



# ALL SAINTS' CE PRIMARY SCHOOL NEWSLETTER February 2024

## UPCOMING EVENTS

WORLD  
**BOOK  
DAY**

7 MARCH 2024

The children will be celebrating World Book Day on **Thursday 7th March**, and we are inviting them to dress up as their favourite book character. This is always a lot of fun with interesting activities throughout the day and we do hope you will be able to find an outfit, however simple, that your child loves!



Look at this photo from last year, the staff were having so much fun!

We will be celebrating Red Nose day on **Friday 17th March** to help raise money to support some of the people who are living such incredibly tough lives. This year's theme is **Do Something Funny for Money** and we are looking for **wacky, wild and wonky hairstyles**, we can't wait to see how imaginative and artistic the children can be.

# RED NOSE DAY

You and your children can put your baking skills to the test, get creative and make some **Wonky Cakes (or biscuits) - the wonkier the better** - which we will be selling to raise a bit extra - so empty the money boxes and bring some pennies!

Children will be welcome to dress up if they wish as it will be a non-uniform day and donations can now be made online via School Hub.

# U.DANCE

— Local Regional National —

Year 6 have been busy rehearsing for U.Dance and will be performing on Thursday, 21st March at the Crown and Mitre Hotel in Carlisle.



We are now sharing a weekly overview of what's been happening in school via our Facebook page. Don't forget to like, follow, share

[All Saints' Primary School, Cockermouth](#) | [Cockermouth](#) | [Facebook](#)

Friday, 22nd March  
Non-Uniform Day  
Bring Easter Eggs for  
Easter Bingo



Wednesday, 27th  
March  
HSA Easter  
Bingo

Donate an Easter Egg for the Easter  
Bingo in return for non-uniform

# Decorate An Egg

The egg decorating will commence in the last week of this term, with judging taking place on 28th March.

We look forward to seeing the many wonderful creations. Below are a few from last year.



## Years 2—6 Residential

Letters were sent home in January, with a schedule for payments. The date for paying the deposit has long past and we are now due for the next instalment for each trip. If you have not paid your deposit, please could you do so as soon as possible - you should see an item on School Hub for your child's residential - if your child is not attending the residential this year, please could you send a quick email to the school office.



### Residentials

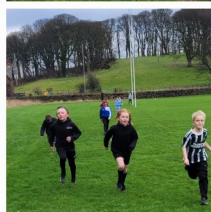
Year 2 - St John's in the Vale	22nd-23rd May
Year 3 - St John's in the Vale	20th-22nd May
Year 4 - Grasmere	8th-10th May
Year 5 - Northumberland	19th-21st June
Year 6 - Glasgow	5th-7th June



# LOOKING BACK OVER THE LAST HALF TERM



**CROSS COUNTRY...pt 1** - some of our children from Y5 and Y6 travelled to Penrith to take part in a cross-country competition. All of our children showed determination to finish the long, tough course and there were several highly impressive performances. One of our children even qualified for the national competition in Loughborough, which is a fantastic achievement!



**CROSS COUNTRY...pt 2** - if one cross-country event wasn't enough, children from Y4, Y5 and Y6 took part in a cross-country event at Netherall School. Again, all children showed determination to finish the course in what were very challenging conditions - even the bus breaking down couldn't dampen their spirits!

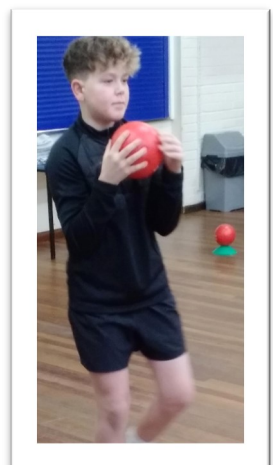


**CRICKET** - some of our Year 5 and Year 6 children attended a cricket competition at Netherhall School. They played two matches against tough opposition. Some excellent fielding in the second game helped the team to return to school with a win! Well done everybody!



