

# Haverigg Primary News

Friday 1st May 2026

Remember it is a bank holiday this Monday - see you all on Tuesday. Enjoy your long weekend!



Reception class children loved their visit to our Nature Zone pond this week to investigate what might be growing. Despite the excess algae the pond is full of life. We saw lots and lots of tadpoles, pond snails and some dragonfly larvae. It was really exciting to see all of this wildlife in our own pond.

**REMINDER** - Our Bag 2 School collection is on **Friday 8th May**. Bags have already been sent home with children but you can use additional bin bags if you have extra to donate. A list of what you can and can't donate is on page 2. **Please leave bags outside the main entrance on the day.** Thank you.



Yesterday, we hosted a hockey competition for ourselves, St James', Thwaites, and Captain Shaws. Some of our Year 3 children took part, having the chance to learn a new skill. We all enjoyed a lovely, sunny, sporty afternoon!



## Congratulations to this week's Lighthouse Winners

<b>Reception Miss Blackburn</b>	<b>Albie</b> - for growing in confidence and showing everyone what a clever, kind and happy boy he is. Well done.
<b>Year 1 Miss Leece</b>	<b>Max</b> - for really impressing us in PE this week. You were fantastic at throwing, catching and working as a team. We also noticed how fast you were! Well done Max!
<b>Year 2 Mrs Redhead</b>	<b>Noah</b> - for being so focused and determined in everything he has done. He's particularly impressed Mrs Narongchai in maths with his measuring skills recently and has worked so hard to improved his letter formation- well done Noah you've had an amazing half term so far!
<b>Year 3 Mr Knowles</b>	<b>Noah</b> - for showing amazing determination throughout all of his learning, always pushing himself further. He has also proven himself to be a fantastic hockey player during our competition, again displaying determination and teamwork. Well done Noah.
<b>Year 4 Miss Usher</b>	<b>The Whole Class</b> - for a fabulous half term. You have all worked your socks off in class and also showing dedication and great behaviour during our two weeks of swimming lessons. Thank you for making teaching a pleasure!
<b>Year 5 Miss Marinovich</b>	<b>Sophia R</b> - Sophia could honestly win this award every single week because she consistently tries her very best in everything that she does and is such a kind, thoughtful member of our school. She is always polite, caring towards others and sets a lovely example through the way she treats both adults and children - well done and keep up the fantastic work!
<b>Year 6 Miss Musgrave</b>	<b>Kieron</b> - for amazing focus and working incredibly hard all year. We are super proud of you - keep it up!
<b>Music Award Mrs Cullen</b>	<b>Freya H</b> - for doing a great job with her piano lessons. You are really good at remembering things and playing very musically.

At Haverigg Primary School we take the safety and welfare of your children very seriously. If you have any concerns regarding the safety and wellbeing of any children at Haverigg school please speak to Mrs Narongchai (our designated safeguarding leader), or Miss Musgrave / Mrs Redhead, (our deputy safeguarding leaders), in her absence.



Friday 8th May 2026



- Clothes
- Paired shoes
- Handbags
- Hats
- Bags
- Scarves and Ties
- Bras
- Jewellery
- Socks
- Belts



- Duvets or blankets
- Pillows or cushions
- Carpets, rugs or mats
- Soiled, painted, ripped or wet clothing
- School uniform
- Corporate clothing
- Textile off cuts
- Furniture
- Batteries

# YEAR 6 REMINDER

Year 6 Transfer to Secondary School - reminder, if you need to apply for transport for September, please do this before the deadline, which is 31st May 2026.

Applications received after this date may result in long delays and travel provision not being in place ready for September. You will need to apply via the Cumberland Council website. <https://www.cumberland.gov.uk/schools-and-education/apply-school-transport>

# NSPCC

Following on from our NSPCC assemblies last week. Please find additional information for parents and carers on pages 3 and 4 of newsletter.

