BEST START IN LIFE | UK Government
'RISE' Lead School

"Mighty oaks from little acorns grow"

HAYTON CHURCH OF ENGLAND PRIMARY SCHOOL

16th October 2026: End of week 6

Information and Reminders

OAKWOOD Outdoor Learning—please note the CHANGE OF DAYS to WEDNESDAY & THURSDAY FOR THE COMING WEEK.

THANK YOU!

Thank you so much to the PTA for 2 fabulous Discos which the children have really enjoyed. We appreciate all your time and efforts you all put into making these so successful.

Autumn Term Parents' 'Check-in' Settling in meetings:

A letter was sent out to all parents on Wednesday explaining some slight tweaks we are making to Parents Meetings this term. If you only require a five minute 'check-in' with the class teacher, please book your appointment on Arbor. If you require a longer slot to discuss something in more detail, please complete the Microsoft Forms—the link and QR code were on the letter.

Harvest Festival

The school Harvest Festival will be held in church on 23rd October, officiated by Reverend Rory and well supported by our children. This year we are supporting Brampton Foodbank and 'Sunbeams Music' in Penrith. If you would ike and are able, we ask for a donation of either non-perishable foods OR unwanted books and jigsaws—please see the attached poster. Thank you for your support.

Watch our NEW SCHOOL VIDEOS!

https://shorturl.at/fSoJ9

We have two videos which have been made to show what it is like to come to our school. They are on the school website—'About us' 'Watch us in action—just click play' and we have shared them on our Facebook page. We hope you enjoy them!

'NUTS' about Reading Years 3 and 4

We have joined in with the Library Services' Autumn Term Reading Challenge—'Nuts About Reading'! We have bought multiple copies of the recommended books and there are sets in both classrooms. Each Year 3 and 4 child will have a passport to complete once they have read each of the books—good luck and enjoy!

Donna Lund - Trauma Specialist

Please see the flyer attached. Mrs. Thompson met Donna Lund at a conference earlier this week and was impressed by what she offers to children and families. 'Trauma' can manifest itself in many forms within children and, if you child is struggling, she may well be someone who could offer support and advice—you can find her on Facebook and her contact details are on her flyer.

Diary Dates

Sunday 18th Oct - 11:00
Hayton Church Harvest Festival with the Bishop. All are invited

Monday 19th and Tuesday 20th October—Parents' Check in meetings

Mon 19th - Fri 23rd October
Walk to School Week

Friday 23rd Oct
Whole School Harvest Festival 14:30 start

Fri 23rd Oct
Half term

Mon 2nd Nov
Back to school

6th Nov
PTA Bingo Night

Week beg 16th Nov
Swimming lessons Oakwood HT

Week beg 23rd Nov
Swimming lessons Oakwood CC

4th Dec—PTA School Christmas Fair

Thur 17th Dec 2026
SANDS Centre Pantomime R-Y6

Thur 17th Dec 2026
Nursery Christmas party

Fri 18th Dec—end of term
School Finishes at 14:30
No ASC

SUPERKIND SOCIAL IMPACT SCHOOLS AWARD

Proverbs 22: 6 *"Start children off on the way they should go, and even when they are old they will not turn from it. "*

Ofsted Outstanding in all areas.

PTA Dates:
Please see the attached flyer for up-and-coming dates. Thank you

Call-out for choristers
A message from Ian Wicks, Director of Music at Carlisle Cathedral:
"We will be holding a 'Be a Chorister for a Day' (BACFAD) event on Saturday 28 November 10.00 - 4.00pm. This will be an open day at which boys and girls and their families come to the cathedral to experience being a chorister, learn some music with the current choristers and sing with them in Evensong at the end of the afternoon. Parents would have their own programme of tours and a Q&A session where we can tell them about life as a chorister. Hopefully everyone has a great day and they leave wanting to come back and find out more and have a voice trial. Posters and leaflets about BACFAD will be available soon."

ADHD and Homework Free Talk

Please see the attached poster regarding this.

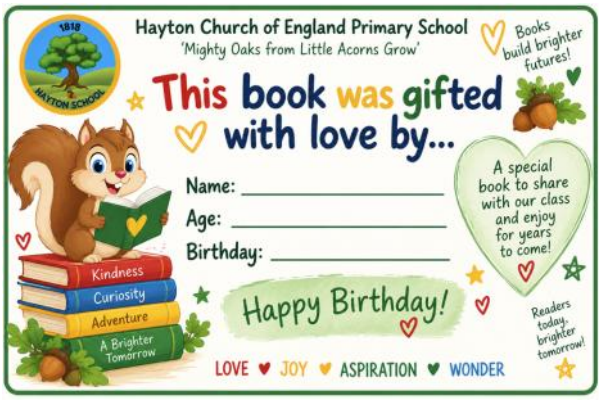
Toys and Precious items in School
A reminder that toys and precious items should not be brought into school as they may get broken or get lost. Please keep them safe at home.

