



Walton & Lees Hill CE Primary School

1ST MARCH FORTNIGHTLY FORUM



THIS FORTNIGHT AT SCHOOL!

Our Topics are... Hot and Cold and The Mayans

We have been reading... Books about Science, Boy at the Back of the Class, Poems, Plays and Non-Fiction Texts

WELLBEING WEEK

For the first week back after half term, we held our Wellbeing Week. This week was filled with lots of different way to look after both our bodies and minds.

Everyone enjoyed the week, and we learnt so many interesting pieces of knowledge and skills along the way...

MONDAY

Wellbeing Week was kick-started with a *Febudairy* talk, delivered by Ross from Temon Farm Milk Barn.

He explained the milking process to us, how cows are cared for and the importance of feeding them well. We then discussed how important milk is to keep our bodies and bones strong and healthy. Finally, we even had the opportunity to sample some milk from Temon Farm... it was delicious! Mrs Little also used the milk to make our Semolina pudding the next day!

Children also took part in a Fitness Session with our P.E coach on Monday. We learnt new exercises, and talked about how exercise is a great way to keep both our minds and bodies feeling healthy.





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TUESDAY

On Tuesday of Wellbeing Week, we had the pleasure of welcoming in some volunteers from the Blood Bikes.

The volunteers explained to us what they do, and how important their vital work is. Blood Bikes is a courier service to deliver essential blood, urgent medical supplies, free of charge and out of hours to hospitals.

We were all inspired by their dedication and hard work, and of course everyone was very excited when they got the chance to sit on the amazing motorbikes!

To support the Blood Bikes, we have a collection tin in school, should anyone wish to pop in any spare change they might have.

We will also be supporting Blood Bikes on World Book Day, when pupils can wear their own clothes and bring in £1.



If our visit from the Blood Bikes wasn't enough for one day, we then had a brilliant sports session where we learnt how to play Volleyball! Everyone really enjoyed having the opportunity to practice this sport.





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WEDNESDAY

To mark Wednesday of wellbeing week, we had a trip out of school.

We started the day at H&H auction mart in Carlisle. We watched a presentation about the history of the mart to the present day and learned that it used to be in the middle of Carlisle. This was near the train station because some of the animals were transported there by train. It then moved to the current site at Rosehill and it's very busy!

After some juice and a biscuit, we were taken to see some of the animals being sold. First, there was a show of dairy cattle and we were surprised to see how tall they were!

We then went to see some calves being sold and our favourite brown one was only 22 days old! We then went to another ring to see some older calves being sold. They were bigger and much stronger. The auctioneer spoke very quickly and we heard him bang his gavel down, to show that the animal had been sold.

After our auction visit, we went to Carrs to see lots of tractors and machinery. There were some very big, red, shiny tractors and some other vehicles that do different jobs on a farm.

We then made our way to The Auctioneer for lunch. Everyone ate well and there were lots of clean plates. The ice cream for pudding was delicious too.

On a full stomach, we popped over the road to Pioneer. Steven and Mandy were waiting to welcome us to the shop and took us straight upstairs to prepare meatballs. We used a prepared mince mix to shape 12 balls, then chose tomato or BBQ sauce to go on top. It was good fun putting gloves and an apron on, before working together to prepare a lovely meal to take home.

Once we were cleaned up, we went down to the shop floor, to look at all the different food items that you can buy at Pioneer. These range from fruit and vegetables, milk, fish, meat, cheese, pies and bread! Everything looked very appealing and it was good to be able to make the link between rearing animals and food production.

We are very grateful to everyone who has shared their knowledge with us today, to help us to learn more about different ways to stay healthy. Thank you H&H, Carrs, The Auctioneer and Pioneer.





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THURSDAY

On Thursday, children were lucky enough to have a visit from Sarah, at Daisy First Aid.

With Sarah, we learnt key facts and vital skills that may be needed in an emergency.

Children also talked about the importance of keeping safe and how to keep their peers safe too.

The session was fantastic and a really great way for children to develop some key First Aid knowledge.



FRIDAY

We rounded Wellbeing Week up with a peaceful *Wellbeing Walk*.

Getting out and about in the fresh air is such an easy, but brilliant way to keep our minds and bodies feeling healthy.

We took the time to listen out for birds and spot any signs of spring, as well as chatting to our friends and enjoying a bit of down time.

Aren't we lucky to go to school in such a beautiful area, surrounded by such lovely countryside?!

We're sure you will all agree that we certainly had an amazing Wellbeing Week.

Children's highlights included sampling the super tasty milk, learning all about the Blood Bikes, our Auction Mart trip and of course the scrumptious food at the Auctioneer!





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Dates for the diary:

Thursday 7th March– World Book Day & Book Bus Visit (Own Clothes Day).

Thursday 7th March– KS1 Sports @ William Howard 3:45-5:00pm

Monday 11th March– Science Week

Tuesday 12th March– PTFA Meeting, 3:30pm

Tuesday 12th March– Y3/4 Sports @William Howard 3:45-5:00pm

Monday 18th March– Musical Monday

Saturday 23rd March- Lanercost Cross Country

Mothering Sunday Service

Walton & Lees Hill CE Primary School

Wednesday 13th March at 3:00pm

Followed by Tea and Cake

All Welcome

Let us know you're coming:

016977 2577 / admin@leeshill.cumbria.sch.uk

LANERCOST C OF E PRIMARY SCHOOL

CROSS COUNTRY 2024

**SATURDAY
23RD
MARCH**

AT LANERCOST
CRICKET CLUB

ARRIVE AT 10AM

REFRESHMENTS AVAILABLE
TO PURCHASE



**PLEASE INFORM YOUR
SCHOOL IF YOUR CHILD
WOULD LIKE TO
PARTICIPATE**

Caring, sharing and always learning