



It has been lovely to welcome our pupils back into Newtown for the new academic year.

All the children have settled into school quickly and look very smart in their new uniforms.

We look forward to a year full of opportunities and excitement, including our brand-new curriculum with extended opportunities including school trips, community events and residential. Please ensure that you have read through all leaflets and flyers that have been handed out including Behaviour, Attendance and our new School Uniform leaflet.

If you have any questions, please do not hesitate to get in touch.

Thank you for your continued support. By working together, we will ensure that your children can be the best they can be, reaching their potential at every opportunity on their fulfilling and exciting primary school journey.

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Notices

- All children MUST be collected from their classrooms and NOT the school office.



Reminders

- If your child is off sick, please ensure you call the office every morning unless otherwise agreed
- Please ensure that your child brings a water bottle to school each day
- With the cooler weather approaching please ensure your child has a coat in school each day.



Attendance

The class with the highest attendance for last week was:



Lions

Well done! Keep it up!!



Diary Dates

- Tuesday 27th September – Special Tuck Shop
- Thursday 6th October – Chocolate Bingo – Info to follow
- Friday 14th October – Break the Rules Day
- Tuesday 18th October – Movie Night



Tuck Shop will run every other Tuesday

Dates for this month:



20th September

27th September

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Stars of the week..



Isabelle – Lions Class

Billy - Tigers Class

Emelia - Jaguars Class

Liam - Leopards Class

Austin - Cubs Class



Every Friday we celebrate the three R's in school. We would also like to celebrate students' achievements outside of school, this could include football, netball, cycling, drama.

Please inform your child's class teacher or the office and this will be recognised and celebrated in assembly on Friday.



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Respect...

Responsibility...

Resilience...

House Team Points



151

138

152

142

This week's winner is the **Green Team** – Well Done



House Captains

Stuart
Lexi

House Captains

Ryan
Dylan

House Captains

Jayden
Grace

House Captains

Jonty
Maicie

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NEWTOWN PRIMARY SCHOOL

WEEK 3

Freshly made every day!

Lunch Shop

DAY

CHOICE 1

CHOICE 2

CHOICE 3

PUDDING

Monday	Cheese & Tomato or Pepperoni Pizza served with Spaghetti Hoops and Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Soft Roll filled with Ham, Cheese or Tuna served with Mixed Salad	Vanilla Ice Cream Roll & Fruit Cocktail or Yoghurt or Fresh Fruit
Tuesday	Breaded Chicken Goujons served with Potato Wedges, Coleslaw and Baked Beans	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Soft Roll filled with Ham, Cheese or Tuna served with Mixed Salad	Cherry Shortbread or Yoghurt or Fresh Fruit
Wednesday	Sliced Cooked Beef served with Yorkshire Pudding, Roast Potatoes, Baby Carrots, Broccoli and Gravy	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Soft Roll filled with Ham, Cheese or Tuna served with Mixed Salad	Blueberry Muffin or Yoghurt or Fresh Fruit
Thursday	Pasta Bolognese served with Garlic Bread Slice and Sweetcorn	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Soft Roll filled with Ham, Cheese or Tuna served with Mixed Salad	Iced Sponge or Yoghurt or Fresh Fruit
Friday	Fish Fingers served with Chips, Garden Peas and Tomato Ketchup	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Soft Roll filled with Ham, Cheese or Tuna served with Mixed Salad	Cheese & Crackers or Yoghurt or Fresh Fruit

Available Daily: Fresh Fruit and Bread!

If you have any questions about food allergens please speak to the Kitchen team who will be happy to help.

ISSUE 1 – 16.10.18

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SPRING 2022

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Walk, Coffee & Cake

Wednesday's 11:00am – 12:00pm

Starting Wednesday 21st September

This is an opportunity for Parents/Carers to come along for a walk in the community then come back to school to have a cuppa and some cake and learn more about supporting and finding resources to help with Mental Health and Wellbeing for both their children and themselves.

If walking isn't for you we will be back at school for 11:30pm for cake and a cuppa.



Coffee & Chat



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ARE YOU STRUGGLING TO
PROVIDE FOOD FOR
YOURSELF AND YOUR
FAMILY?

HERE TO
FIGHT FOOD
POVERTY

- We are a local charity to
- help you in a food crisis.
- We can help with free
- food in an emergency.

FOR DETAILS GO TO:
www.carlislefoodbank.org.uk

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If your child is primary aged, we will usually ask to work with you as parent/carer to help you to help your child.

