

NEWS IN BRIEF

Sport for all: Swimming classes saved

A Wigton coach company has come to the rescue of a village school where pupils faced losing their weekly swimming lessons after their local pool closed.

Structural problems at Wigton baths left pupils from Boltons Church of England School facing a 30-mile round trip to Carlisle for their weekly swimming lessons.

But the school could not afford the cost of transporting up to 25 pupils to the nearest available pool at Morton School, on the edge of Carlisle.

Bosses of Reays Coaches have stepped in to provide free trips every week until Wigton's pool reopens.

Art partnership: Pupils get creative

Pupils from two Carlisle schools have been taking part in their own creative partnerships.



Artists went into Newlaithes and Pennine Way primary schools to work with youngsters over several weeks.

In Harray, year one children at Pennine Way were encouraged to work outdoors with natural materials.

At Newlaithes Junior School older pupils created spooky stories after bringing their ideas to life with drama classes. The aim was to inspire and boost their creative writing skills.

Expansion: New £3.1m complex opens

Austin Friars St Monica's School in Carlisle has opened its new £3.1m primary school building.

The new complex for 240 pupils contains 10 classrooms, a library, IT suite, staff rooms, office, car park and two playgrounds.

It will be officially opened later in the year.

Sport: Hundreds in cross-country race

Two-hundred runners from 16 primary schools across Cumbria took part in a cross-country event at the Sheepmount in Carlisle.

Stanwix School from Carlisle won the boys event and Thomlinson Junior from Wigton won the girls.

Carlisle and North Cumbria School Sports partnership organised the event with the help of Doug Hardie from Thomlinson Junior School.

# The right ingredients for a healthier future

Cookery is coming back to secondaries. Kelly Eve reports on a pilot scheme already giving younger pupils a taste of life in the kitchen



We are the champions: Allonby Primary School pupils with their winning loaf. From left, Joshua Wright, Tyler Baird, Hannah Beck, Luke Rumney and Michael Donald

A bread-baking competition cooked up on the Solway Coast is helping to get primary pupils interested in food and nutrition from an early age.

It could prove to be one small ingredient in the fight against the country's growing battle with obesity.

The local primary school contest was launched as Schools Secretary Ed Balls announced that cooking would become compulsory for all 11-14 year olds within three years. He wants children to get hands-on lessons in how to make cheap, simple and nutritious meals.

Pupils from feeder primaries in

Silloth, Abbeytown, Mawbray and Allonby took part in the Cumbrian bread-making contest, which was drawn up to develop further links with Solway Community Technology College.

The Silloth secondary school's head of design technology Julia Cooper came up with the idea with experts from Carrs Breadmaker, which operates the town's flour mill.

The pilot will form the basis for a design technology module to meet Year 5 national curriculum requirements. It will be available on the Carrs website for teachers to download and use in classes.

For the last two months, nine and 10 year olds from each participating primary school have been shown how to bake loaves with flour, yeast and a breadmaking machine donated by Carrs.

But it was not only the production putting them to the test. Teams had to plan, explore and investigate each section of the bread-making process, including more about the ingredients.

The best overall design project, not just the best tasting loaf, was considered when the winning teams met in the



Stir it up: Silloth's Amy Hocking prepares their mixture during the finals

inter-schools final held at the Silloth secondary on March 11.

Judges included Jan Clark from the Cumbria Schools Healthy Eating initiative, and Carrs Breadmaker marketing manager Caroline Dale said: "Cooking is back on the agenda in schools. We hope this may help shape national lessons. A loaf made at home can be very nutritious. It does not contain additives and you know what raw materials have gone into it."

"We're very keen to educate people that making their own bread is not only healthy, it can prove to be cheaper. "Wheat costs are rising but one bag of

## 'Cooking is back on the agenda in schools and we hope that this may help shape national lessons'

flour can produce three loaves." Julia Cooper, from Solway Community Technology College, said: "We are very successful at food technology at this school and we wanted to do something that was part of our obligation to the community."

"Primary schools don't have their own food labs but we wanted to find a way to help them deliver it in the feeder schools."

"So with Carrs we worked out what we could do and we gave the schools a breadmaker each because they don't have ovens. Carrs also provided the flour and yeast."

She added: "The children have been

really fired up about it. Not only have they had to bake the bread, they have had to explore the whole process and find out more about the ingredients, where they come from and how to make it."

The young finalists in the bread-making contest enjoyed a tour of the Carr's flour mill museum as their loaves baked in school. Each participant was given a certificate too.

Allonby's Hannah Beck, Michael Donald, Luke Rumney, Josh Wright and Tyler Baird were crowned champions for their sun-dried tomato, cheese and herb loaf.

Recent statistics released show that one in 10 children starting school in Cumbria is classed as clinically overweight.

Medics say the growing childhood obesity epidemic is one of the biggest problems facing the county, impacting not only on youngsters' weight, but their mental health and achievements at school.

An NHS study has found that 13.6 per cent of reception class-aged pupils in Cumbria – four and five-year-olds – are overweight, with 10.1 per cent of that number classed as obese.

By the time they are in Year Six, 13.3 per cent are overweight, and 15.5 per cent of those overweight children are judged to be obese.

