



**St James' Church of England Infant and
Nursery School
13th February 2026**



Welcome to our weekly newsletter.

What a busy week it has been!

Nursery have had a lovely week in school and staff have been busy adding new resources to areas of provision to support next half term's unit of work about shopping. The children have had an excellent first half term back in their new classrooms and we are unbelievably proud of how well they have adjusted to this. Our new pupils have all settled beautifully.

Melbreak and Catbells have had so much fun at Struddabank Farm and learned lots from Farmer Kev and Farmer Vicky. We all came away with lots of new knowledge about farming too. I apologise that you may have had to deal with the smell of cow poo when your child got home.

KS1 have had a brilliant week of learning and continue to blow us away with their effort and determination. Year 1 and 2 have been weather watchers this week, comparing the weather in Whitehaven to the weather in Nairobi.

It has also been Children's Mental Health Week and Safer Internet Day in school. I have added some links below to our website and other useful websites that we would encourage you to use at home.

Have a lovely half term and we will see you on Monday 23rd March,

Miss Sapsed





Upcoming Church Services and Community Events

Jesus
And
Me

 *the parish of*
WHITEHAVEN



Church
IN ST. JAMES' COMMUNITY
CENTRE 1:30pm to 3:30pm
16th of February
Includes a tea of hotdogs &
snacks.
Children must be accompanied by an adult



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**





Family Community Team

Our DWP Family Community Team provides support for local families. We can help to make a brighter future for your family.

We can:

- Check your household income and benefits to ensure you are paid the right money at the right time to support your family budget.
- Refer you to local service providers and charities for 1-2-1 support depending on your individual needs.
- Provide regular progress updates to Lead Professionals where appropriate.
- We can support you through the process to show you how your finances can improve when starting work, when increasing your hours or when changing jobs.
- Signpost you to budgeting and debt support.
- Support you back into the workplace by accessing funding through your local Jobcentre, removing barriers to work such as upfront childcare costs, clothes for interviews, equipment needed for work and initial travel to work costs.
- Support you if you want to start your own business or become self-employed.
- Support you back into the workplace if you have recently lost your job or been made redundant.
- Support you or a family member with apprenticeships, traineeships, training, volunteering, work experience placements or want to improve your qualifications.
- Support you if you have a disability and want to get into work using the Government's Access to Work Scheme where appropriate.
- Advice on how to do on-line job searching using jobsites and social media platforms.
- Signpost you to organisations who can support you to update your CV and can carry out a skills audit to find out the jobs that best suit your skills.
- Provide you with ongoing in work support.

How you can contact your local Family Community Team:

Louise Armstrong, Vicky Norwood and Adele Aitken.
Email Family.CommunityTeam@cumbria.gov.uk

We are here to help you and your family

cumberland.gov.uk



Department
for Work &
Pensions

Half Term Activities



February Half Term

Drop-in Family Crafts

Daily 14-22 February, 1-4pm

Sea Legs Puppet Theatre: Henry Clutterbuck & the Musician of Bremen

Thursday 19 February

Roman Re-enactors

19 & 20 February

PAW Patrol: The Mighty Movie

Friday 20 February, 2pm

Plus brand new exhibitions *Gladiators of Britain* and *Uncovering Roman Carlisle: Where Worlds Met*, a very special *Tullie Mouse Roman trail* and appearances from the mouse himself.

Find out more at tullie.org.uk/february-half-term-2026





Community Sports Trust

Carlisle Dance and Gymnastics Camp

Harraby 3G, Edgehill
Road, Carlisle, CA1 3SL

Tuesday 17 February - Friday 20 February 2026

Ages 5-11

9am - 2pm

£60 for full camp

£20 per day



Book via Abler now

For more information and booking [download](#) The Abler app or [email](mailto:Sam.Tickner@carlisleunitedst.co.uk) Sam.Tickner@carlisleunitedst.co.uk or [Phone](tel:01228554169) 01228 554169

"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."



Community Sports Trust

Carlisle February Soccer School

Harraby 3G, Edgehill Road,
Carlisle, CA1 3SL

Tuesday 17 February - Friday 20 February 2026

Ages 5-13

9am - 2pm

£60 for full camp

£20 per day



Book via Abler now

For more information and booking [download](#) The Abler app or [email](mailto:Sam.Tickner@carlisleunitedst.co.uk) Sam.Tickner@carlisleunitedst.co.uk or [Phone](tel:01228554169) 01228 554169

"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."



