



Newsletter Friday 15th March 2024

# Kingmoor Nursery and Infant School

## Feet First Challenge and Big Walk & Wheel



Dear Parent / Carer,

Our school will be taking part in the county wide Feet First 5-day Active Travel Challenge starting on **Monday 18 March** and finishing on **Friday 22 March 2024**. The challenge is for pupils and their families to choose an active way of getting to school as many times as possible over the 5-day period, supporting sustainable active journeys on the school run.

There are prizes for everybody who completes the challenge, as well as the chance to win a whole school prize and so we would love everyone to take part and travel to school in an active way whenever possible. The challenge is also open to school staff, and we will be making every effort to take part too. Walking, using a mobility aid such as a wheelchair, cycling, skating, scooting, and park & stride are all active ways of travelling, and we hope by taking part in the challenge it will:

- Improve health and wellbeing of our pupils and families
- Encourage pupils and families to be more active
- Reduce congestion and parking problems around our school
- Encourage sustainable active travel for the journey to school, supporting our local environment and reducing our school community's collective carbon footprint
- Promote active travel for the school run and encourage families to continue to do this after the challenge ends.

During the challenge each child will receive their own bookmark on which pupils who have travelled actively can record their journey by adding a sticker. Those pupils with at least one sticker on the bookmark at the end of the challenge will be awarded a small individual prize.

We appreciate that it is not always possible for parents to walk with their children to school for the entire journey, but please be aware if you live a long way from school and need to drive you can still take part by parking further away from school and walking the last part of your journey, (Park & Stride), or by car sharing with another family. Children who use school transport during the active challenge week will also be able to collect stickers as this also helps to reduce individual car use on the school run.

Many thanks,





We are half way through the Big Walk & Wheel challenge and are delighted with the number of children that have been walking or wheeling to school.

Next week it is also Feet First Challenge week as well as Big Walk and Wheel and hope to see even more

We hope you can encourage your children to walk or wheel to school as much as possible!

## Comic Relief - Red Nose Day

The children have enjoyed wearing red & non-uniform today raising money for Comic Relief, we raised over £200, thank you for supporting this charity.





















The Great Cumbrian Litter Pick

## The Great Cumbrian Litter Pick 2024

**IT'S TIME TO CLEAN UP CUMBRIA!**

Every day we hear about the global, harmful effects of plastics and other discarded materials on our environment. We need to make big changes to our throwaway culture.

Litter not only spoils how our beautiful landscapes look, it also creates toxins and pollutants that are harmful to the land and the wildlife and livestock that live here.

**JOIN IN on Friday 22nd and Saturday 23rd March**

- **Register** your own local community litter pick
- **Sign up** to join a litter pick in your area




**the great CUMBRIAN litter pick**

[www.thegreatcumbrianlitterpick.org.uk](http://www.thegreatcumbrianlitterpick.org.uk)

FRIENDS LAKE DISTRICT

Our School Ambassadors will be visiting the local area to pick up any litter and help support The Great Cumbrian Litter Pick.

You could join the campaign and sign up to a local event too [www.thegreatcumbrianlitterpick.org.uk](http://www.thegreatcumbrianlitterpick.org.uk)

## Resourced Provision Consultation



### **Consultation on a proposal to add Resourced Provision for children with Special Educational Needs at Kingmoor Nursery and Infant School**

As part of Cumberland Council's plans to increase local provision for children with Special Education Needs and Disabilities (SEND) it is intended to add Resourced Provision (RP) to Kingmoor Nursery and Infant School. There has been an unprecedented increase in children with an Education, Health and Care Plan (EHCP) and we want to try and make sure that as many children as possible can be educated in a school close to home, that is properly resourced to meet their needs.

In Kingmoor Nursery and Infant School, we are hoping to provide 10 places from 1st September 2024. These places will be for children with all areas of Special Educational Needs. The council will provide additional funding for the school to support these children. Some children already attending the school may be eligible for this additional support.

