxes, toilet roll tubes, egg cartons etc please can we have them for school.

Upcoming Church Services and Community Events



FAMILY SERVICE
In St. James' Church
1st FEBRUARY
1st MARCH

11:30am

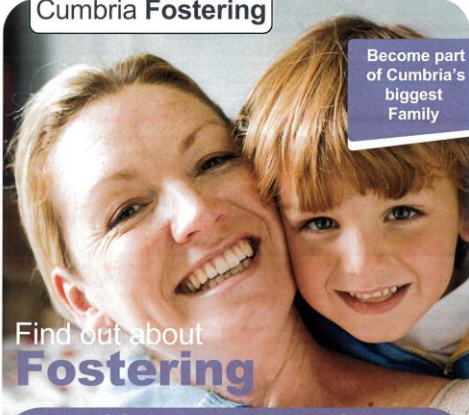
Followed by bacon butties & hotdogs in the community centre



YOU ARE WELCOME HERE



Cumbria Fostering



Become part
of Cumbria's
biggest
Family

Find out about
Fostering

...and how you can change
children's lives in 2026

Join our online info event
on **Wednesday 28
January** from 6pm to
7pm. Scan QR code to
book your place!

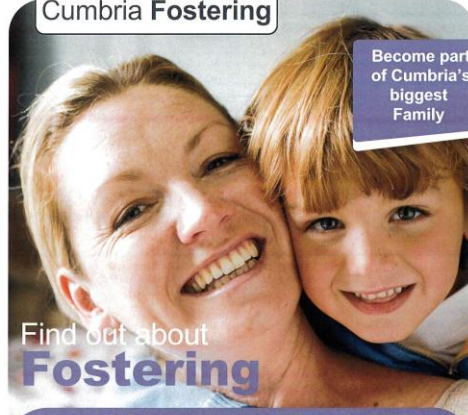


☎ **0300 019 0200**

cumbriafostering.org.uk



Cumbria Fostering



Become part
of Cumbria's
biggest
Family

Find out about
Fostering

...and how you can change
children's lives in 2026

Come along to our information drop in at
Costa Coffee on Steelman's Way in
Workington on Friday 6 February from
12pm to 1pm and speak to our friendly
team and foster carers.

☎ **0300 019 0200**

cumbriafostering.org.uk



Our weekly celebrations



Headteacher Award- Bodhi S

Learners of the week

Great Gable- Otis and Isla-Mae

Melbreak- Sam

Catbells- Vova

Scafell- Albert

Skiddaw- Ava

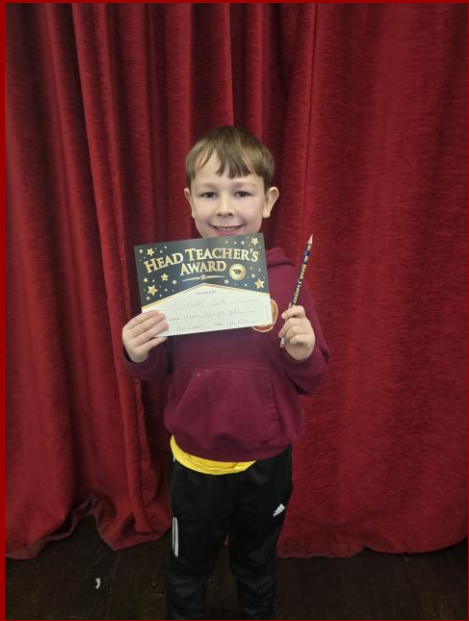
Handwriters of the week

Bodhi M, Elsie, Hope and Kaitlinn

Achievements outside of school

Hope, James and Ivy





Cumbria Safeguarding
Children Partnership



C S C P

If you **SEE** something... **SAY** something!

Are you concerned about a child or family?

If you **see** or hear something that worries you...
say something!

Safeguarding is everyone's responsibility.

To report a child safeguarding concern call:

Cumberland Safeguarding Hub – **0333 240 1727**

Westmorland and Furness Safeguarding Hub – **0300 373 2724**

NSPCC on **0808 800 5000**

In an emergency call **999**

Help us keep our children safe in Cumbria

Got an itch? Tummy trouble? Tickly cough?



Head to your
local pharmacy.

Did you know?
Pharmacists across
the North East and
North Cumbria can
offer advice and FREE
treatment for a wide
range of common
conditions* – just like
having a prescription
from your GP!

Please ask your
pharmacy team
for more details
and eligibility.

UTI's non pregnant women 16-64 years

Shingles 18 years+

Impetigo 1 year+

Sore throat 5 years+

Sinusitis 12 years+

Infected insect bites 1 year+

Earache 1 to 17 years

Additional conditions can be treated, without the need to visit a GP.
Ask a member of your pharmacy team about the minor ailments scheme.

Step 1

Go to your local community pharmacy (chemist)
about your illness and they will offer advice.

Step 2

If needed, you will be offered treatment and
if you qualify, this will be given free of charge.

Step 3

A suitable medicine may be offered to you.*
*You qualify for free treatment if you do not pay for your prescriptions.



Find further information at:
www.thinkpharmacyfirst.health



E-School Nurse Video Clinics (By appointment only)



Twice weekly online health support and advice for
parents, carers and professionals who are supporting
children and young people aged 5-19 years old.

Tuesday and Thursday

You will be able to talk to the nurse over a live video link using
[Attend Anywhere](#). The link is private, secure, confidential and
convenient.

In consultation with you, the nurse will assess the child or young person's
health problem and provide you with the support and advice needed.

