



Newsletter Friday 24th November
2023

Kingmoor Nursery and Infant School

Christmas Jumper Day



Next Friday 8th December children can come dressed in Christmas Jumpers or wearing 'Something Christmassy' raising money for GHR Cash for Kids. We are asking for £2 donations if possible, thank you.

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. They 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 is 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) or phone (01228 558892).

We look forward to hearing from you.

Catherine Lamb

SENCo

Christmas Window Wander



The poster features a red and white striped border at the top and bottom. The title 'Christmas Window Wander' is written in a red, cursive font. Below it, the date and time 'Friday 8th December 3pm - 4:30pm' are written in a green, cursive font. Two circular logos for 'St Andrew's Nursery and Infant School' are placed on either side of the date. The event details are listed in various colors: 'Christmas window wander entry sheets £1' in green, 'Hot chocolate 50p' in black with a gingerbread man and hot chocolate cup icon, 'Iced biscuit 50p' in orange with a gingerbread man and biscuit icon, 'Christmas craft competition' in red, 'Sweetie cones £1' in green, 'Photo booth £1' in black, and 'Raffle £1 per strip' in orange. The phrase 'CASH ONLY' is written in red at the bottom. The background includes illustrations of green Christmas trees and a gingerbread man.

Christmas Window Wander

Friday 8th December
3pm – 4:30pm

Christmas window wander
entry sheets £1

Hot chocolate 50p
Iced biscuit 50p

Christmas craft competition

Sweetie cones £1
Photo booth £1
Raffle £1 per strip

CASH ONLY

For the Social Enterprise Project we are inviting you all to our Christmas Window Wander!

This will be held on Friday 8th December from 3:00pm - 4:30pm – Children can be collected from class at 3pm onwards, please bring cash only and see the poster for more information.

We look forward to seeing you there!



Information about the Christmas Craft competition can be found on Tapestry.

Santa Bus

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.

Lowry Hill Christmas Trees







On Thursday the Class Ambassadors decorated the Christmas Trees at the entrance to Lowry Hill. They did a wonderful job especially with the very windy weather!

The trees are looking lovely and will be more festive after the light switch on tonight at 3.45pm by Mr Smith, please go along to watch if you can.

Active Travel Survey

Would you like the chance to win one of 2 x £250 vouchers to spend in time for Christmas?

The Active Travel to School team at @activecumbriacsp wants to hear from you!

If you have a child attending a nursery, primary or secondary school in Cumbria, you are eligible to enter the prize draw.

Simply complete a short survey on how your child gets to school, how often you walk, wheel or cycle on the school run, and tell us about any challenges that may prevent you from having an active school commute.

This will help us understand how often families travel to school using physical activity such as walking, wheeling, scooting or cycling and what measures can support you on your daily school commute!

Remember to complete the survey by Friday 8 December 2023 to enter the draw to win one of 2 x £250 vouchers here:

<https://tinyurl.com/yyvue9d5>





Dear Parent / Carer,

The Active Travel to School team at Active Cumbria would love to hear from you. We are asking parents across Cumbria to complete a short online survey by **Friday 8 December 2023**, with the opportunity to **win one of 2 x £250 vouchers** in time for Christmas.

If you have a child attending a nursery, primary or secondary school in Cumbria, you are eligible to enter the prize draw. Simply complete a short online survey on how your child gets to school, how often you walk, wheel or cycle on the school run, and tell us about any challenges that may prevent you from having an active school commute.

This will help us understand how often families travel to school using physical activity such as walking, wheeling, scooting or cycling and what measures can support you on your daily school commute.

This survey should take no more than 5-10 minutes of your time and any information you provide will be kept secure and confidential.

Remember to complete the survey by **Friday 8 December 2023** if you would like to enter the draw to **win one of 2 x £250 vouchers** here:

<https://surveymechanics.com/s/activetravel>

We ask all parents to please consider completing the survey, as it will help us to build the picture of local attitudes, barriers and enablers to active travel across Cumbria and allow us to better support schools and communities to embed active travel behaviours.

Active Cumbria's Active Travel to School team is committed to improving lives through physical activity and supports active and sustainable travel approaches for children, parents and carers across the county.

