



TJS Newsletter - 18 September 2026

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Attendance Matters





Our target is for attendance to be around 96%; the attendance for last week was 98.48% and for this week was 97.3%.

Keeping You Informed About Your Child's Progress



This academic year, we will be changing the way we report to you, including the times of year when you will receive updates about your child's progress. We have carefully considered how we can provide you with clear, meaningful and regular information about your child's learning and development throughout the year.

Throughout September, we have been holding our year group 'Parents' Information Evenings', giving you the opportunity to find out about your child's year ahead, the curriculum they will be learning and how you can support them at home. So far, we have been really pleased with the fantastic number of parents, carers and children who have attended these meetings. Our final meeting will be for Year 3 parents and carers on Monday 21st September 2026 at 5.00pm in the school hall.

Following each meeting, the information will also be made available to you through your child's Dojo Class Story, so that you can refer back to it throughout the year.

We will then hold Parents' Evenings on Thursday 14th January and Thursday 21st January 2027, when you will have the opportunity to meet with your child's teacher and receive an update on their progress, attainment, attitude to learning and behaviour.

At the end of the Spring Term, on Thursday 25th March 2027, you will receive a written mid-year report from your child's teacher, providing a further update on your child's progress.

Finally, in July, we will be delighted to invite you to our 'Book Look' event on Thursday 8th July 2027, from 3.30pm–4.30pm. This will be an opportunity to come into your child's classroom at the end of the school day and look through their books, celebrating the progress, learning and achievements they have made throughout the year.

Please remember that communication with school is always open throughout the year. If you have any questions, concerns or queries about your child's learning or progress, you are very welcome to contact your child's teacher. We value working closely with you and want to ensure that you feel informed, involved and supported throughout your child's time with us.

With regards

Dawn Maxwell

School Policies Updated



Our Whole School Behaviour Policy and Procedures and the Governors' Statement of Behaviour Principles have both been reviewed and updated. Policies can be viewed on our school website.

https://www.thomlinson.cumbria.sch.uk/information/behaviour_and_conduct/behaviour_and_conduct.html

NHS Advice re Help Available

We have been asked to share the following information with you. This provides information to ensure families know about the support that is available to them

Self Esteem Low Mood Bullying Behaviour Toileting Sleep

Virtual Clinics for children aged 5-11 Years

Emotional Health & Resilience Clinic

We can help your child feel heard, build resilience, and grow with confidence if they are struggling emotionally.

School Nurse Clinic

We're here to help with any concerns about your child's sleep, toileting, diet, or development—supporting them to grow feeling comfortable, confident, and happy.

Ring or email to book a consultation on 0300 304 9029 hdtft.spoc0-19cumberland@nhs.net

Anger Anxiety Worry Diet Development

Self Esteem Low Mood Bullying Behaviour Relationships Friends

Virtual Clinics for Young People aged 11-19 Years

Emotional Health & Resilience Clinic

Feeling overwhelmed or just not yourself lately? We're here for you. We'll actually listen, help you bounce back, build confidence and feel good again.

School Nurse Clinic

Got Questions about life stuff? Whatever you're dealing with, we're here to help you feel confident, supported, and happy.

Ring or email to book a consultation on 0300 304 9029 hdtft.spoc0-19cumberland@nhs.net

Anger Anxiety Worry Puberty Drugs & Alcohol Sex Ed

Anxiety Building Emotional Resilience Self Esteem

5-19 Emotional Health and Resilience Service

Ring or email to book a consultation 0300 304 9029 hdtft.spoc0-19cumberland@nhs.net

As a service we are visible, accessible, and work to build resilience among children and young people.

We can provide you with the tools to cope in challenging and difficult times, to reduce the risk of poor mental health.

Please note that we offer a tier 1 brief intervention around emotional health. If you are experiencing a mental health crisis please contact NHS 111 option 2

Your journey starts with us listening to your voice leading to an assessment of your needs and agreed goals.

Worry Low Mood Anger

Dogs



Please can we remind you that dogs are strictly not permitted in school grounds. Please do not bring them with you when collecting children after school. If you must bring them with you, please arrange to meet your child outside of school grounds.

Outdoor Gym & Play Equipment



Please do not allow younger children to play on any of our play equipment or outdoor gym after school. The equipment is not designed for younger children and may not be safe for them to use.

Younger children must be closely supervised and stay with their adult at all times in our school grounds please. They should not be riding scooters or bikes in our playground, please ask them to walk and push their scooter or bike.

We would appreciate you sharing this message with anyone who collects your child after school.

Year 6 Careers Event at NTS



Our Year 6 pupils have been invited to attend a Careers Event at The Nelson Thomlinson School in the afternoon during school time on Wednesday, 23rd September. They will be accompanied by our Year 6 staff and will be back before the end of the school day.

