



# Kirkby Stephen Grammar School

*A co-operative Academy*

# NEWSLETTER

[www.ksgs.cumbria.sch.uk](http://www.ksgs.cumbria.sch.uk)

Issue 121, Jul 2020



Eden Valley  
Sports Partnership

## Newsletter for September opening

Dear Parents, carers and students,

We have officially reached the end of what has been a very strange and challenging year that has tested all of us to our limits; you as parents who have had to become teachers, we as teachers who have also had to be home educators, and you as students who have had to become self-sufficient learners at home. I can only thank you again for all of your hard work and patience in the last few months. As a school we have done some things well and some things could have been managed better as we have all been learning by trial and error in an unstable, rapidly changing environment. However, we are aiming to learn from any mistakes we have made and be well planned for September.

These plans are the main subject of this newsletter, which contains all of the information and explanation you need to know about the return to school in September. It will require patience and perseverance to keep reading until the end because there is a lot of information for you to digest. I do not apologise for this because it contains really important articles on the following:

- Health and safety, including the school's risk assessment, and transport
- Behaviour, attendance and pastoral support
- Curriculum and extra-curricular provision
- Changes to the school day, including new registration, lunchtime and breaktime arrangements
- Uniform and PE kit
- Catch-up plans and future plans for remote education – DfE guidance on these
- Summer activities

I have decided to send all of this information in one Newsletter rather than send it to you in a number of shorter letters. This is so all of the information is in one document rather than spread throughout several that you may lose track of or not read.

I hope that all of the information is clear and understandable for you because there are significant changes to the way school operates in order to allow us to open in September and follow the guidance released by the Department for Education. You are likely to have questions once you have read this letter. Please contact me at my email address if you need any clarification on any of the changes we are proposing.

Yours sincerely,

G.J. Hartley

**Health and safety:**  
**What does the DfE guidance document say?**

The Government has stated that they expect all pupils in all year groups to return to school full-time from the beginning of the autumn term.

The risk to children themselves of becoming severely ill from COVID-19 is very low.

However, schools are required to implement a **system of controls** to ensure they minimise the number of contacts that pupils have during the school day. They must also take account of transport to and from school.

**The health and safety of students, staff and community are the most important factor in this process.**

**Revising the School's COVID-19 Risk Assessment**

Schools are required to revise their risk assessments to ensure that the additional control measures that are required are included and implemented in line with the latest guidance.

This is a legal requirement under health and safety law.

**Local Lockdown Procedures**

The DfE has stated that every school will also need a plan for the possibility of a local lockdown. This includes lockdown actions for educational settings in the event of a localised incident or outbreak.

The day to day protective measures are outlined in detail in the school's risk assessment, which is available for you to read on the school website in the Covid-19 section.

**Groups**

Educational settings must do everything possible to minimise contact and mixing whilst delivering a broad and balanced curriculum. It is recommended that schools avoid contact between individual groups/bubbles; staff must maintain distance from pupils and other staff as much as possible and arrange the classrooms with forward facing desks.

Smaller groups are recommended but if class-sized groups are not compatible with offering a full range of subjects schools can implement **year group bubbles**.

**School Transport:**

Transport will be provided by the County Council as usual but there will be the following restrictions and rules when travelling:

- The updated government guidance outlines that social distancing measures **WILL NOT** apply on dedicated school transport.
- Schools will need to record how each person, pupils and staff, travels to and from school (to support Track and Trace).
- Pupils who have travelled to school **on public transport**, wearing face coverings, will be instructed not to touch their face covering during use or when removing them, they will be asked to wash their hands on arrival and dispose of any temporary face coverings into a lidded bin where available (or into a bag and transferred to the bin) or place reusable face coverings into a plastic bag to take home with them. They will then need to wash their hands again.
- Where relevant transport for SEND pupils will be subject to individual risk assessment
- Staff and pupils over the age of 11 will still be required to wear face coverings when using public transport – coronavirus-covid-19 safer travel guidance for passengers face-coverings.

In brief, it is our intention to implement the following measures to minimise the risk of infection:

- Staff will try to maintain a 2 metre distance between themselves, their colleagues and the pupils where possible, limiting time spent within 1 metre of anyone.
- School assemblies and collective worship with more than one group will not be held.
- Movement around the school will be kept to a minimum and break times and lunch times will be staggered to prevent busy corridors, entrances and exits.
- Special arrangements will be considered for staff who work across groups (bubbles) across the school e.g. cover supervisors.
- Staff and pupils will wash their hands upon entry into school, returning from breaks, when they change rooms, before and after eating and when they have been to the toilet.
- Sufficient hand washing or hand sanitising stations will be available around the school.
- Sufficient waste bins close to the wash stations will be provided and emptied regularly by designated staff.
- Where toilet facilities are shared by more than one group, cleaning will be completed between different group usages.
- Standard cleaning products and disinfectant will be used for cleaning.
- Cleaning will be carried out in accordance with the current guidance [COVID-19 Cleaning in non-healthcare settings](#).
- Enhanced cleaning schedules will be shared and implemented including more frequent cleaning of rooms/shared areas, frequently touched surfaces.
- Pupils and staff will be permitted to take home resources that are relevant to pupil education and development – rules around hand hygiene and cleaning of resources and rotation will apply.
- Resources such as books and games will be shared within the bubble and will be cleaned regularly, between use and by different groups.
- Resources such as sports, art and science equipment will be cleaned frequently between bubbles or rotated to allow them to be left unused and out of reach for a period of 48 hours (72 for plastic) by different bubbles.
- Parents/carers will only be allowed in the school at the discretion of the Headteacher and where possible outside of school hours.
- The amount of equipment that pupils can bring into school will be limited to essential items such as lunch boxes, hats, coats and books, stationery frequently used items such as pens and pencils and mobile phones, where permitted. School Bags are also allowed – storage for these items will be planned.
- Sharing individual / personal equipment will be discouraged.
- All pupils must have their own water bottles.
- Water fountains must not be used.

