



## Spotlight on the Leopards Class

Leopards have settled in very quickly and have had a busy start to the Autumn term. With Miss Moynan, they have been exploring habitats in their Science lessons and have found a variety of habitats within the school grounds. They have been practising their ball passing techniques in PE and have started to play their first ever team games using netballs. The death of Her Majesty Queen Elizabeth II was marked with a special assembly and a 2 minute silence. In class, we watched Newsround and shared our memories of the jubilee last year. We have also been learning about Queen Victoria and will continue our Victorians topic by looking at classrooms, child labour and industry. We have been creating jungle artwork using oil pastels, paint and natural materials, taking inspiration from Henri Rousseau. The children are all looking forward to Halloween and we will be doing some spooky activities in class to spark their imaginations. We are also pleased to welcome back Miss Elliot who will be teaching Leopards on a Monday.

There are a lot of children still without PE kit. PE is on Monday and Tuesday but it is always a good idea to have their kit in school all week, or even all half term (we will let you know if they have been outside and their kit needs a wash). Please continue to read with your child as often as possible. House points are given out each week for reading every night as children who read at home make faster progress in all areas of the curriculum. All children have a log in for Numbots and there are sweets up for grabs every Friday for the 3 children who have the most usage. As usual, please catch me on the door if you need anything at all.

*Newtown Primary School, where fantastic friends learn and succeed together.*



## 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.
- Please ensure your child's PE kit is in school everyday.



## Attendance

The class with the highest attendance for last week was:



## Jaguars

*Well done! Keep it up!!*



## Diary Dates

- Thursday 6<sup>th</sup> October – Chocolate Bingo – 5-6:30pm School Hall
- Friday 7<sup>th</sup> October Individual School Photos
- Friday 14<sup>th</sup> October – Break the Rules Day
- Tuesday 18<sup>th</sup> October – Movie Night



**Tuck Shop will run every other Tuesday**

Dates for this month:

11<sup>th</sup> October



*Newtown Primary School, where fantastic friends learn and succeed together.*



# Stars of the week..



**Lexi – Lions Class**

**Arav - Tigers Class**

**Oskar - Jaguars Class**

**Mysha - Leopards Class**

**Logan - 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.



Respect...

Responsibility...

Resilience...

# House Team Points



273



182



214



270

Well done!

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

*Newtown Primary School, where fantastic friends learn and succeed together.*



# NEWTOWN PRIMARY SCHOOL

## WEEK 2

Freshly  
made every  
day!



DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
<b>Monday</b>	<b>Bacon &amp; Cheese Pasta Bake</b> served with Garlic Bread and Sweetcorn	<b>Oven Baked Jacket Potato</b> filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Cheese, Ham or Tuna served with Mixed Salad	<b>Chocolate Chip Cookie</b> or Fresh Fruit or Yoghurt
<b>Tuesday</b>	<b>Port Sausages</b> served with Creamed Potato, Carrots and Gravy	<b>Oven Baked Jacket Potato</b> filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Cheese, Ham or Tuna served with Mixed Salad	<b>Pear &amp; Ginger Cake</b> or Fresh Fruit or Yoghurt
<b>Wednesday</b>	<b>Roast Chicken Fillet</b> served with Roast Potatoes, Green Beans & Carrots and Gravy	<b>Oven Baked Jacket Potato</b> filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Cheese, Ham or Tuna served with Mixed Salad	<b>Shortbread</b> or Fresh Fruit or Yoghurt
<b>Thursday</b>	<b>Crispy Chicken</b> served with Herby Diced Potatoes, Baked Beans and Mixed Salad	<b>Oven Baked Jacket Potato</b> filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Cheese, Ham or Tuna served with Mixed Salad	<b>Raspberry Jelly &amp; Mandarins</b> or Fresh Fruit or Yoghurt
<b>Friday</b>	<b>Breaded White Fish Fillet</b> served with Chips, Garden Peas and Tomato Ketchup	<b>Oven Baked Jacket Potato</b> filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Cheese, Ham or Tuna served with Mixed Salad	<b>Oaty Cookie</b> or Fresh Fruit or Yoghurt



**Available Daily: Fresh Fruit and Bread!**

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

ISSUE 1 – 16.10.18

AUTUMN 2022

ORFORM44

Newtown Primary School, where fantastic friends learn and succeed together.