**DANCE** - KS2 children were invited to attend an after-school dance, games and fitness club with Rachel. This term KS1 have the opportunity to take part.

**DODGEBALL** - Ms Hutton, a PE teacher from Cockermouth School, came to deliver a dodgeball coaching session to Year 6. Although the cold weather meant the lesson needed to take place in the school hall, the children really enjoyed their session!



**FOOTBALL** - despite the fact most of the group had never played football before, the Y5 girls who played in the football competition at Cockermouth School were brilliant! It was so cold, they turned blue, but they got stuck into each match with a great deal of enthusiasm - well done!



## YOUNG VOICES

Our amazing choir headed to Manchester to once again take part in [Young Voices](#). This year it was held in the AO arena and the atmosphere was incredible. To hear nearly 10,000 children all singing together was fantastic and spine tingling. The photos only give you an idea of how amazing it actually was. Our children did us proud and thoroughly enjoyed their day out.

## E-SCOOTERS - DO YOU KNOW THE LAW? YEAR 6 DO

Our local PCSO visited Year 6 to deliver a presentation about e-scooters. The children were informed about the law regarding using e-scooters in public places and also safety issues when using e-scooters on roads, pavements and footpaths.



## IN THE WILD!

KS1 and KS2 took part in an assembly about Africa, led by Peter Nutsford. He spoke to us about his time in Africa and the rare and wonderful artefacts and nature that he saw. We also found out about endangered species, such as the Kenyan northern white rhino and the Rwandan mountains gorilla. We found his stories fascinating and thoroughly enjoyed the talk.



Year 5 and Year 6 children were joined by Jen, from CADAS. They participated in a workshop about addiction and vaping. Through games and discussion, they explored different things to which a person can become addicted and identified the dangerous effects of smoking and vaping.

## DREAM BIG!

Year 6 took part in the Dream Big! careers workshop, led by [Primary Business Partnership](#). The children had a fantastic afternoon, meeting several visitors involved in different industries in the local area. They had a wealth of different experiences that led them to their chosen career. The class really enjoyed the opportunity to interview each of our visitors, asking a variety of questions and making them think carefully about what they would like to do in the future.



## CHINESE NEW YEAR



Year 1, the children have been learning all about Chinese New Year. This year, was on Saturday 10th February, during half term. The class read the story of the Chinese Zodiac and found out that this year is the year of the Dragon. They enjoyed Chinese food - it's the first time some of them have tried it. It was yummy!



Their finger gym activity for the day was to use chop sticks and pick up noodles from traditional Chinese bowls - they were a real challenge. They made Chinese lucky envelopes with gold chocolate coins and decorated Dragon masks. The children even learnt about the colours of red and gold and how they're considered to be lucky. They made red lanterns and heard about the legend of Nian. They had lots of fun!



## HELP FIRE! CALL ALL SAINTS' RECEPTION!...

In Reception, the children have been learning about people who help us. The class visited Cockermouth Fire Station. They met firefighters and found out all about their important job, the equipment they use, and how they help people in our local area.



## WE'VE HAD A GLITCH!

Reception and Key Stage One children enjoyed an afternoon performance from The Greatest Robot Ever, led by Kirkgate. It was a magical, interactive, dance-theatre show which told us the story of Glitch the Robot. The children and adults really enjoyed the story of Glitch the robot and his adventure to find his missing parts. He was on a quest to be the tallest, fastest, coolest, strongest robot ever. He soon realised he was enough... or was he?! We are very grateful to Kirkgate Arts and Heritage for performing this fantastic show for our children and would like to extend a huge thank you to them.



## THE HILLS ARE ALIVE.....

Year 5 children visited Cockermouth School to watch a production of Sound Of Music. The children really enjoyed the show and they couldn't resist the opportunity to take a photo with some of the ex-All Saints' pupils that were in the cast!



**NATIONAL ONLINE SAFETY WEEK** - just before half-term, the children took part in Online Safety Week, learning how to keep safe online in a variety of ways. Of course, this is not something that is just for a week, we need to be aware all year round. Below are some useful hints/tips for parents.

