



# Newsletter Friday 15th December 2023

## Kingmoor Nursery and Infant School

Dear Parents and families,

We have had a busy and exciting first term here at Kingmoor Nursery and Infant School. We are so proud of all the children, their attitudes to learning and how well they have started the year. We have continued with our passion for promoting enjoyment of reading with our annual Book Drop and we hope you found some books nearby! The children have also thoroughly enjoyed using our new library. Remember our Little Library cupboard is accessible for all parents to take/borrow/donate books from/to on our EYFS yard.

Recently we have celebrated being awarded the Primary Science Quality Mark and this reflects how proud we are of our curriculum. Our Ambassadors have been busy and, along with Mrs Brumpton and the staff, organised our Christmas Window Wander which was very well attended, we look forward to being able to grow this event further next year.

Please remember that following the changes to the DFE approach to attendance that we will be writing to and contacting parents when their child's attendance gets close to or drops below 90%. If a child's attendance drops below 90% it is classed as persistent absenteeism. We cannot authorise holidays in term time. We are here to support families so should you be worried about your child's attendance or require support or advice please do not hesitate to get in touch.

Families can keep up to date with all of our school news and the work the children do through our weekly newsletters, Facebook and Tapestry. Please also keep an eye on our Facebook page where we share advice, support and information about places to go to access help should you need it.

We have ended the term with spectacular Christmas performances and it has been a delight to see how much the children have enjoyed them. Next week we are expecting a very special visitor!

Wishing you all a very Merry Christmas and all the very best for the New Year

Mrs N Corfield

## Disco



Reminder: Please can Reception children that are coming to the disco please bring their party clothes & shoes in a named carrier bag as they will change at the end of the school day. Their disco will be from 3.30pm - 4.30pm in the Reception building.

Year 1 & Year 2 disco will be in the school hall from 5.30pm – 6.30pm. All children will be given a packet of crisps and a juice carton.

Please be aware you will not be able to pay on the door, thank you.

## Christmas Dinner



A huge Thank You to Sam and her team in the kitchen for serving a wonderful Christmas Dinner this week, it was a wonderful to see the hall decorated and children and staff enjoying their lunch.

## Support with childcare costs

The government have announced additional support for families with childcare costs

There is more information on the childcare support available to parents on the [Childcare Choices](#) website where you can explore early education entitlements and other government help with childcare costs.

## Christmas Performances

We have been so proud of all of our children this week as they have performed in their Christmas Productions, here is a selection of photographs for you to enjoy...

## Reception....









Year 1....









Year 2...







## Christmas Craft Competition

It was wonderful to see so many families coming to support the Christmas Window Wander and Christmas Event last Friday making it a huge success. Also a big Thank You to all the children who created some wonderful Christmas Crafts, here are some of the entries and well done to the winners!





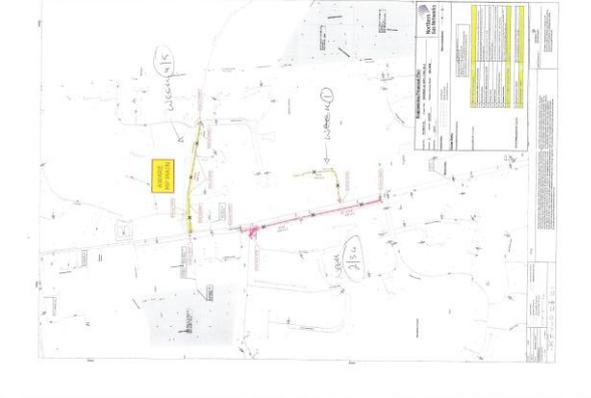






## Northern Gas Networks

Please be aware that Northern Gas Networks will be carrying out works in the area during January. This will lead to increased traffic and delays along Kingstown Road so please allow extra travelling time. Thank you.



## Proposed Puffin Crossing





Parkhouse Building  
Kingmoor Business Park  
Carlisle  
CA6 4SJ  
T: 03003032992  
E:trafficteam.east@cumberland.gov.uk

Head Teacher  
Kingmoor infant and jr sch Heather Drive  
Carlisle  
Cumbria  
CA3 0ES

11<sup>th</sup> December 2023  
Your reference: MA/KR/23-24

Dear Sir / Madam

**KINGSTOWN ROAD, CARLISLE – PROPOSED PUFFIN CROSSING.**

I am writing to inform you of a proposal to install a signalised Pedestrian crossing on the A7 Kingstown Road close to the junction with Moorville Drive, as shown on the enclosed plan.

