



MESSAGE FROM THE HEADTEACHER

It has been magnificent to see our children outside, whatever the weather, during lunchtime. They are **LOVING** our new OPAL lunchtimes and the collaborative play we are seeing brings a huge smile to my face. One of the current favourites is designing and building rollercoasters with the loose parts play – amazing! Our Happy Herons wraparound children are also benefiting from the OPAL resources; outside play is more popular than ever after school. We are extremely grateful to parents and carers for supporting this new approach with resource donations and the purchasing of wellies and waterproofs. As the OPAL Play project develops, we will be looking to provide opportunities for families to come into school and see OPAL in action but until then, I am sure you are hearing lots about it over the dinner table each evening.

Thank you for your continued support, **Mrs. Middleton, Proud Headteacher of Heron Hill Primary**

ASSEMBLY THIS WEEK

Focused on our school values: **RESPECT – RESPONSIBILITY – RELATIONSHIPS – RESILIENCE.**



This week's high-quality picture book was called 'Hanna Asks For Help' and is from the Tom Percival Big Bright Feelings series.

Hanna is a young girl who finds Maths really tricky and this worries her each day in school. She tries lots of different ways of coping with this including pretending she understands and copying others. Hanna then finds the courage to ask her teacher for help and soon feels much better about it.

We really enjoyed this story and thought carefully about what we find hard and who might be able to help us.



HANDWRITING & PRESENTATION PRAISE

Each week we celebrate how practice makes progress in pupil work, handwriting and presentation. A child from each class is chosen and their names shared here on our newsletter. Well done to this week's superstars! Their work is proudly on display in our school hall.

Class:	Pupil:
Y1 Angletarn	Nancy G
Y1 Whinlatter	Neave P
Y2 Outerside	Emilia S
Y2 Yewbarrow	Ava C
Y3 Kentmere	Ayla W
Y3 Glaramara	Nell Z
Y4 Thornthwaite	Georgia G
Y4 Blencathra	Isla H
Y5 Fairfield	Ruby P
Y5 Catstycam	Harriet O'K
Y6 Helvellyn	Charlee-Rose K
Y6 Scafell	Mia G-Y



SUMMER READING CHALLENGE

A reminder that we will be celebrating all children with medals for this summer reading challenge in assembly on **Monday 28th September**. Please ensure your child brings their medal along on this date. Thank you.

MRS LITTLE COMPLETES THE GREAT NORTH RUN



On Saturday, Mrs Little joined 63,000 in completing the Great North Run. This was her first race of this length and we are so proud of her for reaching her goal and getting her medal. Mrs. Little shared her experience with the children in assembly on Monday morning and was an excellent role model for 'feeling the fear and doing it anyway!' She has raised £375 for Cancer Care. If you would like to donate to her page, you will find the link here: [HANNAH LITTLE GNR 2026](#)

COMMUNICATION



We use the Class Dojo app as a quick and easy way to keep parents informed on what is happening in school and as a convenient communication platform between home and school. Our school calendar dates are stored in the calendar function so they can be quickly accessed for important reminders.

We also award house points via this platform. You can track any house points that your child receives during the school week and read why they have been given them too.

If you are new to our school or haven't yet signed up, please pop to our school office who will help you with this.

We are trialing sending this weekly newsletter on the Dojo platform to reduce the amount of SCOPay emails sent and to enable parents and carers to easily locate the newsletter if they wish to read parts of it again.

TERM-TIME ABSENCE:

Please remember that any absence from school needs to be recorded on the leave request form which is available from the school office. Please do not email absence requests as you will still need to complete the form.

Forms need to be completed for any term time absence that is not medical. This includes sporting events, dance and music exams, celebrations such as weddings and of course, term-time holidays. Our approach is in line with the Local Authority and national expectations. We do not authorize term time leave for holidays and fines are issued. You can read more about this here: [ATTENDANCE POLICY WAF 2026](#)

Thank you for your cooperation.



NUT PRODUCTS IN SCHOOL:

I sent a reminder to all parents and carers on Class Dojo last week about being a nut-free school. Sadly, despite this, we continue to have a small number of nut products sent into school; staff are therefore having to be extremely vigilant during snack and lunchtime to ensure they intervene and stop the opening/eating of any nut products. (Recent examples include Nutella sandwiches and a Snickers bar.)



We have multiple children in school with life-threatening nut and peanut allergies. I cannot stress enough how important it is that EVERY parent/carer abides by the no-nut rule when preparing food for school for their child.

Please note this rule includes any snacks sent into school for Happy Herons wraparound care too.

VOLUNTEER WANTED

We need a kind volunteer to help to sort and classify books following the establishment of 2 new libraries in school. If organising is your thing and you have time to spare, we would be most appreciative. An hour or an afternoon once a week is probably the commitment that is needed but we can fit around your other commitments. To find out more, please speak call into the office and ask to chat to Mrs. Wilkinson or Mr. Corrie.