## What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

**WHAT ARE THE RISKS?**

Persuasive design refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods can prove highly effective at keeping people engaged and invested for longer than we might expect.

**POTENTIAL ADDICTION**

In the digital world, persuasive design can make it easy for us to get hooked on an app or game. We may find ourselves unable to stop playing or find ourselves unable to stop checking our favourite app, for example. It can also affect our sleep, leaving us feeling tired, irritable or stressed. If you spend most of your time on social media, you may find it difficult to talk to other people in real life.

**MENTAL HEALTH CONCERNS**

Scrolling online or gaming without regular breaks is potentially harmful to our mental health. The constant bombardment of persuasive design can lead to feelings of uncertainty and a lack of control over our lives. This can be particularly true if we're spending a lot of time on social media, as we're less likely to spot misleading posts.

**PROLONGED SCROLLING**

Social media can draw any of us into a continuous pattern of scrolling. This is because following posts and links down rabbit holes of reading content is often made by others. This endless scrolling can lead to time which has been spent on more productive activities. It could also lead to users being drawn into areas of the online world which aren't age appropriate.

**SENSORY OVERLOAD**

Repetitively scrolling, clicking on links or playing games can create an overstimulating environment. This can lead to a feeling of being overwhelmed and stressed. It can also lead to a feeling of being overwhelmed and stressed.

**COSTLY ADDITIONS**

Video games sometimes display offers for downloadable content or in-app purchases which can be bought with real money. While these purchases can be fun, they can also be expensive. Young people are particularly vulnerable to these offers, as they are often designed to enhance their game, could spend money on items which are not necessary, and can be very addictive.

**PHYSICAL CONSEQUENCES**

Hours spent sitting and scrolling means for less time moving around. This can lead to a young person's physical health being affected. Prolonged exposure to the light given off by a phone's screen can lead to eye strain and discomfort, especially if viewing in a dark room. Excessive phone use can also affect a young person's sleep, affecting mood and energy levels over the following days.

### Advice for Parents & Carers

**ESTABLISH LIMITS**

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends, or perhaps how they can go on a specific app, game or website. You could also agree to review the whole family's screen time together as part of a regular agreement, making things fair (and healthier) for everyone.

**ENCOURAGE MINDFULNESS**

Acknowledging any addiction is key in overcoming it. And compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

**MAKE A CHECKLIST**

Considering a list of relevant questions can be an effective way of helping children figure out why they're using a certain app or considering particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from their use, or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

**Meet Our Expert**

Dr Claire Burdett is an online safety consultant, educator and researcher who has worked with the National Online Safety team for many years. She has been instrumental in the development of the National Online Safety website and has been instrumental in the development of the National Online Safety website and has been instrumental in the development of the National Online Safety website.

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## What parents & carers need to know about AMAZON ALEXA

Alexa is an artificial intelligence (AI) software assistant created by Amazon in 2014 through which smartphone, tablet and smart device users can issue voice commands and ask questions in a range of languages by saying the wake or activation word Alexa. It can be accessed in several ways and is integrated into a growing number of "smart" products including speakers, phones and clocks. Once viewed as expensive gimmicks, Alexa is now one of the most used voice assistants in the world.

**Privacy concerns**

By their nature, AI assistants need to know the collection of large amounts of data. How this is stored and used is a key concern. Experts also worry about who has access to voice recordings, which in 2019 the company admitted were shared with some of Amazon's and its commercial partners. There is also the issue of generalised data that internet voice assistants might record private conversations and not only records or questions.

**Age-inappropriate content**

Using Alexa as a speaker to play your favourite songs is one of the most popular uses for the device. However, without any parental controls, you can't filter the lyrics so it's possible that children could hear something they shouldn't. Similarly, Alexa isn't always able to identify who or what age the person who is issuing a voice command so if children ask a question which might not be age-appropriate, the chances are they'll be given an age-inappropriate answer.