We also support schools to provide advice and liaison or signposting to other services, if a young person and family is struggling.



"MHST is an amazing service! It has helped make a massive difference towards my approach to my daughters anxiety"
Parent

How can you get support from MHST?

We are based in our MHST partner schools. You, your parent, carer or teacher can ask for help from the MHST for you. If you are in secondary school you can ask for support by yourself. You can ask your school to find out more.

 **How to contact us**

Carlisle:
ws.carlislemhst@barnardos.org.uk

Allerdale:
allderalemhst@barnardos.org.uk

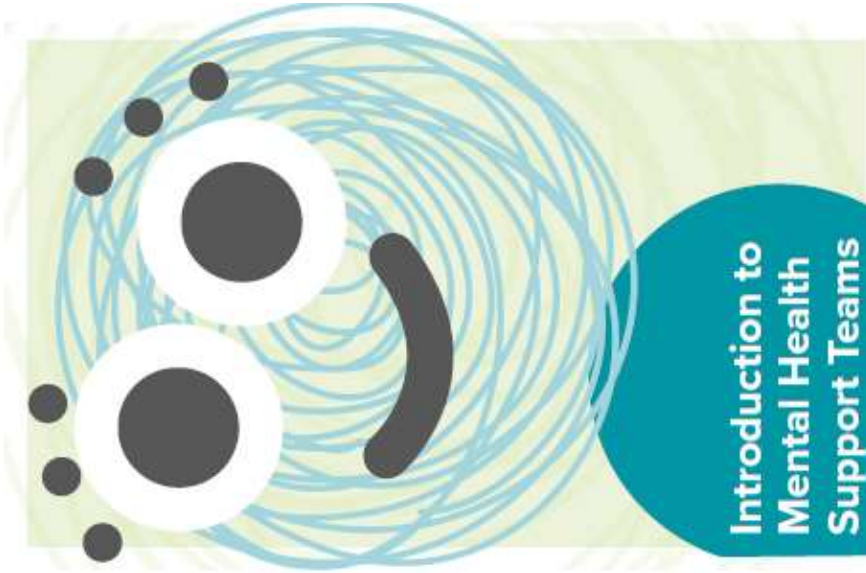
NORTH CUMBRIA
Mental Health Support Team

A service delivered by
Believe in children
Barnardos

North Cumbria Mental Health Support Teams
Shaddongate Community Resource Centre
Shaddongate, Carlisle
Cumbria, CA2 5TY

Email: WS.CarlisleMHST@barnardos.org.uk
Email: Allderalemhst@barnardos.org.uk

Barnardos Registered Charity Nos. 216250 and 510037605



Introduction to Mental Health Support Teams
Information for parents and carers

A service delivered by
Believe in children
Barnardos

NORTH CUMBRIA
Mental Health Support Team

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What we do

The North Cumbria Mental Health Support Team (MHST) is a service working to support the mental wellbeing of children and young people in an education setting at the first sign of difficulty.

We may do this by providing individual or group interventions for children and young people; helping a school/college develop its approach and mental health provision or providing advice to staff, parents and carers, or liaising with external agencies.

Who we are

Our teams each have Education Mental Health Practitioners (EMHPs) Senior Practitioners and a leader. The EMHPs and the Senior Practitioners work with young people. The leader supports them to help young people.

Who do we help?

We support children and young people who are experiencing mild to moderate mental health difficulties. This includes low mood, anxiety and worry, panic and behaviour difficulties. We also work with children, young people, their parents/carers and their school to help improve resilience, problem-solving skills and develop coping strategies to support mental health. Depending on team, we work with certain year groups in different education settings.

How do we help?

Our practitioners will look with you at the links between thoughts, feelings and behaviours (what we do). Sometimes we can get stuck in a cycle of unhelpful thoughts, feelings and behaviours which

is when we can start to struggle with our wellbeing. A MHST practitioner will work with you and/or your child to break some of these cycles. It will be important for you to practice these skills at home and your MHST practitioner will help you to plan tasks to do this in between sessions. You will receive treatment that is based on research and evidence - interventions we know work!

What can I expect?

We support parents, carers or young people individually or as part of a group. We will work with you or your child for between 4-12 sessions to help make some of these changes. This will depend on what is making life difficult for you and might be individually or as part of a group. Sessions are usually weekly and between 40 minutes to an hour.



3

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