



Newsletter Friday 10th November 2023

Kingmoor Nursery and Infant School

Pantomime



We are looking forward to the performance of 'Aladdin' in school on Wednesday!

Please make payment of £4.50 for the pantomime on Eduspot by Monday 13th November, thank you.

Wear Odd Socks



On Monday 13th November children are asked to come wearing odd socks to raise awareness about bullying. School uniform is to be worn, thank you.

Disco



We are having a disco on Monday 18th December!

For Reception children this will be from 3.30pm - 4.30pm and will be held in the Reception building.

For Years 1 & 2 children, their disco will be from 5.30pm - 6.30pm in the school hall.

Children will enjoy a drink and packet of crisps at these events.

If your child would like to come please make payment of £4.00 through Eduspot by Wednesday 13th December.

Please note you are not able to book on the day, this must be done in advance, thank you.

Lowry Hill Christmas Tree Lights Switch On!



This year the Lowry Hill Christmas Tree Lights will be switched on by Mr Mike Smith on Friday 24th November at 3:40pm!

The Children of KNIS decorate them every year and the lights have been provided by the Lowry Hill Residents association through fund raising.

Mr Smith has worked at Kingmoor Schools for nearly 30 years and is currently Site Manager at the Infant School.

Remembrance Service

This morning our Year 2 Ambassadors represented Kingmoor Nursery & Infant School at the Carlisle Remembrance Service at the Cenotaph in the town centre.







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



In Reception this week.....

We have been learning about Diwali. We are learning that different religions celebrate different events and how these may be different to our own experiences. We explored Rangoli patterns, using different resources to make our own.







Public Health Training

Public Health 5-19 Team are offering online training webinars over the next academic year, the upcoming dates are in the table below. These are a fantastic way to attend training and can be accessed by you from home.

If you would like any further information or would like a book in a training session please get in touch on the details below.

Claire O’neill - Public Health Nurse

claire.o'neill2@ncic.nhs.uk

Carlisle Public Health 5-19 Team

Mobile : 07747757747

Online training	Date 1	Time	Date 2	Time
Medicine Management	22.11.23	3.30pm	14.3.24	3.30pm
Asthma			19.3.24	3.30pm
Anaphylaxis	28.11.23	3.30pm	06.03.24	3.30pm
Constipation and Soiling	31.10.23	3.30pm	17.04.24	3.30pm

Attendance

Our attendance in school this week has been 96.7%, well done!

Talents & Achievements

Lovely to see your achievements this week, well done everyone!





Makaton

Here are the next letters of the alphabet in Makaton.

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



1 - Make a capital D with your fingers



2 - Touch forefinger on opposite palm



3 - 2 fingers on top of 2 fingers on the opposite hand.