# Marbleous

## House point winners:

Wyatt x 2, Ellie, Arthur, Luna, Indie, Bobby, Phoebe, Vincent, Frankie G, Pippa M x 2, Ada x 3, Lily B x 2, Oliver A x 2, Harry F x 4, Tommy x 2, Reggie C x 3, Ellie x 3, Evie x 2, Emily x 2, Ethan C x 3, Ernie x 2, Libbie x 3, Darcie x 2, Ralphie x 3, Oscar P x 2, Charlie S x 2, Eva C, Poppy, Anderson, Xander, Louis, Noah T, Harry R, Heidi x 2, Reuben, Xavier, Sophia R x 2, Harry H, Lucas x 2, Keira x 4, Isabella M x 3, Bertie x 4, The Whole of Year 5, The whole of Year 6, Emmie-Mae, Kieron, Faith, Year 3 Hockey team, and Hunter C.

**Well done everyone, you are all Marbleous!**



# Attendance Matters



## Every Day Counts...

**What is considered good attendance?** Regular and punctual attendance is essential for effective learning, promoting positive relationships and developing good attitudes to education. **A child's attendance at school is expected to be 96% and above.** Anything that is below this needs to be addressed by school to ensure attendance improves. We need to ensure that all children attend school regularly as it is important for friendships and academic progress/success.

### Key daily timings:

- 8:50 to 9:00 → Register takes place
- After 9:00 → Late mark in register
- After 9:30 → Unauthorised absence

### Weekly Attendance Report

Reception	99%
Year 1	95%
Year 2	98%
Year 3	97%
Year 4	97%
Year 5	94%
Year 6	94%

## Resources for parents/carers available on NSPCC websites

Parent/carer resources	NSPCC website link
<p>Support for parents/carers</p> <p>Parenting can be rewarding, but it can also be challenging. We've got parenting tips for all stages of your child's life, as well as advice on how to deal with difficult situations.</p>	<p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/</a></p>
<p>Activities for kids at home</p> <p>Keep busy while learning about staying safe and speak out with out at-home activities for primary school children.</p> <p>New books/fun crafts available from the NSPCC shop.</p>	<p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/</a></p> <p><a href="https://shop.nspcc.org.uk/collections/books">https://shop.nspcc.org.uk/collections/books</a></p> <p><a href="https://shop.nspcc.org.uk/collections/things-to-do-at-home">https://shop.nspcc.org.uk/collections/things-to-do-at-home</a></p>
<p>Keeping Children Safe online</p> <p>Visit our online safety webpage for advice and information on a range of different online safety topics including gaming, social media, sharing nudes, parental controls and more. You will also find online safety information for families of children who have additional needs and disabilities. We have worked with Ambitious about Autism and parents and carers who have children who have additional needs and disabilities to create activities to help talk about online safety.</p>	<p><a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/</a></p> <p><a href="#">Online safety for children with SEND   NSPCC</a></p> <p><a href="#">Support children with SEND talking to people online   NSPCC</a></p> <p><a href="#">Online wellbeing for children with SEND   NSPCC</a></p> <p>Included in the above pages are links to activities to help talk about online safety with this specific audience.</p>
<p>Keeping Children Safe online blog</p> <p>Parents, carers and professionals can keep up to date with the latest child safety online news on our Keeping Children Safe Online blog.</p>	<p><a href="http://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog">http://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog</a></p>
<p>Keeping Children Safe Online workshop</p> <p>A virtual workshop providing parents and carers with information about how to support their child in their online world. The 40-minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to resources and organisations for help and support.</p>	<p><a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/</a></p>
<p>Talking PANTS with your children</p> <p>Talk PANTS is a simple conversation to help keep children safe from sexual abuse. You can find out more and download the free resources on our website.</p> <p>Penguin and Ladybird have partnered with the NSPCC to create a Pantosaurus book aimed at children aged 3-11.</p> <p>The NSPCC has also partnered with a range of charities to help you talk to your child about the PANTS rules. There are a range of PANTS guides available from our website including guides for children with learning</p>	<p><a href="http://www.nspcc.org.uk/pants">http://www.nspcc.org.uk/pants</a></p> <p>You can find copies of the book on sale at <a href="https://shop.nspcc.org.uk/">https://shop.nspcc.org.uk/</a> or in Matalan's selected stores. All profits from the sale of this book will support the NSPCC.</p> <p><a href="http://www.nspcc.org.uk/pantsguides">http://www.nspcc.org.uk/pantsguides</a></p>