Many thanks,

The Active Travel to School Team

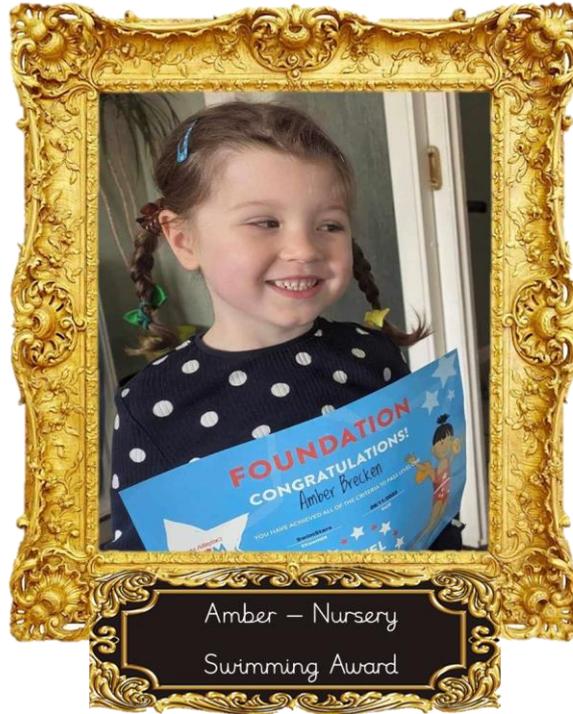


Attendance

Our attendance in school this week has been 94.5%.

Talents & Achievements

Well done, lovely to see so many children sharing their achievements with us this week, thank you!





Alethea – Class 1
Swimming award



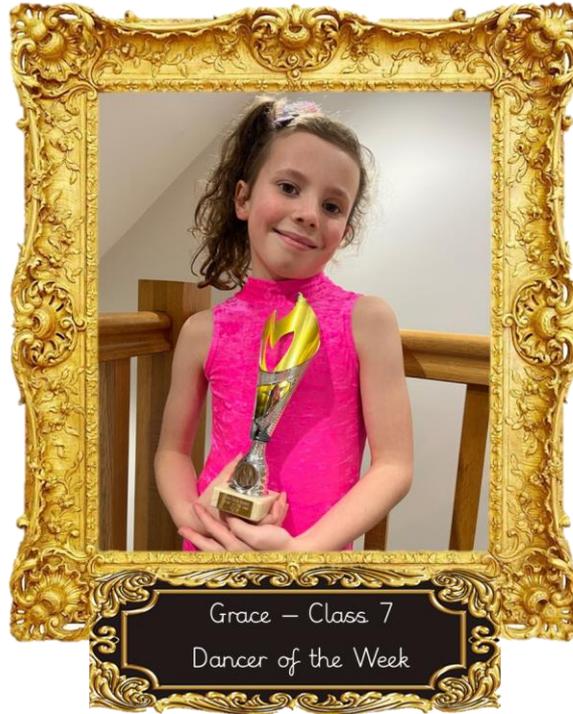
Kyla – Class 7
Swimming award



April – Class 1
Gymnastics Award



Quinn – Class 5
Swimming Award



Grace – Class 7
Dancer of the Week



Myla – Class 2
Gymnastics Bronze award



Erin – Class 7
Swimming award



Sophia – Class 3
Swimming award



Demi – Class 7
Swimming & Gymnastics



Hope – Class 5
Dancer of the week



Makaton

Here are the next letters of the alphabet in Makaton.

Remember, when saying someone's name, you use the Makaton sign for the first letter of their name.



1 - j - open palm and write a j from middle finger to thumb



2 - k - forefinger and bend opposite forefinger to form a k



3 - l - single forefinger on open palm

Mr Tumble's Alphabet Song [Mr Tumble's Alphabet Song - CBeebies - BBC](#)

Stars of the Week!

This half term our Learning power is 'Imagining'