Daffodil Vouchers for Houghton Hall

If you get a voucher through your door and are not going to use it, please could you donate it to our After School Club for their gardening. The new regulations at Houghton Hall say that each voucher must have a postcode so please could you write your postcode on it. Please do not put names or full address just your postcode. After School Club are very grateful for the vouchers they have received so far. Thank you.

Birthday books

We've had birthdays in school already and some lovely book donations—thank you so much!
For those who may need a little inspiration, we have made a 'wish list' which you can find on our website here:
https://www.hayton.cumbria.sch.uk/haytonlovesreading



PE Kits

Your class teachers will be sending out individual information in the very near future regarding all things class related. Across the whole school, PE will take place between Mondays and Thursdays so please ensure your child has their PE kit in school with them **ALL WEEK.**

Nursery Places

Our current and future Nursery places are proving to be incredibly popular. If you or someone you know has a child who is due to start Nursery in the next year, please sign/add their name to our list as soon as possible as places for Nursery are limited. Thank you.



Outdoor Learning

Please Note that Outdoor Learning takes place on a Wednesday, Thursday or a Friday this term.

Please send them in with suitable outdoor clothing to change into at lunchtime.

For Acorns Class they should come into school in their Outdoor Learning clothes with appropriate waterproof/warm clothing.

Outdoor Learning Timetable — Autumn Term			
Week beginning:	**Wednesday**	**Thursday**	**Friday**
19-Oct-2026	**OAKWOOD MH Y4/5**	**OAKWOOD TT Y5/6**	
26-Oct-2026			
02-Nov-2026	**SAPLINGS Y1/2**		**SAPLINGS Y2/3**
09-Nov-2026	**ACORNS**		
16-Nov-2026		**SAPLINGS Y2/3**	**OAKWOOD MH Y4/5**
23-Nov-2026		**OAKWOOD TT Y5/6**	**SAPLINGS Y1/2**
30-Nov-2026			**ACORNS**
07-Dec-2026			
14-Dec-2026			

Absence Reporting – Only on the day absences

Please report all illness/medical absences via the Arbor App – this cannot be used for requesting permission for other absences.
Absence on Arbor - Go to the home page of the Arbor app, click on the orange Quick Actions tab, click attendance, and on the right-hand side you will see a green box, click 'Log Absence'.
Please also remember you must cancel any booked school dinners for the day too. Thank you.

FACEBOOK

Make sure you follow our school Facebook page. We try to keep you all up to date with our learning and adventures and hope you enjoy seeing what we have been getting up to!

Emotional Health and Resilience Clinics

Please see the flier attached to the newsletter—this looks like a really useful service!

Parent and Young Carers

Please see the flier attached to the newsletter from Family action.



Hayton C of E Primary School

Love • Joy • Aspiration • Wonder

HARVEST FESTIVAL

Friday 23rd October 2026

2.30pm • In church

ALL WELCOME

Giving thanks. Sharing kindness.

Please bring your donations into school on Friday morning.

Non-perishable food

Donations for Brampton Food Bank



Pre-loved books & jigsaws

Supporting Sunbeams Music, Penrith



Your unwanted or outgrown books and jigsaws will help raise funds for community music therapy for disabled and disadvantaged children and adults in Cumbria.

Together, we live our Mighty OAKS virtue of Service.

Mighty oaks from little acorns grow.

dlundtraumaspecialist@gmail.com
07776971671

After over a decade working in schools supporting pupils and families, I chose to specialise in what I feel most passionate about - helping families navigate and overcome trauma.

In 2023, following extensive training in adverse childhood experiences and trauma, I was able to design and lead a pioneering project in Cumbria delivering supportive, practical, and accessible courses to parents, pupils and school staff.

Around **1 in 3** adults have experienced at least one traumatic event with **1 in 13** young people suffering with post-traumatic stress before they are 18 years old.

Working in a trauma-informed way means that we move away from *"what is wrong with you?"* to *"what happened to you?"*, ensuring a safe, empowering and accepting environment.

My approach recognises that trauma touches every part of a person's life. So instead of focusing only on what happened, I support emotional wellbeing, physical safety, relationships, and practical coping skills.