<p>disabilities or autism and a BSL video for deaf children. You can download the guide that's right for you from our website, watch our Makaton or BSL Talk PANTS films and download free prompt cards to help you talk PANTS with Makaton.</p>	
<p>Techosaurus</p> <p>Techosaurus is designed to help parents have those first conversations about online safety with their child. It supports the development of healthy digital habits and routines in a fun, approachable way, making online safety simple and positive from the start.</p>	<p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus/</a></p>
<p>Childline</p> <p>Childline has a website with age-appropriate advice for primary school children on topics such as bullying. It also has games and other interactive tools.</p> <p>The Childline website has an accessibility tool too, you can find out about it by clicking on the accessibility link in the Get Support menu.</p> <p>Children can use it to:</p> <ul style="list-style-type: none"> <li>• Read the website out to them</li> <li>• Change the text size and font</li> <li>• Change webpages to just text only</li> <li>• Add a mask or ruler to help them focus on just part of the page</li> <li>• Magnify parts of the webpage</li> <li>• Translate the website in to over 120 languages</li> </ul>	<p><a href="http://www.childline.org.uk/kids">http://www.childline.org.uk/kids</a></p>
<p>In Safe Hands</p> <p>NSPCC BSL webinars, youth-led short films and posters to help families spot and stop bullying, guard against grooming, game responsibly and manage parental controls.</p>	<p><a href="https://deafnessresourcecentre.org/news/in-safe-hands-bsl/">https://deafnessresourcecentre.org/news/in-safe-hands-bsl/</a></p>
<p>NSPCC Videos for parents:</p> <p>You can also find a variety of NSPCC videos on YouTube, including the selection below which you may find helpful.</p>	
<p>Infant Mental Health with NSPCC:</p> <p>Look Say Sing Play: Right from birth, every time you talk, sing or play with your baby, you're not just bonding, you're building their brain.</p> <p>Singing Dat   Look Say Sing Play   NSPCC</p> <p><b>Our Brain's Air Traffic Control (Executive Function)   NSPCC</b></p> <p>Building Strong Brain Architecture   NSPCC</p>	<p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/</a></p> <p><a href="#">Singing Day   Look Say Sing Play   NSPCC - YouTube</a></p> <p><a href="#">Our Brain's Air Traffic Control (Executive Function)   NSPCC</a></p> <p><a href="#">Building Strong Brain Architecture   NSPCC</a></p> <p><a href="#">Sign up for brain-building tips   NSPCC</a></p>



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**Headteacher: Mrs M Narongchai**

**13.4.2026**

Dear Parent/Carer

**NSPCC's *Speak out. Stay safe.* programme**

I am pleased to inform you that we are participating in the **NSPCC's *Speak out. Stay safe.* Programme** this term. *Speak out. Stay safe.* is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom based activities which we have reviewed, alongside NSPCC volunteer led face to face workshops for children aged 6-7 and 9-11. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy.

Parents and carers are asked to let school know if their child may have experienced anything (in the past or happening now) which may mean they need extra support before, during or after taking part in this programme.

If you would like to know more about the *Speak out. Stay safe.* programme visit:

[www.nspcc.org.uk/speakout](http://www.nspcc.org.uk/speakout).

