

MORESBY



TOGETHER EVERYONE ACHIEVES MORE

Friday 17th January 2025

Dear parents and carers,

Phunky Food—Drain your drink...

This week in assembly children have learnt about the importance of developing good drinking habits.

Staying well-hydrated is vital for our short term health, without sufficient water dehydration can occur. Symptoms include tiredness, poor concentration, headaches and dizziness. There is also evidence that good hydration has a positive impact on cognition and mental function.

It is recommended that primary-aged children have 6-8 glasses of water a day.

We have noticed that a number of children are bringing squash to school in their water bottles or carrying small concentrated juice to mix during the day. As part of our school policy, sugar-free juice is permitted during break and lunchtime, but we kindly remind you that water is available in classrooms. The reason behind this is that many sugar-free drinks contain artificial sweeteners and can be acidic, which is bad for children's teeth.

If your child is reluctant to drink water Phunky Foods suggests some handy tips to help promote good drinking habits (see page 4 of the newsletter).

Many thanks for your support,
Kirsty Lawman
Acting Head Teacher

Fruity Friday

As part of our initiative to promote healthy habits, we celebrate **Fruity Friday** each week. Children on school snack can choose from a variety of fruit options, and we encourage those bringing snacks from home to join us by bringing fruit-based snacks as well.

Our Phunky Food ambassadors: Sophia, Esme, Olivia P, Abbie and Olivia K have some suggestions as to what children could bring: bananas, kiwi, apples, yoghurt raisins, cherry tomatoes, dried fruit rolls and fruit bars.

The children are forward to monitoring and surveying snack to see how healthy we are .

Musician(s) of the Moment

Elvis Presley

Value of the Month

Being Imaginative

Celebration Assembly

Values Award	Setting an Example Award
C1: Lily	C1: Gracie
C2: Sophia	C2: Willow
C3: Class 3	C3: Cassia
C4: Bethany	C4: Jasper
Excellent Work	Over and Above Award
C1: Delilah	C1: Teddy
C2: Ethan	C2: Violet
C3: Felix	C3: Avah
C4: Aiden	C4: Olivia P
TT Rockstars:	
<i>Most Improved Times</i>	<i>Most Correct Answers</i>
1st Carlos Stipe	1st Diesel T Hendrix
2nd Pearl Correll	2nd Jess Smiley
3rd Jess Smiley	3rd Strike Woolfe

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.

Class 2 Curriculum Plan 2024-25

KS1 B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English Fiction	RWI Get Writing	Rags to Riches (Pirate Tom)	Finding Tale (Beegu)		Problem Resolution (Handa's Surprise)	
English Non-Fiction	Instruction (How to Catch a Star)		Information			
Science	Animals Including Humans (Y2)	Uses of Everyday Materials (Y2)	Plants (Y1)	Seasonal Changes Spring to Summer (Y1)	The Environment (Y2)	Scientists and Inventors (Y2)
Computing	What is a computer?	Online Buddies	Code a story	Mini Beasts	Drawing Maths	My online Life (Y2)
Design Technology	n/a	Moving pictures	n/a	Phunky Foods Bag a Breakfast	n/a	Puppets
Geography	United Kingdom	n/a	Hot and Cold Places	n/a	Contrasting Locality	n/a
History	n/a	How have explorers changed the world?	n/a	How did we learn to fly?	n/a	What is a monarch?
Art	Life in colour (Y2)	Make your mark (Y1)	Woven wonders (Y1)		Clay houses (Y2)	
Music	Exploring Simple Patterns	Introducing Tempo and Dynamics	I Wanna Play in a Band	Focus on Dynamics and Tempo	Exploring Feelings Through Music	
PE	Dance - Rainbow Fish & Bear Hunt	Gymnastics - Body Management	Gymnastics - Floor Exercise	Gymnastics - Vault	Dance - Country Dance	Dance - March, March / Jack & the Beanstalk
Games	Hit, Catch, Run Y1 Unit 1 OAA	Run, Jump, Throw Y1 Unit 1	Hit, Catch, Run Y2 Unit 1	Run, Jump, Throw Y2 Unit 1	Hit, Catch, Run Y1/2 Unit 2	Run, Jump, Throw Y1/2 Unit 2
PSHE	Family and Relationships (Year B)	Health & Wellbeing (Year B)	Safety (Year B)	Citizenship (Year B)	Economic Wellbeing (Year B)	Boys and Girls (Relationships and sex education)
RE	Rules and Routines	Religion and Rituals	Easter, nature and God		Places of Worship	Light and Dark
Class Book	Charlie and the Chocolate Factory	Harriet Versus The Galaxy	Lots Marc Martin	Traditional Tales	The Enchanted Wood	A First Book of the Sea (Poems)

