

Friday 18th September 2026

Dear parents and carers,

My Hidden Chimp - invitation

I will be holding a session in school for parents at 2.45pm on **Thursday 8th October**, when I will present some of the ideas and content behind **My Hidden Chimp** by Professor Steve Peters.

Professor Peters is best known for his bestselling book **The Chimp Paradox**, which has been used by many famous, high-performing people including Sir Chris Hoy, Ronnie O'Sullivan, Victoria Pendleton, Steven Gerrard and Katarina Johnson-Thompson.

My Hidden Chimp is a child-friendly version, which helps to explain to children where their feelings come from, and which I will be sharing with the children through the year. I hope that, by doing so, we'll develop a shared way to talk about our feelings and how to manage them.

It would be great to include as many parents as possible in introducing Professor Peters's ideas, so I hope you'll be able to join me on the 8th. We'll finish ready for home time.

Many thanks for your support,
Ross Peacock Head Teacher

Class 3 visit to Walkmill Woods

Last week, Class 3 had our first visit of the school year to Walkmill Woods. The children took part in river dipping, a nature walk where they carefully observed the natural features of the area, and learned about how rivers work. Thanks to Emma, Laura and Brooke for a great day out!



Dream Jobs Session

Class 4 had a great session thinking about potential future careers and dream jobs along with Bill Maher on Friday. He came to us through the Primary Business Partnership, a group that helps put schools in touch with other professions and industries. Many thanks to Bill for providing such a fun afternoon!



Musician(s) of the Moment

The Beatles

Value of the Month

Resilience

Celebration Assembly

Values Award

EYFS: Joanie

C1: Jacob

C2: Billy

C3: Charlie

C4: Toby

Word Wizard

EYFS: Kendall

C1: Teddy

C2: Cienna

C3: Violet

C4: Elijah

Excellent Work

EYFS: Seb

C1: Gabriel

C2: Lily

C3: Willow

C4: River

Sports

EYFS: Maxi

C1: Teddy

C2: Billy

C3: Isaac

C4: Dorothy

TT Rockstars:

Most Improved Times

1st Sky Segall

2nd Ava Gaines

3rd Eve Fox

Most Correct Answers

Lou Jammy

Strike Woolfe

Ava Gaines

Safeguarding: If you have any concerns about a child, please let either Mr Peacock, Mrs Crelling or either Mrs Lawman know. Alternatively, you can contact Cumbria Safeguarding Hub on 0333 240 1727.

ST BENEDICT'S CATHOLIC HIGH SCHOOL
2026



We would like to invite you to our
YEAR 6 OPEN EVENING

THURSDAY 24TH SEPTEMBER
5pm - 7.30pm

Introductory talks at both 5pm and 6pm and also the opportunity to meet some of our staff & students, find out more about the school and see the fantastic facilities that we have to offer.



Safeguarding: If you have any concerns about a child, please let either Mr Peacock, Mrs Crelling or either Mrs Lawman know. Alternatively, you can contact Cumbria Safeguarding Hub on 0333 240 1727.



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.

TERM DATES 2026/2027**AUTUMN TERM 2026**

STARTS;	ENDS;	HALF TERM;
WEDNESDAY 2 ND SEPTEMBER	FRIDAY 18 TH DECEMBER	MONDAY 26 TH OCTOBER – FRIDAY 20 TH OCTOBER

SPRING TERM 2027

STARTS;	ENDS;	HALF TERM;
TUESDAY 5 TH JANUARY	THURSDAY 25 TH MARCH	MONDAY 15 TH FEBRUARY – FRIDAY 19 TH FEBRUARY

SUMMER TERM 2027

STARTS;	ENDS;	GOOD FRIDAY; 26TH MARCH
MONDAY 12 TH APRIL	FRIDAY 16 TH JULY	EASTER MONDAY; 29TH MARCH
		EARLY MAY BANK HOLIDAY; 3RD MAY
		HALF TERM; MONDAY 31 ST MAY – FRIDAY 4 TH JUNE

Autumn Term Dates

Date	Event
Monday 21st September	Year 2 Phonics Meetings with Miss Wright
Tuesday 22nd September 2.45pm	Reception Meeting with Miss McNamee - Reading, Writing and Counting
Wednesday 30th September 3:15pm	Year 5 Parents' Meeting with Mrs Crelling and Mrs L - English and Maths curriculum
Thursday 1st October	Class 4 - Walkmill Woods
Thursday 1st October September 2.45pm	Class 1 Parents' Meeting with Mr Kershaw—English and Maths curriculum
Tuesday 6th October 2.45pm	Year 4 Parents' Meeting with Mrs Lawman - English and Maths curriculum
Wednesday 7th October	Class 4 - REACT Science Show at Lakes College
Wednesday 7th October	Classes 1 and 2 trip to the Beacon
Thursday 8th October 2.45pm	Parents' Meeting with Mr Peacock - My Hidden Chimp - everyone welcome
Friday 9th October	Non-uniform— please bring a donation for the Christmas C1/C2—Bottles/tins/jars C3/C4—Biscuits/sweets/crisps Please check the date of your donations are January 2027 or beyond.
Friday 9th October 2.45pm	Year 2 Parents' Meeting with Miss Wright - English and Maths curriculum
Tuesday 13th October 2.45pm	Year 3 Parents' Meeting with Mrs Lawman - English and Maths curriculum
Wednesday 14th October 3.15pm	Year 6 SATs meeting with Mr Peacock, Mrs Crelling and Mrs Lawman
Friday 16th October 2.45pm	Year 1 Phonics meeting with Mr Kershaw and Miss Wright
Monday 19th - Wednesday 21st	Parents' Evenings
Thursday 22nd October	Harvest Performances (afternoon)
Monday 26th October—Friday 30th October	October half-term holiday
7th-10th December	Juniors' swimming week
Friday 11th December 2pm	Christmas Fair
Wednesday 16th December PM	Christmas Performances
Thursday 17th December	Christmas Dinner and Parties
Thursday 17th December 7pm	Choir - performance at St Mary's and Michael's
Friday 18th December 1.15pm	School closes for the Christmas holidays