Pupils attending the RP are likely to be educated in some or all mainstream classes with other children in their year group. The creation of a new space for them, though, will ensure they have a quiet area to use when they need it, or when they require some additional support outside of the classroom. When a qualifying child is admitted as part of the main intake to the school's Reception class, they will take one of the available places up to and including the school's Published Admissions Number (PAN). We do not think that this will have a negative impact on other children and families living in the area; the majority of those that attend RP across the Council's area are admitted after the beginning of the Reception year, once the school and the Council have been able to assess their needs – it is unlikely that any parent applying for a Reception place at the normal time will be unsuccessful as a result of the RP. Additional children may be admitted later from other schools, where Kingmoor Nursery and Infant School can best meet their needs. Some minor building works may be required but, where possible, these will be carried out during school holidays to keep disruption to a minimum. This work will be funded by the Council, and not the school.

We can't make any of this happen without consulting with local people with an interest in the school, and particularly parents, staff and governors. This document sets out what we're proposing to do and gives you an opportunity to let us know your views, using the form below before any decisions are made.

#### **What happens next?**

Once the consultation period has closed, the Council's Cabinet will receive a report summarising the responses received. Taking into account those responses, the Cabinet will decide whether to proceed to the next stage of the process, which involves the publication of a detailed proposal. Publication would trigger a statutory 4-week 'representation period', which provides another opportunity for interested parties to make their views known.



At the end of the representation period, the Cabinet will again consider any views submitted, and will then make a final decision on whether the changes proposed should be implemented. We hope that a final decision will be made in July, with the new provision in place from September.

**It is important that we hear your views**

This consultation runs from 15 March until 19 April 2024 and you can return a copy of the questionnaire, attached below, either to the address given, or to the school.

If you have any questions, please email Andy Smart, Strategic Adviser, SEND, Education & Inclusion at [andy.smart@cumberland.gov.uk](mailto:andy.smart@cumberland.gov.uk)



**Consultation to add Resourced Provision at Kingmoor Nursery and Infant School**

**Q1** Please indicate your relationship to the schools (tick all boxes that apply)

I am a

Parent/carer of a child at Kingmoor Infant

Member of staff at Kingmoor Infant

Governor at Kingmoor Infant

If other, please specify.....

**Q2** Are you in favour of adding Resourced Provision at Kingmoor Infant School?

Yes

No

Additional comments

Name (please print):.....

Address (incl postcode):.....

The closing date for this consultation is **19 April 2024**

Please return the questionnaire to the school or by post to:

School Organisation,  
Cumberland Council,  
PO Box 415,  
Carlisle, CA1 9GU.



## 'SPARK' Art Competition

CARLISLE LOCAL CULTURAL EDUCATION PARTNERSHIP

# Spark **SPRING ART CELEBRATION**

'sparking imagination and creativity for children and young people'

Join our special celebration of local art as part of **World Art Day!**

**How can I take part?**

Create a piece of artwork inspired by the season of spring.

**Who can take part?**

Anyone receiving education up to the age of 18.

**How do I enter?**

Simply create your piece of art and drop it off at Tullie before **Friday 22nd March 2024**. Remember to include your first name, school and an email/telephone number.

**What happens next?**

Along with a prize, the winner (decided via a public vote) will have their artwork exhibited at Carlisle Library.

**Scan the QR code for more information:**



## Safe use of devices for young children

### Online safety age guide for parents of preschoolers (0-5)

# Online safety tips for parents of pre-school children 0-5 Year Olds

internet matters.org

22% of parents of 3-4-year-olds don't think their child has a good balance between screen time and other activities

\* Source: Ofcom Children and parents media use and attitudes report 2022



## Checklist:

### Put yourself in control

Make use of parental controls available on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting [internetmatters.org](https://www.internetmatters.org).

### Search safely

Use safe search engines such as [swiggle.org.uk](https://www.swiggle.org.uk) or [kids-search.com](https://www.kids-search.com). **Safe search settings can also be activated on Google and other search engines** as well as YouTube and it is possible to lock these so that they can't be inadvertently removed. You can find out more by visiting the [Google Safety Centre](https://www.google.com/safetycenter). Once you've put all of these controls in place have a browser and search for a few things to see what your children might see, if they were to do the same. Remember that voice-activated search works really well now.