**Additional NSPCC resources for families to help keep children safe**

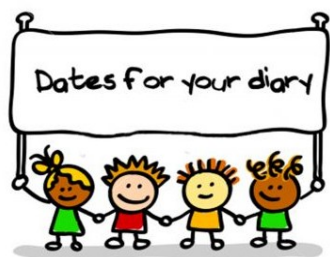
The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

<p><b>Parent/Carer support</b>          Take a look at information, support, advice and activities from NSPCC for parent and carers.  <a href="http://www.nspcc.org.uk/parents">www.nspcc.org.uk/parents</a></p>	<p><b>Activities to extend learning at home</b>          Take part in games and activities at home to help children learn about speaking out and staying safe.  <a href="http://www.nspcc.org.uk/activities">www.nspcc.org.uk/activities</a></p>
<p><b>Online Safety Hub</b>          For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.  <a href="http://www.nspcc.org.uk/onlinesafety">www.nspcc.org.uk/onlinesafety</a></p>	<p><b>Childline – under 12's</b>          Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.  <a href="http://www.childline.org.uk/buddy">www.childline.org.uk/buddy</a> (5-7)  <a href="http://www.childline.org.uk/kids">www.childline.org.uk/kids</a> (7-11)</p>
<p><b>Talk PANTS with your children</b>          Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at <a href="http://www.nspcc.org.uk/pants">www.nspcc.org.uk/pants</a>.</p>	

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful. Please do contact me if you have any further questions.

Yours sincerely

*M Narongchai*



# HAVERIGG PRIMARY SCHOOL

## DIARY DATES

(updated 13<sup>th</sup> February 2026)

### February 2026

Friday 6th	Young Voices choir to Manchester
9 <sup>th</sup> – 12th	Scholastic Book Fair in school
Friday 13th	School finishes for February half term
Monday 23rd	Back to school
Friday 27th	KS1 Rugby taster session in school Year 4 Cyclewise training in school

### March 2026

Thursday 5th	World Book Day – open theme
Friday 13th	Tempest Photography – class photo's
Monday 16 <sup>th</sup>	Parent / teacher meetings
Wednesday 25th	Easter Raffle drawn
Friday 27th	End of term (normal finish time)

### April 2026

Monday 13th	Summer term starts Year 4 commence 2-week daily swimming lessons
Thursday 16th	National Offer Day – Reception 2026 places
Tuesday 21st	NHS – Rec and Yr 6 height/weight screening
Friday 24th	FoHS School Disco

### May 2026

Monday 4th	Bank holiday
Friday 8th	Bag 2 School Collection
Monday 11 <sup>th</sup> – 14th	SAT's week
Friday 22nd	School finishes for May half term

### June 2026

Monday 1st	Back to school
Wednesday 3 <sup>rd</sup> – 5th	Year 6 London residential trip
Thursday 18th	Sports Day
Friday 19th	Reserve date for Sports Day Year 5 day at Millom school

### July 2026

Friday 10th	Presentation Assemblies FoHS School Disco
Friday 17th	End of term (1.15pm finish)

## Haverigg School 3 Week Menus from 20<sup>th</sup> April 2026



Week 1		
<b>Monday</b>	Pasta Bolognese, Garlic Bread and Sweetcorn	Chocolate Crunch and Vanilla Sauce
<b>Tuesday</b>	Chunky Chicken in a Tomato Sauce with Rice and Naan Bread	Meringue and Fruit Salad
<b>Wednesday</b>	Roast Pork, Yorkshire Pudding, Mash / Pasta and Vegetables	Gingerbread and Custard
<b>Thursday</b>	Battered or Plain Chicken Fillet Baguette with Diced Potatoes, Carrot and Cucumber Sticks	Victoria Sponge Cake
<b>Friday</b>	Fishy Ships, Chips, Baked Beans / Peas	Fruit Jelly and Ice-cream
	Daily: Jacket Potato with Butter/Cheese/Beans/Tuna OR Sandwich – Cheese/Ham/Tuna/Salad	Daily: Fruit Yoghurts Fresh Fruit
Week 2		
<b>Monday</b>	Mild Chicken Korma, Rice and Naan Bread	Lemon Drizzle Cake
<b>Tuesday</b>	Arrabiata Pasta Sauce (cheese optional), Crusty Bread, and Green Salad	Shortbread and Drink of Milk
<b>Wednesday</b>	Roast Beef, Yorkshire Pudding, Mash / Pasta and Vegetables	Chocolate Pear Marble Cake and Custard
<b>Thursday</b>	Pizza Wrap, Red Pesto Pasta and Sweetcorn	Melting Moment Biscuit
<b>Friday</b>	Fishy Ships, Chips, Beans / Peas	Waffle with Fruit Salad and Ice-cream
	Daily: Jacket Potato with Butter/Cheese/Beans/Tuna OR Sandwich – Cheese/Ham/Tuna/Salad	Daily: Fruit Yoghurts Fresh Fruit
Week 3		
<b>Monday</b>	Sausage Baguette, Wedges, Carrot and Cucumber Sticks	Iced Sponge Cake
<b>Tuesday</b>	Pasta in a sauce (cheese optional), Garlic Bread and Salad	Scotch Pancake with Bananas and Ice-cream
<b>Wednesday</b>	Roast Chicken with Stuffing, Mash / Pasta and Vegetables	Chocolate Orange Cake and Custard
<b>Thursday</b>	Meatballs in Gravy, Mash / Pasta and Sweetcorn	Fruit Scone with Jam (optional)
<b>Friday</b>	Fishcake, Chips, Beans / Peas	Chocolate Chip Cookie and Milk
	Daily: Jacket Potato with Butter/Cheese/Beans/Tuna OR Sandwich – Cheese/Ham/Tuna/Salad	Daily: Fruit Yoghurts Fresh Fruit

