



Newsletter Friday 1st March 2024

Kingmoor Nursery and Infant School

World Book Day Activities - Thursday 7th March

World Book Day
Thursday 7th March

Wear your comfy clothes/ PJs

Bring any books you no longer want for our book swap.
For each book donated children will receive a ticket to swap for another book.

Book Fair : Usbourne book fair
Children can spend their World Book Day tokens at the fair

Join our Hunt the book cover competition



BOOK COVER HUNT



As part of our Book Week activities we are having a Book Cover Hunt on Thursday 7th March.

Children can collect an entry sheet from their teacher or the school hall. Around school we will display book covers. See if you can work out which book they are from. Use the QR code on each image to check which ones you have right.

All completed entries to be returned to the hall to receive a small prize.

'READ YOUR WAY'

PHOTO CHALLENGE
BY 6TH MARCH
SHARE ON TAPESTRY

AS PART OF OUR WORLD BOOK WEEK ACTIVITIES WE WANT YOU TO SHARE PHOTOS OF YOU READING YOUR WAY

READ YOUR WAY!
THIS MIGHT BE IN BED, IN THE CAR, AUDIO BOOK, GARDEN ETC.

Kilmor Nurseries and Infant School

World Book Day

7th March 2024

Special competition and activities!

Menu

Main: Hot dogs

Veggie: Veggie hot dogs

Sides: Loaded fries and mixed salad

Dessert: Fruit lolly or iced gingerbread

Allergy free:
Main - Chicken goujons
Sides - Chips and salad
Dessert - Fruit lolly

Lunch Shop
BY ORDER



'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:

Logos at the bottom include: University of Cumbria, arts:c4i, Carlisle City Council, Cumbria Wildlife Trust, Cumbria Museum of Military Life, and Carlisle Local Cultural Education Partnership.

Safe use of devices for young children

There are useful links and guides for parents of children aged 0-5 on the website below. Watch the video for handy hints.

<https://youtu.be/O3OF-NWDzGo?si=y6TpoNGPuuCJsHV>

Stocks Wood Trip

Year 2 had a fantastic time on their visit to Stocks Woods where they enhanced their science learning on everyday materials.

We explored the woods for natural materials and thought about their properties before using them to build dens. We collaborated so well that not even the big bad wolf could blow our dens down!

After a busy morning of learning we warmed up around the campfire with a hot chocolate and toasted marshmallows.





























This week in Year 2.....

In music the children have been using the ukulele. They learned how to hold it correctly and how to change the pitch by plucking the strings and holding their fingers on different parts of the frets.









Extra Curriculum Football Club

The children have enjoyed playing football and learning how to work as a team in their morning football club.





Online Safety Newsletter March 2024



Kingmoor Nursery and Infant School

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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/658522825492278>

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://familycentre.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 Apple 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.austodio.com/en/>
- Family Time: <https://familytime.io/>

Attendance

This week our attendance in school was slightly lower than last week and has been 96%.

Makaton



<https://sway.cloud.microsoft/9SbUTR37EQdE205b#content=RwuQfgrLMphwqo>

1 - Mum - three fingers on palm, tap twice



<https://sway.cloud.microsoft/9SbUTR37EQdE205b#content=v2C3NMrszJgfTJ>

2 - Dad - 2 fingers on top of each other, tap twice

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

www.bbc.co.uk

Stars of the Week!