I run various courses for adults and their children -

5 Week SPACE course
Supporting Parents and Children Emotionally
Areas covered include:

- Flight/Fight
- Emotional Resilience
- Understanding your child's emotions
- Attachment Styles
- Coping Mechanisms

10 Week PAACE course
Positive Adult Adverse Childhood Experiences
Areas covered include:

- How to be connected
- Positive Self Talk
- Self Esteem
- Toxic Stress
- Negative Automatic Thoughts

12 Week Domestic Abuse Recovery Toolkit course
Areas covered include:

- What has happened
- What is Abuse
- Positive Self Esteem
- Gains and Losses
- Impact on Children
- Healthy Relationships

Course participant feedback:

"I now feel happy and content with myself, I did not feel this when I was in an abusive relationship, the course has had a significant impact on me and my self esteem."

"Donna's delivery is relaxed, friendly and she is very approachable"

"I have recognised that dealing with unresolved trauma can change lives"

"The most amazing thing that the programme did for me was rebuilding my relationship with my daughter, we are happy now, have healthy communication now, we are calm with each other, which I never thought was possible."

"When I started the course, I was sceptical, I didn't think it would be able to change my thought processes and significantly change my mindset - how wrong was I?!"

"I now deal with challenging situations in a much more positive way, and it feels amazing, many of my friends, family and colleagues have also noticed a positive change in my responses and attitude to life."

"Collaborating with Donna and seeing the impact she makes has been a personal and professional honour. It is no exaggeration to describe her work as 'life changing' with substantial, tangible impact within the community. Her passion and knowledge are superior, with an immeasurable amount of compassion for families"
- Dr Grace Thomas
Senior Research Fellow, Wrexham University

Friends of Hayton School

UPCOMING EVENTS

7TH OCT ●
HAYTON SCHOOL PTA AGM
3:30pm in school

15TH OCT ●
AUTUMN UV DISCOS
Disco 1 5-6pm / Disco 2 6:15-7:15pm

6TH NOV ●
FAMILY BINGO NIGHT
Games, hot food, bar and more!

4TH DEC ●
PTA XMAS FAIR
Games, stalls and lots of festive fun!

28TH MAY ●
SUMMER SOCIAL
BBQ, bar, rounders, tug of war and more!

For More Information: friendsofhaytonschool@gmail.com

FREE talk for parents

22 October 7-8pm

If you don't have time to listen

Just book online and receive a link to the recording available for 48 hours



ADHD & Homework

info@facefamilyadvice.co.uk

FAMILY ADVICE · COMMUNICATION · EDUCATION

british certified trainer

Parent Carers Cumberland

Promoting and improving the opportunities for parent carers in Cumberland.



family-action.org.uk

Who are Parent Carers Cumberland?

We workwith parent carers (a parent or other primary caregiver who provides ongoing, substantial support and care to a child or young person with additional needs) in Cumberland to help them to access the right support at the right time. The child, or children, may have mental health concerns, be ill or disabled. The child may be over 18.

How we help

Allparent carers benefit from an assessment to identify what support is needed based on their individual situation.

Support includes:

- a personal Parent Carer assessment - linked to wellbeing principles,
- a bespoke support plan, planning for needs identified,
- further referrals where needed (i.e., to Social Care)
- support to access peer groups in Cumberland
- signposting to other services, information and advice that could be helpful.

We work closely with Parent Carers to ensure their voices - as well as those of their children - are heard.

Contact us:

Click here to email us

Or call us, on 01228 474171

Are you a Parent Carer?

Parentcarers areprimarycaregivers who care for a child, or children, that requires substantial support and care.

Not all parents are classed as 'parent carers'. Parent carers are those with parental responsibility who provide regular, unpaid care for their child beyond the typical parenting role.

This may be because the child:

- has a disability,
- a long term illness,
- experiences mental ill health, or
- has a problem linked to alcohol or drugs.

The child does not need to be under 18 years of age.

Every parent carer's life looks different, but you may be frustrated and not knowing where to turn as well as feeling increasingly isolated.

If you believe you might be a Parent Carer, you may be able to benefit from our support.

Contact us or click on - or scan - the QR code to visit our website.
We accept self-referrals.

Young Carers Cumberland

Promoting and improving the health and wellbeing of young carers and their families.

What is a young carer?

Young carers are children and young people, who help with practical or emotional tasks at home.

This may be because someone in their family has a disability, a long term illness, experiences mental ill health or has a problem linked to alcohol or drugs.