## Set boundaries

It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Encourage children to use devices in a shared spaces like a lounge or kitchen. Make sure to keep other devices out of reach and use passwords so they can't go online without asking you first. It's also a good idea to have tech-free mealtimes and not to allow children to have devices in their bedrooms at this age.

## Explore together

Set your homepage to a child-friendly site such as CBeebies and give them a user account which only allows access to sites and apps you've chosen.

## Help them learn through games

Games are a great way for young children to explore the internet and learn about the world around them. Choose a variety of safe and educational online games and apps to play with your child so that you'll feel more comfortable with them exploring. Make use of websites and platforms designed specifically for pre-schoolers like CBeebies, YouTube Kids, Nick Jr, and use [www.cnet.com](https://www.cnet.com) and reviews in the app store to check app suitability.



## Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big online safety issues.

Scan below or visit [internetmatters.org](https://www.internetmatters.org) for more advice



Facebook: [InternetMatters](https://www.facebook.com/InternetMatters)  
Twitter: [@im\\_org](https://twitter.com/im_org)  
Instagram: [internetmatters](https://www.instagram.com/internetmatters)

LinkedIn: [Internet Matters Ltd](https://www.linkedin.com/company/internet-matters-ltd)  
YouTube: [@internetmattersorg](https://www.youtube.com/channel/UCqWz8p1v1v1v1v1v1v1v1v1)  
Email: [@internetmatters.org](mailto:info@internetmatters.org)

internet matters.org

## Talents & Achievements

Lots of children have shared their talents and achievements with us this week, well done!





Ella – Class 1  
Gymnastics badge



Olivia – Class 7  
Razzamatanz dancer



Jasmine – Class 9  
Gymnastic badge 10



Daisy – Class 7  
Footballer of the week



Daisy – Class 7  
Tap and Ballet awards



Jorgie – Class 4  
Dancing awards



## Attendance

We saw a rise in attendance in school this week to 96.1% well done everyone!

# Makaton



<https://sway.cloud.microsoft/qkKankT0507olpVW#content=A6u2L1ecrGZu2Y>

1 - Man - make a beard with your hand



<https://sway.cloud.microsoft/qkKankT0507olpVW#content=MIRtXxntGWdxy3>

*2 - Lady - little finger from ear, down cheek*

Have a go at our collection of really useful Makaton signs.

[www.bbc.co.uk](http://www.bbc.co.uk)

## Stars of the Week!

**This half term our Learning power is 'Resilience'**



Nursery Stars: Thomas Cayden Nancy Ivy

Lunchtime award: Ivy

Class 1 Star: April

Lunchtime award: Hannah L

Class 2 Star: Rosie

Lunchtime award: Lily H

Class 3 Star: Harlow-Rae

Lunchtime award: Charlie W

Class 4 Star: Oliver

Lunchtime award: Oscar S

Class 5 Star: Luke

Lunchtime award: Ava P

Class 6 Star: Isabelle

Lunchtime award: Talaia Mc

Class 7 Star: Franklin

Lunchtime award: Callie R

Class 8 Star: Michelle

Lunchtime award: Willow B-H

Class 9 Star: Poppy

Lunchtime award: Mark S

## Term Dates

Monday 18 <sup>th</sup> March – Friday 22 <sup>nd</sup> March	Big Walk & Wheel & Feet First Challenge	
Thursday 21 <sup>st</sup> March	Open Reading Session in school – Reception, Year 1 & 2	3pm
	Open Reading Session in school – Nursery	9am & 2.30pm
Tuesday 26 <sup>th</sup> March	Parents Evening – Email sent 12 <sup>th</sup> March to allow parents to book	
Wednesday 27 <sup>th</sup> March	Parents Evening – Email sent 12 <sup>th</sup> March to allow parents to book	
Thursday 28 <sup>th</sup> March	Last day of term	
Tuesday 16 <sup>th</sup> April	First day of term	

