

PENNINGTON CHURCH OF ENGLAND SCHOOL  
PENNINGTON  
Nr. ULVERSTON  
CUMBRIA LA12 ORR.

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Head Teacher: Mrs Helen Storey



## Autumn Term Newsletter 03 - 30/09/2020

Dear Parents and Carers

### Harvest Festival

Due to the current situation, unfortunately our normal Harvest Festival at church will not be able to go ahead. However, we think it is important that we celebrate it. Therefore, we are going to have a virtual festival in school. Each class is busy preparing a presentation that they can share with the other classes via the whiteboard. We are asking parents to still make-a-donation of food but this year we would like the donations to be in tins, packets or boxes - food that can be easily stored and will not perish. This way we can keep it aside for 3 days and it will be safe to pass on to the food bank in Barrow. This year more than any we know that there are people finding themselves in need, and we know it will be very gratefully received. Please send any donations in on Monday 5th October, ready for our 'festival' on Tuesday. Alternatively, if you would rather send a donation we will be supporting the Bishop's Harvest Appeal - Here is a copy of the leaflet:

<https://cofecarlisle.contentfiles.net/media/documents/document/2020/08/BHA2020Leaflet.pdf>

### Watches

Children are welcome to wear small wrist watches to school. Some watches however are much bigger and also have features, such as games, the ability to take photos, etc. These are inappropriate and we ask that children do not wear them to school. If they are worn to school they will be asked to remove them.

### Mid-Day Supervisor

We are looking for another permanent Mid-Day Supervisor to add to our fantastic team. If you are interested please phone or email the office and we will provide you with more details.

### School Lunches

Children from Reception, Year 1 and Year 2 are provided with a free school meal and the majority of our parents take advantage of this. From 12<sup>th</sup> October there will be hot meals as an option, please see menus below for more details.



# PK SIMPLIFIED MENU WEEK 1



DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
<b>Monday</b>	<b>Bangers &amp; Mash</b> served with Pasta	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Frozen Yoghurt</b> or Satsuma or Raspberry Blush Slice
<b>Tuesday</b>	<b>Sweet &amp; Sour Chicken</b> served with Rice	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Banana</b> or Low Fat Yoghurt or Chocolate Crunch
<b>Wednesday</b>	<b>BBQ Pulled Pork</b> served with Pasta	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Fruit Salad</b> or Frozen Yoghurt or Cookie
<b>Thursday</b>	<b>Italian Meatballs</b> served with Pasta	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Orange</b> or Low Fat Yoghurt or Cherry Shortbread
<b>Friday</b>	<b>Creamy Chicken Korma</b> served with Rice	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Australian Crunch</b> or Honeydew Melon or Frozen Yoghurt



# PK SIMPLIFIED MENU WEEK 2



DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
<b>Monday</b>	<b>Basilico</b> served with Pasta	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Frozen Yoghurt</b> or Satsuma or Chocolate Shortbread
<b>Tuesday</b>	<b>Italian Meatballs</b> served with Pasta	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Banana</b> or Low Fat Yoghurt or Toffee Apple Muffin
<b>Wednesday</b>	<b>Chinese Chicken Curry</b> served with Rice	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Fruit Salad</b> or Frozen Yoghurt or Marble Cake
<b>Thursday</b>	<b>Tomato &amp; Mascarpone Pasta</b>	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Orange</b> or Low Fat Yoghurt or Sugar Ring Doughnut
<b>Friday</b>	<b>Texan BBQ Meatballs</b>	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Beetroot Brownie</b> or Honeydew Melon or Frozen Yoghurt

PK SIMPLIFIED MENU WEEK 3				
DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
<b>Monday</b>	<b>Bolognese</b> served with Pasta	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Frozen Yoghurt</b> or Satsuma or Chocolate Chip Cookie
<b>Tuesday</b>	<b>Italian Meatballs</b> served with Pasta	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Banana</b> or Low Fat Yoghurt or Flapjack
<b>Wednesday</b>	<b>Chinese Chicken Curry</b> served with Rice	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Fruit Salad</b> or Frozen Yoghurt or Patterdale Lemon Slice
<b>Thursday</b>	<b>Chicken &amp; Bacon Pasta</b>	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Orange</b> or Low Fat Yoghurt or Anzac Biscuit
<b>Friday</b>	<b>Chicken Tikka</b> served with Rice	<b>Filled Baguette</b> filled with Cheese, Ham or Tuna	<b>Oven Baked Jacket Potato</b> filled with Cheese, Tuna, Beans	<b>Raspberry Ripple Mousse</b> or Honeydew Melon or Frozen Yoghurt

### Flu Immunisation

Thank you to all parents who have returned the green slips. The nurses are coming into school on **Tuesday 10<sup>th</sup> November** - to those who still have to return the forms, please can it be returned no later than 3<sup>rd</sup> October. We have some spares in the school office. Thank you.