Class 3 Curriculum Plan 2024-25

LKS2 B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English Fiction	A Tale of Stone Trolls		Journey to the Rainforest		Mission Impossible	
English Non-Fiction	Brochure	Superheroes		Rivers of Life		Make games consoles available in schools
Science	Rocks (Y3)	Animals Including Humans (Y4)	States of Matter (Y4)	Plants (Y3)	Electricity (Y4)	Scientists and Inventors (Y3)
Computing	Dinosaurs	My Online Life (Y4)	Real or Fake	Rainforests	Minecraft Challenges & Wizard School	Programming with robots
Design Technology	n/a	Phunky Foods Drain Your Drinks	n/a	Pencil Cases	n/a	Light-up signs
Geography	n/a	n/a	The Amazon Basin	Climate Zones	South America: Rio & South-East Brazil	n/a
History	Would you prefer to live in the Stone, Bronze or Iron Age?	How have children's lives changed?	n/a	n/a	n/a	Why did the Romans settle in Britain?
Art	Prehistoric Painting (Y3)	Power prints (Y4)	Fabric of nature (Y4)		Growing artists (Y3)	
Music	Developing Notation Skills	Composing Using Your Imagination	Introduction to GarageBand	Creating Simple Melodies	Learning More About Musical Styles	
PE	Dance - Who Am I & Language of Dance	Gymnastics - Body Management	Gymnastics - Floor Exercise	Gymnastics - Vault	Dance - Wimbledon & Musical Statues	Dance - Electricity
Games	Netball Y3	Handball Y3	Tag Rugby Y3	Netball Y4	Cricket Y3	Tennis Y3
PSHE	Family and Relationships (Year B)	Health & Wellbeing (Year B)	Safety (Year B)	Citizenship (Year B)	Economic Wellbeing (Year B)	Bits & Bobs & Sweat... (Relationships & Sex Education)
RE	The Bible	The Nativity Story	Islam	The Easter Story	Judaism	Pilgrimages
MFL - Spanish	Phonics 1 & 2 Shapes	Musical Instruments	Vegetables	Ancient Britain	In Class	Do you have a pet?
Class Book	The Lion and the Unicorn	The Iron Man	Fantastic Mr Fox	The Explorer		The Abominables