School Trips - Form C



We have sent parents and carers of children in Year 5 and 6 a Form C on Parentmail for completion. This will be used for school trips during the school year. Thank you to everyone who has already completed their child's Form. Please can any remaining forms be completed urgently. Year 4 have previously had their Form C as part of a trip permission. Year 3 will be sent one soon together with information regarding a future trip.

It is extremely important that you complete EVERY question of the form. Some questions that tend to get missed are what pain relief your child may be given and the date of their Tetanus injection. Please also remember to include anything your child may suffer from seasonally, e.g. hayfever etc. The Tetanus injection is usually given with pre-school boosters – it is important that we have the exact date of this, as we have to record this on our risk assessment to get the trip approved by Cumberland Council. This means that if your child has an accident whilst attending a trip, medical professionals can be advised of the date and a decision can be made whether another injection needs to be given in the case of an injury. This information can be found in your child's 'red book' or you can obtain it from your GP.

We are requesting these now, at the start of the school year, to reduce the amount of paperwork you need to complete when your child is due to go on a trip, therefore your support would be appreciated.

Year 6 London Trip



Please can we ask that all London Trip £50 deposits are paid by 30th September. This is available to pay on Parentmail.

Remaining payments for the balance will be set up in due course.

Thank you to those who have already paid.

Free School Meals



Eligibility changes from the 2026 to 2027 school year

From the start of the 2026 to 2027 school year, the Department for Education (DfE) introduced new eligibility rules for free school meals. Under the new rules, children in households receiving one or more elements of Universal Credit are entitled to free school meals.

A new national application system has been introduced to support this change. We can now accept applications under the new eligibility rules.

Who can get free school meals

Free school meals are available to statutory school-aged children who attend full-time education.

This does not include children in private nurseries or further education colleges.

Eligibility based on benefits you receive

Your child may be able to get free school meals if you receive:

- income-related Employment and Support Allowance (ESA)
- support under Part VI of the Immigration and Asylum Act 1999
- guaranteed element of Pension Credit
- Universal Credit

Eligibility based on benefits your child receives

Some children can get free school meals if certain benefits are paid directly to them rather than to a parent or guardian.

Any child receiving Income Support or income-based Jobseeker's Allowance (JSA) in their own right is entitled to free school meals.

Please refer to the Cumberland Council's website for further details, and to apply if you have not already done so:- <https://www.cumberland.gov.uk/schools-and-education/free-school-meals-clothing-vouchers-and-activities/free-school-meals-and-clothing-vouchers>

If your child becomes eligible, we cannot provide free school meals until we are notified by Cumberland Council, therefore the sooner you apply, the sooner we can start providing free lunches for your child.

Year 6 - Transfer to Secondary School in September 2027



Information has been sent home with Year 6 pupils regarding applying for their Secondary School place for September 2027 together with a prospectus from The Nelson Thomlinson School. The online portal is available for applications until 31st October.

Please use the following link to apply for your child's place:-

<https://www.cumberland.gov.uk/schools-and-education/apply-school-place-or-change-schools/apply-secondary-school-place>

Nasal Flu Vaccinations



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 friends and family
- 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

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

For more information visit
www.nhs.uk/child-flu

Nasal Flu Vaccinations will be available to all pupils in school on Thursday, 24th September 2026, as long as you have completed their consent.

It is essential that you respond for your child to confirm whether, or not, you give permission for your child to be given the vaccination. Please see the letter sent by Parentmail.

Please complete the online portal as soon as possible - YOUR SCHOOL CODE IS CM112125.

The link to complete is

<https://www.cumbriaschoolimmunisations.co.uk/Forms/Flu?schoolcode=CM112125>

We sent text reminders to those who had not responded earlier this week. We still have 17 children left to reply.

Thank you.

Lost Property

LOST PROPERTY



Last week, we had a number of school sweatshirts, PE hoodies etc found around school, and none of these were named. It is very difficult for us to reunite lost property with the correct child if items aren't named.

Please could we ask that you take the time to ensure that all items of uniform are named.

As you may be aware, written names do fade quickly. One good solution is to get printed labels. We have an association with 'My Name Tags' and any orders they receive also raise a small amount of money for our PTA.

Further details can be found on the following website:- <http://www.mynametags.com/> using the **School ID 20755** (please insert the school id at the checkout page/delivery address).

Thank you for your support.

Eye Tests for Children



We have been informed by the North Cumbria Local Optical Committee that school eye screening has been paused in Cumberland. This is not something that has previously been done with Junior School aged children. However we have been asked to remind everyone that a large proportion of optical practices in North Cumbria offer free NHS eye tests for children under 16, and this includes an NHS voucher for glasses where necessary. Please remember to book your child(ren) in for regular sight tests, to ensure that they can access the necessary care if required.

Year 6 Young Voices Trip



We would like to remind parents of Year 6 pupils who have signed up for the Young Voices 2027 event that the £20 deposit was due to be paid by 4th September. We did send text reminders regarding this last week.

The remaining £30 balance is due by 30th September.