## Menu for week commencing 18th March 2024

Parents, please remember to order your child's lunch on School Hub

1.	Choice 1	Choice 2	Pudding
Monday	Ham or Cheese & Tomato Pizza served with wedges & baked beans or salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Ice Cream Roll or fresh fruit or yogurt
Tuesday	Sausage (Pork) or Veggie Sausage served with creamed potato, sweetcorn & gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Brownie or fresh fruit or yoghurt
Wednesday	Roast of the Day Ham or Quorn Fillet Local roast ham with Yorkshire pudding, roast potatoes, carrots & peas, and gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Gingerbread or Fresh Fruit or yoghurt
Thursday	Beef Pasta Bolognese or Sweet Tomato Pasta served with Garlic Bread & Green Beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Marble Sponge or Fresh Fruit or yoghurt
Friday	'Fishy Friday' or Cheese & Egg Flan served with chips, sweetcorn & tomato ketchup	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Banana Cake or Fresh Fruit or yoghurt

## Information



### 0 – 19 Child and Family support services - Carlisle

What's on! **FREE**

All of our services are  
These sessions are for parents/carers and their children

MARCH				
DAY	DATE	SESSION	TIME	VENUE
Fri	1st	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	4th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Mon	4th	Breastfeeding Monthly Drop in	12:30 - 1:30	Longtown C&F Centre
Mon	4th	Mums' Minds Matter	1:30 - 2:30	Longtown C&F Centre
Tues	5th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	5th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	5th	Time Together	11:00 - 12:00	Harraby CC
Thurs	7th	Bump and Baby Social	10:00 - 11:00	Petteril Bank C&F Centre
Fri	8th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	11th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	12th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	12th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	12th	Time Together	11:00 - 12:00	Harraby CC
Thurs	14th	Bump and Baby Social	10:00 - 11:00	Petteril Bank C&F Centre
Fri	15th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	18th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	19th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	19th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	19th	Time Together	11:00 - 12:00	Harraby CC
Wed	20th	Starting Solids	1:30 - 2:30	Petteril Bank C&F Centre
Thurs	21st	Bump and Baby Social	10:00 - 11:00	Petteril Bank C&F Centre
Fri	22nd	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	25th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	26th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	26th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	26th	Time Together	11:00 - 12:00	Harraby CC
Thurs	28th	Bump and Baby Social	10:00 - 11:00	Petteril Bank C&F Centre

Registered Charity Number:264713

[www.facebook.com/CarlisleSupport](https://www.facebook.com/CarlisleSupport)

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)

**Hunger has no holiday**

**cashforkids DAY**  
Thursday 2nd May  
**Cumbria**

Every child deserves a hot meal in the school holidays.  
Please donate to help make it happen.

Registered charity 1122062, SC040421 & SC003334

Scan to donate



## Cumbria's Holiday Activity and Food Programme Carlisle Area

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



**Carlisle Mencap (The Grace Little Centre, Crindledyke Road, Carlisle)**  
**Description:** Four-day offer for SEND children including:  
2 April: Easter Party,  
4 April: Trip to Wrey Castle,  
8 April: Springtime Baking and 11 April: Trip to CocoaBean Chocolate Factory. Meals included.  
**Age range:** 8 - 18 (SEND children only)  
**Dates:** 2, 4, 8 and 11 April  
**Times:** 10am - 3pm  
**Booking information:** Call 01228 674393 or email [children@carlismencap.co.uk](mailto:children@carlismencap.co.uk)

**Carlisle Villa Boxing Club (Annex to the rear of 71 Currock Road, Carlisle)**  
**Description:** Non-Contact Boxing, team building, leadership and healthy lifestyles. Meals included.  
**Age range:** 5 - 15  
**Dates:** 8 - 12 April  
**Times:** 10am - 12pm  
**Booking information:** Email [carlislevillaabc@hotmail.co.uk](mailto:carlislevillaabc@hotmail.co.uk)

