

St. Mary's

Church of England Primary School
Kirkby Lonsdale



Honesty Trust Responsibility Perseverance Respect



Quality of Education	Outstanding
Behaviour and Attitudes	Outstanding
Personal Development	Outstanding
Leadership and Management	Outstanding
EYFSP Provision	Outstanding

Dear Parents and Guardians,

We've had a whirlwind of learning, celebration, and preparation, and we're thrilled to share all the highlights with you.

Science Week: A Week of Discovery!

This week, our classrooms have been buzzing with scientific exploration as we celebrated Science Week! We've delved into a range of fascinating topics, sparking curiosity and encouraging our students to think like scientists. Sound: We've explored the science behind sound, investigating how it travels and how we hear. Plant Growth: Our young botanists have been observing and learning about the amazing process of plant growth, from seed to sprout. Seasons: We've journeyed through the changing seasons, understanding the natural cycles that shape our world. Life Cycles and habitats: Exploring frogs and pond life. Farming: We've gained valuable insights into the world of farming, learning about where our food comes from and the hard work involved. It's been wonderful to see our students engaged and enthusiastic about science, asking insightful questions and conducting exciting experiments.

Celebrating Our Inspection Report!

We are absolutely delighted to announce that we have been featured in the Westmoreland Gazette, celebrating the positive outcomes of our recent Inspection Report! **Just to let you know we will be having a sporting afternoon on Friday 21st March with a special treat for the children so please come in PE Kit on Friday.**

Looking Ahead: Neurodiversity Awareness Week

As we move forward, we are preparing for Neurodiversity Awareness Week. We believe in creating an inclusive and supportive environment where every child feels valued and understood. During this week, we will be focusing on educating our children about the diverse ways in which people's brains work.

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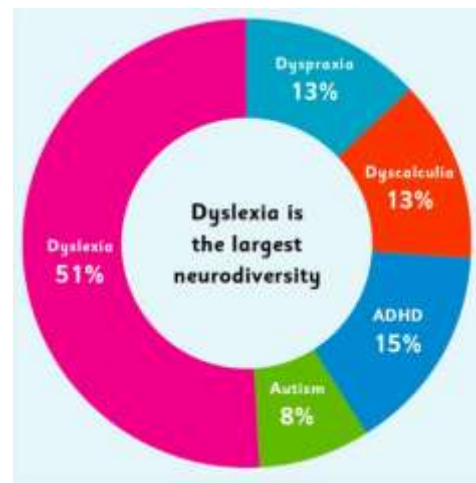


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We will be discussing:

- **Dyslexia:** Understanding the challenges and strengths associated with dyslexia.
- **ADHD:** Learning about attention deficit hyperactivity disorder and how it affects individuals.
- **Autism:** Gaining a deeper understanding of autism spectrum disorder and its unique characteristics.
- **Dyscalculia:** Exploring the difficulties and strategies related to dyscalculia.
- **Dyspraxia:** Learning about dyspraxia and how it impacts motor skills and coordination.

Our aim is to foster empathy and understanding, celebrating the unique talents and abilities of every child in our school. We want to ensure that all of our children understand that everyone learns differently, and that these differences are to be respected and celebrated. We believe that by educating our children about neurodiversity, we are creating a more inclusive and accepting school community.



<https://www.neurodiversityweek.com/>

Thank you for your ongoing partnership in your child's education. We look forward to a continued term of learning and growth.

Warmly,

Mr Jones

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Mr Yates – Year 3

After the Easter break Mr Yates will be taking a half term for paternity leave. During this time, we will be covering the five-week period with Mrs Waller and Miss Broome with PE and Art being delivered by Mrs Sutcliffe and Bob Sutcliffe. Support staff will continue as normal.

Parking - School Drive

Every so often we just remind parents to be sensitive to other drivers and to be safe when using our drive at school. Recently, we have had an incident where a car has been parked on the drive in the drop off area and has caused significant delay to parents. Please do park and drive considerately and thoughtfully when picking up and dropping off your children and don't delay families from moving away from school.

Buttons and Haberdashery



We are currently seeking to build up a collection of buttons, sequins and haberdashery to boost our art resources. We are also looking to gather balls of wool for the same reason. If you are able to help us and donate some of these items, we would be exceptionally grateful. These resources will make a huge difference to our art lessons and will help us build up a collection of items to access, which has recently become depleted. Thank you in anticipation. Please drop these into the office if you can help us.

Music Lessons

We have seen an fantastic increase in children taking up music lessons, especially piano. We are also wanted to inform parents that Violin and Viola lessons are also available with Mrs Killip. Please phone 07500337308 if you would like to discuss your child starting with these instruments.

London Marathon

Various members of the community will be taking part in the London Marathon coming up in April. Whilst we have looked into registering a group of children for the Mini Marathon, it won't be practical to do so, however we do have an alternative.

Along with many schools, we have signed up for the Schools Mini Marathon, which is 2 miles. Our children are very used to taking part in running events at school and this is a superb opportunity to join other schools nationally in completing the 2 miles. We will be doing this on April 22nd after the Easter break. We will keep you in touch with the details just before the holidays.

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Good luck if you are training for the marathon yourself and we hope the training and the event goes well!

Kirkby Lonsdale Swim School

1st lesson FREE for all St Mary's pupils.

Monday and Wednesday evenings after school at Casterton, Sedbergh Prep Pool.

- Learn to swim stages; Beginners and Intermediate
- Advanced Squad Swimmers

Contact: enquiries@piranha-swim.co.uk



1st Kirkby Lonsdale Scouts are opening a Squirrel Drey!

Squirrels are the youngest Scouts aged four to six years old.

When? Our meetings will be held 4-5pm on Fridays. Our first meeting is planned for the 25th of April 2025

Where? at the Methodist Hall in Kirkby Lonsdale.

How? Can I join in...

complete the **JOIN** form at kirkbylonsdalecouts.org and a Leader will be in touch.

For more information about 1st Kirkby Lonsdale Scouts please visit our website or contact
Kate Turner 1stkirkbylonsdalecouts@gmail.com



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Mindful March 2025

SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

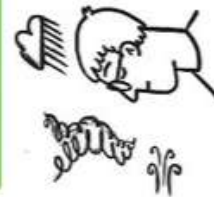
TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted



WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are



FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible



ACTION FOR HAPPINESS

Happier · Kinder · Together

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