Nursery Stars: Adam C Daniel R Tommy A Hudson G-G

Lunchtime award: Adam C

Class 1 Star: William

Lunchtime award: Darcy V

Class 2 Star: Blake

Lunchtime award: Jake F

Class 3 Star: Harriet

Lunchtime award: Darcey T

Class 4 Star: Imogen

Lunchtime award: Montana Bleu

Class 5 Star: Caleb

Lunchtime award: Hope L

Class 6 Star: Caleb

Lunchtime award: Rocco F

Class 7 Star: Olivia

Lunchtime award: Kyla W

Class 8 Star: Payton

Lunchtime award: Hudson S

Class 9 Star: Max

Lunchtime award: Brooklyn C

Term Dates

Tuesday 28 th November	Year 2 parents look around the Junior School from 3.45pm. Enter through the Junior School main office door	3.45pm
Friday 1 st December	Our Book Advent Calendar starts	
Monday 4 th December	Open Reading Session in school – Reception, Year 1 & Year 2	3pm
	Nursery Open Reading session in school	9am & 2.30pm
Tuesday 5 th December	Nursery new parents (January 2024 starters) meeting via TEAMS	5.30pm
Friday 8 th December	Christmas Jumper Day / wear something Christmassy – raising money for CFM Cash for Kids £2 donations	
	Christmas Window Wander	3.00pm – 4.30pm
Monday 11 th December	Year 2 Christmas Performance PM	2.00pm
Tuesday 12 th December	Year 2 Christmas Performance AM	9.15am
Wednesday 13 th December	Year 1 Christmas Performance AM	9.15am
	Year 1 Christmas Performance PM	2.00pm
Wednesday 13 th December	Christmas Dinner Day	
Thursday 14 th December	Reception Christmas Performance PM	2.00pm
Friday 15 th December	Reception Christmas Performance AM	9.15am
Monday 18 th December	Reception Disco – Reception building	3.30pm – 4.30pm
	Year 1 & Year 2 Disco – School hall	5.30pm – 6.30pm
Tuesday 19 th December	Last day of term	
Wednesday 3 rd January 2024	First day of term	

Menu for week commencing 27th November 2023

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

	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	Tuna Pasta Bake or Tomato Pasta Bake served with sweetcorn	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Flapjack Or Fresh Fruit or Yoghurt
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

Information

Cumbria Fostering

Become part of Cumbria's biggest family

Talk to us about **Fostering**

Visit our information stand on Thursday 30 November at the Cumberland Infirmary atrium in Carlisle, from 12pm to 2pm

Visit our website at: cumbriafostering.org.uk




Working for Cumberland Council and Westmorland & Furness Council








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 Child Health Research NIHR, Programme NP9153724. The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

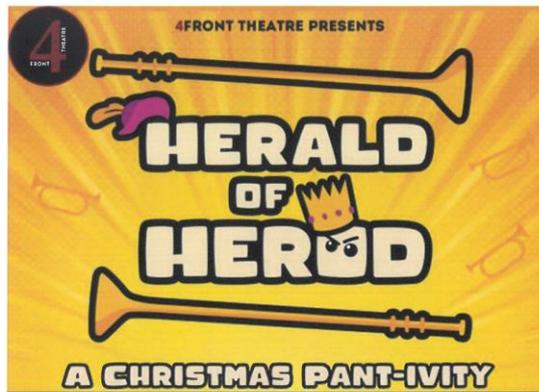










Monday 27th November 2023 6 p.m.
 Wigton Road Methodist Church,
 Carlisle CA2 7BJ



Reserve your free ticket at [eventbrite.co.uk](https://www.eventbrite.co.uk) or just come on the night!

The Three peculiar Magi have appeared in the Royal Palace, talking of the birth of a potential rival King! The cruel King Herod is keen to unravel this mystery. For Harry the humble Herald, this is the chance of a lifetime... to embark upon an epic quest and be noticed by the King!

Explore the nativity like never before with plenty of songs, plenty of laughs and a very boo-able baddie!

A 1 hour show suitable for families and children of all ages!

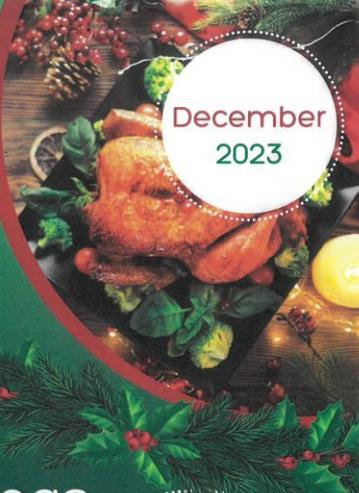
Sunday 26th November 2023
 12pm-5pm in WORKINGTON
www.multiculturalcumbria.org.uk

MULTICULTURAL CUMBRIA Family Connector Project

CULTURE BAZAAR WEST

FREE Community Event
 International Culture and Heritage
 Music, Dance, Activities
 Arts & Crafts, Henna
 Workshops & Performances
 Facepainting Marketplace
 International Street Food
 International Cake Day
 Competition

Get Involved - mp@multiculturalcumbria.org.uk 0300 3020924

December 2023

Christmas Dinner

Wednesday 13th December

Menu
 Main: Sliced turkey
 Veggie: Quorn fillet

Sides: Roast potatoes, pigs in blankets, Yorkshire pudding, carrots & gravy

Dessert: Sticky chocolate pudding or fruit salad

Allergy free:
 Sides: no pigs in blankets & Yorkshire pudding
 Dessert: snowy chocolate cookie



Is your child undergoing assessment for autism?

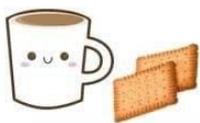
Do you have any questions or would you like some support?
 Would you like to meet other parents and carers also going through the process?

Come and meet the team at a library in your area...

- o Autism pathway navigator
- o Speech and Language therapy
- o Occupational therapy
- o Learning disability nurse

This drop in is for parents and carers of:

- o Children who have been seen by the paediatrician
- o Children who are on the 'multi agency assessment team' (MAAT) pathway
- o Children who have not yet received a diagnosis



East Cumbria date:
 Thursday 23rd November
 1-3pm at Carlisle Library,
 The Lanes Shopping Centre.