**Carlisle Youth Zone - Junior Offer (Victoria Place, Carlisle)**  
**Description:** Carlisle Youth zone offers a wide range of activities including: games and challenges, sport, music, arts, and crafts, baking and cooking, book club and gym. Meals included.  
**Age range:** 8 - 12  
**Dates:** 3, 4, 10 and 11 April  
**Times:** 8.30am - 3.30pm  
**Booking information:** Call 01228 516280 or email [info@carlisleyouthzone.org](mailto:info@carlisleyouthzone.org)

**Carlisle Youth Zone - Senior Offer (Victoria Place, Carlisle)**  
**Description:** We will be offering off site activities for young people to experience new adventures in an around the local area. We also be offering time in CYZ to experience everything we have to offer. Meals included.  
**Age range:** 12 - 16  
**Dates:** Trip dates: 3 and 10 April. Club dates: 2 and 12 April  
**Times:** 3 and 10 April: 10am - 2pm. 2 and 12 April: 3.30pm - 7.30pm  
**Booking information:** Call 01228 516280 or email [info@carlisleyouthzone.org](mailto:info@carlisleyouthzone.org)



### Book sessions in your area now!

- Visit [cumberland.gov.uk/holidays](http://cumberland.gov.uk/holidays) to search the range of activities available.
- Bookings will work on a first-come-first served basis - and places are limited.
- Some activity providers offer transport. Visit [cumberland.gov.uk/holidays](http://cumberland.gov.uk/holidays) for full details.
- Dates are liable to change, please contact the activity provider for more information.

### Who is it for?

The Holiday Activity Programme is aimed at all statutory school-age children and young people (Reception-Year 11).

- Places are FREE for eligible children due to funding from the Department for Education.
- Funded places are for young people who receive benefits-related Free School Meals and other eligible children in particular circumstances. All children who attend will also be provided with a meal.
- Eligible children can access up to four sessions this Easter.
- Interested in any of the activities listed in this leaflet? Visit [cumberland.gov.uk/holidays](http://cumberland.gov.uk/holidays) to book holiday activities or use the booking information provided.
- For any enquiries or to check your eligibility status email: [HAFCumberland.gov.uk](mailto:HAFCumberland.gov.uk)
- If you are not eligible for a funded place many providers offer paid places - please contact them to discuss your options.
- Many of our providers cater for children with additional needs, please contact the provider to discuss your child's needs and suitability of the session.



Funded by



Department  
for Education

#### Currock Community Centre (Lediard Avenue, Carlisle)

**Description:** A multi-sports camp, with additional Easter themed activities and educational sessions. Meals included.

**Age range:** 5 - 11

**Dates:** 3, 4, 10 and 11 April

**Times:** 9am - 3pm

**Booking information:**  
Call 01228 591868 or email  
[info@currockcc.co.uk](mailto:info@currockcc.co.uk)

#### Funcation - Carlisle Matters (Pettler Bank Community Centre, Burnett Road Carlisle)

**Description:** We offer a fun range of crafts, games, sporting activities, and hot food.

**Age range:** 5 - 11

**Dates:** 2 - 5 April

**Times:** 11am - 3pm

**Booking information:**  
Visit <https://carlismatters.co.uk/events/>

#### GLL The Sands Centre (Newmarket Road, Carlisle)

**Description:** A day full of water activities, fun, sports, and friends. Meals included.

**Age range:** 8 - 16

**Dates:** 3, 4, 9 and 10 April

**Times:** 9am - 3pm

**Booking information:** Email  
[chloe.nixon@gll.org](mailto:chloe.nixon@gll.org)

#### GLL Trinity Leisure Centre (Strand Road, Carlisle)

**Description:** A fun and well organised multi sports camp with children given the opportunity to take part in a variety of sports, health and fitness, arts, crafts, and games. Meals included.

