



**St James' Church of England Infant and
Nursery School
3rd July 2026**



Welcome to this week's newsletter!

I'd like to start with a huge well done to all of our children who handled move up day brilliantly. Whether it was visiting the Juniors or the next year group, they were all very brave and had an amazing morning. The teachers are all thrilled with their new classes and very excited for September.

You should have received your child's report today, thank you to all the staff for the time and effort they have put into these. I hope you are as thrilled with them as I was reading them.

Nursery have had a busy week continuing with their learning about life in the garden. I was blown away by their caterpillars they have been making in art and how well they spoke about them.

Reception have been learning about protecting the planet and how they play a part in this through the book 'Clean Up'.

KS1 had an amazing time at St Bees. Their behaviour was excellent as always and they had lots of fun completing the different activities set by staff.

As you know, our OPAL assessment is in the last week of school. Please can I ask you all to complete the OPAL questionnaire using the link below so I can use as evidence. Thank you.

[OPAL Questionnaire for Parents – Fill in form](#)

Finally, a huge well done to our Juniors for their fantastic OFSTED report. We are all very proud of you.

Have a lovely weekend,

Miss Sapsed



Aladdin



The children are gearing up for the big performance and have a dress rehearsal planned for the Juniors next week. They cannot wait to show you all their hard work. Tickets are available on School Money for the the two performances which are on the 9th July at 9.30 and 5.00.

Nursery Muncaster Trip



Nursery will be visiting Muncaster Castle on 13th July. Please note that parents or relatives must accompany children. Further information can be found on the link from School Money.

Upcoming Church Services and Community Events

150 YEARS OF MOTHERS UNION
Join us, Join in

FAMILY FUN WEEKEND

17-19TH JULY @ RYDAL HALL

ALL ACTIVITIES FREE
OVERNIGHT ACCOMMODATION COSTS EXTRA

BOOK SATURDAY £36 PER FAMILY
WITH OR CODE

BOUNCY CASTLES

BIG PICNIC

TRAILS

CRAFTS

FUN STEM WORKSHOPS

CAMPING

BALLOONS

TODDLER SPACE

MAGIC

DEN BUILDING

OPEN-AIR SERVICE

1ST 50 FAMILIES TO BOOK GET 2 FREE PACKED LUNCHES INCLUDED

Book camping and accommodation through Rydal Hall using code MU150
01539432050 or groupbookings@rydallhall.org

Don't miss the Family Day 18th July 10am-6pm to celebrate 150 years of Mothers Union **ONLY £36/Family gives access to all these activities!**



Book using the QR code

Or to camp for weekend contact groupbookings@rydallhall.org

What	Time	Where	Where if wet
Activities for all the family			
Hardy's Inflatables x 3	All day	campsite	NA
Outdoor games	All day	lawns	Drawing room
Indoor games	All day	Bishop's room	NA
LEGO	All day	Old Kitchen	NA
Jigsaws	All day	Library	NA
Crafts	All day	Lawns and Old kitchen	Old kitchen
Pilgrim trail	All Day	Rydal Church	NA
*Sheep trail	All day	woods	NA
*Scavenger hunt	All day	woods	NA
*Prayer trail	All day	Quiet garden	NA
Banner making	10-11.30 and 13.30-15.30	Lawns	Old kitchen
Bible stories	10.30	Chapel	NA
Paul Saml Balloon workshops	11am and 3pm	Lawns	Bully barn
STEM workshops	11am and 4.30pm	Old Kitchen	NA
Puppets	11.30 and 5pm	Lawns	Bully barn
Bread making	11.30 and 2pm	Lawns	Dining room
Magic shows	12 and 3.30pm	Lawns	Bully barn
Parachute Games	12.15	Lawns	NA
BIG PICNIC ON THE LAWN 12.30 (if wet in dining and drawing rooms)			
Den building	2.30-4.30	woods	NA
Forest church	4.30-6pm	Fire pit	NA
Open the book	4pm	Chapel	NA
Farewell worship	6pm	Lawns The Lost Sheep	tbc
Activities aimed specifically at preschoolers and early primary age.			
Play area	All day	Bully barn	NA
3 little pigs STEM workshop	13.30	Bully barn	NA
Bubble church	14.30	Bully barn	NA

*Sheets for trails are available from the MU stand. There is a prize for each one completed!