### **Behaviour, attendance and pastoral support:**

The School's **Behaviour Policy** is in the **Statutory Information** section which can be found under the **Key Information** heading on the home page of the website. There is also an addition to this policy which can be found on p10 of the **Kirkby Stephen Grammar School – safety notes Covid-19** document in the **Covid-19** section that can be accessed from the home page."

In general, expectations of **behaviour** are the same as previously, as are the sanctions. However, any behaviour that puts staff and other students safety at risk by breaking the social distancing and hygiene rules will not be accepted and may lead to parents being asked to collect their child from school before the sanction is decided upon.

As far as the Department for Education are concerned, **attendance** at school is now **compulsory**, as it was prior to the school closure period. This is because scientists believe that there are very few circumstances under which children are in danger if they become infected by Covid-19. However, if any parent or carer believes that their child has a medical condition that puts them at risk then they must contact school to discuss it. If there is **clear evidence of this risk from a medical professional such as a GP or a Consultant** then we can discuss how to support your child at home.

We are aware that there may be a range of mental health issues that young people will be dealing with because of lockdown or because of returning to school. Therefore, the staff will be receiving training on how we as a school can support our students in a compassionate and considerate way, although they are already very caring people. It will, of course, be important that students catch up with their academic knowledge gaps but this must be managed in a way that does not create undue anxiety or stress for our young people.

### **Uniform expectations:**

The DfE guidance document states that there is no longer a need for students' clothes to be washed after each school day as they are working within year group bubbles. Therefore, their suggestion is that schools should maintain normal expectations regarding uniform. This is our intention because it will:

- Make it easier for students to get used to uniform when we return to normal.
- It will be easier for students and parents/carers because there will not be the arguments about having nothing to wear that would inevitably cause stress in the mornings.

However, we advise that as the weather gets colder students should wear their school jumper as well as their blazer because windows in classrooms will have to be kept open in order to ensure adequate ventilation throughout the term, including in November and December.

**PE kit:** For safety reasons we will be allowing students to come to school in their PE kit on days when they have PE. This is so that they do not have to change in school, which will be an additional movement in a confined space. Again, for practical reasons, we advise that students bring a change of clothing just in case they get their PE kit wet. Although some PE lessons will take place in indoor spaces, the majority will be outdoor. Students must also make sure that they bring sufficient warm clothing like their PE hoodies and leggings so that they can stay warm throughout the day.

**No other hoodie will be allowed during the day.**

## Curriculum and extra-curricular provision:

Our aim in September is to maintain the full broad and balanced curriculum that we usually offer. In order to achieve this whilst observing the protective health and hygiene measures, we will be temporarily changing the school day and re-organising movement around the school.

Students will follow the full range of subjects throughout weeks A and B but will be organised in year group bubbles and allocated a base classroom or classrooms in which all of their lessons will take place. In Key Stage 3, classes will be allocated a room in which all of their lessons will take place, except for occasional practical lessons when they will rotate to specialist rooms for practical sessions. Key Stage 4 and Key Stage 5 have been allocated a suite of classrooms that they will move between to enable them to follow all of their subjects, including their options.

The structure of the school day will change temporarily to allow for split lunches and staggered start and finish times. The school day in September will be as follows:

8.50	Buses to arrive by this time – students wash their hands on arrival before going to their base room following the one way system.
9.00	Children who are walking or cycling to school to arrive via the back gate, which will be open and supervised.
9.15	Lesson 1
10.10	Lesson 2
11.05 – 11.20	Break – there will be no food service at break time.
11.20	Lesson 3
12.15	LUNCH A – Years 10/11/12/13 (12.15 – 12.55). TUTORIAL A – Years 10/11/12/13 (12.55 – 1.35) with form tutor.
12.15	TUTORIAL B – Years 7/8/9 (12.15 – 12.55) with form tutor. LUNCH B – Years 7/8/9 (12.55 – 1.35).
1.35	Lesson 4
2.30	Lesson 5
3.25	End of school:  Year groups called to buses in descending order from Y13 down to Y7 in order to keep year group bubbles separate and preserve year group bubbles on the bus.  Walkers/cyclists allowed to leave in year groups via the back gate.

The staggered lunches are a compulsory element of the **system of controls** within the DfE's guidance document. The **Tutorial** session will allow us to do three things within the school day:

1. Enable some extra-curricular provision e.g. sport and clubs within year groups.
2. Enable students to use tutorial time to catch-up with some of their own work and prepare for the next lesson.
3. Enable teachers to deliver structured catch-up and intervention sessions for students on gaps in their knowledge that may have developed during lockdown e.g. Year 11 tutors will be Mrs Dixon and Mrs Newstead, who can rotate to provide English and maths intervention sessions during the week. However, as these will need to be carefully planned, they will not occur on a daily basis. We are currently working on a programme for these tutorial sessions and will provide you with more information later.