**Age range:** 5 - 11

**Dates:** 2 - 5 April

**Times:** 9am - 3pm

**Booking information:**  
Email [Michael.barnes@GLL.org](mailto:Michael.barnes@GLL.org)

#### Inglewood Infant School (School Road, Carlisle)

**Description:** We offer a range of creative, scientific, and playful learning activities.

**Age range:** 5 - 7 (plus siblings aged 8 - 11)

**Dates:** 3 and 10 April

**Times:** 9.30am - 3pm

**Booking information:** Email  
[parent@inglewood-inf.cumbria.sch.uk](mailto:parent@inglewood-inf.cumbria.sch.uk)



**Sportscool North Lakes (Norman Street School, Norman Street, Carlisle)**  
**Description:** A multi -sports coaching provider offering children the ultimate Easter sports week. Meals included.  
**Age range:** 4 - 11  
**Dates:** 8 - 11 April  
**Times:** 1.30pm - 5.30pm  
**Booking information:** Visit [www.sportscoolnorthlakes.schoolipal.co.uk](http://www.sportscoolnorthlakes.schoolipal.co.uk)

**St Barnabas Church and The Lookout Community Hub (St Barnabas Church, Brookside, Carlisle)**  
**Description:** Wednesday 3 April: Inflatables at St Lukes - Bouncy castles and games! Friday 5 April: Trip to Funshack. Wednesday 10 April: Sports and games at St Lukes! Friday 12 April: Treasure Hunt, crafts, and games at St Barnabas Church!  
**Age range:** 4 - 16  
**Dates:** 3, 5, 10 and 12 April  
**Times:** 11am - 2pm. Trip time may differ.  
**Booking information:** Call 07413 258279 or message us through Facebook at The Lookout Community Hub.

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

**Stone Eden Nursery School (Holme Lane, Carlisle)**  
**Description:** A range of on-site and off-site activities with our holiday club which include activities based around healthy eating and lifestyle. Meals included.  
**Age range:** 5 - 11  
**Dates:** 2 - 12 April  
**Times:** 10am - 3.30pm  
**Booking information:** Call 01228 599400 or email [info@stoneeden.co.uk](mailto:info@stoneeden.co.uk)

**Talkin Adventures (Talkin Tarn Country Park, Tarn Road, Brampton)**  
**Description:** Fully supervised Adventure Holiday Clubs for 9 - 14-year-olds. Meals included.  
**Age range:** 9 - 14  
**Dates:** 4, 5, 11 and 12 April  
**Times:** 10am - 3pm  
**Booking information:** Visit [www.independentadventure.co.uk/clubs](http://www.independentadventure.co.uk/clubs) or call 01228 420123

**Yewdale Community Centre (Hutton Way, Carlisle)**  
**Description:** Trampoline themed holiday camp - Indoor and outdoor games, activities, and crafts. Meals included.  
**Age range:** 5 - 16  
**Dates:** 3, 4, 10 and 11 April  
**Times:** 10am - 3pm  
**Booking information:** Email [trampoline@yewdalecc.co.uk](mailto:trampoline@yewdalecc.co.uk) or visit the centre.

**Morton Manor Community Centre (Wigton Road, Carlisle)**  
**Description:** We offer something educational and fun, for all children, including sports, games, arts, and craft activities taking into consideration the weather and safety of the children. Hot meals included.  
**Age range:** 5 - 11  
**Dates:** 2, 8, 9 and 11 April  
**Times:** 10am - 3pm  
**Booking information:** Please come to the centre to complete a booking form or call 01228 531105 for more information.

**Oak Tree Animals' Charity (Oak Tree Farm, Wetheral Shields, Carlisle)**  
**Description:** A chance to learn about animals, their needs, and their behaviour. Meals included.  
**Age range:** 5 - 10  
**Dates:** 30 March and 12 April  
**Times:** 10am - 2pm  
**Booking information:** Email [info@oaktreanimals.org.uk](mailto:info@oaktreanimals.org.uk)