Community Sports Trust

Maryport February Soccer School

Netherhall Community Sports Centre,
Netherhall Road, Maryport, CA15 6NT

Thursday 19 February - Friday 20 February 2026

Ages 5-13

9am - 2pm

£30 for full camp

£20 per day



Book via Abler now

For more information and booking [visit our website](#), The Abler app or [contact](#)
Sam Tichner at sam.tichner@carlisleunitedcst.co.uk or [Phone: 01222 534169](tel:01222534169)

"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."

Our weekly celebrations



Headteacher Award- Elsie

Learners of the week

Great Gable- River and Lando

Melbreak- Max

Catbells- Thivein

Scafell- Penny

Skiddaw- Lily L

Handwriters of the week - Ricardo, Rowan, Georgie and Freddie

Achievements outside of school - Freddie and Blake

Well done to all our our Superstar Readers.







U Dance



U Dance tickets are now on sale through School Money. The deadline for purchase is the 21st February and tickets are £8.00 each. Numbers are unlimited. We advise getting your tickets early, as we have no control over who can get them after this date and from past experience know that there are never any spare available due to the large number of schools involved.

The children will need collected from the Carnegie after the second show.

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.

Safer Internet Day 2026



The theme for this year's Safer Internet Day is 'Smart tech, safe choices' which explores the safe and responsible use of AI. The emphasis is on helping young people develop confidence, critical thinking and good judgement when using digital tools, rather than fear or restriction. In school, keeping children safe is our utmost priority and internet safety is something we take very seriously. If you would like further information on how we do this in school, please see our website or speak to your child's teacher. There are some links to some amazing websites to support you with this at home.

Top tips for parents and carers

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

Top tips for children and young people

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-young-people>

You can find more information here:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026>

Children's Mental Health Week



This week is Children's Mental Health Week. We support our children in a whole manor of ways in school such as through nurture groups, our links with Howgill, Kidsafe, HeartSmart etc. However, this is also something parents often chat to us about and ask how they can support at home. I have attached a link to our Child Mental Health and Wellbeing web page that has books and videos on for you to look at together at home. If you ever have any concerns in this area, we are always here to help.

[Child Mental Health and Wellbeing | St James' CofE Infant and Nursery School](#)