Please note that volunteers are subject to DBS and safeguarding checks.



ACHIEVEMENTS OUTSIDE OF SCHOOL

Our pupil community have many different talents and interests outside of school and we love to celebrate these on our weekly newsletter. Please continue to send any achievements, awards or proud moments you'd like to highlight and celebrate for your child.

Please email admin@heronhill.cumbria.sch.uk with the subject 'F.A.O Mrs Middleton – Newsletter' to ensure your email makes its way to me.

NB: By submitting photographs, you are consenting to your child's image being added onto the newsletter which is shared via ScoPay and online.



Freya FW (Y5) created a sculpture which has been selected for Kendal Brewery Arts Centre's Young Artist Exhibition, the theme is 'Adventures'. The exhibition runs until 31st October and is free to see. The sculpture is her, in her school uniform and her adventurous side comes out as a fox. Congratulations Freya! This is a wonderful achievement.

In August, Oliver T (Y4) completed the Devon Coast to coast by bike over 3 days. In total he cycled 166km from Ilfracombe to Plymouth, camping overnight along the way. An amazing achievement and adventure! A few days later he also completed the Ullswater Way walk over 2 days, clocking up 34km, enjoying ice creams and lake dips along the way. Well done Oliver!



Sisters Zara M (Y2) and Rosa M (Rec) were keen to show off their latest swimming badges that they earned over summer. Level 6 for Zara and level 2 for Rosa. Amazing swimming achievements girls - well done!



Other information, events and community initiatives:

The Morecambe Bay Pediatric Diabetes Team are trying to raise awareness of the signs and symptoms of Type 1 Diabetes. Since the pandemic, locally and internationally, we have seen a substantial rise in new cases of Type 1 Diabetes and young people are sicker on diagnosis. Early recognition of the signs of Type 1 Diabetes can prevent these young people from experiencing the life-threatening condition diabetic ketoacidosis. We have therefore been asked to share this information with all parents and carers.



DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

TOILET
THIRSTY
TIRED
THINNER

We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.



Scan the QR code or visit diabetes.org.uk/the4Ts

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

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Westmorland & Furness Family Hub

Local Offer Drop-in

Informal drop-in sessions for parents, carers and families of children and young people with Special Educational Needs and Disabilities (SEND)

The SEND team, Children with Disabilities team, SENDIASS and the SEND Engagement and Development officer will be there, along with other service providers, to answer your questions and offer information and advice

Visit our Westmorland and Furness SEND Local Offer, where you will find help, advice and information about services available to children and young people with special educational needs and/or disabilities and their families.

South Lakes

Friday 25th September 2026

Kendal West Family Hub

Kendal Green, LA9 5PP - Next to St Thomas' Primary school

What3words: [confirm-billiard-inkjet](https://www.what3words.com/confirm-billiard-inkjet)

12:30pm – 2:30pm





S.E.N.D. Parent Carer Community

Westmorland & Furness

Welcome Events

Come along to one of our Welcome Events for SEND parent carers.

Whether your child has a diagnosis, is waiting for assessment, or you're just beginning your SEND journey, you'll be very welcome. These relaxed events are a chance to meet other local parent carers who simply *get it*.

Free lunch & a Chat...

<u>Penrith Rugby Club</u>	<u>Kendal Brewery Arts</u>	<u>Barrow</u>
Friday 18th September	Friday 9th October	To Be Confirmed
11:00am - 1:00pm	12:00noon - 2:00pm	Watch this space!

Online via Teams

Tuesday 22nd September
6:30pm - 7:30pm

The link will be put up on our facebook group
Alternatively, please email Laura.Burling@contact.org.uk

These Welcome Events are the first step in bringing SEND parent carers together across Westmorland & Furness.

Our focus is simple: creating opportunities for parent carers to meet, share experiences and support one another.

As these connections grow, we hope they'll help shape an independent Parent Carer Forum that represents the voices of families across Westmorland & Furness.

For now, though, it's all about community.

You don't have to attend the event closest to home!

All SEND parent carers across Westmorland & Furness are welcome at any of our events. Simply choose whichever works best for you.

Facebook: SEND Parent Carer Community Westmorland and Furness

www.facebook.com/groups/sendpcwat/



North Cumbria Integrated Care
NHS Foundation Trust

FREE Parent & Carer Sensory Processing Training

Join our free training session to learn more about **sensory processing** and gain practical strategies to support your child at home, school, and in the community.

Your child does not need a diagnosis for you to attend.

Delivered by NHS Occupational Therapists:
Zena Cassels & Marsha Fiddling

To book your place please email sensoryprocessing@nchc.nhs.uk

Training Dates

Kendal Town Hall, LA9 4DA

Tuesday 3rd November 2026
10:00am - 2:30pm

The Bridge Barrow in Furness, LA14 1DB

Thursday 24th September 2026
10:00am - 2:30pm



Please bring your own lunch. Local shops and amenities are available nearby if required.