**Pyjama Drama North Cumbria (Holme Head House Community Atelier, Denton Holme, Carlisle)**  
**Description:** Immersive sessions of high-energy games, dynamic drama techniques, a delicious lunch, and engaging craft activities, fostering friendships and confidence building for a memorable experience filled with laughter and joy.  
**Age range:** 5 - 8  
**Dates:** 2, 4, 9 and 11 April  
**Times:** 10am - 2pm  
**Booking information:** Visit [www.ticketsource.co.uk/pyjama-drama-cumbria/e-bkvvog](http://www.ticketsource.co.uk/pyjama-drama-cumbria/e-bkvvog)

**RRCA/Manchester United Foundation (Richard Rose Central Academy, Lismore Place, Carlisle)**  
**Description:** An Easter themed fun filled three days of activities, crafts, workshops, and sport. Meals included. Exclusively for RRCA students and Manchester United Foundation Partner Primary schools.  
**Age range:** 9 - 16  
**Dates:** 2 - 4 April  
**Times:** 10am - 2pm  
**Booking information:** RRCA bookings email [Jessica.Nelson@rrca.org.uk](mailto:Jessica.Nelson@rrca.org.uk) Partner Primary bookings email [Adam.Whitfield@mufoundation.org](mailto:Adam.Whitfield@mufoundation.org)



## Are You Interested in a Career as a **Teaching Assistant**?

Did you know that apprenticeships aren't just for 16-to-18-year-olds? Work around your child's school hours and achieve a nationally recognised certificate!

If you would like further information, please contact Gen2 at 01900 701300 or [info@gen2.ac.uk](mailto:info@gen2.ac.uk). Gen2 have vacancies for Teaching assistant across many schools in Cumbria.

Department for Education

City & Guilds Training

# Believe You Can

Helping People, Organisations and Economies Develop Their Skills for Growth

**Taster Sessions & Open Evenings**

Want to find out more about apprenticeships? Reserve your place on our FREE Apprenticeship Taster Sessions and open a gateway to an incredible future.

**Step In2 Apprenticeships**

The fully funded Step In2 Apprenticeship programmes are the perfect first step for you to gain the knowledge and skills employers are looking for and get you ready for an apprenticeship.

**Apprenticeships & Degree Apprenticeships**

Gen2 offer a wide range of Apprenticeships from L2 to L6 Degree Apprenticeships covering key business sectors including Business Services, Teaching Assistant, Nuclear, Engineering & Civil Engineering.

**Apply Today for Gen2 Apprenticeships**

Scan the QR code below and apply now to our 2024 Apprenticeship Vacancies. More information and the whole offering is available on our site.

**Funded Training - Skills Bootcamps**

Skills Bootcamps are funded, flexible courses of up to 16 weeks for adults aged 19 or over. They give people the opportunity to build up valuable sector-specific skills.

**Upskill Your Workforce**

Are you an employer looking to upskill your workforce? From high quality short courses to funded training throughout Cumbria, we have the ability to meet our customers needs.

**Bring Honours Degree**

HND  
HNC  
Higher Education

L6  
L5  
Degree Apprenticeships

L4  
L3  
L2  
Apprenticeships

Step In2 Apprenticeships

Taster Sessions

**Employer FAQ**

**Can I use apprenticeships to upskill my workforce?**

You can use apprenticeship training to fill key skill gaps in your business and boost employee retention by providing in-work development.

**How do I recruit an apprentice?**

Gen2 offers a comprehensive recruitment service which can include the searching and shortlisting, upskilling training, support with induction and onboarding. Our business development team will work closely with you to understand your business needs and

**Can I use apprenticeships to upskill my workforce?**

We can suggest the most appropriate apprenticeship for your business.

**How much does an apprentice cost?**

As of April 2024, apprentices must earn at least the national minimum wage, which will be £6.40 per hour.

**Can I use skills bootcamp funding?**

If you are an employer or self-employed looking to upskill your workforce, we have funding opportunities available.

**Gen2 Home Page**



# Online Safety Newsletter March 2024

## Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:

- <https://www.internetmatters.org/issues/screen-time/protect-your-child>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:

- <https://www.internetmatters.org/issues/screen-time/deal-with-it/>

This final link provides a guide on how to balance screen time:

- <https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/>



## Fortnite Battle Royale

Fortnite Battle Royale is rated PEGI 12 because it features moderate violence which means it is not suitable for persons under 12 years of age.