The signalised crossing would replace the existing pedestrian refuge.

Please forward any comments or observations you have regarding this, quoting the reference number above, either via email to [TrafficTeam.East@cumberland.gov.uk](mailto:TrafficTeam.East@cumberland.gov.uk) or in writing to the address shown above.

Should you have any queries regarding this proposal, please do not hesitate to contact me.

Yours sincerely

K. Wilkinson

Keiron Wilkinson  
Traffic Management Technician

## Early Positive Approaches to Support Group

Take part in a family support group and receive up to £60 worth of vouchers whilst helping with university research!

We have an Early Positive Approaches to Support (E-PAtS) group starting in January 2024 in locations of Barrow and Carlisle.

E-PAtS is a parent/caregiver support program that's been co-produced by families and practitioners working together. E-PAtS provides support for your wellbeing and you child's development and behaviour.

If you take part, you will be randomly picked to either attend the E-PAtS group in your location that begins January 2024, or to attend one approximately 12 months from now. 

All participants who take part will receive up to £60 worth of vouchers either way.

Please contact Wendy Wilson at [Wendy.wilson@carlisle Mencap.co.uk](mailto:Wendy.wilson@carlisle Mencap.co.uk) or telephone 01228 674393 to express your interest and check out our website: <https://e-pats.weebly.com/>

## Are you a parent/carer of a child with additional developmental needs (at least 18 months and under 6 years)?

This might mean your child has a learning disability or global developmental delay. It might also be your child has developmental delays but does not yet have a diagnosis.

Then you might like to take part in a study:

**Early Positive Approaches to Support (E-PATS):**  
A Cluster Randomised Controlled Trial



**E-PATS is an 8-session programme for families that is designed and run by families and professionals working together.**

**It covers:**

- How to access support services
- Support for parent/carer wellbeing
- Supporting sleep for children
- Supporting communication and everyday skills for children
- Positive ways to support behaviours that challenge

We want to find out if E-PATS helps to support wellbeing of parents/carers of children with additional developmental needs. This is a randomised study, which means families will be selected by chance (like tossing a coin) to either receive E-PATS now or receive E-PATS in 12 months' time.

All participants taking part will be asked to complete questionnaires on 3 occasions over 12 months. Participants cannot be paid for taking part in the study, but each can receive up to £60 worth of vouchers for completing questionnaires.

**To find out more**

Contact Wendy Wilson at English Speaking on 01904 554155 or w.wilson@kent.ac.uk or 01904 554155

## Growing Well Project

We have been offered an exciting opportunity through the Family Connector Project, to be involved in a project with Growing Well. Growing Well is a farm based Mental Health Charity with sites near Kendal and Tebay. They provide a safe, supportive working environment to nurture mental health recovery and welcome anyone experiencing depression, anxiety or more complex mental health issues. They are funded through charitable donation and sale of their organic produce. Growing Well Limited is a Registered Charity 1182018, registered with the Charity Commission in England and Wales

Growing Well are offering a six-week programme at their Tebay site starting on Friday January 12th and finishing on Friday 16th February.

The programme is designed to support parents to improve their wellbeing and mental health and give them the tools to carry this forward into their family lives by looking after themselves, which will hopefully help the whole family. Although there may be a secondary benefit in that the tools they learn can be used to support other family members, the sessions are very much aimed at parents who need support themselves.

Growing Well will ask participants to commit to all six Friday sessions and to set a goal for their time there, such as 'learn to look after myself better' and identify ways they can take this beyond Growing

Well and into their family lives. There will focus on the 5 Ways to Wellbeing and using their model of 'Recovery through Activity' they will engage participants in horticultural activities on site, sowing seeds, planting and harvesting alongside other activities necessary to the running of Growing Well's commercial kitchen garden.

Participants will be collected in the Growing Well minibus, taken to site and back home at the end of the day. Boots, waterproofs, gloves and a hot, healthy lunch will be provided.

Catherine Bentley in the Manager at Tebay, in charge of the project and she welcomes anyone who is interested to join the 6 week project.

If you feel that this would be of interest, please contact the school office by email ([admin@kingmoor-inf.cumbria.sch.uk](mailto:admin@kingmoor-inf.cumbria.sch.uk)) or phone (01228-558892).

## FREE 'ACES' COURSE IN SCHOOL

We are offering a FREE 10 week 'ACES' course on a Friday morning, beginning in the new term.