**Please note: any children with a food intolerance can still order the main meal and pudding. If applicable, the kitchen staff will adjust the meal according to their intolerance e.g. dairy.**

**Thank you**

# HAVERIGG PRIMARY SCHOOL

## 2026

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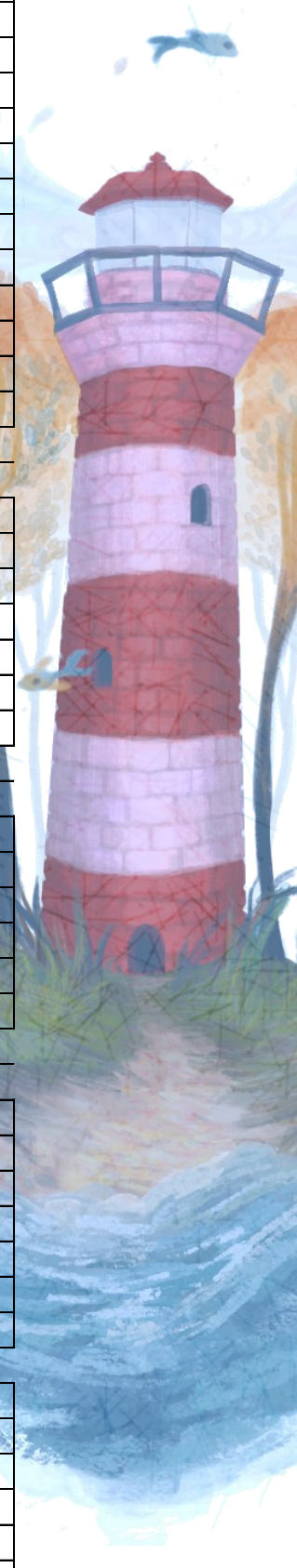
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NOVEMBER						
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DECEMBER						
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27	28	29	30	31		



Inset

Holiday dates Spring Term starts 5th January 2027



**HAVERIGG PRIMARY SCHOOL**

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**Headteacher: Mrs M Narongchai**

## Attendance matters

24<sup>th</sup> October 2025

Dear parents and carers,

This academic year we have once again had increasing numbers of families taking children out of school for holidays during term time. As you will all be aware, schools must consider enforcement action if a child/young person has 10 or more unauthorised sessions (equivalent to five days). While schools and local authorities will generally offer support to improve attendance first, persistent unauthorised absences or term-time holidays may result in a Fixed Penalty Notice or prosecution.