We are still working on our plan for collecting in students' exercise books and assignment work and marking them in order to provide feedback. The safety guidelines indicate that paper and books cannot be touched for 48 hours and plastic folders 72 hours after collection. We are aiming to develop a variety of approaches to assessment and feedback, which will include the traditional paper/book based approaches and introduce new approaches involving the use of technology. I will contact you with more information when our planning is complete.

**Extra-curricular provision** will be limited to begin with to these tutorial sessions and can only take place within year group bubbles. Unfortunately, there will be no sports fixtures for the foreseeable future until the rules change as we will not be able to visit other schools and vice versa.

There will be no separate registration periods in the autumn term either in the morning or the afternoon so that movement is reduced for both students and staff. Instead the legal register will be taken in period 1 and period 4. There will also be no communal assemblies to begin with because we cannot hold group gatherings beyond the year group bubbles. We intend to experiment with virtual assemblies delivered to classrooms via the magic of technology. Over time we may introduce year group assemblies from time to time.

### **Lunchtime arrangements:**

We are discussing with Mellors at the moment what service they will be able to offer in September. This will have to be within the year group bubbles. It is likely that the range of choices will not be as large as normal. However, Mellors are hoping to provide at least one hot meal choice each day, as well as pre-packed sandwiches and salad, but they have not yet worked out the details. It is unlikely that the fingerprint payment system will be in operation for hygiene reasons. Therefore, we will have to remind all students of their Pin code. It will be for students and parents/carers to decide whether they wish to use this service or provide a packed lunch for their child.

### **Parents' Evenings and Options Evenings:**

We are awaiting specific guidance concerning these events. However, we are not planning any in the first half-term at the very least. This means that there will also not be a Y5/6 open day onsite. Sixth Form Open Evening and Presentation Day may happen in December towards the end of the term but we will wait to see what the specific guidance is and what the national picture is before publicising when they will take place.

### **Illness:**

It is vitally important that a child should not come to school if he/she is displaying any symptoms of Covid-19 or if someone in their household is displaying symptoms. They must be kept out of school after phoning school to explain why they are absent. Then you must arrange for them to take a test. Any child that develops symptoms during the school day will be kept separate from everyone and will need to be collected promptly.

### **Sixth Form arrangements:**

Sixth Form students will only be expected to be on site for their timetabled lessons. We are introducing a new electronic registration system which will mean that sixth formers will have to wear their electronic badge during the day. They will be registered when they arrive in school for their first period and signed out when they leave. If their first lesson of the day is period 3 then they are not required to attend school until that lesson. If their lessons for the day finish by lunchtime they are not expected to stay on site for the afternoon.

We are introducing these measures because we will have limited space for sixth form to study if all students are on site all day, largely because they are not allowed to move freely around the building to seek out free rooms. However, they will have use of the Sixth Form Common Room and limited access to the Library and Coffee Bar. Students who have to remain in school all day because they travel to school on the bus and can't get home any other way, will be able to work in the Common Room and Coffee Bar because there will be fewer students on site all day.

If any sixth former would like to bring their laptop in to school and connect it to the school network then we can arrange to do that so that they can work in the designated spaces. However, each student is personally responsible for the material on their laptop and for the safe, secure use of the equipment in school.

### **Summer activities:**

The Government have decided that summer activities and clubs will be delivered by companies and local authorities that they have identified and provided funding for. Unfortunately, the nearest locations for these Government-funded programmes are in Leeds or Gateshead. They have not asked schools to provide any activities, clubs or academic catch-up programmes this summer and have not provided any funding to allow us to do so if we wanted to or had the capacity to do so.

Cumbria County Council have endeavoured to provide information for parents/carers about any organisations that are providing activities for children and young people.

This information is presented in a leaflet that is attached to the same message as this Newsletter. Hopefully, this information is useful to you.

### **Catch-up and Remote Education plans:**

As you are probably aware, the Government have announced that they are making £650 million available to schools for the delivery of catch-up and intervention programmes for all students. They have yet to announce how much each school will be receiving or how they are calculating this.

They are also allocating a further £350 million for one-to-one tutoring for the most disadvantaged students. They are suggesting that they will select the companies or individuals who will be providing this tutoring. We have no more information than this at the moment, other than it seems likely that most of this tutoring will be online.

We cannot decide upon and fully plan our intervention programme until we know how much money we will be given for this. I imagine we will find this out towards the end of the holiday period. However, we are introducing the Tutorial period in the middle of the day as a way of ensuring that time is allocated for catch-up and intervention that will benefit all. We may decide to supplement this with after school or weekend activities and events at a later date when we discover how much money we will be receiving. However, we believe that this will not benefit all students because not all students will be willing to attend these sessions.

To assist parents and carers in supporting their child/children at home we will be sending you a letter containing a list of the text books and, in some departments, class readers that each department will be using with your child next year. This list will provide you with the titles and ISBN numbers of each book should you decide that you wish to buy some of these texts for your child/ children. I have no expectation that you will do this but we wish to give you the knowledge and the opportunity to do so should you want to. In school text books will have to be used with year group bubbles and we will not be able to afford to buy individual textbooks for every student, although they will have access to some textbooks in their class groups.