For more information on the **E-School Nurse video clinic**

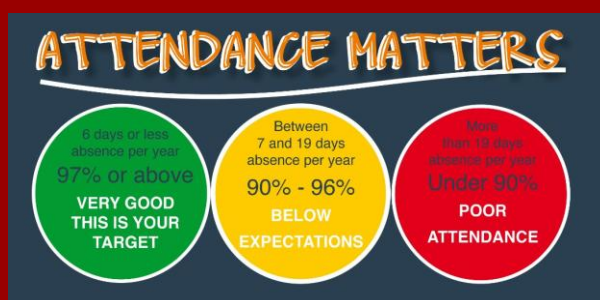
Please read the information leaflet or visit:
www.cumbria.gov.uk/ph5to19

You can telephone for an appointment
01228 603973 Mon-Fri 8-4pm



happierhealthiercommunities.

Attendance and punctuality



Melbreak were our attendance winners this week with **98.2%**! Well done everyone !

The more children are in school the more the children have chances to succeed. Good attendance correlates strongly to good attainment and progress.

Our whole school attendance this week was **96.7%** , **1.6% higher** than the Primary National average of **95.1%**! Well done to everyone who came into school this week. Thank you, we appreciate your commitment to helping us secure very good attendance. It really does pay dividends for your child's progress.

Attendance %	Days present in a school year	Average number of days missed per term	Days missed in a school year
100%	190	0	0
90%	171	6.33	19
80%	152	12.66	38
70%	133	19	57
60%	114	25.33	76
50%	95	31.66	95





























- 5 minutes late each day = 3 days lost per year
- 10 minutes lost per day = 6 days lost per year
- 15 minutes late each day = 10 days lost per year
- 20 minutes late every day = 13 days lost per year
- 30 minutes late every day = 19 days lost per year

Breakfast club/ After school club

Breakfast and After School Club Bookings are to be made in advance via our online system School Money. Please note that you cannot book via School Money on the day, all bookings must be made by midnight the day before. For emergency bookings at short notice you can still ring the school office. Feel free to book in for any odd sessions that your child would like to attend. Sessions run from 3.15pm-5.15pm. The cost is £5.50 for the session, and pick up can be anytime up until 5.15pm from the middle Key Stage 1 classroom (door with the ramp on the bottom yard)..

Activities

Lots of different activities are provided each day for the children. They are welcome to choose from a variety of different games, crafts, construction and many other activities as well as our set activity for the day.

After School Club Activities 2025 –2026 Spring 1					
W/C	Monday	Tuesday	Wednesday	Thursday	Friday
6th Jan			Arts and Crafts 	Lego Club 	Small World Animals 
12th Jan	Mindful Colouring & Reading 	Dressing Up and Role Play 	Pirates & Dolls 	Arts & Crafts 	Dance and Party Games 
19th Jan	Arts & Crafts 	Lego Club 	Phunky Foods Biscuit Decorating 	Construction, Cars & Trains 	Movie Night 
26th Jan	Phunky Foods Sandwiches 	Small World Dinosaurs 	Games & Jigsaws 	Mindful Colouring & Reading 	Arts & Crafts 
2nd Feb	Lego Club 	Arts & Crafts 	Dance & Party Games 	Pirates & Dolls 	Phunky Foods 
9th Feb	Small World Play Animals 	Mindful Colouring & Reading 	Arts & Crafts 	Board Games 	Cars & Trains 

*Feel free to book on for regular or one-off sessions if your child would like to attend.
Sessions cost £5.50 and run from 3.15pm-5.15pm pick up at any point in between these times.
All bookings should be made via SchoolMoney.*

Lunch Orders



School lunches need to be ordered through the School Money system. They can be ordered in advance for the rest of the half term but they must be ordered by the day before at the latest. If your child is bringing in a packed lunch from home, please ensure you select that option on School Money so that the office are aware. Packed lunches must not contain fizzy drinks or (as stated above) any items that contain or may contain nuts.

SPRING WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger in a Bun or Baked Fish with New Potatoes Sweetcorn and Tomato Ketchup Pineapple Sponge & Custard or Fruit	Chicken / Quorn Nuggets with Mashed Potato and Beans or Vegetable Risotto with Garlic Bread Digestive Biscuit, Cheese & Satsuma or Yoghurt	Roast Turkey / Quorn Pieces with Roast Potatoes, Broccoli and Gravy or Lamb Kofta with Tortilla and Salad Broccoli Krispie Cake or Fruit	All Day Breakfast Lorne Sausage/ Vegan Sausage, Hash Brown, Omelette and Spaghetti Hoops or Chicken Curry & Rice with Green Beans Ice Cream or Fruit	Battered Cod with Potato Wedges and Tomato Ketchup or Meat and Potato Pie Peas Iced Carrot Cake or Fruit

Upcoming diary dates



- **20th January - 5 year old dental survey**
- 9th February - Melbreak trip to Struddabank Farm
- 10th February - Safer Internet Day
- 11th February - Catbells trip to Struddabank Farm
- 16th February - Half term starts
- 3rd March - Phonics Screening Meeting for Y1 parents
- 23rd March 2.45 - Hawse End information Meeting for Parents

**Please note further dates will be added as they arise throughout the spring term.*

Contact Us



St James' C of E Infant and Nursery School

High Street

Whitehaven

CA28 7PZ

01946 691970

admin@st-james-inf.cumbria.sch.uk

Visit us on the web at www.st-james-inf.cumbria.sch.uk