**As part of our ongoing attendance monitoring and in line with the Cumberland attendance strategy, we will now be passing on attendance casefiles to the local authority where we feel the threshold has been met for fixed term penalty.**

Reminder of Attendance expectations:

- Ensure your child/young person attends every day the school is open; except when a legal reason applies
- Notify the school as soon as possible when your child/young person is unexpectedly absent
- Book any medical appointments around the school day where possible
- Only request leave of absence in exceptional circumstances and do so in advance (please note: family holidays are not generally considered exceptional circumstances and all leave of absence requests are considered at the headteacher's discretion)

Please also be aware that taking your child out of school after registration in the afternoon will still count as an unauthorised session as they are not in school during the afternoon.

Head teacher

## CHANGES TO FINES FOR UNAUTHORISED ABSENCES

With the introduction of the new National Framework for penalty notices, the following changes will come into force for fixed penalty notice fines issued for unauthorised absences recorded by schools after 19 August 2024.

***Fixed Penalty Notices are issued in lieu of prosecution. The decision on whether to issue an FPN or prosecute rests with the Local Authority and is made on a case-by-case basis.***

### **National threshold**

There will be a single, consistent national threshold for when a penalty notice must be considered by all schools in England of 10 sessions (usually equivalent to five full school days) of unauthorised absence within a rolling 10 school week period.

For example: a five-day holiday would meet the national threshold.

The 10-school week period can span different terms or school years.

### **Who may be fined?**

Penalty notice fines are issued to each parent who allows their child/young person to be absent from school.

For example: three siblings absent for term time leave would result in each parent who allowed the holiday receiving three separate fines.

### **First offence**

The first time a penalty notice is issued for an unauthorised term time holiday, the fine amount will be:

£80 per parent, per child/young person if paid within 21 days, increasing to £160 if paid between days 22-28.

### **Second offence (within three years)**

The second time a penalty notice is issued for unauthorised absence, the amount will be: £160 per parent (who allowed the holiday), per child/young person, payable within 28 days.

### **Third offence and any further offences (within three years)**

The third time an offence is committed, a penalty notice will not be issued and local authorities will need to consider other available measures to address the absence concerns.

This may mean that cases are presented before a Magistrate's Court.

Prosecution can result in criminal records and fines of up to £2,500 and/or a term of imprisonment not exceeding three months.

Please note any monies collected through fines come back to Cumberland Council to facilitate attendance support and not to schools.



## **POMS Cluster Attendance Agreement 2025 - 2026**

### **Guidance on authorised term-time pupil absence**

The Education Regulations 2013 [aka, the Regulations] which came into force on 1 September 2013, made it clear that headteachers may not grant any leave of absence during term time unless "exceptional circumstances" prevail. The regulations also state that headteachers should determine the number of school days a pupil can be away from school if they grant a leave request because of "exceptional circumstances".

The fundamental principles for defining "exceptional circumstances" are that they are 'rare, significant, unavoidable and short'.

POMS cluster Headteachers have worked together to agree some guiding principles for headteachers to consider when families request absence during term-time. This will ensure consistency across the cluster and ensure all schools are sending the same message surrounding the importance of attendance at school.

### **Guiding Principles**

1. Term times are for education. Children and families have 175 days off school to spend time together, including weekends and school holidays. Headteachers will rightly prioritise attendance. The default school policy should be that absences will not be granted during term time apart from in "exceptional circumstances".
2. The decision to authorise a pupil's absence is wholly at the headteacher's discretion based on their assessment of and circumstances of each individual request. POMS Headteachers have worked collaboratively to agree a shared approach. Schools in the POMS cluster will follow these agreed principles.
3. If an event can be reasonably scheduled outside of term time, then it will not be authorised. Holidays are, therefore, not considered exceptional circumstances.
4. Absence from school to visit seriously-ill relatives or for bereavement of a close family member are usually considered to amount to 'exceptional circumstances', but for the funeral service not for extended leave.
5. Absences for important religious observances are often considered, but only for the ceremony and not for extended leave. This is intended for one-off situations rather than regular or recurring events
6. Schools may wish to take the needs of the families of service personnel into account if they are returning from long operational tours that prevent contact during scheduled holiday time.
7. Whilst as school settings we must make reasonable adjustments for pupils with special educational needs or disabilities in school time. Regarding attendance, we work closely with our colleagues from our local special schools. In line with their guidance, we would not consider requests that are based on holidays during quieter times.
8. Families may need time together to recover from a trauma or crisis.
9. POMS schools will consider a pupil's historical record of attendance when making absence-related decisions
10. It is important to note that headteachers can determine the length of the authorised absence as well as whether an absence is authorised.
11. Absence will only be authorised where proper request procedures have been followed and the permission given.
12. Tickets and/or other travel arrangements should not be booked prior to discussion with and agreement of the school.
13. Parents and Carers should not confuse telling the school about an absence with having permission.
14. Whether alternative care arrangements have been considered by the parent to limit the time away from school.
15. The impact on any interventions, assessments or referrals being undertaken with the child or family, for example, family support, social care assessments, CAMHS, SEN.
16. The potential impact that the absence will have on the child.