In September, teachers will be assessing students on the work that has been set during lockdown in order to find out where the gaps in their knowledge are. We will inform you of the outcome of these assessments during September.

### **Remote Education:**

As you know, our main platform for delivering remote learning has been *Show My Homework*. This has served us quite well and has allowed us to set work for our students and provide feedback. However, over time we have discovered that its capacity for efficient messaging between staff and students is limited as is its capacity for uploading videos and more interactive resources. This has meant that staff have had to use other mediums such as email to post some resources and to communicate with students. This has caused confusion for some students, who have missed resources and messages that have been sent to them because they haven't been checking their school email account.

Although this was rectified during lockdown for most students after I sent a letter reminding them how to access their email account, many had fallen behind due to missing work that had been sent by teachers. This caused stress and anxiety for some students. I want to ensure that this does not happen in future if we have to go back in to a local lockdown.

Therefore, we have decided to move to *Microsoft Teams* for the delivery of our online remote learning. Some staff are already using *Teams* to provide live or pre-recorded video lessons. Although some are using *Zoom* for this purpose, our aim is to transfer all live and pre-recorded lessons to *Teams* from September, as it is as easy to use as *Zoom*. Also, it will allow all recorded lessons to be stored on the same platform for students to review and re-watch at a later date prior to exams as part of their revision. *Teams* will allow all of the necessary elements of remote education to be managed by one platform. We think that this will be more effective and clearer for our students.

Staff are receiving training on how to use *Teams* effectively this week and then again at the beginning of September.

We hope that this is reassuring for you in light of the relative uncertainties of the future.

### **Further Information:**

We will be in contact with you during the summer holiday if Government guidance changes in any aspect. For example, if the rules on face coverings change. We will also be sending you a more detailed summary of the safety measures and organisational changes that will be in place in September.

Mr Bromfield will send out this document later in the holiday.

In the meantime, if you have any urgent questions in response to this newsletter please contact me directly or send an email to the admin address, which will be forwarded on to me.

To conclude, on behalf of the staff of Kirkby Stephen Grammar School, I would like to wish you all, students, parents and carers alike, an enjoyable holiday whatever you are doing or wherever you are going.

Best wishes!



## **List of Text Books for GCSE/Level 2 and A Level/Level 3 Courses, should students wish to have their own book throughout their course:**

### **Art**

There are no text books for Art but GCSE and A Level students do need to ensure they bring their full art pack and resources to every art lesson, this was the pack they purchased in September containing, folder, pencils, watercolour, acrylics, sketchbook, brushes and a few other items.

### **Business Studies**

Edexcel GCSE 9-1 Business, Second edition. ISBN 9781471899355 – Hodder Education publishers  
OCR – Cambridge Technicals Level 3 Business ISBN 9781471874796 - Hodder Education publishers

### **Drama**

#### **GCSE**

Willy Russell Blood Brothers (Methuen Modern Classics, ISBN 978-0413767707)  
AQA GCSE Drama Paperback (Annie Fox) **ISBN-13:** 978-1911208211

### **Drama and Theatre**

#### **A Level**

Sophocles Antigone (The Three Theban Plays, translated by Robert Fagles, Penguin, 1984, ISBN: 0140444254)  
Timberlake Wertenbaker Our Country's Good (Methuen Drama, 1985, ISBN: 978-0413692306)

### **Engineering**

#### **Year 10 and 11 – Level 2**

WJEC Engineering Vocational Award in Engineering Level 1/2. **ISBN-10:** 1912820153

### **English and English Literature**

#### **Key Stage 3 Texts**

Y7: 'War Horse' by Michael Morpurgo ISBN 978-1-4052-2666-0  
Y8: 'Stone Cold' by Robert Swindells ISBN 978-0-140-36251-0  
Y9: 'Our Day out' by Willy Russell ISBN 978-0-435-23301-3  
And 'Of Mice and Men' by John Steinbeck ISBN 978-0-141-02357-1

#### **GCSE texts**

- 'An Inspector Calls' by JB Priestley – Heinemann (ISBN 978-0-435232-82-5)
- 'A Christmas Carol' by Charles Dickens – Heinemann (ISBN 978-0-435124-05-2)
- 'Macbeth' by William Shakespeare – Wordsworth Classics (ISBN 978-1-85326-035-3)

#### **A Level texts**

- The History Boys by Alan Bennet – Faber (ISBN 0-571-22464-4)
- Much Ado About Nothing by William Shakespeare – Pearson/Longman (ISBN 0-582-84871-7)

Other A Level texts will be sorted out with teachers in the Autumn Term.