It might be that they help someone with:

- getting dressed or washed,
- reminding them or, or taking them to appointments,
- taking care of young brothers or sisters or family members,
- help with household tasks, e.g., cooking, cleaning, washing, shopping and paying bills,
- collecting prescriptions or helping the person you look after to take medication...

Every young carer's life looks different but helping to care in such a way often means that they might miss out on other opportunities. They may feel that they don't have enough time for themselves, friendships, homework or out of school activities.

We work with young carers (those aged 18 and under who have caring responsibilities) to help give them individualised support to help them thrive.

We work with each individual, as well as their family, to reduce caring needs where we can and help the young person to have as normal a life as possible - where they have access to the opportunities that others their age have.

How we help

All young carersthat are referred benefit from an assessment to identify what support we can help them with, based on their individual situation.

Support may include a personal support plan (following their Young Carer Needs Assessment), 1:1 support sessions, whole family support, opportunities to meet other young carers, support with school or college, and signposting to other services, information and advice that could be helpful for the individual young person and family.

Referrals

We welcome referrals from young people, parents and carers as well as professionals.

Visit our website to find out more and access our referral form - scan the QR code.

Who are Family Action?

Family Action is an award-winning national charity that works from the heart of local communities to support people through change, challenge and crisis.

We protect children, support young people and offer direct, practical help to families. It's what we've done for over 150 years.

Contact us: Young Carers Cumberland

Click here to email us

Or call us, on 01228 474171

family-action.org.uk

Anxiety

Building Emotional Resilience

Self Esteem

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

5-19 Emotional Health and Resilience Service

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

NHS
Harrogate and District
NHS Foundation Trust

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

Growing Healthy
Cumberland
0-19 Service

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

Download on the App Store

GET IT ON Google Play

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

Worry

Low Mood

Anger

Self Esteem | Low Mood | Bullying | Behaviour | Toileting | Sleep

Virtual Clinics for children aged 5-11 Years

Growing Healthy Cumberland 0-19 Service

NHS Harrogate and District NHS Foundation Trust

Emotional Health & Resilience Clinic

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

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



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.

Anger | Anxiety | Worry | Diet | Development

UK Health Security Agency

NHS

Should I keep my child off school?



Yes

	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek

SCAN ME

Advice and guidance

To find out more, **search for health protection in schools** or scan the QR code or visit https://qrco.de/minfec.

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Hayton C of E Primary School



"Mighty oaks from little acorns grow"

Our School Prayer

Loving God,
We come to You,
Thankful for our school so true.
Built on love, a family strong,
Learning, growing, all belong.

Fill our hearts with joy each day,
Guide our dreams in aspiration's way.
Open our eyes with wonder to see,
The world You've made for you and me.

Bless our teachers, friends, and all,
Keep us safe within Your call.
From little acorns, may we grow,
As mighty oaks Your love will show.
Amen.

"Start children off the way they should go and even when they are old they will not turn from it." Proverbs 22:6

Voluntary One-Way system through Hayton between 8.30am and 9am and 3.10pm and 3.45pm to avoid congestion at school drop-off and pick-up times.

LANE END INN ROAD TO A69



ROAD OUT OF HAYTON TOWARDS CORBY HILL

School Uniform

For Further information please see the school website
https://haytoncofeprimary.ovw3.juniperwebsites.co.uk/

Uniform

Grey trousers/shorts/skirt/culottes
White polo shirt (school logo optional) For our **'Little Acorns'** we offer the alternate choice of a red polo shirt.
Navy blue checked gingham dress in Summer
Navy blue sweatshirt or cardigan (with school logo)
Black shoes (flat), no trainers and no open-toed sandals in Summer
Grey, black, blue or white socks/plain grey, black or blue tights

PE Kit

PE kit to be kept in a PE kit drawstring bag and not a rucksack or carrier bag.
Navy shorts or skorts
Red round neck t-shirt (preferably with the logo on)
Black plimsolls for indoor use/trainers for outdoors
Navy tracksuit trousers with school jumper (optional)

To order uniform with a logo

Please place your order online either via

The MyClothing website, which for Hayton School is separated into 3 areas

PE - for Reception to Year 6 (Nursery do not have to wear PE kit)
https://myclothing.com/collections/hayton-c-of-e-primary-school-p-e-29525

Primary School - For all children
https://myclothing.com/collections/hayton-c-of-e-primary-school-primary-29524