Class 4 Curriculum Plan 2024-25

UKS2 B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
English Fiction	<i>Finding Story</i> (secondary unit)	Newspaper	<i>Postal Story</i> (secondary unit)	Flash Forward	<i>Fear Story</i> (secondary unit)	Defeat The Monster
English Non-Fiction	Explanation	<i>Information</i> (secondary unit)	Letter of complaint	<i>Discussion</i> (secondary unit)	Information	<i>Instructions</i> (secondary unit)
Science	Properties and Changes in Materials (Y5)	Evolution & Inheritance (Y6)	Light (Y6)	Animals Including Humans (Y6)	Living Things and Their Habitats (Y5)	Scientists and Inventors (Y6)
Computing	YouTuber	My Online Life Y6	Making AR Games	Crossy Roads	Sketchup CAD	Maths: Solve IT
Design Technology	n/a	Funky Furnishings	n/a	Phunky Foods Snack Attack	n/a	Bridges
Geography	n/a	A European Region - Greece	n/a	n/a	Volcanoes and Earthquakes	
History	Crime and Punishment	n/a	Greeks and WW2		n/a	
Art	Architecture (Y5)	Portraits (Y5)		Artist study (Y6)		Making memories (Y6)
Music	Dancing in the Street	Classroom Jazz 1	Developing Melodic Phrases	Introducing Chords	Using Chords and Structure	
PE	Dance - English Country Dance	Gymnastics - Body Management	Gymnastics - Floor Exercise	Gymnastics - Vault	Dance - Rainforest	Dance - Volcanoes
Games	Netball Y5	Handball Y5/6	Tag Rugby Y5/6	Netball Y6	Cricket Y5/6	Tennis Y5/6
PSHE	Family and Relationships (Year B)	Health & Wellbeing (Year B)	Safety (Year B)	Citizenship (Year B)	Economic Wellbeing (Year B)	Your Mummy... Men & Women... (Rel & Sex Education)
RE	Peace	The Christmas Story	Worship	The Easter Story	Eternity	Humanism
MFL - Spanish	Aprendo Espanol L4-6 Fruit	Vegetables	Weather	Family	Clothes	At School
Class Book	Boy Overboard	Street Child	Greek Myths	Goodnight Mr Tom	Kensuke's Kingdom	

Phunky Foods - Drain your drink



Drain your drinks!



Water is essential for life. Throughout our body water is involved in many different functions including temperature regulation, transportation of nutrients, removal of waste products through urine and lubrication of our joints.

Good hydration is vital for our short term health; it can help prevent constipation, kidney stones and urinary tract infections, as well as longer term complications.

Without sufficient water dehydration can occur. Symptoms include tiredness, poor concentration, headaches and dizziness.

There is also evidence that good hydration has a positive impact on cognition and mental function. In children there is some evidence that those who drink extra water perform better in recall and memory tasks.

How much?

6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml.

Children, aged 4-8 years of age need around 1280 ml of water from drinks each day (= 6 glasses).

Children, aged 9-13 years of age need up to 1680 ml of water from drinks each day (= 8 glasses).

These average figures are based on recommendations from the European Food Safety Authority (EFSA). An individual child's needs will depend on many different factors such as how much exercise they're doing and what the temperature is. Losing water through sweat is how we control our body temperature, but this lost water needs replacing through food and drink.

Hydration and Dental Hygiene

Sugar-sweetened beverages, such as fizzy drinks, milkshakes and fruit squashes, contain acids and sugars which can play a role in tooth decay. Even low calorie / low sugar varieties can still be acidic; the acids from these drinks can attack and erode enamel on teeth. These types of drinks are best limited or avoided by children. Pure fruit juices also contain sugars and acids, so it is best to have these just once a day and only at mealtimes. The best way to protect teeth is to brush them twice a day with a fluoride toothpaste.



Further information:

- www.phunkyfoods.co.uk/parent/drain-your-drinks-parents-information/
- www.nhs.uk/live-well/eat-well/water-drinks-nutrition/
- www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugar-drinks-for-kids-stop-tooth-decay

www.phunkyfoods.co.uk



Drain your drinks... drink plenty of sugar-free fluids



6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml



Drink frequently!

Water - drink plenty. It will keep you hydrated without adding extra sugar or energy.



Drink regularly!

Milk - a useful source of nutrients particularly protein, B vitamins and calcium. Limit milky drinks with added sugars such as hot chocolate and milkshakes - always check the label and choose lower sugar options.



Once a day! Fruit juices and smoothies - provide the body with a range of vitamins and minerals, and fluid. However the fruit sugars naturally present also add energy and increase the risk of tooth decay. Stick to 150ml once a day at meal times.



Sometimes!

Tea and Coffee - contain caffeine which is a stimulant. Caffeine is not suitable for young children. It is best for children to drink decaffeinated tea or coffee with some milk and no added sugars or sweeteners.

Limit!

Sugar-sweetened beverages - (fizzy pop, squashes and 'fruit' drinks) - add unnecessary calories to a child's diet and regular consumption has been linked to weight gain and obesity in children. The sugars, and acids, in these drinks can also play a role in tooth decay. Even low calorie / low sugar varieties can still be acidic; the acids from these drinks can attack and erode enamel on teeth. These types of drinks are best avoided by children.