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: Roman Rory Luna Maddox

Lunchtime award: Ivy H

Class 1 Star: Bradley

Lunchtime award: Meela McL

Class 2 Star: Seth

Lunchtime award: Seth M

Class 3 Star: Edie

Lunchtime award: Jude W

Class 4 Star: Charley

Lunchtime award: Millie K

Class 5 Star: Mitchell

Lunchtime award: Jaxson B

Class 6 Star: Talaia

Lunchtime award: Caleb C

Class 7 Star: Thijs

Lunchtime award: Grace C

Class 8 Star: Lily

Lunchtime award: Samara W

Class 9 Star: Brooklyn

Lunchtime award: Sammy McG

Term Dates

Monday 6th November	Coffee & Chat at Kingmoor Junior School	2.30pm
Monday 13th November	Wear odd socks for anti bullying (please wear uniform)	
13th November – 17th November	Anti Bullying Week	
Wednesday 15th November	Aladdin pantomime in school	Morning
Friday 17th November	Children In Need - non uniform/wear something spotty if you can - £1 donations	
Tuesday 28th November	Year 2 parents look around Junior School from 3:45pm. Enter through the Junior School main office door.	3.45pm
Friday 1st December	Our book advent calendar starts in school	
Monday 4th December	Open Reading Session in school Reception, Year 1 & Year 2	3pm
	Nursery Open Reading Session in school	9am & 2.30pm
Tuesday 5th December	Nursery new parents (January 2024 starters) meeting 5:30pm via TEAMS	5.30pm
Friday 8th December	Christmas Jumper Day / wear something Christmassy - raise money for CFM £2 Cash for Kids	
Monday 11th December	Year 2 Christmas performance PM	2.00pm
Tuesday 12th December	Year 2 Christmas performance AM	9.15am
Wednesday 13th December	Year 1 Christmas performance AM	9.15am
	Year 1 Christmas performance PM	2.00pm
Wednesday 13th December	Christmas Dinner Day	
Thursday 14th December	Reception Christmas performance PM	2.00pm
Friday 15th December	Reception Christmas performance AM	9.15am
Monday 18th December	Reception Disco - Reception building	3.30pm - 4.30pm
	Year 1 & Year 2 Disco - School hall	5.30pm - 6.30pm
Tuesday 19th December	Last day of term	
Wednesday 3rd January 2024	First day of term	

Menu for week commencing 13th November 2023

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

	Choice 1	Choice 2	Pudding
Monday	Pork Meatballs or Tomato Pasta served with tomato & basil sauce, pasta , garlic bread & salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Vanilla Ice Cream or Fresh Fruit or Yoghurt
Tuesday	Pepperoni or Cheese & Tomato Pizza served with wedges & baked beans or mixed salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Shortbread or Fresh Fruit or Yoghurt
Wednesday	Roast of the Day (beef) or Vegetable Sausage Local roast beef, roast potatoes, Yorkshire pudding, carrots & peas and gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Golden Crispies or Fresh Fruit or Yoghurt
Thursday	Bacon & Cheese Pasta Bake or Macaroni Cheese served with garlic bread & sweetcorn	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Sticky Toffee Pudding, Toffee Sauce & Cream or Fresh Fruit or Yoghurt
Friday	'Fishy Friday' or Cheese Whirls served with chips and baked beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Apple, Cheese & Biscuit or Fresh Fruit or Yoghurt

Information




Parents/carers are responsible for applying for a school place by **15 January 2024**

Starting School
Children born between **1 September 2019** and **31 August 2020** can start school in **September 2024**

You can apply online at: www.cumberland.gov.uk
Alternatively pick up "Starting School in Cumberland-September 2024" leaflet from any infant or primary school
or contact: 01228 221582
or email school.admissions@cumberland.gov.uk

cumberland.gov.uk



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Harraby Sensory Room Induction ONLY drop in



At Harraby Community Campus Edgehill Road, CA1 3SN

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

If you have NOT been inducted recently into the Harraby Sensory room, now is the time.

**We will be holding a monthly Induction ONLY drop in.
Every 1st Tuesday of the Month 9:00am - 10:30am
(Starting from November 2023)**

Once inducted you will be able to book slots at Harraby on a Thursday.

Don't forget we do have Sensory rooms at Newtown and Morton too.

There is no need to book for this, just drop in
Wanting more information please contact: **07971 759 520**

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

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



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Harraby Sensory Room



Thursday: 9:30am-16:00pm

At Harraby Community Campus Edgehill Road, CA1 3SN

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.

To book an induction or to book a session,
please contact: **Sophie on 07816 087 116** or
Email: sophie.batchelor@family-action.org.uk

Registered Charity Number:264713

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

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Mums' Minds Matter

Monthly advice and signposting group for maternal mental health
Join us on the first Monday of the month!

Are you pregnant or do you have a young baby up to the age of 3?
Are you struggling with your mental health and not sure where to turn?

Join us for a relaxed group supporting mums, babies and their wellbeing.
Group sessions will include sensory play, keep safe crafts alongside advice and signposting to promote good mental health for both mums and babies.

	<p>Drop in group:</p> <p>Monday 2nd October 10:30-11:30 Newtown Children's Centre CA2 7LD</p> <p>Monday 6th November 10:30-11:30 Petteril Bank Children's centre CA1 3BX</p> <p>Monday 4th December 10:30-11:30 Longtown Children's centre CA6 5LF</p>	
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To find out more contact Fay our Perinatal Co-ordinator on

07815 686 909 or 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.