### **Food Preparation and Nutrition**

#### **GCSE**

AQA GCSE Food Preparation and Nutrition by Collins publishers

## **Geography**

### **GCSE**

Core text - AQA GCSE(9-1) Geography Hodder Education ISBN 978-1-4718-5992-2

Rev Guide - CGP AQA Geography (Although its cheaper for these to be bought from school so I can arrange this later)

### **A-Level**

All students will be provided with a copy of this to look after during their A level. To returned after AQA A level Geography Hodder Education ISBN 978-1-4718-5869-7

## **Health and Social Care**

### **Cambridge Technicals Level 3 Health and Social Care**

Text book: Maria Ferreiro Peteiro, Judith Adams, Mary Riley, Sarah Rogers, Pete Wedlake

ISBN: 9781471874765

### **My Revision Notes: Cambridge Technicals Level 3 Health and Social Care**

Judith Adams

ISBN 978-1-5104-4230-6

## **History**

### **A Level**

Edexcel (Pearson) Paper 1 and 2: Revolution in early modern and modern Europe ISBN: 9781447985327

### **GCSE**

Year 10 - Edexcel (Pearson) GCSE (9-1) History Foundation Early Elizabethan England 1558-88. ISBN: 9781292258324

All GCSE (Yrs 10 and 11)

Edexcel (Pearson) GCSE (9-1) History Foundation Medicine through time, C1250-present ISBN: 9781292258348

Edexcel (Pearson) GCSE (9-1) History Foundation The American West, C 1835-1895 ISBN: 9781292258300

Edexcel (Pearson) GCSE (9-1) History Foundation Weimar and Nazi Germany, 1918-39 ISBN: 9781292258331

## **ICT**

### **Cambridge Technicals Level 3 IT**

Text book: Victoria Ellis, Graham Manson, Sandra Middleton, Maureen Everett -

ISBN: 9781471874918

### **My Revision Notes: Cambridge Technicals Level 3 IT**

Maureen Everett

ISBN 978-1-5104-4231-3

## **Maths**

### **GCSE**

In GCSE Maths we use several different books and so Mrs Dixon would not suggest you try and buy any of these, but recommend that if students want to, they could buy a revision guide – see the links below. The Maths Department also use the on-line resources of: [corbettmaths.com](http://corbettmaths.com), [mathsgenie.co.uk](http://mathsgenie.co.uk), [drfrostmaths.com](http://drfrostmaths.com) and are free and have video tutorials and worksheets.

The Maths Dept also subscribe to justmaths online where you need a password, that will be given to students in September.

**GCSE Maths Edexcel Complete Revision & Practice: Higher - Grade 9-1 Course (with Online Edition)**

MXHS43

**New GCSE Maths Edexcel Complete Revision & Practice: Foundation - Grade 9-1 Course (with Online Edn)**

MXFS41

**A Level Maths**

Edexcel A Level Mathematics - Pure Mathematics Year 2 Textbook + e book

ISBN: 9781292183404

Edexcel A Level Mathematics - Statistics and Mechanics Year 2 Textbook + e book

ISBN: 9781446944073

Edexcel AS and A level Mathematics - Pure Mathematics Year 1 / AS Textbook + e book

ISBN: 9781292183398

Edexcel AS and A Level Mathematics - Statistics and Mechanics Year 1 / AS Textbook + e book

ISBN: 9781292232539

**Media**

Publisher - Illuminate

Media GCSE: WJEC/Eduqas GCSE Media Studies

ISBN: 1911208489

AS LEVEL: WJEC/Eduqas Media Studies for A Level Year 1 & AS

ISBN: 1911208101

A LEVEL: WJEC/Eduqas Media Studies for A Level Year 2 & A2

ISBN: 191120811X

**Music**

GCSE Music AQA Complete Revision & Practice (with Audio CD) - for the Grade 9-1 Course (CGP GCSE Music 9-1 Revision) [https://www.amazon.co.uk/dp/1782946144/ref=cm\\_sw\\_r\\_oth\\_api\\_i\\_jaSdFbPP3R01Q](https://www.amazon.co.uk/dp/1782946144/ref=cm_sw_r_oth_api_i_jaSdFbPP3R01Q)

**PE Theory**

GCSE PE - OCR GCSE Physical Education **ISBN978-0-19-842377-5** (Matthew Hunter)

A Level Y1 - OCR A Level - PE for A Level Year 1 Includes AS **ISBN 978-147-1-85173-5** (Hodder Education)

A Level Y2 - OCR A Level - PE for A Level Year 2 **ISBN 978-147-1-185174-2** (Hodder Education)

**Science**

For A Level Science, you will be provided with your own text book that you can keep for the duration of the course.

**GCSE**

These books are published by CGP and can be obtained by [cgp.co.uk](http://cgp.co.uk)

Triple sciences (i.e. individual Biology, Chemistry and Physics GCSEs)

PATB42 GCSE Physics for AQA: student book  
BATB42 GCSE Biology for AQA: student book  
CATB42 GCSE Chemistry for AQA: student book

Combined Science (all 3 science areas have a separate book)

SCBAT41 GCSE Combined science for AQA biology student book  
SCPAT41 GCSE Combined science for AQA physics student book  
SCCAT41 GCSE Combined science for AQA chemistry student book

These books can be bought more cheaply via the Science Dept in September if you prefer to wait.

## **Sociology**

### **A Level**

Y12 Sociology Textbook is:

ISBN: 978-0-9540079-1-1

Napier Press

AQA A Level Sociology Book One Including AS Level

## **Spanish**

AQA GCSE Spanish Higher Student Book  
(Oxford)

ISBN: 978 019 836585 3

Cost is £24.99 direct through Oxford University Press.