It is important to remember that when rating games, PEGI do not take into consideration the communication features of a game. Fortnite does include a chat facility, which adds further risks.



### What is Fortnite?

There are different versions of Fortnite, including Battle Royale, which is free to play (although in-app purchases are available). In Battle Royale up to one hundred players compete against each other.

### What do I need to be aware of?

- **Chatting to strangers and inappropriate language:** Fortnite contains voice and text chat. Due to the nature of the game, your child may be chatting to strangers and may hear inappropriate language. Ensure your child knows how to report players for any inappropriate behaviour.
- **In app purchases:** All users can purchase V-Bucks directly through the game so make sure you don't store your card details within the game/device and restrict purchases.

### Parental Controls

Fortnite includes several parental controls to help you make it a safer environment for your child including disabling voice chat, filtering language and setting privacy settings. Also, remember to set up age-appropriate parental controls on the device your child is playing on.

### Further information

Virgin Media outline how to set up the different parental controls available: <https://www.virginmedia.com/blog/parental-controls/gaming-fortnite>

## Does your child need a mobile phone?

If you are thinking about giving your child their own phone, then you might find this article from Family Lives useful as it discusses things you need to consider:

- <https://www.familylives.org.uk/advice/primary/health-and-development/does-your-child-need-a-mobile-phone>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.03.24.

## Instagram

You will probably know that Instagram is used to post photos and videos, but did you know that it can also be used to message, voice/video call and send disappearing messages? Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).

**You must be over 13 years of age to set up an account.** To create an account, you must enter a date of birth (but it is not verified). When you set up an account for users under 16 years old, the account is set to Private. This is the recommended setting so that your child approves who follows them and sees their content. Even if your child's profile is private, their bio (at the top of their profile) can still be seen by everyone. Check they have not included personal information here e.g. they should not be wearing their school uniform in their photo.

Instagram includes several privacy settings, so go through these with your child and ensure they are set appropriately. Settings include:

- Messages/Group chats – set who can message you/add you to groups.
- Story replies – you can turn this off or choose who can message you.
- Hidden words – turn this option on to hide comments/messages that may be offensive. You can also add your own custom words or emojis.

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it.

### Supervision

You can set up supervision on your child's (aged 13-17) Instagram account. This gives you access to a set of tools including the ability to see who they follow/who follows them, how much time they are spending on Instagram, set a time limit and view accounts your child has blocked. Your child can also share when they have reported anything to Instagram with you. Learn more here: <https://help.instagram.com/65852825492278>

### Safety Features

Ensure your child knows how to report posts and people, how to unfollow and block people, delete and turn off comments. View here: <https://help.instagram.com/269765046710559>

### Quiet mode

Your child can activate quiet mode, so they do not receive notifications (to provide less distraction whilst studying and at night time).

### How can I keep my child safe on Instagram?

The NSPCC have published a blog with everything that you need to know: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/keeping-children-safe-on-instagram/>

### More information

- Visit the family centre to learn more about the features available: <https://familycenter.instagram.com/>
- Download a parent's guide to Instagram: <https://help.instagram.com/299484113584685>

## Do you need help managing your child's device?

You can use Google Family Link or App Family Sharing to help you depending on your child's device.

### Google Family Link

This is a parental control app from Google that lets you:

- See activity reports showing how long they spend on each app.
- Approve or block new app downloads
- Set screen time limits.
- Find their location (using their device)

You will need to download an app and then decide appropriate settings.

- <https://families.google.com/familylink>

### Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions.
- Share purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

- <https://www.apple.com/uk/family-sharing/>

### Monitoring Apps (paid for)

In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend a specific product, these are some examples that you could review and test using a free trial:

- Norton Family: <https://uk.norton.com/products/norton-family>
- Qustodio: <https://www.qustodio.com/en/>
- Family Time: <https://familytime.io/>