West Cumbria date:
 Wednesday 13th December
 1-3pm at Workington Library.

For further details, you can contact our Autism Pathway Navigator at
 NorthCumbriaChildrensM
 AAT@ncic.nhs.uk

Join the official Parent Carer Forum for Cumbria!



About SENDAC

Giving Parent Carers a platform to shape SEND services

SEND Alliance Cumbria - The statutory parent carer forum for Cumbria. We are an independent organisation, funded by the Department of Education. We are run by a Forum committee made up of volunteer Parent Carer Reps across Cumbria, who have children with a variety of needs. We have an ever-growing membership of Parent carers!



Meet Our Team



Become a Member!

Membership is open to ALL parents & carers of children/young people with SEND aged 0-25 in Cumbria. Your child doesn't need to have a diagnosis, and membership is FREE!

- ✓ No commitments
- ✓ Completely FREE!
- ✓ Membership benefits

Volunteering at SENDAC - Westmorland and Furness reps needed!

Do you want to be more involved with your statutory forum's activities? As a volunteer with us at SENDAC you can choose how much time you have to give to the forum, no need to look for a full time job. You can also choose exactly what you would like to do, some examples include:

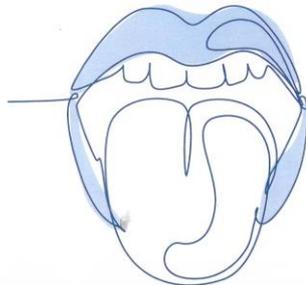
- ✓ Help with events
- ✓ Attend parent coffee mornings & events
- ✓ Help with a variety of other projects that parent carers need
- ✓ Attend meetings with the Local LA
- ✓ Help with our website and social media
- ✓ Help promote our services, projects & forum structure
- ✓ Make Friends & Connections
- ✓ Coordinate our awareness events
- ✓ New carers path and support
- ✓ Make a difference to SEND families

Enter SENDAC on our sign to become a member or contact your LPA

info@cumbria.org
 SENDAC 200 Cumbria Family Support
 1st Floor
 Haslemere Road
 Haslemere
 GU27 2JH

07544852001
<https://www.sendac.org>
 SENDAC - Statutory Parent Carer Forum

www.mouthcancer.org



**A SIMPLE CHECK
 COULD SAVE
 YOUR LIFE**

Look for red or white patches,
 long-lasting mouth ulcers
 or unusual lumps and swellings
 in the mouth, lips, head and neck.

**IF IN DOUBT, GET CHECKED OUT...
 ...VISIT YOUR DENTIST OR DOCTOR**



Download to check for mouth cancer



#MouthCancerAction



An Oral Health Foundation charity campaign. Registered Charity Number 263798. © Oral Health Foundation

#HelloYellow

YOUNGMINDS

Fourth Floor, India House, 45 Curlew Street, London SE1 2ND
020 7089 5050 • ymerquiries@youngminds.org.uk

Kingmoor Nursery And Infant School
Hether Drive
Lowry Hill
Carlisle
CA3 0ES

20th November 2023

Dear Kingmoor Nursery And Infant School,

On 10 October, you stood out and showed up for young people's mental health.

Thank you to everyone at Kingmoor Nursery And Infant School from YoungMinds for taking part in #HelloYellow! Your amazing donation of £190.00 will make an enormous difference to our work.

It has filled us with joy to see schools across the country come together to take part in #HelloYellow this year with your pupils and colleagues. We are so grateful for your support. Your generous donations help us to provide ongoing mental health advice to young people and the adults in their lives, as well as campaign for the support and services they need.

We know how important the wellbeing of your pupils is to you. For regular **free tips, ideas and resources for your school sign up to our 360° Schools Community** here: <https://youngminds.org.uk/youngminds-professionals/360-schools/>.

We take our (yellow) hats off to you and everyone involved in your school. Whether you have raised awareness, donations or both – you are superstars in our eyes. We hope you'll be joining us in yellow next year too.

Yours sincerely,



Laura Bunt, Chief Executive

Your details will only ever be used by YoungMinds – we will never give your details to a third party to use for their own purposes. We regularly update our [privacy policy](https://youngminds.org.uk/our-policies/privacy-policy/) to keep your data safe, you can see our policy here: <https://youngminds.org.uk/our-policies/privacy-policy/>. You can unsubscribe at any time by contacting us at: ymerquiries@youngminds.org.uk

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Registered Charity Number: 1051568 • Company (Ltd) Registration Number: 02785443 • DSCR Number: SC29700