# School Summer Holidays 2020



## Eden

To make it easier for parents who are looking for childcare and activities for their children over the summer break, the Local Authority and partners have pulled together this list of available services and activities.

This list will be updated on a weekly basis during the summer holidays as we get more information and is available on our website at <https://www.cumbria.gov.uk/childrensservices/childrenandfamilies/cfis>.

If you have information about activities to add to the list, please contact [childrens.information@cumbria.gov.uk](mailto:childrens.information@cumbria.gov.uk).

Follow us on Facebook [@ChildrenandFamiliesInformationService](https://www.facebook.com/ChildrenandFamiliesInformationService) for more information and ideas.

*Please note that Cumbria County Council are not the organiser of the advertised events and the information contained in this publication is for information purposes only. Where we provide information about external organisations or services providers, we are not able to offer a guarantee on the quality of their services.*



## Childcare and holiday clubs

### Multi-Sports Carlisle Camps

Downagate Community Centre

30-31 July 2020 and 06-07 August 2020

09.00am – 3.00pm

Age Range 5 to 13

For more information and booking please see

<https://multi-sports.co.uk/collections/frontpage/products/carlisle-camps>

### Bolton Nursery

Appleby-in-Westmorland

Available from 20 July 2020

Sessions 08.00am - 4.30pm

Age Range 4 to 11

017683 62468

[bolton-nursery@btconnect.com](mailto:bolton-nursery@btconnect.com)

## First Class Kids

### Penrith

Available from 27 July 2020

Sessions 08.00am - 5.30pm

Age Range 4 to 11

01768 894078

[firstclasskids@btconnect.com](mailto:firstclasskids@btconnect.com)

We offer a wide range of activities mainly being outdoor, baking and craft activities.

## Kiddlywinks - The Meadows Day Nursery and Holiday Club

### Penrith

Available from 20 July 2020

Sessions Mon – Thurs 08.00am - 5.30pm

Age Range 4 to 8

01768 210500

[karenjames2000@btinternet.com](mailto:karenjames2000@btinternet.com)

## Muddy Boots Nursery

### Penrith

Available w/c 20 July only

Sessions 08.00am - 5.00pm

Age Range 3 to 7

01768 868080

[ggarvey@sky.com](mailto:ggarvey@sky.com)

Outdoor play, Forest Schools

## Shining Stars Nursery

### Appleby

Available from 20 July 2020

Sessions 08.00am - 6.00pm

Age Range 0 to 5

017683 53333

[shiningstarsnursery@btconnect.com](mailto:shiningstarsnursery@btconnect.com)

## The Outward Bound Trust Adventure Days

Available during August

Age Range 11-17

**FREE** to those who are eligible to free school meals (£30 per day for others)

Held at the Ullswater Centre, Watermillock, Penrith, CA11 0JL

For more information and to register your interest:

<https://www.outwardbound.org.uk/adventure-days#adventure-days-interest-form>

## 54 Degrees Sport

### Summer Sports Camps

#### Beaconside Primary School, Penrith

Three day sports camps for children aged 5 to 13.

Camp 1 – 21, 22 and 23 July 2020

Camp 2 – 28, 29 and 30 July 2020

Camp 3 - 18, 19 and 20 August 2020

Sessions 08.45am to 3.15pm.

For further information and to book see

<https://www.facebook.com/54DegreesSport>  
or call 07717 378879.



# Food

## Shap FareShare

Co-ordinated by Pauline Harron  
07538 587613

A list of food available is sent out to all households via email and letters through doors with telephone numbers for orders. All orders are bagged up and distributed by volunteers. Vulnerable households are prioritised, orders are then delivered on a first come first served basis.

## Kirkby Stephen FareShare

Co-ordinated by Conrad Lynch  
07887 587613  
[conradlynch@outlook.com](mailto:conradlynch@outlook.com)

If anyone would like to access a food donations, they must email or telephone Conrad and register their details. All households registered will receive a weekly donation, unless they call to cancel. Geographical remit for deliveries is Kirkby Stephen and Upper Eden.

## Milburn FareShare

Co-ordinated by Russell & Debbie Lynch  
01768 61867

All food is laid out in village hall on Thursday and Friday for collection by Milburn residents between 8am – 8pm. A list of food is emailed to all residents on a weekly basis.

## Penrith Salvation Army Food Bank

Alan & Carole Donaldson  
01768 866732  
[penrith.corps2@salvationarmy.org.uk](mailto:penrith.corps2@salvationarmy.org.uk)

Referral only.

The Coronavirus Emergency Support Helpline can assist with food referrals.  
Call 0800 783 1966 or see  
<https://cumbria.gov.uk/coronavirus/helpline.asp>.

## Upper Eden Food Bank

07596 690902  
[upperedenfoodbank@gmail.com](mailto:upperedenfoodbank@gmail.com)

Referral only.

The Coronavirus Emergency Support Helpline can assist with food referrals.  
Call 0800 783 1966 or see  
<https://cumbria.gov.uk/coronavirus/helpline.asp>.

## Alston Moor Food Bank

07890 345901  
[alstonfoodbank@gmail.com](mailto:alstonfoodbank@gmail.com)

Referral only.

The Coronavirus Emergency Support Helpline can assist with food referrals.  
Call 0800 783 1966 or see  
<https://cumbria.gov.uk/coronavirus/helpline.asp>.