This half term our Learning power is 'Resilience'



Nursery Stars: Yasmin Finn Rosalie

Lunchtime award: Jacob B

Class 1 Star: Ryan

Lunchtime award: Theo D

Class 2 Star: Emma

Lunchtime award: Croswell I

Class 3 Star: Hayleigh

Lunchtime award: Jake H

Class 4 Star: AJ

Lunchtime award: Jonty S

Class 5 Star: Ava

Lunchtime award: Ellis T

Class 6 Star: Finley

Lunchtime award: Maddie K

Class 7 Star: Erin

Lunchtime award: Ashton J

Class 8 Star: Kieran

Lunchtime award: Neve Mc

Class 9 Star: Mark

Lunchtime award: Max H

Term Dates

Thursday 7 th March	WORLD BOOK DAY	
	Children can come to school in their Pyjamas and bring a favourite book.	
	'Hunt the Book' competition after school - entries can be collected from classrooms	3:30pm- 4:30pm
	Usborne Book Fair – School Hall	3:30pm- 4:30pm
Monday 11 th March – Friday 22 nd March	Big Walk & Wheel & Feet First Challenge	
Friday 15 th March	Comic Relief – Non uniform £1 donations to school welcomed	
Thursday 28 th March	Last day of term	
Tuesday 16 th April	First day of term	

Menu for week commencing 4th March 2024

	Choice 1	Choice 2	Pudding
Monday	Crispy Chicken or Veggie Burger served with potato wedges, carrots & sweetcorn	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Strawberry Mousse Tub Or fresh fruit or Yogurt
Tuesday	Sausage Rolls or Cheese & Potato Pie served with creamed potato, baked beans or salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Chip Cookie or fresh fruit or yoghurt
Wednesday	Roast of the Day (turkey) or Quorn Fillet Local roast turkey 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	Cheese & Cream Crackers with apple Or fresh fruit or yoghurt
Thursday	WORLD BOOK DAY Hot Dog or Veggie Hot Dog served with loaded fries and mixed salad		Fruit Lolly Or Iced Gingerbread
Friday	'Fishy Friday' or Veggie Sausage served with chips, peas & tomato ketchup	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Vanilla Sponge or Fresh Fruit or yoghurt

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

Information



0 – 19 Child and Family support services - Carlisle

Our Sensory Rooms



The sensory room is available for children
0 - 5 years living in Carlisle
(0 - 8 years for children with special needs and disabilities)

Following a brief induction, the room can be booked for a
45 minute session by parents or practitioners.
A special environment to support your child's interaction, discovery and
communication.

Encourages stimulation of the senses – sight, sound, touch, and smell.

Morton – available on Friday afternoons

Sammy on 07815 686 762 or sammy.service@family-action.org.uk

Harraby – available on Thursdays

Sophie on 07816 087 116 or sophie.batchelor@family-action.org.uk

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk



Prom has become an important milestone for many of our young people as they leave school and look to the future. Some families may struggle to provide prom wear for many reasons.

We have come together with other agencies, local retailers and the community to offer a good selection of quality donated prom wear.

Referrals Process: Young people can be nominated through their school, support agencies, children's workforce, directly themselves or by friends and family members. They will then be invited to the event to choose items for their prom.

Please send a message via the You SALL Go To The Ball Facebook page.

The events will take place on
Sunday 17 March and Saturday 23 March 2024 between 11am until 1.30pm
at Well Suited, 4 Fisher Street, Carlisle, CA3 8RN

cumberland.gov.uk








You SALL Go To The Ball - Facebook @yousallgototheball
Well Suited - www.wellsuitedcic.com wellsuitedcic@gmail.com



To book/reserve a place for your child or for more information please contact:

sophieswimhappy@gmail.com
instagram:swimhappy_
Facebook: SwimHappy
Mobile: 07759723193

SWIMMING LESSONS

-  STA QUALIFIED SWIMMING TEACHER
-  BABY AND PRE SCHOOL SWIMMING LESSONS
-  AFTER SCHOOL LESSONS FOR CHILDREN 4 YEARS AND ABOVE
-  SPACES AVAILABLE FOR CHILDREN WHO CAN SWIM UNAIDED BUT NEED TO IMPROVE THEIR TECHNIQUE
-  SMALL CLASSES OF 6 CHILDREN - BEGINNERS, INTERMEDIATE AND ADVANCED
-  LESSONS BOOKED IN BLOCKS OF 8 WEEKS
-  MESSAGE TO BOOK OR FOR MORE INFORMATION!