This excellent course will support parents who have children who are experiencing adverse childhood experiences as well as supporting parents themselves. Examples of 'ACES' include, separation/divorce, bereavement, violence and mental health.

Please see the attached letter with further details and if you would like to join the course please email

[admin@kingmoor-inf.cumbria.sch.uk](mailto:admin@kingmoor-inf.cumbria.sch.uk)



## Kingmoor Nursery and Infant School

Hether Drive, Lowry Hill,  
Carlisle, CA3 0ES  
01228 558892

[www.kingmoorinfants.com](http://www.kingmoorinfants.com)  
[admin@kingmoor-inf.cumbria.sch.uk](mailto:admin@kingmoor-inf.cumbria.sch.uk)

Headteacher: Mrs N. Corfield

*Loving Learning: Enjoying, Discovering, Growing, Together.*



### RE: ACEs (Adverse Childhood Experiences)

Dear Parents/Carers

We would like to offer the opportunity to do the ACE's 10 week course. The course will start in the Spring Term 2024 (after the Christmas holidays) and will involve weekly sessions on a Friday morning, in school. Please see the session timetable below.

There needs to be a commitment to the course, as every week is as important. Parents/Carers that attended the SPACE course in the Summer Term here at Kingmoor Nursery and Infant School, got so much from it and they realised that they were not on their own, as being a parent is often challenging. We are very lucky to have Donna Lund (who delivered the SPACE course) back in school to deliver the ACEs course too.

The course will include the following topics:

1. Introductions.
2. What does Adverse Childhood Experiences mean?
3. Living with ACEs – How our brains and bodies cope.
4. What is parental resilience? How it can help develop and improve your relationship with yourself and your child and an introduction to 'self-esteem'.
5. Understanding attachment and nurturing parenting styles and how this helps develop a resilient child/ren and adult.
6. Family, friends and neighbours. Meeting basic needs for resilience.
7. Managing the toxic stress.
8. Understanding child development and what to expect. How might high ACEs affect us, our children and our parenting skills?
9. Supporting ourselves and our children to manage their emotions and make healthy relationships.
10. Actions for the future.

On Friday the 5th of January, there will be a Taster session. This will last 30 minutes and will give you an opportunity to ask any questions regarding the programme. This will also be at Kingmoor Nursery and Infant School.



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[admin@kingmoor-inf.cumbria.sch.uk](mailto:admin@kingmoor-inf.cumbria.sch.uk)

Headteacher: Mrs N. Corfield

*Loving Learning: Enjoying, Discovering, Growing, Together.*

The dates for the course are:

#### Spring Term 1

Friday the 12 <sup>th</sup> of January	9-11am
Friday the 19 <sup>th</sup> of January	9-11am
Friday the 26 <sup>th</sup> of January	9-11am
Friday the 2 <sup>nd</sup> of February	9-11am
Friday the 9 <sup>th</sup> of February	9-11am

#### Spring Term 2

Friday the 23 <sup>rd</sup> of February	9-11am
Friday the 1 <sup>st</sup> of March	9-11am
Friday the 8 <sup>th</sup> of March	9-11am
Friday the 15 <sup>th</sup> of March	9-11am
Friday the 22 <sup>nd</sup> of March	9-11am

If you are interested in the course, please contact the school office via email or phone with an expression of interest: [admin@kingmoor-inf.cumbria.sch.uk](mailto:admin@kingmoor-inf.cumbria.sch.uk) 01228-558892

We look forward to working together.

Catherine Lamb  
School SENCO  
Kingmoor Nursery and Infant School

Donna Lund  
Case worker  
Family Connector Project



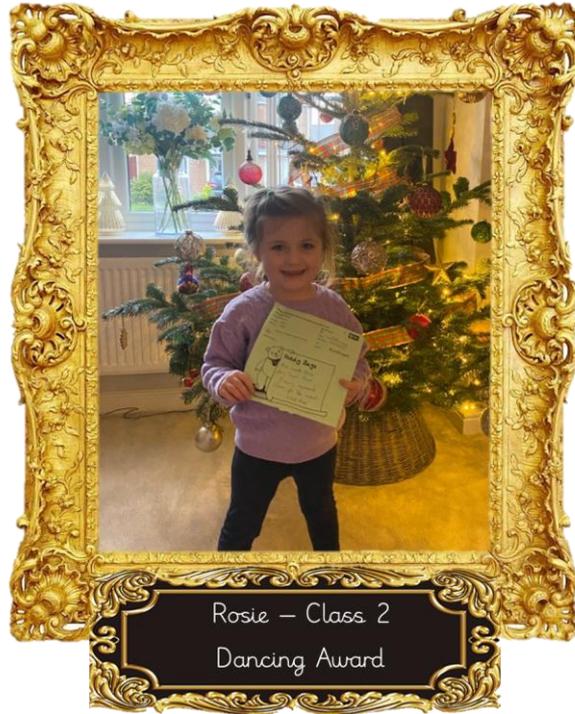
## Attendance

Attendance for this week has been 94.6%.