© Crown Copyright 2018. All Rights Reserved. Information on this page is provided as a guide only. It is not intended to be a substitute for professional advice.

# Chocolate Bingo

Thursday 6<sup>th</sup> October 5-6:30pm

School Hall



£5 pack - this includes 5 games of Bingo and 2 special games of Bingo. Available to purchase from the school office from Tuesday 27<sup>th</sup> September.

Chocolate Tombola

Refreshments available



Donations of chocolate will be greatly appreciated



*Newtown Primary School, where fantastic friends learn and succeed together.*



# Walk, Coffee & Cake

Wednesday's 11:00am – 12:00pm

Starting Wednesday 21<sup>st</sup> 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.

Meet outside school gates at 11am

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



Coffee & Chat



*Newtown Primary School, where fantastic friends learn and succeed together.*





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](http://www.carlislefoodbank.org.uk)

*Newtown Primary School, where fantastic friends learn and succeed together.*







# OCTOBER HALF-TERM CAMP

**2 DAYS**  
**MON 24TH & TUES 25TH OCTOBER**  
**AGES 6-14**  
**CALDEW SCHOOL, DALSTON**  
**2 DAYS-£30 1 DAY-£20**



**Also available....**  
**WEEKLY SESSIONS**  
**MONDAYS**  
**'GIRLS ONLY' AGES 7-13 17:15-18:15**  
**FRIDAYS**  
**AGES 6-10 17:00-18:00 AGES 11-15 18:00-19:00**  
**SATURDAYS**  
**AGES 4-6 09:00-10:00 AGES 7-10 10:15-11:15**  
**AGES 11-15 11:15-12:15**



www.  
**elitefootball**  
**carlisle.co.uk**

## CONTACT US

**07932659482**  
**INFO@ELITEFOOTBALLCARLISLE.CO.UK**

*Newtown Primary School, where fantastic friends learn and succeed together.*



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

5

### 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](mailto:ws.carlislemhst@barnardos.org.uk)

Allerdale:

[allderalemhst@barnardos.org.uk](mailto:allderalemhst@barnardos.org.uk)

NORTH CUMBRIA



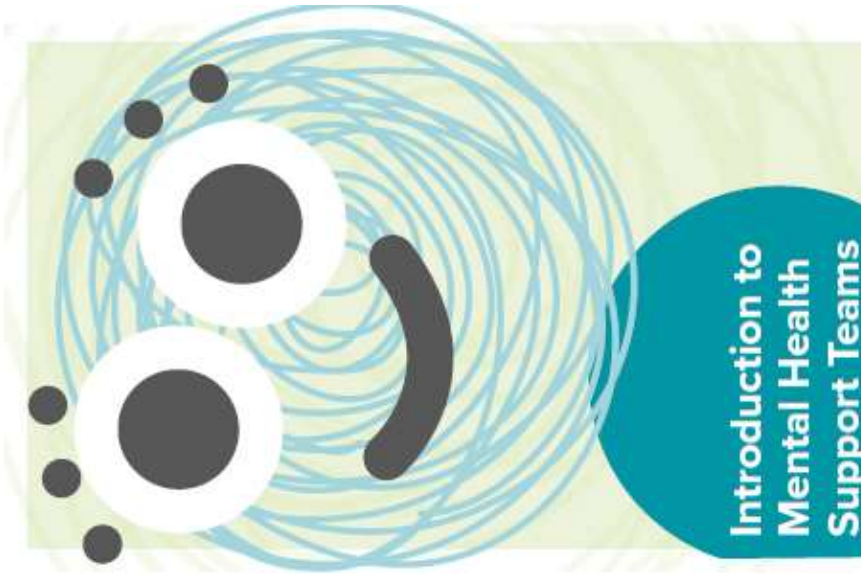
A service delivered by



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

Email: [WS.CarlisleMHST@barnardos.org.uk](mailto:WS.CarlisleMHST@barnardos.org.uk)  
Email: [Allderalemhst@barnardos.org.uk](mailto:Allderalemhst@barnardos.org.uk)

Barnardos Registered Charity Nos. 216250 and 50037605



## Introduction to Mental Health Support Teams

Information for parents and carers

NORTH CUMBRIA



A service delivered by



*Newtown Primary School, where fantastic friends learn and succeed together.*



## 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

2

*Newtown Primary School, where fantastic friends learn and succeed together.*