### Year 6 - Applying for a secondary school place for September 2021

A letter from Cumbria County Council was sent out to parents of Year 6 earlier this week. To parents of Year 6 children, please can you follow the link to apply to Cumbria County Council for a secondary school place <https://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lss/schooladmissions.asp>  
Please note - the online application process closes on 31st October 2020.

Ulverston Victoria High School sent home a copy of their school prospectus with each of our Year 6 children. As their usual Open Week events cannot take place this year, please could you click on the following link <https://www.uvhs.uk/page/?title=Prospective+Parents+and+Year+6+Transition&pid=484> for advice about choosing a secondary school and further information about UVHS

## After School Clubs

Emails will be sent out when we introduce new clubs. For those clubs that need payment a letter will be sent out to the whole year group the club is aimed at to enable parents to give permission and pay by Parentpay. If your child does not want to take part in a paid after school club, please can you email [admin@penn.cumbria.sch.uk](mailto:admin@penn.cumbria.sch.uk) and the payment request will be removed from your Parentpay account.



### After School Clubs - Autumn 1 2020

Day	Activity	Leader	Where?	Time
Tuesday	Year 6 Sports with Tom - <u>£14.00</u>	Tom	School Playing Field Hall when wet	3.00-4.00pm
Wednesday	Year 5 Sports with Tom - <u>£14.00</u>	Tom	School Playing Field Hall when wet	3.00-4.00pm

**After School Club Attendance** - To enable that we know your child is safe, please can you let school know if your child is not going to be able to attend their after-school club. Thank you.



As you will be aware we are becoming a cashless school and you will have received an activation email to enable you to use Parentpay - please can you set up your account to enable you to pay for future after school sports clubs, non-uniform fundraising, swimming, trips, residential etc.

#### **What does ParentPay do?**

- offers a highly secure payment site
- gives you a history of all the payments you have made
- allows you to create a single account login across all your children that attend a ParentPay school
- shows you all items available for payment relevant to each of your children
- emails a receipt of your payment to the email address you register
- offers you the ability to set automated email/SMS payment reminders.

#### **How does ParentPay help you?**

- gives you the freedom to make payments to school whenever and wherever you like
- stops you having to write cheques or search for cash to send to school
- gives you peace of mind that your payment has been made safely and securely
- helps with budgeting; payments are immediate, there is no waiting for cheques to clear
- payments for many of the larger trips can be made by instalments up to the due date
- you will never need miss a payment, or have insufficient credit, with automated email/SMS alerts
- ParentPay is quick and easy to use.

#### **How does ParentPay help your school?**

- reduces the administrative time spent on banking procedures
- keeps accurate records of payments made to every service for every student
- reduces paper 'waste'
- allows for easy and quick refunds to be made back to the Parent Account
- improves communication between the school and parents concerning payments
- offers a more efficient payment collection process, reducing the amount of money held on school premises
- helps us improve school-home communication with its integrated email/SMS messaging centre.



Public Health  
England

# Tuesday 10th November 2020



## flu: 5 reasons to vaccinate your child



1. **Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. **Protect you, your family and friends.** Vaccinating your child will help protect more vulnerable family and friends

3. **No injection needed.** The nasal spray is painless and easy to have

4. **It's better than having flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. **Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

### What should I do?

Contact your child's GP if your child was aged two or three years old (on the 31 August of the current flu season) and you haven't heard from them by early November.

If your child is at primary school, the school will send you a consent form. Please sign and return it. If your child has a health condition that puts them at greater risk from flu, they can get the flu vaccine from their GP.

For more information visit [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

**HELP US  
HELP YOU**  
STAY WELL THIS WINTER

**Flu i mmunisation**  
Helping to protect children,  
every winter



# E-School Nurse Video Clinics



Twice weekly **online health support** and **advice for parents**, carers and professionals, **supporting children and young people aged 5-19** years old.

## Tuesday and Thursday

You will be able to talk to the nurse over a live video link that is private, secure, confidential and convenient for you. In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the **E-School Nurse video clinic**  
Please read the information leaflet or visit:

**[www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)**

You can telephone for an appointment

**0300 30 34 365**



**If your child has:  
a high temperature  
a new, continuous cough, or  
a loss of, or change in, sense of  
smell or taste**

**This could be a sign of  
coronavirus**

**Book a test**

**If your child has:  
a runny nose, is sneezing or  
feeling unwell**

**But they don't have:  
a high temperature  
a new, continuous cough, or  
a loss of, or change in,  
sense of smell or taste**

**These are  
not normally symptoms of  
coronavirus**

**Seek advice from a pharmacy, dial  
111 or see your GP**