How much a day?



Avoid!
Sports and energy drinks - high levels of caffeine which are not suitable for children.

Encourage good drinking habits through:

- Leading by example - show enjoyment for water throughout the day
- Sticker/reward charts
- Fun water bottles/cups
- Hydration station - where children can pour their own water whenever they want/need

8 DAILY OCCASIONS TO ENCOURAGE FLUIDS FOR CHILDREN:

- 1 Before school
- 2 Morning break
- 3 Lunch
- 4 During exercise
- 5 After-school snack
- 6 Whilst doing homework
- 7 During dinner
- 8 Whilst reading a bedtime story

www.phunkyfoods.co.uk



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



SCAN ME

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CUMBRIA CHILDREN'S SERVICES DIRECTORATE SCHOOL TERM DATES 2024/2025

AUTUMN TERM 2024

STARTS	ENDS	HALF – TERM HOLIDAY
Wednesday 4 September	Friday 20 December	Monday 28 October – Friday 1 November

Number of school days in term – 73

SPRING TERM 2025

STARTS	ENDS	HALF – TERM HOLIDAY
Tuesday 7 January	Friday 4 April	Monday 17 February – Friday 21 February

Number of school days in term – 59

SUMMER TERM 2025

STARTS	ENDS	HALF – TERM HOLIDAY
Tuesday 22 April	Friday 18 July	Monday 26 May – Friday 30 May

Number of schools days in term – 58

Good Friday – 18 April
Easter Monday – 21 April

Early May Bank Holiday
Monday 5 May

Date	Event
Friday 8th November AM	Reds in the Community Y5/6 Boys' Football Event
Friday 15th November AM	Reds in the Community Y5/6 Girls' Football Event
Friday 15th November PM	KS2 Cross Country Event at Whitehaven Academy
Thursday 21st November 2.30pm	Orian (catering) event for parents - all welcome
Friday 22nd November AM	Reds in the Community Y3/4 Boys' Football Event
Friday 22nd November PM	Y3/4 Multiskills Event at Whitehaven Academy
25th November	Children in Need—non-uniform day (£1 donation to take part)
Friday 29th November	Reds in the Community Y3/4 Girls' Football Event
w/b 2nd December	Assessment Week 1
Friday 6th December	Reds in the Community Y1/2 Football Event
Friday 6th December (afternoon)	Christmas Fair
Tuesday 10th December (afternoon)	Class 2 / 3 / 4 trip to Theatre by the Lake, Keswick—The Jungle Book
Monday 16th December	Progress reports sent home
Wednesday 18th December	Christmas performances C2 1.15pm C1 1.45pm C3 2.15pm C4 2.45pm
Thursday 19th December	Christmas Dinner and Parties
Thursday 19th December	Dance/Music/Gymnastics Evening
Friday 20th December	Christmas cinema morning—come to school in your pyjamas.
Friday 20th December 1.15pm	School closes for Christmas holidays

Date	Event
Tuesday 7th January	School opens for Spring Term
Tuesday 7th — Friday 10th January	Classes 3 and 4—swimming
Friday 17th January	School Council Crazy Hair Day—donation for the Crafty Cavin
Monday 13th January—Friday 17th January	Year 5 Bikeability
Thursday 13th February	Valentine's Disco
Monday 17th—Friday 21st February	School closed for February half-term
Thursday 6th March	World Book Day
Monday 10th and Tuesday 11th March	Nat Pattinson in school—Wheelchair Basketball
w/b Monday 17th March	Assessment Week 2
Monday 24th March	School Photos Day
Friday 28th March	Moresbury Music Festival
Thursday 3rd April	Dance/Music/Gymnastics Evening
Friday 4th April 3.15pm	Easter performances C2 1.15pm C1 1.45pm C3 2.15pm C4 2.45pm
Friday 4th April 3.15pm	School closes for Easter holidays