# Support services

## Your Voice Advocacy

### Carlisle Eden Mind

One-to-one advocacy for young people who are experiencing issues that are impacting on their mental wellbeing. Currently delivered remotely via video, telephone or messaging.

<https://cemind.org/our-services/children-and-young-people-services/>

[enquiries@yourvoicecumbria.org](mailto:enquiries@yourvoicecumbria.org)

0300 0120103 (24-hour voice mail service)

## Together We Talk

### Together We CIC

Together We Talk offers FREE 1:1 and group work including mental health support, counselling and CBT. We help individuals take back control over their mental and physical health and wellbeing.

Online sessions for ages 11+.

You can self-refer at

[www.togetherwe.co.uk/referral](http://www.togetherwe.co.uk/referral)

[referral@togetherwe.co.uk](mailto:referral@togetherwe.co.uk)

0808 196 1773

<https://en-gb.facebook.com/togetherwecic/>

## Eden 0-19 Child and Family Support Service

Interactive digital sessions for **children and families**. Suitable for children aged 0-12 years and will include:

- Supporting you and your children to be school ready
- Family Decider Skills
- Interactive Story Times
- Solihull Parenting Course
- Virtual Picnics
- Family Time for First Time Parents

Healthy Snacks in School Holidays (live on Facebook) - 27 July until 24 August 2020, 3.00pm-4.00pm

Interactive Arts and Crafts (live on Facebook)  
For children aged 5 – 12 yrs  
Every Wednesday afternoon, 29 July until 26 August, 2.00pm – 3.00pm

For more information call 01768 899901 or email [enquiries.eden@barnardos.org.uk](mailto:enquiries.eden@barnardos.org.uk) to register with us and be added to our newsletter distribution list, or see the [Facebook page](#).

## E-School Nurse Clinic

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

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 visit [www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19) or call 0300 30 34 365 for an appointment.



## 0-5 Health Visiting Service

Offer a wide range of support and advice for families with 0-5 year olds including baby clinics, behaviour, growth and development, immunisations, minor ailments, nutrition, and support groups.

We can also connect you with other agencies if you need advice or support around housing, benefits or debt.

Contact your local team:

Alston: 01768 245615

Appleby: 01768 354964

Kirkby Lonsdale: 01524 279177

Penrith: 01768 245615

## Kooth

[Kooth.com](https://www.kooth.com)

A web-based confidential support service available to young people aged 11 to 18.

A safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Offers text-based conversations with a qualified counsellor.

Counsellors are available from 12.00pm to 10.00pm on weekdays and 6.00pm to 10.00pm at weekends, every day of the year.

Young people can access regular booked online counselling sessions as needed.

Outside counselling hours' young people can message our team and get support by the next day.

## The Decider Life Skills Course Barnados 0-19 Child and Family Support Service

Starting every Tuesday on 28th July until 1st September, 1:00pm – 2:30 pm

The Decider Skills are Cognitive Behavioural Therapy based skills that are effective, fun, memorable and easy to use. The skills are designed to help us to be more resilient, resourceful, responsible, robust and respectful. They help us to monitor and manage our own mental health, improving our emotional intelligence and promoting positive brain function, attitudes and habits.

Email [enquiries.eden@barnardos.org.uk](mailto:enquiries.eden@barnardos.org.uk) to book your place or find more details on Facebook <https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/>

## Solihull Approach Parenting Group

Barnados 0-19 Child and Family  
Support Service

Starting on Thursday 30th July, 1:00pm – 2:30 pm

The Solihull Approach Parenting Group includes a range of strategies to enhance parent/child relationships. Activities are designed to encourage a reflective style of parenting that leads to more sensitive and effective parenting. Parents are also helped to understand how they can influence their relationship with their child through play.

The group is designed to help parents identify their own objectives. With families helping each other, this is for any family or friend and not just parents.

Email [enquiries.eden@barnardos.org.uk](mailto:enquiries.eden@barnardos.org.uk) to book your place. You can access this independently or have a link worker to talk through the sessions.

## School Readiness

### Barnados 0-19 Child and Family Support Service

Starting on Thursday 30th July until 27th August, 1:00pm – 2:00pm

Our School Readiness sessions will be 5 pre-recorded videos that will take you through some of the steps that you and your child can do over the summer to help prepare them for the going to school. The sessions will include tips on supporting with self-help skills - can they put on their coat and use a knife and fork? Do they follow a routine such as washing hands before lunch? There will also be other practical tips to help get them and you ready for school.

Available via our Facebook page at <https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/>

## First Time Parents Sessions

### Barnados 0-19 Child and Family Support Service

Starting on Monday 27th July until 24th August, 10:30am -11:30am

Our First Time Parents sessions will run over 5 weeks looking at a range of topics including: Infant Massage, where we will share with you the benefits of Infant Massage; Five to Thrive sharing the 5 most important things to encourage your babies development and strengthening your early bonding; Baby Play where we will look at how you and your baby can play together in those early months.

Email [enquiries.eden@barnardos.org.uk](mailto:enquiries.eden@barnardos.org.uk) to book your place.

## Inspira

Careers support and guidance for GCSE and A Level results. Whether you are worried about your grades or still not sure of your next step, our experienced advisers will be on hand to help.