**Insecure devices**

The devices that this background software runs on are another worry, which can have software vulnerabilities that mean that hackers can access the device. In 2020, for instance, researchers discovered that the services which the products connect to were insecure, potentially allowing hackers to access personal information such as voice recordings. In 2023, researchers were able to access personal information such as voice recordings from an Amazon Echo smart speaker. Amazon has a good record of fixing security problems when they're discovered but it's never possible to find every problem.

**Changing Tech Relationships**

In a 2018 report published by the Centre for Data Ethics and Innovation, concerns were raised on the disruptive effect that voice assistants and other smart devices, such as Alexa, were having on the way that children interact with technology. From building self-esteem and forming relationships which could encourage them to overshare personal details, to a fear of consuming content driven by commercial objectives and an inability to assess reliability, how Alexa operates could considerably change children's relationships with technology in both the short and long term.

### Safety Tips

**Check privacy settings**

It's possible to delete Alexa's recordings after a session or for given periods, with the "Review" Alexa device menu. However, it's not always clear what the device has recorded and it's not always clear how long it's kept. It's important to review the records of these recordings regularly to ensure that you're not recording anything you don't want to be recorded. You can also delete recordings of voice recordings to improve Amazon services.

**Control voice input**

If privacy is paramount, one idea is to locate Echo devices in only one room rather than having them spread throughout the house. It's also possible to turn off the microphone when it's not in use by covering it with a physical cover. Users can tell when Alexa is listening through an indicator light that will turn on when the device is listening. As a general rule, it's best to turn off the microphone when you're not using the device.

**Set pin code**

Amazon account users can order items from the company using a voice command. However, it's not always clear how the device knows who is speaking and it's not always clear how the device knows who is speaking. It's important to set a pin code to ensure that only you can use the device. The pin code should be a four-digit number that is not a common PIN code, such as 1234 or 5678.

**Look out for 'Skills' apps**

A big appeal of Alexa is that thousands of companies have created apps, which Amazon calls "skills". These skills can do a wide range of things, from playing music to controlling smart home devices. However, it's important to be aware of the skills that your child is using, as some skills may not be appropriate for children. It's important to check the age rating of skills and to be aware of the permissions that skills request.

**Meet our expert**

John E. Dunn has edited and written for numerous national and international magazines since the early 1980s, most recently *WakeUpWednesday*, the leading UK-based technology and lifestyle magazine. He is also a frequent speaker at conferences and events, and is a regular contributor to the national press. He is also a frequent speaker at conferences and events, and is a regular contributor to the national press.

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## SMARTPHONE SAFETY TIPS for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself - and your valuable personal info - safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

**NEVER SHARE YOUR PASSWORD**

Although it may be tempting to share your password with a friend, it's crucial to keep it private. If you share your password, anyone who has access to your phone and personal information can access your apps and personal information. It's important to keep your password safe and to change it regularly. It's also important to use a strong password that is not too easy to guess.

**RESPECT PARENTAL CONTROLS**

If you're allowed to have a smartphone, it's because your parents and responsible enough to use it safely. They might set parental controls and boundaries on your device - not to post your face but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

**TALK TO A TRUSTED ADULT**

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're feeling nervous, worried or scared about going on your phone, then something isn't right. It's important to talk to a trusted adult about your concerns. They can help you understand what's going on and how to stay safe.

**STAY ALERT**

Two words look up, it might sound weird, but it's a good idea to be aware of what you're looking at on your phone. It's easy to get so focused on what you're doing that you can become unaware of your surroundings. It's important to be aware of what you're looking at and to take breaks from your phone. It's also important to be aware of what you're looking at and to take breaks from your phone.

**DEVELOP HEALTHY HABITS**

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it. However, it's important to take breaks from your phone. It's important to take breaks from your phone. It's important to take breaks from your phone.