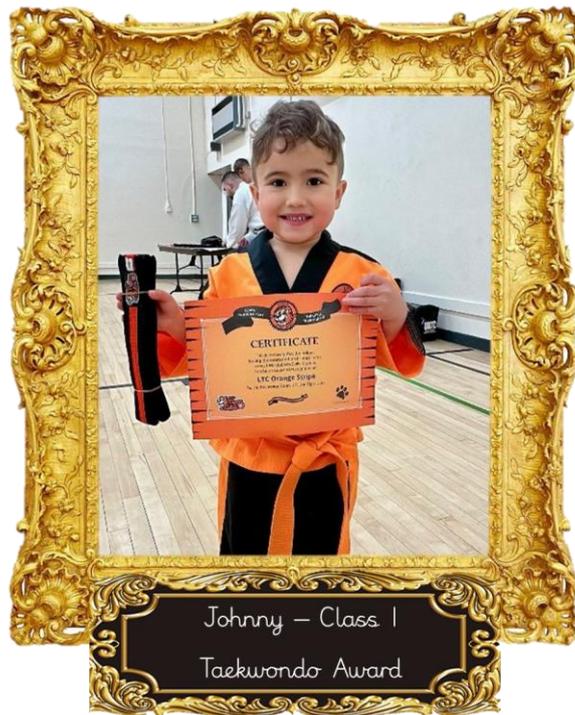
## Talents & Achievements

Well done everybody! Fantastic achievements.





Rosie – Class 2  
Dancing Award



Johnny – Class 1  
Taekwondo Award



Oscar – Class 4  
Swimming Award



Sebastian – Nursery  
Taekwondo Award

## Makaton

Makaton Advent Calendar below...

## Makaton Advent Calendar

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1st  Snowman	2nd  Christmas Tree	3rd  Sleigh	4th  Family	5th  Stars	6th  Happy	7th  Bells
8th  Pudding	9th  Winter	10th  Jesus	11th  Reindeer	12th  Holiday	13th  Presents	14th  Church
15th  Donkey	16th  Stable	17th  Candles	18th  Angel	19th  King	20th  Cake	21st  Robin
22nd  Turkey	23rd  Toys	24th  Sleep	25th  Christmas Day		Father Christmas 	

## Stars of the Week!

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

Nursery Stars: Rory Nancy Joshua Maya

Lunchtime award: Grace F

Class 1 Star: Sofia F

Lunchtime award: William T

Class 2 Star: Soloman

Lunchtime award: Myla N

Class 3 Star: Oliver

Lunchtime award: Sophia R

Class 4 Star: Jonty

Lunchtime award: Summer N

Class 5 Star: Olivia

Lunchtime award: Mitchell W

Class 6 Star: Vihaan

Lunchtime award: Rosana McN

Class 7 Star: Demi

Lunchtime award: Jacob T

Class 8 Star: Amirah

Lunchtime award: Amirah S

Class 9 Star: Kendall

Lunchtime award: Lilly T

## Term Dates

Monday 18 <sup>th</sup> December	Reception Disco – Reception building	3.30pm – 4.30pm
	Year 1 & Year 2 Disco – School hall	5.30pm – 6.30pm
Tuesday 19 <sup>th</sup> December	Last day of term	
Wednesday 3 <sup>rd</sup> January 2024	First day of term	

## Menu for week commencing 18th December 2023

	Choice 1	Choice 2	Pudding
Monday	<b>Crispy Chicken or Veggie Burger</b> served with potato wedges, carrots & sweetcorn	<b>Freshly Made Sandwich</b> Filled with a choice of Tuna, ham or cheese served with fresh salad	<b>Strawberry Mousse Tub</b> Or <b>fresh fruit or Yogurt</b>
Tuesday	<b>Sausage Rolls or Cheese &amp; Potato Pie</b> served with creamed potato, baked beans or salad	<b>Freshly Made Sandwich</b> Filled with a choice of Tuna, ham or cheese served with fresh salad	<b>Chocolate Chip Cookie</b> or <b>fresh fruit or yoghurt</b>
Wednesday	<b>SCHOOL CLOSED</b>		
Thursday			
Friday			

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

## Information

**THE SANTA SHOW 2023**

**Santa's Christmas Wish**  
- the show where every child gets a present from Santa!

What would Santa love for Christmas?  
Join the adventure to grant his secret wish, then meet Santa after & receive a special present!