Thank you to everyone who has paid so far. Please can any remaining deposits be paid urgently and the balance by 30th September.

If your child is no longer wanting to take part, please inform the school office urgently.

Thank you.

North Lakes Foodbank Harvest Appeal



NORTH LAKES foodbank **School HARVEST Appeal 2026**

**HELP SUPPORT YOUR LOCAL COMMUNITY
WITH A FOOD HARVEST COLLECTION**

PLEASE HELP
Our school appeal this year is called
SHARING Together
Nothing makes a community stronger
when we look out for one another.
Please help by donating any of the
food items listed.

HARVEST SHOPPING LIST
Milk UHT full fat
Fruit Juice UHT 1 litre
Tinned Meat
Dried Pasta (500g)
Dried Rice (500g)
Sponge Pudding
Tinned Tuna
Tinned Fruit
Jam
Tinned Veg
Tinned pasta e.g. Ravioli
Pasta Sauce
Tinned Custard
Tinned Rice Pudding
Baked Beans
Cereals (300 to 500g)
Instant Mash (single packets)

Young Voices
Please help if
you can.
THANK YOU!

North Lakes Foodbank, Lorton Street Methodist Church, Lorton Street, Cockermouth CA13 9RH.
For more information contact Stuart Christian
email: stuart@thefoodbank.org.uk Tel: 07733338352
Charity Number: 1067541
Need help with food? Go to www.thefoodbank.org.uk/get-help

Trussell
Ending hunger together

Advance notice - we will once again be supporting the North Lakes Foodbank with their Harvest Appeal. Details of what items they can accept are detailed here. We will let you know the dates when we will be accepting donations in due course.

Birthday Cakes and Treats



We would like to remind parents and carers that we do not permit children to bring in cakes, biscuits or treats for their classmates. We have too many children with a range of allergies, therefore we would appreciate it if you would refrain from sending anything in with your child to share with others. Thank you for your support.

Year 4 Trip to The Roman Army Museum & Vindolanda



Please can any remaining payments for the Year 4 Trip to The Roman Army Museum & Vindolanda be made as soon as possible. Thank you to everyone who has already paid.

School Photos

TEMPEST
P H O T O G R A P H Y

The Tempest photographer will be in school on Friday, 16th October. Photographs will be taken of individual children, and with their sibling(s) in our school. Family photographs with children who do not attend our school will also be available this year.

If you wish to bring siblings along, we expect the photographer will be available from around 8.15am onwards in the school hall (entrance via the side door). This can take some time, depending on demand. Children should arrive at school wearing their normal school uniform. If they have PE that day, they should bring their PE kit with them to change into after their photograph has been taken.

Celebration Assembly & Sport Events



Well done to everyone who received a certificate last week or this week. Photographs of the recipients and details of recent Sport Events are published on ClassDojo.

If you do not have access to ClassDojo please let us know and we will arrange for login information to be sent to you.

Dates for Your Diary

21 September	Year 3 Parents Information Meeting in school hall 5pm
23 September	Year 6 Careers Fair at NTS during school time
24 September	Annual Nasal Flu Vaccinations for pupils
29 September	Year 4 Trip to The Roman Army Museum & Vindolanda
1 October	Carlisle Schools' Cross Country at The Sheepmount
6 October	Year 6 REACT Science Show at Lakes College
13 October	Year 5&6 Carlisle Schools' Boys Football at Harraby 3G
16 October	Tempest Photographer in School – Individual & Family Photos
22 October	Year 5&6 Carlisle Schools' Girls Football at Harraby 3G
26 to 30 October	Half Term
5 November	Year 5&6 Carlisle Schools' Sports Hall Athletics at Harraby
9 November	Year 3 Stone Age Trip to Stocks Wood (class & details to follow)
11 November	Year 3 Stone Age Trip to Stocks Wood (class & details to follow)
12 November	Year 3&4 Carlisle Schools' Sports Hall Athletics at Harraby
14 December	School Carol Service in St Mary's Church at 1.45pm
18 December	Last day of Autumn Term – Early Finish 1.45pm
21 Dec to 4 Jan 2027	Christmas Holiday
5 January 2027	Children back to school for Spring Term
15 to 19 February 2027	Half Term
25 March 2027	Final day of Spring Term – Early Finish 1.45pm
26 March to 9 April 2027	Easter Holiday
12 April 2027	Children back to school for Summer Term
27 to 28 April 2027	Year 4 Residential to Beamish & Life Science Centre, Newcastle
3 May 2027	Bank Holiday
10 to 13 May 2027	Year 6 SATS
25 to 27 May 2027	Year 6 London Residential
31 May to 4 June 2027	Half Term
10 to 11 June 2027	Year 5 Residential to Muncaster Castle
16 July 2027	End of Summer Term – Early Finish 1.45pm
19 July to 1 Sept 2027	Summer Holiday
6 September 2027	Start of Autumn Term 2027

Contact Us



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²<https://www.thomlinson.cumbria.sch.uk/>