We will be available digitally and for 1:1 appointments. We will be live on Facebook, and our Barrow, Carlisle and Workington centres will also be open.

See <https://www.inspira.org.uk/careers-advice-on-results-day> or call 0345658 8647 @inspiraforlife

For a comprehensive list of support services in your area please see the latest Eden Support Directory at <https://www.cumbria.gov.uk/coronavirus/communities.asp>.



# Activities and events

## Spy Mission Treasure Trail Penrith

Are you looking for something to do with family and friends or seeking a fun day out with the kids in Penrith?

Then why not explore Penrith on this self-guided Spy Mission themed Treasure Trail.

£9.99 available at

<https://www.treasuretrails.co.uk/things-to-do/cumbria/penrith>

## Euphoric Circus Sessions

This summer we plan to deliver 1-2 hour outdoor general circus workshop sessions to a maximum number of 6 participants at a time.

Sign up to the mailing list to receive more information:

<https://www.surveymonkey.co.uk/r/R97DPMN>

Or find more information at

<https://www.facebook.com/euphoriccircustraining>

## Appleby Eden Cricket Club 5-8 years

Tuesday evenings 18:00-19:00

### 8-11 years

Tuesday evenings 19:15-20:30

### Under 13s coaching

Thursday evenings 18:00

### Under 15s coaching

Monday evenings 18:00

<https://www.facebook.com/Appleby-Eden-Cricket-Club-169586439801875/>

## NCS

Want to do something good for your local community but don't know where to start?

If you can spare 16 hours (or even more) over July and August, why not donate them to a volunteering project in your local area? Sign up on our website and we'll be in touch to let you know about the opportunities near you. You can even decide what your local community needs and set up a social action project of your own.

If you're 15-17, find out how you can get involved and sign up at [WEARENCS.COM](http://WEARENCS.COM)

## Active Cumbria

Various online activities for all ages.

<https://www.activecumbria.org/behealthybeactive/stay-work-out/>

<https://www.activecumbria.org/behealthybeactive/physical-activity-search/>

## Virtual Picnic

### Barnados 0-19 Child and Family Support Service

Tuesday 11th August and Thursday 20th August, 11:45am – 12:45pm

Available via our Facebook page at

<https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/>

## Healthy Snacks in the Summer Holidays

### Barnados 0-19 Child and Family Support Service

Starting on Monday 27th July until 24th August, 3.00pm – 4.00pm

For 5 weeks we will be bringing you Facebook live sessions that will be fun and interactive that will show you how you and your child can make fun and exciting snacks together. We will be introducing you to Cumbria's Healthy Pledge and Change 4 Life resources with some Freebies, and explore the 100 calorie snacks that are quick and easy to make and hidden sugars.

Available via our Facebook page at <https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/>

## Interactive Story Time

### Barnados 0-19 Child and Family Support Service

Every Friday Morning, 31st July until 28th August, 10.00am -11.00am

Each week there will be a different story and activity ideas for you to share at home. There will also be themed song and rhymes too. By spending time together reading you will be helping your child to know sounds, words and language as well as develop early literacy skills. For older children you will help them to spark their imagination and curiosity.

Parents and children are required to participate in the session.

Available via our Facebook page at <https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/>

## Interactive Arts and Crafts

### Barnados 0-19 Child and Family Support Service

Every Tuesday Afternoon, 28th July until 25th August, 2.00pm – 3.00pm for ages 0-5.

Every Wednesday Afternoon, 29th July until 26th August, 2.00pm – 3.00pm for ages 5-12.

Each week we will be sharing a different craft idea with you that can be done in the home or outside. It will be an opportunity for you and your children to have some fun together while developing their creativity. These sessions will support your children's fine motor skills and enhance their hand eye coordination.

If you would like support with a play pack, please contact us as soon as you know so we can arrange delivery of resources that will help you take part.

Available via our Facebook page at <https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/>

## Happy Hooves Riding Centre

The Coach House, Skirsgill Lane, Eamont Bridge, Penrith Cumbria CA10 2BQ

01768 862153/07939240214

[www.happyhoovesridingcentre.co.uk](http://www.happyhoovesridingcentre.co.uk)

### Own a Pony for the Day

Available weekends and in the school holidays

Learn all about stable management of horses and ponies and become more confident when around them. Includes a riding lesson and hack out up the quiet lane and Mr Williams our Horse simulator.

£40.00 (Full Day 9.30am to 3.00pm) / £25.00 (Half Day 9.30am-11.30pm OR 1.00pm-3.00pm)

### Ride and Groom

Meet the ponies, groom the ponies, plait the manes and tails, put on sparkly hoof polish and learn all about them. Then half an hour hack adults can ride alongside their children too with an extra charge of £10 pp. £25.00 (pp) (1Hour)

### Half Hour Family Hack

The family can enjoy a lovely gentle ride alongside the river lead reins provided, from 2 years upwards. £18.00 (pp) (1/2 Hour)

If you require this document in another format (e.g. CD, audio cassette, Braille or large type) or in another language, please telephone

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，请致电

Jeigu norėtumėte gauti šią informaciją savo kalba, skambinkite telefonu

W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer

Se quiser aceder a esta informação na sua língua, telefone para o

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen numaralı telefonu arayınız