**the Old Laundry theatre**  
Bowness-on-Windermere

**Meet Santa theatre show**  
16-17 & 20-24 December

A fun musical adventure with Santa in the most Christmassy Christmas show ever!  
Every child receives a gift from Father Christmas!

**Child £9.50**  
(incl. meet Santa & present)  
**Adult £12.00**

oldlaundrytheatre.co.uk  
015394 40872

CARLISLE ROTARY CLUB

# SANTA'S SLEIGH

AT LOWRY HILL  
CHRISTMAS EVE, SUNDAY  
24th DECEMBER  
STARTING AT 4.30pm



ALL TIMES APPROXIMATE

- 4.30pm Naworth Drive
- 5.30pm Sark Close
- 6.15pm Bailey Road
- 6.30pm Swinburn Drive
- 7.00pm Esk Road

PLEASE TELL OTHERS

## CASH COLLECTION FOR LOCAL CHARITIES

Follow us on [facebook.com/RotaryCarlisleUK](https://www.facebook.com/RotaryCarlisleUK)



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



### Perinatal Support Group



Morton Children's Centre, CA2 6JP

Monday 15<sup>th</sup> January 2024 to Monday 26<sup>th</sup> February 2024  
10.45 to 12.15

Are you pregnant or do you have a young baby up to the age of 17?  
Are you struggling with your mental health since becoming a mum?  
Are you struggling with bonding with your baby or feel anxious going out to baby groups?

Join us as we explore parenting together in a safe, supportive way in a small group setting with supportive practitioners, peer support volunteers and like minded parents.



#### Session Topics:

- Week 1** – Understanding your baby:  
How you and your baby are feeling
- Week 2** – Communication: What is my baby telling me?
- Week 3** – The Importance of touch: The dance of Oxytocin
- Week 4** – Dancing with my baby:  
Responding to my baby's cues  
*The last 2 sessions will run after February half term*
- Week 5** – Attunement: Everything coming together,  
Celebrations and Goals
- Week 6** – Reflection; how far we have come

To book a place please contact Fay our Perinatal Co-ordinator on

07815 686 909 or [fay.cardigan@family-action.org.uk](mailto:fay.cardigan@family-action.org.uk)

*We understand attending sessions can be difficult when you are struggling with your mental health, please contact Fay Cardigan, Perinatal Coordinator if you feel you might need additional support in attending this group or would like more information about our Perinatal services.*

Registered Charity Number:264713

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

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



0 - 19 Child and Family support services - Carlisle

# Sensory Processing Workshop

Would you like some information on what sensory processing is and how this can affect your child?

We will be sharing tips and advice on how to manage sensory processing difficulties in our online Introduction to Sensory Processing workshop!

**Join us on Zoom on one of the dates below:**  
**Tuesday 6<sup>th</sup> February 7:30pm - 8:30pm**  
**Thursday 8<sup>th</sup> February 1:30pm - 2:30pm**



Sensory processing is the system that our bodies use to understand the world using our senses.

- ✓ Sight
- ✓ Sound
- ✓ Touch
- ✓ Taste
- ✓ Smell
- ✓ Proprioception
- ✓ Vestibular
- ✓ Interoception

To book a place or to find out more Please contact us by phone or email.

Jodie on 07815 686 821 or [jodie.scott@family-action.org.uk](mailto:jodie.scott@family-action.org.uk)

Registered Charity Number:264713

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

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

## SANTA BUS

We have had requests from many parents asking if Santa would come to see the children of Lowry Hill and Kingmoor School. Although he is very busy, and his reindeer will be resting ahead of their hectic evening on 24th he will be happy to visit in his bus on Sunday December 17th from 4pm to 7pm. Santa's bus will be at the lay-by between Teasdale Road and Bailey Road and tickets will be sold on a first come basis at £5 for 30 mins which includes making a Christmas card and receiving a gift from Santa. Tickets can be purchased from Barbara Bray on 07472454356. All money raised is going to Guide Dogs for the Blind.