Mothers UNION
Christian care for families
Diocese of Carlisle

the parish of WHITEHAVEN

FAMILY SERVICE

In St. James' Church

1st SUNDAY OF THE MONTH

11:30am

Followed by bacon butties & hotdogs in the community centre

YOU ARE WELCOME HERE





West Cumbria
Dyslexia Association



Helpline 07704 326 452

West Cumbria Dyslexia Association



Saturday 4th July 2026 10am-12pm

The Presbytery, Kirkby Street, Maryport, Cumbria, CA156EX



Come and talk to us!

Saturday hubs : Maryport support is Sharon, Christine ,Abi, Jean and Lucy

Try our resources!



Registered Charity No: 010118



ST. BEES
FOOTBALL CLUB
RECRUITING
NEW PLAYERS!

CHILDREN GOING INTO
YEAR 3

MUST LOVE 
FOOTBALL!

U8s
TEAM

- ☒ LEARN NEW SKILLS
- ☒ MAKE NEW FRIENDS
- ☒ BE PART OF A TEAM

JOIN OUR ST. BEES FAMILY!

CONTACT US TODAY!
07527990671

 **07527990671**

PLAY • LEARN • ENJOY

TOGETHER WE CAN
ACHIEVE GREAT THINGS



Cumberland's Holiday Activities and Food Programme



Book now eequ.org/cumberlandhaf

What is HAF

The Holiday Activities and Food (HAF) programme provides free, fun-filled activities and nutritious meals for children and young people during the school holidays. Designed to support families, HAF offers a wide range of sessions – from sports and crafts to cooking and outdoor adventures – delivered by local providers in a safe and welcoming environment. The programme helps children stay active, make new friends, learn new skills and enjoy healthy food throughout the holidays.

Who is HAF for

The Holiday Activities and Food (HAF) programme is aimed at statutory school-age children and young people (Reception-Year 11) young people who receive benefits-related free school meals, as well as families who may need extra support during the school holidays.

If you are not eligible for a funded place, many of our providers offer paid places.

To check eligibility
please visit:



SCAN ME

How to book

All Cumberland HAF bookings are made through the EEQU booking system, on EEQU you:

- Do not need a HAF code to book
- Can contact providers with any questions through direct messages
- Check each providers SEND accessibility checklist
- Will see more detailed information about each activity
- Can access a more visual and user-friendly platform
- Can request bookings for multiple children at the same time

To see what's on offer and to book, visit: eequ.com/cumberlandhaf



SCAN ME

For any enquiries, please email HAF@cumberland.gov.uk



Community Sports Trust

SUMMER HOLIDAY ACTIVITIES LOCATIONS:

Carlisle (Football & Gym and Dance)
Wigton (Football only)
Whitehaven (Football only)
Penrith (Football only)
Cockermouth (Football only)
Keswick (Football only)
Maryport (Football only)

21 July – 28 August

Book now via Abler:



For further information

Email: Sam.Tickner@carlisleunitedcst.co.uk or Phone: 01228 554169

"Inspiring People To Participate, Develop and Achieve Their Goals Through The Power of Sport."



Community Sports Trust

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21 July – 28 August

Limited free HAF Places here:



For further information

Email: Sam.Tickner@carlisleunitedcst.co.uk or Phone: 01228 554169

"Inspiring People To Participate, Develop and Achieve Their Goals Through The Power of Sport."