**IGNORE UNKNOWN NUMBERS**

There are some scammers who might call or text asking you for your personal details or to click on a link that promises you a prize. Some may claim to be from a genuine company, but it's important to be aware of what you're looking at and to take breaks from your phone.

**SWITCH OFF GEOLOCATION**

In your phone's settings, you'll be able to disable geolocation. This means that apps and websites won't be able to track your location. It's important to be aware of what you're looking at and to take breaks from your phone.

**THINK ABOUT OTHERS**

Recording videos, taking photos, listening to music or calling someone can be fun. However, it's important to be aware of what you're looking at and to take breaks from your phone.

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## What Parents & Carers Need to Know about MYLOL

MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including their location and personal interests. The site is built on the number one dating website in the world, claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about similar predators' and inappropriate activities on the site.

**WHAT ARE THE RISKS?**

**FLMVS AGE GATES**

Although MyLOL states it is available to users aged between 13 and 19, there is no age verification on the site. It's possible for a young child to be on the site, which is a concern for parents. It's important to be aware of what you're looking at and to take breaks from your phone.

**AGE-INAPPROPRIATE CONTENT**

MyLOL mentions that it monitors all uploaded images for nudity or sexual content. However, it's not always clear how the device knows who is speaking and it's not always clear how the device knows who is speaking. It's important to be aware of what you're looking at and to take breaks from your phone.

**POTENTIAL CYBER-BULLYING**

MyLOL lets users 'vote' on other people based solely on their appearance, which can be a concern for parents. It's important to be aware of what you're looking at and to take breaks from your phone.

**IN-APP SPENDING**

MyLOL is free to join and use, but it's not always clear how the device knows who is speaking and it's not always clear how the device knows who is speaking. It's important to be aware of what you're looking at and to take breaks from your phone.

**DATA COLLECTION**

According to its privacy policy, MyLOL collects user data including details of their location and interests. While the company says it is committed to protecting user privacy, the small print states that information may be shared with third parties. It's important to be aware of what you're looking at and to take breaks from your phone.

**CONTACT FROM STRANGERS**

MyLOL makes it easy to connect with other users. However, it's not always clear how the device knows who is speaking and it's not always clear how the device knows who is speaking. It's important to be aware of what you're looking at and to take breaks from your phone.

**DISCUSS ONLINE DATING**

It's vital to talk to your child about the possible dangers of platforms like MyLOL - particularly the threat of online predators. Remind them of the risks of sharing information and of the importance of not sharing their personal details. It's important to be aware of what you're looking at and to take breaks from your phone.

**EXPLAIN PRIVACY RISKS**

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal details on the platform. It's important to be aware of what you're looking at and to take breaks from your phone.

**RESTRICT IN-APP SPENDING**

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be expensive. It's important to be aware of what you're looking at and to take breaks from your phone.

**SET UP LOCATION ALERTS**

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider installing GPS or WiFi location tracking technology on their phone. However, it's important to be aware of what you're looking at and to take breaks from your phone.

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## School Noticeboard Reminders

- ◆ **School Lunches** - must be booked by 9:00am each day. We still have a number of parents who have not been booking lunches and, although we will never let a child go without food, a lot of admin time each morning is spent checking what children want. If you cannot access School Hub, please come to the school office. Could we also ask you to make choices **with** your child, some children have been given meals they do not actually like.
- ◆ Some parents are booking lunches and sending children with a packed lunch - you **MUST** cancel the lunch that has been booked, if a lunch is not cancelled then your child will be given the school lunch and the packed lunch sent home at the end of the day.
- ◆ **Snacks** - please remember we are a Healthy School, any snacks should be healthy such as fruit, or raisins and not sweets or crisps etc.
- ◆ **Breakfast Club** - if you have not booked, you cannot just turn up! On many occasions we have had children dropped at the door without a booking. We plan staffing to cover our wraparound care. If you're not sure if you are booked in, it is easy to check on your School Hub account.
- ◆ **Road Safety** - a number of parents have mentioned people driving whilst their children are not properly restrained in their car. Please can you ensure you stick to the rules of the road, for your child's safety.
- ◆ **Smart watches** must not be worn in school.
- ◆ **PE kit** is plain black t-shirt and black shorts (no logos).
- ◆ Please be mindful of our neighbours when dropping off and picking up from school. Please park considerately, please do not block people in, please do not park on yellow lines or across driveways. Please leave enough room for emergency vehicles. Please ensure that you do not park in such a way as to block the view of people crossing the road and other road users. (i.e. parking on corners).