Reception and Nursery - as they have the option of red polo shirts if parents wish. (Nursery children only wear uniform if parents or children wish. It is not compulsory for this age.)
https://myclothing.com/collections/hayton-c-of-e-primary-school-reception-and-nursery-29523

or
Border Embroideries website:
https://www.border-embroideries.co.uk/schools/hayton-c-e-primary-school.html

CUMBRIA CHILDREN'S SERVICES DIRECTORATE
SCHOOL TERM DATES 2026 / 2027

AUTUMN TERM 2026		
STARTS	**ENDS**	**HALF-TERM HOLIDAY**
Wednesday 02-Sep	**Friday 18-Dec**	**Monday 26th October - Friday 30thOctober**
Number of school days in term - 73		

SPRING TERM 2027		
STARTS	**ENDS**	**HALF-TERM HOLIDAY**
Tuesday 05-Jan	**Thursday 25-Mar**	**Monday 15th February - Friday 19th February**
Number of school days in term - 53		Good Friday – 26 Mar Easter Monday – 29 Mar

SUMMER TERM 2027		
STARTS	**ENDS**	**HALF-TERM HOLIDAY**
Monday 12-Apr	**Friday 16-Jul**	**Monday 31st May - Friday 4th Jun**
Number of school days in term - 64		**Early May Bank Holiday Monday 3rd May**

Number of days in year – 190

INSET Days/Sessions

The 190 day school year identified above makes no provision for the additional 5 days non-contact time for which full-time teachers are contracted. Therefore, any INSET sessions should be arranged either outside the above school term dates or outside pupil hours.

The following dates are suggested as dates that could be used for IN-SET: -
Tuesday, 1 September 2026
Monday, 4 January 2027
Plus three others, to be locally determined.

For future years please go to https://www.cumberland.gov.uk/schools-and-education/school-term-and-holiday-dates

CUMBRIA CHILDREN'S SERVICES DIRECTORATE
SCHOOL TERM DATES 2027/ 2028

AUTUMN TERM 2027

STARTS	ENDS	HALF-TERM HOLIDAY
Monday 06-Sep	Friday 17-Dec	Monday 25th October - Friday 29thOctober

Number of school days in term - 70

SPRING TERM 2028

STARTS	ENDS	HALF-TERM HOLIDAY
Wednesday 05-Jan	Friday 31-Mar	Monday 14th February - Friday 18th February

Number of school days in term - 58

SUMMER TERM 2028

Good Friday – 14 Apr
Easter Monday – 17 Apr

STARTS	ENDS	HALF-TERM HOLIDAY
Tuesday 18-Apr	Thursday 20-Jul	Monday 29th May - Friday 2nd Jun

Number of school days in term - 62

Early May Bank Holiday Monday 1st May

Number of days in year – 190

INSET Days/Sessions

The 190 day school year identified above makes no provision for the additional 5 days non-contact time for which full-time teachers are contracted. Therefore, any INSET sessions should be arranged either outside the above school term dates or outside pupil hours.

The following dates are suggested as dates that could be used for IN-SET: -
Thursday, 2 September 2027
Friday, 3 September 2027
Tuesday, 4 January 2028
Plus two others, to be locally determined.

For future years please go to https://www.cumberland.gov.uk/schools-

CUMBRIA CHILDREN'S SERVICES DIRECTORATE
SCHOOL TERM DATES 2028/ 2029

AUTUMN TERM 2028

STARTS	ENDS	HALF-TERM HOLIDAY
Wednesday 06-Sep	Wednesday 20-Dec	Monday 30th October - Friday 3rd November

Number of school days in term - 71

SPRING TERM 2029

STARTS	ENDS	HALF-TERM HOLIDAY
Thursday 04-Jan	Thursday 29-Mar	Monday 19th February - Friday 23rd February

Number of school days in term - 56

SUMMER TERM 2029

Good Friday – 30 Mar
Easter Monday – 02 Apr

STARTS	ENDS	HALF-TERM HOLIDAY
Tuesday 17-Apr	Friday 20-Jul	Monday 28th May - Friday 1st Jun

Number of school days in term - 63

Early May Bank Holiday Monday 7th May

Number of days in year – 190

INSET Days/Sessions

The 190 day school year identified above makes no provision for the additional 5 days non-contact time for which full-time teachers are contracted. Therefore, any INSET sessions should be arranged either outside the above school term dates or outside pupil hours.

The following dates are suggested as dates that could be used for IN-SET: -

Monday, 4 September 2028
Tuesday, 5 September 2028
Monday, 16 April 2029
Plus two others, to be locally determined.

For future years please go to https://www.cumberland.gov.uk/schools-