This guidance has been agreed by all schools in the POMS (Partnership of Millom Schools) cluster;

Parkview Nursery School  
Millom Infant School  
Black Combe Junior School  
Haverigg Primary School  
St James' Catholic Primary School  
Thwaites Nursery & Primary School  
Captain Shaw Nursey & Primary School

# Haverigg Primary School's



## Healthy Packed Lunch Policy



### How to pack a well-balanced lunch box - focus on the food groups

To be in-line with the School Food Standards set by the Department for Education, we feel this is a very reasonable packed lunch policy and one which we would like all parents to work towards achieving **one small change at a time**. We do understand that some children struggle with change but, the healthier choices you can gradually make, the better your child's health will be.

#### Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous or falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie (maximum portion 150ml), or semi-skimmed milk or skimmed milk, yoghurt or another milk drink.

#### Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits - but encourage your child to eat these as part of a meal and be mindful of appropriate portion sizes.

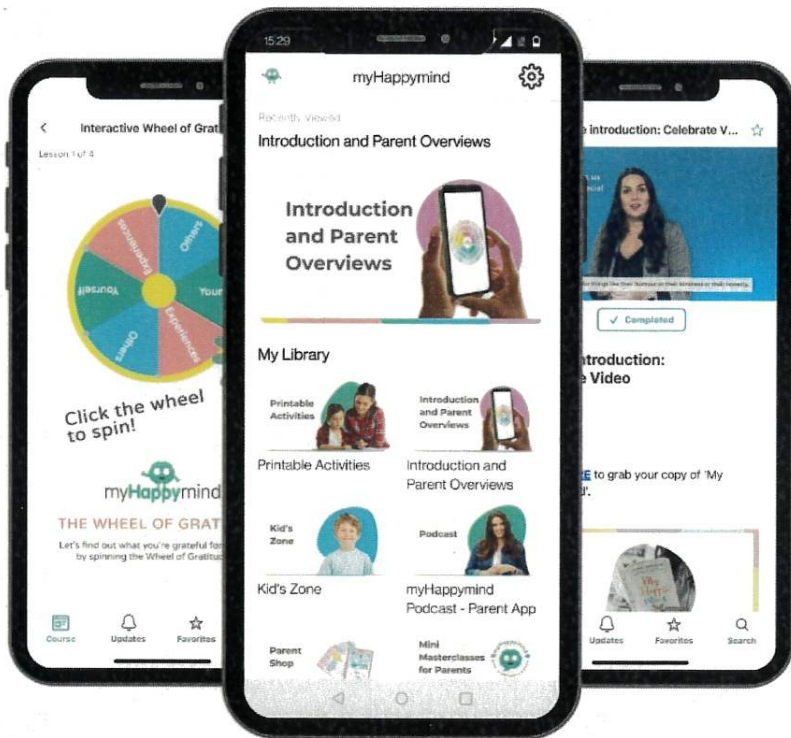
#### Packed lunches should not include:

- Nuts or nut butters (we do have children in school with allergies)
- Salty snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, such as squash and fizzy drinks.





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