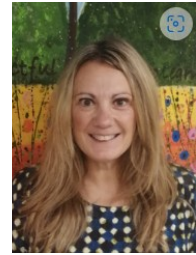




# Kirkby Thore School Newsletter 13th February 2026

Changing Lives  
Learning Trust  
INCLUSION · RESPECT · RESILIENCE · ASPIRATION



## Contact Us:

Jen Robinson Headteacher - [jrobinson@kts.changinglives.education](mailto:jrobinson@kts.changinglives.education)

Julie Palmer school office and all general enquiries - [admin@kts.changinglives.education](mailto:admin@kts.changinglives.education)

Dear Families,

Thank you for joining us this morning. The children looked fabulous and it was great to hear in their own words what they have enjoyed learning about this half term. Writing is a particular reason to be proud at the moment with examples all around school showcasing beautiful presentation and informative content in a range of genres. We will be continuing with the roman theme for a little bit longer as we are welcoming a local expert to tell us more about roman Kirkby Thore and hope to have a march down to the fort in our uniforms when the weather is kinder.

We hope you all have a lovely holiday next week. We have a short 5 week half term coming up that is already busy so please check the following pages for dates.

In assembly this afternoon, Knock celebrated accumulating the most house points since the start of the new year. School Council previously decided that the end of term treat for Spring 1 would be a non uniform day for the winning house. Knock (red house) are therefore welcome to come to school in their own clothes on Friday 6th March. This is the second week back after half term as on the first Friday Y4-6 will be already in non uniform as they pack up from residential and head back home. World Book Day is also celebrated in that second week on Thursday 5th March. School Council have requested that this year we come to school in our pyjamas with a book and a teddy ready for some bed time stories! Our fundraiser for Eden animal Rescue will then be held on Friday 13th March. In return for a donation of animal food/towels or toys children will receive a raffle ticket and the chance to win an animal themed goody bag. That afternoon, we are inviting friends of school and the wider community to join us for refreshments, a raffle and games from 2.30pm with donations again going to our chosen charity.

Easter will then not be long away—we have promised Will a seasonal window display and are hoping FOKS may treat us to an easter Egg hunt if we continue to work hard!

Have lovely week.

Mrs Robinson & The Team at Kirkby Thore Primary School



## Dates for your diary



Calling all.....

# Little Learners!

If you have a baby or toddler,  
come and join in with our Nursery & Reception Class  
as they explore the world around them.



First Monday of every month 1.30—3.20pm

2025/2026 Dates: 06/10, 03/11, 01/12, 12/01, 02/02, **02/03**,  
13/04, 11/05, 01/06, 06/10

For more details contact: Jen Robinson (Headteacher) [Kirby Thore Primary School](#)  
or Julie Palmer (Office Manager) via email: [admin@kts.changinglives.education](mailto:admin@kts.changinglives.education),  
phone us on 017683 61497  
or call in—all visitors welcome!

Now with brand new toilet facilities within our provision.

23.02.26 Back to school

23.02.26 Weekly 'Drum and Bass' workshops begin with KS2

25.02—27.02.26 Year 4—6 Residential at Robinwood

02.03.26 Little Learners

**03/03 For our remaining swimming sessions we have been asked to change venue and attend Penrith Leisure at the same times and with the same instructors due to Appleby pool having a heat pump installed.**

05/03 World Book Day— wear your pyjamas and bring your favourite book & teddy

06/03 House treat non uniform day Knock (red house)

10.03.26 Poetry workshops with Rowan McCabe KS2

12.03.26 WAF Online Safety assembly for pupils

13.03.26 Eden Animal Rescue School Fundraiser

16.03.26 School closes at 1pm for additional INSET requirement

19.03.26 WAF Friendship assembly KS2

26.03 WAF Resilience assembly KS2 1pm

3.30 pm **Online Safety Talks WAF Families & Children's Services**

**6pm Easter Bingo Kirby Thore Memorial Hall**

27.03.26 **Easter Learning Assembly 2.30 pm (afternoon not morning)**

School Closes at 3.20pm for Easter—no After School Club

# THE WORLD CUP IS COMING TO PENNINE PARK!

FEB 19<sup>TH</sup> 2026

11.00AM TO 2PM

JOIN US FOR FREE FUN RUGBY SESSIONS

11.30 TO 12.30

U7/U8 TAG

U9 TO U12

GIRLS U9 TO U16



Open to all, come on down and give rugby a try or just come and see the World Cup!

Refreshments available in the club house

Upper Eden RUFC, Kirkby Stephen, CA17 4TF



Westmorland  
& Furness  
Council

[westmorlandandfurness.gov.uk](http://westmorlandandfurness.gov.uk)

## Health and Wellbeing Community Group and Drop-in

Free community group and health and wellbeing information and advice, for all Penrith residents and surrounding villages.

Come along for a brew and chat, games, social walk, or to find out about local services that can support your health and wellbeing.

**Where:** Penrith Library (upstairs)

**When:** Every second and fourth Monday of the month

**Time:** 12-2pm

For enquires please contact:

[amy.elliott@westmorlandandfurness.gov.uk](mailto:amy.elliott@westmorlandandfurness.gov.uk)



Scan here for a  
contact form



# Health and Wellbeing Team

For more information go to:  
[www.westmorlandandfurness.gov.uk/health-and-social-care/public-health/health-and-wellbeing-team](http://www.westmorlandandfurness.gov.uk/health-and-social-care/public-health/health-and-wellbeing-team)

Scan here for a contact form



## What do we do?

We are a Public Health Team and our priorities are to support the public health agenda and aim to reduce health inequalities through coaching.

Our aim is to support you to improve your overall health and wellbeing.

In order to do this, we want get to know you and what works for you. What are your aspirations and goals? We also want to understand the barriers to achieving these, and the support you draw upon from your personal resources and resources around you. We encourage and coach you to:

- Take action on factors that influence your health and wellbeing – including your lifestyle, relationships, interests and home life.
- Become more independent and resilient.
- Engage with your local communities and social networks

*"I want to be more in control of my life"*



## What we can support with

- Anxiety Management
- Reducing Social Isolation
- Building Resilience
- Confidence Building

The Stages Of Change is one of the models used in Coaching.

It is a simple but effective tool to show progress and maintain changes

*"I want to focus more on my future, where do I start?"*



## Stats/Outcomes



46% reported improvement in their loneliness



68% reported an improvement in their overall wellbeing



57% reported improvement in anxiety levels

## Customer Feedback

*"My life has changed greatly, as I now have all the, 'tools of the trade' to allow me to identify and cope in difficult times. I use S.M.A.R.T daily."*

*"My life has improved massively. I've learnt the importance of self-care and skills to cope with depression."*

*"Before meeting the HAWC I was quite socially isolated and suffered with depression and anxiety. Even though I still get bouts or days when the depression is bad, the HAWC helped me with encouragement and support to pursue activities that have helped build back confidence and distract from rumination, which I have a habit of doing."*

## How to refer:

There is more information regarding our service, and the Initial Contact Form on our website at

[westmorlandandfurness.gov.uk/publichealth/hawcs.asp](http://westmorlandandfurness.gov.uk/publichealth/hawcs.asp)

The initial contact form can be completed by you or with/by an agency that is currently supporting you. The form is a starting point for a conversation around what life looks like for you and what changes you would like to make.

Additionally we have a number of local drop ins throughout the County where anyone is welcome to attend to find out more about the service and start their coaching referral.

If contact through either of the above routes is not possible then you can contact your local Adult Social Care single point of access number to speak to one of the team.

[westmorlandandfurness.gov.uk](http://westmorlandandfurness.gov.uk)