

NEWSLETTER 29th NOVEMBER 2024

PANTOMIME

We are taking the whole school to the Carnegie to see their Christmas Pantomime, Aladdin on Wednesday 4th December. The cost per child will be £10, which is the cost of the ticket only, refreshments and buses will be paid by school.

Please can Payment can be made through the shop on Arbor asap, otherwise events like this cannot be attended.

Children will need a packed lunch on this day, which will be eaten once we are back at school.

IMPORTANT DATES FOR DIARY

PANTOMIME – WED 4TH DECEMBER

CAROL SERVICE – WED 11TH DECEMBER 10am

CHRISTMAS LUNCH & CHRISTMAS JUMPER DAY – THURS 12TH DECEMBER

CHRISTMAS FAIR – FRIDAY 13TH DECEMBER 1.30pm START

Y2 VICTORIAN CHRISTMAS MUNCASTER – TUES 17TH DECEMBER

CHRISTMAS PARTY DAY – WED 18TH DECEMBER

GUITAR CONCERT for Y5/Y6 Guitarist – 19th DECEMBER 2pm

CHRISTMAS FARMERS MARKET – FRI 20TH DECEMBER

RECEPTION CLASS 2025

Can any parents with children who will be starting Reception class next September please be aware that applications have opened. The closing date for applications is January 15th 2025.

GUITAR CONCERT

Thursday 19th December 2024 @ 2.00 pm in the school hall, for the Parents of children in Y5/6 who are learning to play the Guitar.

FOBS – EGREMONT FARMERS MARKET – FRIDAY 20TH DECEMBER 2024

FOBS will be running the cake stall and selling tea and coffee at the Christmas Farmers Market. We need homemade cakes, if anyone can bake, we would be very grateful. Cakes will need to be brought to school the day before, Thursday 19th December.

If there are any parents who can help on the day, please get in touch with the school office. Thank you.

EXTREME WEATHER / HEATING EMERGENCIES

If school needs to close due to an emergency such as loss of power/heating, or severe weather, parents will be informed as soon as possible by text and email. A notice will also be placed on the school website, Cumbria County Council website and BBC Radio Cumbria. We will use the same channels of communication to advise parents when school is able to re-open.



SAFEGUARDING

Bookwell School are committed to ensuring the safety and welfare of all children. If you have any concerns regarding this, please contact one of our designated safeguarding leads (listed below). For significant and immediate concerns, please contact the police on 999. For concerns that are not immediate, please contact the Cumberland Safeguarding Hub: 0333 240 1727

Designated Safeguarding Lead: Mr R Hardy (01946 820408 or head@bookwell.cumbria.sch.uk)

Deputy Designated Safeguarding Lead: Mrs Wolfenden (01946 820408 or s.wolfenden@bookwell.cumbria.sch.uk)

LOTTERY

Congratulations to last week's lottery winner, Mrs Richardson. For more information and to play through our page, [please follow this link](#). The next draw takes place on Saturday 30th November. Please don't forget to renew your numbers when you get a reminder.

WRAPAROUND CARE

Wraparound care (Breakfast and After School Club) bookings can be made via Arbor. Breakfast club runs from 7:30 until 8:30 and costs £4 per child/session.

After school club runs from 3:00 until 5:00. The cost per child/session is £4 for 3:00-4:00 or £7 for 3:00-5:00. If you are using wraparound care for the first time, please enter through the bottom gate and drop and collect your children at the door on the ramp.

FOBS CHRISTMAS FAIR – FRIDAY 13TH DECEMBER 2024 @ 1:30PM

More information will follow however, we are hoping to continue our now traditional hamper raffle. Please note, children will finish school at 1.30pm to be taken around the fair by their parents. **Please note there will be no After School Club on this day.**

FOBs would appreciate if each child could bring an item for their class hamper. Each class has a specific colour as follows:

RECEPTION – RED

Y1 – GREEN

Y2 – BLUE

Y3 – PURPLE

Y4 – SILVER

Y5 – GOLD

Y6 – WHITE

FUNDRAISING TEA TOWEL

Our Fundraising self-portrait tea towel is available to pre-order through the Arbor Shop. The cost is £5 and they make fantastic presents.



BOOKWELL SCHOOL MENU

WEEK 3

Monday

Meatballs & Pasta (EF)
Salmon Nibbles & Pasta
Marble Cake & Custard



Tuesday

Cottage Pie & Gravy
Veg Soup & Sandwich
Shortbread & Custard



Wednesday

Chicken Tikka, Rice & Naan (EF & GF)
Veggie Tikka, Rice & Naan (EF & GF)
Apple Crumble & Custard



Thursday

Roast Gammon & Veg (GF & EF)
Quorn Fillet & Veg (EF & GF)
Chocolate Crunch & Chocolate Sauce



Friday

Fish Portion & Chips (EF)
Cheese Pasty & Chips
Ice Cream

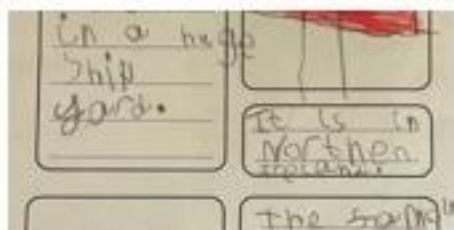


Available Daily

Meal choice: Jacket Potato (GF, V), Sandwich/Wrap, Fresh Veg/Salad

Dessert: Fresh Fruit/Yoghurt (GF, V)

CURRICULUM IN ACTION



Whitehaven Theatre Group Presents
2024 Pantomime

3rd - 7th December 7pm
7th - 8th December 1pm

**The Solway Hall,
Whitehaven**



Hercules

By Clarke and Clarke

ADULT - £12

CONCESSIONS - £10

OPENING NIGHT - £10

WWW.WHITEHAVENTHEATREGROUP.COM

07369231527



This amateur production is by

arrangement with NODA Limited

noda
Be inspired by amateur theatre





NEXT GEN SPORTS MULTI-SPORT FUN CLUB



JERICOHO PRIMARY SCHOOL (CA28 6UX)



EVERY TUESDAY

19TH NOVEMBER - 17TH DECEMBER 2024.



18:00 - 19:00PM (CHILDREN AGED 5-12)



This Club is a multi-sport fun club, We will provide the following sports, Archery, Axe throwing, Dodgeball, Handball and numerous other fun games/activities. We will be doing different activities each week!

BOOK NOW VIA OUR WEBSITE



nextgensportscamps.co.uk



What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION

13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

SNAP STREAK

97

DAYS

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger *does* connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday®

The National College

Christmas at Longlands Lake

Saturday 7th Dec

11am - 2pm

Were back for our winter warmer event at Longlands
We have the perfect recipe for a Wild Christmas Adventure so come and join us!

There'll be..
Woodland Adventures with Campfire Snacks, Christmas Trail with prizes, and Creative Christmas Crafts.
And for the grownups we have a Willow star workshop & mulled wine to warm you up!

We hope for a nice day! But if the weather is grim, check our socials for updates!

karin@westcumbriariverstrust.org