# Community Page



**Do you fancy coming to join our girls teams?**

pre-season training starting Thursday  
25th Jan @ Cockermouth School  
Astro Turf 6-7pm

#thesegirlscan

U11 (school year 5&6)  
U13 (school year 7&8)

## Scottish Country Dancing



**Cockermouth Scottish Country Dancing Club**  
starts again in September!

**Adult Class Thursdays 7pm**

Lorton Street Methodist Church Hall, Cockermouth, CA13 9RH

**Beginners' Class Tuesdays 6.15pm**

Christ Church Rooms, Cockermouth, CA13 9RU

See our website: [www.derwentscdc.com](http://www.derwentscdc.com) or email: [cscdcsecretary@gmail.com](mailto:cscdcsecretary@gmail.com)

**Children's Class Mondays 5pm**

Lorton Street Methodist Church Hall, Cockermouth, CA13 9RH  
email: [cockermouthyouthscd@talktalk.net](mailto:cockermouthyouthscd@talktalk.net)

**Join us for Fun, Fitness and Friendship!**

AFFILIATED TO THE  
**rscds**

Reg Charity No. SC016085



Parents,  
Carers &  
Toddlers

## COSY CLUB

Friday afternoons  
**1pm - 3.15pm**

Christ Church Community Hall  
South Street  
Cockermouth  
CA13 9RU

**FREE**

## Dates for the Diary

Monday 4th March  
Thursday 7th March  
Tuesday 12th March  
Friday 15th March  
Thursday 21st March  
Tuesday 26th March  
Wednesday 27th March

Year 6 - Tree Planting  
Lunchtime Christian Group - Year 3  
Key Stage 1 - Road Safety  
Red Nose Day  
Year 6 - U.Dance  
Easter Concert at 6.00pm  
HSA Easter Bingo

### **Thursday 28th March**

**END OF TERM - FINISH AT 1.15PM**

### **Tuesday 16th April**

**BACK TO SCHOOL**

13th-16th May  
Wednesday 14th May  
Friday 17th May  
Friday 24th May

Year 6 - SATS  
Wheelchair Basketball  
Keswick Mountain Festival  
Charity Day

### **Friday 24th May**

**Finish for half-term**

### **Monday 3rd June**

**BACK TO SCHOOL**

Thursday 13th June  
Monday 17th June  
Tuesday 18th June  
Tuesday 25th June  
Thursday 27th June  
Tuesday 2nd July  
Wednesday 3rd July  
Thursday 4th July  
Friday 19th July

Sports Day  
Year 1 - Multi Skills Festival  
Year 4 - Ghyll Scrambling  
Walk Day  
Year 6 - Bike Ride  
Year 6 - Transition Cockermouth School  
Year 6 - Transition Cockermouth School  
Summer Fair  
Year 6 - Leavers Assembly

### **Friday 19th July**

**END OF TERM - FINISH AT 1.15PM**

### **Residentials**

Year 2 - St John's in the Vale  
Year 3 - St John's in the Vale  
Year 4 - Grasmere  
Year 5 - Northumberland  
Year 6 - Glasgow

22nd-23rd May  
20th-22nd May  
8th-10th May  
19th-21st June  
5th-7th June

**Baby & Toddler Stay & Play**

Relax with a tea or coffee whilst your little ones play

Join us every Wednesday (during term time) from 9.15am for free sessions with your pre-school children

St. Mary's Primary School  
Cockermouth, Cumbria, CA13 9BH