Allerdale has the highest obesity rates among reception class children with 12.2 per cent, followed by Carlisle (11.7 per cent), Copeland (11.3 per cent), Eden (9.6 per cent) and the South Lakes (5.3 per cent).

PRIMARY POINTS  
**JILL SIMPSON**  
Headteacher, Lees Hill Primary School

## Play some brain training games with your children and watch them flourish in class

Impossible! How can anyone love maths I hear you cry? How can anyone not love maths is the real question?

The new mathematics framework in primary schools is being introduced this academic year.

Cumbrian teachers have a massive supply of resources and teaching ideas from which to draw through the CGFL (Cumbrian Grid for Learning) website.

So much so, we can print 70 pages per year group per fortnight of ideas. Multiply that by a mixed age class and you very quickly need an extension.

But I don't hear any teachers working with the new resources complaining. In fact the way the framework works is very clever.

### 'Learning to do something in a different way requires an open mind, and a little bit of determination'

We are no longer teaching by topic (angles, fractions, time etc).

We find ourselves weaving in and out of time, shape, fractions and money with (and here's the clever part) number work tying it all together. The number work is taught and then applied to puzzles and real life situations.

Is this new way of teaching difficult for children to manage? I'd be lying if I said maths is easy all of the time.

Learning to 'manipulate number and mathematical concepts' certainly sounds hard.

Learning to do something in a different way, or in a better way, requires an open mind, and a little bit of determination.

If the work is easy all of the time are children really learning anything new? If the questions are presented in the same way every time can a child identify how to solve a problem presented in a different way?

So where does that leave non-specialist-maths-teacher parent who would like to help their child with maths? Simple – first remember to tell your child that maths is just a game.

Then help your child to master the tools for the game.

They need to be able to count forwards and backwards from any given number in ones and in tens.

They need to know their tables and their number bonds (e.g. 4+6=10).

As your child becomes more and more familiar with number bonds and their tables they become much more able to focus on the skills being taught in lessons without every step being part of the problem.

Practice with them. Play quickfire games with them using numbers in the car, in the bath, in the kitchen. (What number is one more or 10 more than... 16? 23? etc; count back in 2's from ... 26, 32, 150 etc; what number needs to be added to 3,7,9 etc make 10).

Shuffle a pack of cards and split into two even piles. Agree the operation (e.g. add or take-away). Turn top card over from the top of each pile.

The person who calls out the answer first wins the cards. The winner has the most cards at the end of the game. Do let them challenge you with your games. Whatever you do please don't tell them maths is hard.

This month World Maths Day, celebrated by children all over the world, saw children in classrooms and in their spare time eagerly answering maths questions as fast as they could against children of the same age from across the globe.

Brain training games are very popular nowadays as children strive to beat their own personal best score.

The impact in the classroom for these children is amazing.

They recognise patterns in number and can quickly and confidently manipulate number.

Maths soon becomes something they stop hating, start liking and who knows where that will stop?

There is a formula that actually improves classroom behaviour

Call now on: **01228 564190**

**LEES HILL CHURCH OF ENGLAND PRIMARY SCHOOL**  
'Offering more than just a place to learn'

Teachers take excellent account of pupils' different abilities and provide activities that interest, challenge and support them.  
(Ofsted - December 2007)

"Excellence of provision in arts, dance, drama and music"

"Excellent delivery within The National School Sports Strategy"

"Commitment to good health and happiness - inside and out"

Contact Jill Simpson, Head Teacher, Lees Hill CE Primary School, Brampton, CA8 2BB Tel/Fax: 016977 2577

**Ivegill CE Primary School**  
Ivegill, Nr Carlisle CA4 0PA  
4.5 miles from Dunder, 1 mile from Southwaite Services, 10 minutes from Carlisle

Telephone: **016974 73397**

**INGLEWOOD NURSERY**  
Very popular nursery where children are 'settled, happy & learning to be confident in a busy and friendly atmosphere'  
Inglewood Nursery - the Country Nursery  
Tel: 016974 73232

Headteacher: Sue Stainton  
Email: [admin@ivegill.cumbria.sch.uk](mailto:admin@ivegill.cumbria.sch.uk)

Unit 9H, New Yard, Clay Flatts Trading Estate, Workington, CA14 3YE  
T: 01900 65139 W: [www.educommdirect.co.uk](http://www.educommdirect.co.uk)  
F: 01900 607374 E: [sales@educommdirect.co.uk](mailto:sales@educommdirect.co.uk)

**genyx.biz**  
filling the void

Taking a fresh look at IT support for primary schools

We only support the educational sector  
All staff are CRB checked  
Fixed price annual support  
No call out charges  
No hourly rates

**Genyx Group Ltd**  
Carlisle College, Victoria Place, Carlisle, Cumbria CA1 1HS  
T: 01228 822772 info@genyx.biz

**St Cuthbert's Catholic School**  
& Nursery, Victoria Road, Botcherby, Carlisle CA1 2UE.  
Telephone: 01228 607505

Together Everyone Achieves More

- An inclusive community school where every child matters
- 'Successful After School Club where children gain confidence and self esteem' (Ofsted 07)
- Every child's progress tracked regularly
- Flourishing purpose-built nursery - places available

• Visits to School and Nursery welcome •

**AQUA-BD**