Our weekly celebrations



Headteacher Award- Sam

Learners of the week

Great Gable- Lavinia,

Melbreak- Mia

Catbells- Noah J

Scafell- Sonny

Skiddaw- Anandi

Superstar Readers -

Handwriters of the week -

Out of school achievement -

Golden Wellie - Liv, Martha, Gabe and Freddie





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+
Eczema 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.

NIC/E-SNP/Poster.AB022021 | APPENDIX 02

BEACH SAFETY TIPS

Stay Safe While Enjoying the Sun, Sand & Sea!

BEFORE YOU GO

- Check the weather & tide reports
- Know the beach flag system
- Apply sunscreen (SPF 30+)
- Stay hydrated – bring water

UNDERSTAND THE FLAGS

- Red and Yellow Safe swimming area
- Black and White Chequered Flag Surfing and watercraft zone
- Red Flag Danger

IN THE WATER

- Swim near lifeguards
- Never swim alone
- Avoid rip currents – swim parallel if shore

FOR FAMILIES

- Keep kids within arm's reach
- Set up a meeting point
- Have emergency contacts saved



EMERGENCY?
Call 999
or alert a lifeguard



Call 999
or alert a lifeguard
Know your location
for faster help



WATER SAFETY CODE



Stop and Think, Spot the Dangers

If you are thinking of being near or entering the water, have you considered the following?

- Be aware of cold water shock
- Keep off all frozen waters
- Check for safety signage
- Avoid alcohol and drugs
- The depth of the water may hide underwater ledges, hidden currents and unseen items
- Be aware of other water activities
- If it is safe to enter the water, ensure you have a safe way out
- At the coast, consider rip currents, wind and the tide

Stay Together, Stay Close

It is better to go near the water with a friend or family member

- If you are in trouble in the water, float until you feel calm
- Lean back, extend your arms and legs
- Float until you can control your breathing. Then call for help or swim to safety

In an Emergency, Call 999

- If you see someone in trouble DO NOT enter the water
- Look for a throw line or life ring to help whilst you wait on the emergency services
- Call 999 or 112

TOP TIP: Thinking of taking part in a planned activity?

To enjoy your activity to the full, check that your provider is fully insured, with skilled staff and the relevant accreditation.

Attendance and punctuality



Scafell were our attendance winners this week with 99.5%! 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 **98.1%**, **9% higher** than the Primary National average of **89.1%**. 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

Junk Modelling for KS1



Year 1 and 2 are running low on boxes, yogurt pots, egg boxes etc for our DT areas. If you have any at home you would like to donate, please give to the staff in your class. Many thanks.

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.

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.

We have had a number of children recently, not liking their choice of meal. Please can parents check with their child when ordering, as they will know from having it before if they like it or not.

SUMMER WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Pasta & Garlic Bread or Sticky Beef & Rice Peas Ginger Sponge & Custard Fruit	Cod in Batter, Potato Wedges & Beans or Beef Lasagne with Cucumber and Pepper Sticks Anzac Biscuits Fruit	All Day Breakfast: Lorne Sausage / Vegan Sausage Hash Brown Omelette Spaghetti Hoops or Chicken Kebab, Lettuce, Tomato & Tomato Sauce Krispie Cake Fruit	Shredded Beef in Gravy with Mashed Potato, Broccoli & Yorkshire Pudding or Vegetable Noodles and Naan Bread Iced Chocolate Red Velvet Cake or Fruit	Margherita Pizza or Pork & Pineapple Curry & Rice Sweetcorn Fruity Jelly Yoghurt

Upcoming diary dates



- 9th July - Y2 Performance of Aladdin - 9.30 and 5.00 (more information to follow)
- **13th July - Nursery trip to Muncaster Castle**
- 14th July - OPAL Assessment
- 15th July - Y2 Leaver's Service at Church 12.30p.m.
- 17th July 1.30 - Finish for Summer (No After School Club that day)

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

Contact Us



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Whitehaven

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01946 691970

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

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