Phonics Screening



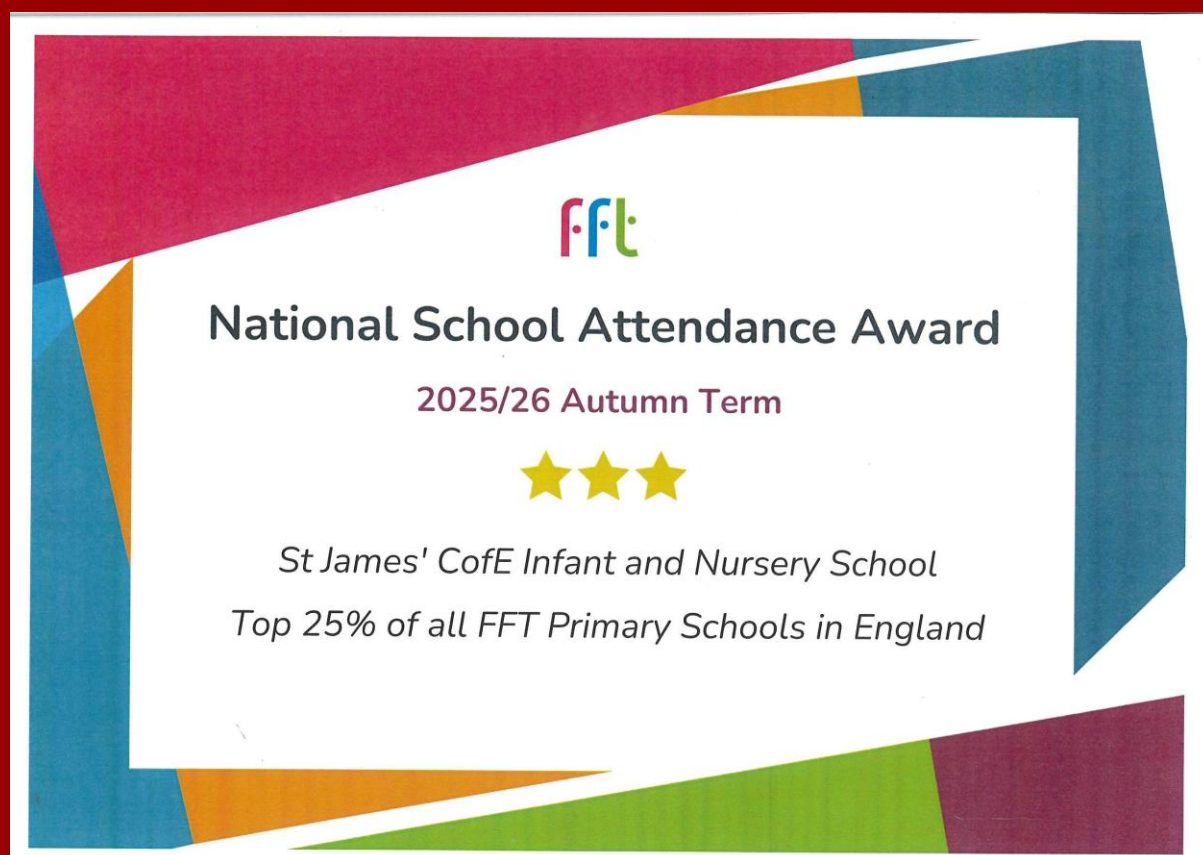
In June, Year 1 pupils will have a phonics screening check, which is a national initiative set by the government. On the 4th March at 9.00 a.m. we will hold a parent's information session to give Y1 parents more advice about the check and how you can support at home. More information will follow after half term.

Cars and Vehicles



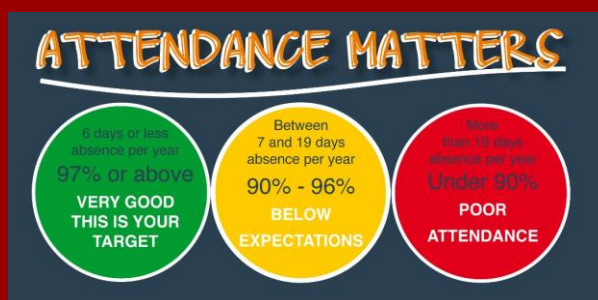
After half term, Reception pupils are starting a new learning unit about transport and vehicles. If you have any cars, trains, trucks etc that your child is no longer using, these would be greatly appreciated at school. Thank you.

Attendance Award



We have been awarded the FFT National School Attendance Award for the autumn term. This recognises us as being in the top 25% of all FFT primary schools across the country for our attendance. Thank you for your continued support in this area.

Attendance and punctuality



Melbreak were our attendance winners this week with 96.4%! 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 95.6 %, **0.9% higher** than the Primary National average of 94.7%! 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.

School Lunch Menu

Plus: Filled Jacket Potato options and Wraps/Sandwiches Available each day

SPRING WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Fingers, Potato Waffles with Spaghetti Hoops or Vegetable Noodles with Naan Bread or Chocolate Flapjack or Fruit	Chicken Pieces in Gravy with Mashed Potato and Carrots or Cheese Roll with Beans or Mango Fairy Cake or Fruit	Pepper Pizza or Pork Potato Bake or Sweetcorn or Rice Pudding with Raspberry Coulis or Fruit	Lorne Sausage Roll or Vegan Sausage with Potato Wedges and Tomato Ketchup or Beef Lasagne or Peas or Flapjack or Fruit	Tomato Pasta with Broccoli or Chicken Fried Rice with Garlic Bread or Marble Sponge and Custard or Fruit

Upcoming diary dates



- 16th February - Half term starts
- **4th March - Phonics Screening Meeting for Y1 parents (please note change of date)**
- **5th March - World Book Day**
- **16th and 17th March - Individual Parent's Meetings**
- **U Dance - 18th March**
- 23rd March 2.45 - Hawse End information Meeting for Parents
- **26th March - Decorate an egg competition**

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

Contact Us



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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