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk

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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 7th November 7:30pm-8:30pm
Thursday 9th November 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

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Find out more at cumberland.gov.uk

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Starting Solids Workshop



Come and join us!

Get information on:

- When to wean baby
- What foods to introduce
- How to wean baby safely
- Healthy eating habits



The next session is on **Wednesday 13th December 2023, 1.30 to 2.30**

At **Belah Community Centre, Briar Bank, Carlisle, CA3 9SR**

This is a **FREE** workshop:

To find out more or to book onto the workshop contact

Claire on 07816 087 115 or claire.ford@family-action.org.uk

Jodie on 07815 686 821 or jodie.scott@family-action.org.uk

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Starting Solids Workshop



Come and join us!

Get information on:

- When to wean baby
- What foods to introduce
- How to wean baby safely
- Healthy eating habits



The next session is on **Wednesday 22nd November 2023, 1.30 to 2.30**

At **Petteril Bank Child and Family Support Centre, Burnett Road, Carlisle, CA1 3BX**

This is a **FREE** workshop:

To find out more or to book onto the workshop contact

Claire on 07816 087 115 or claire.ford@family-action.org.uk

Jodie on 07815 686 821 or jodie.scott@family-action.org.uk

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Find out more at cumberland.gov.uk


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Christmas Market and Winter Wonderland Santa's Grotto

Remember
to bring
your spare
change!



Book a Stall
from just £8

12.00pm
to
8.00pm



Saturday
18th
November

Oak Tree Farm,
Wetheral
Shields, Carlisle,
CA4 8JA

Browse our delightful selection of Christmas stalls while you sip on some mulled wine (or cider) and listen to carols! All profits go to help the animals we care for.
 Further details can be found at www.oaktreeanimals.org.uk/events



18
November

Santa Scramble at Oak Tree Farm

Oak Tree Animals' Charity, Wetheral Shields, Carlisle, CA4 8JA

12.00pm to 3.00pm



Take on the challenge!
Gather your team and race on the Santa Scramble Inflatable Obstacle Course!

Sponsored by



£5 per child

£10 per adult





For more info please visit: www.oaktreeanimals.org.uk/events
 or scan the QR Code

Registered Charity Number 1169571 / SC044389

GAMING AND GAMBLING AWARENESS AND INFORMATION SESSIONS FOR PARENTS AND CARERS



WHAT
MIGHT
INFLUENCE A
YOUNG PERSON
TO GAMBLE?

Come and join us at Kingmoor Junior School on
Tuesday 14th November 2023, 2:00pm-3:15pm.
This FREE information session will develop your understanding of gaming and gambling, enabling you to have conversations with your children about the potential harms. To book your FREE place [click HERE](#) or scan the QR code below.

Topics we cover:

- Gambling: exploring the influences on children
- Gaming: discussing the benefits and concerns
- The blurred lines between gaming and gambling
- How to spot the signs of harm
- Useful tips to create a healthy gaming balance
- Where to get help and support

WHAT IS
A LOOT
BOX?

WHY ARE
IN-GAME ITEMS
SO IMPORTANT
TO MY CHILD?

We also have a dedicated Parent Hub which aims to provide you with the information and guidance needed to help safeguard your children against the potential harms of gaming and gambling. Find out more at parents.ygam.org



Scan the QR code
to book on

When: Tuesday 14th November 2023

Time: 2pm - 3:15pm

Location: Kingmoor Junior School



To book onto one of our FREE online sessions instead visit parents.ygam.org

These sessions are available to parents, carers and guardians across England, Wales and Northern Ireland.

KINGMOOR BABY AND TODDLER GROUP



Thursdays 1:45pm to 3pm

Sessions every week (closed during school holidays)

Craft, snack, songs, rhyme and play.

Children from 0 - to school age welcome.
Come along to our friendly and welcoming group.

Tea, coffee and cake.
£1 donation per family!



Kingmoor Nursery and Infant School

www.kingmoorinfants.com
admin@kingmoor-inf.cumbria.sch.uk
Headteacher: Mrs N. Corfield

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

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.



Kingmoor Nursery and Infant School

www.kingmoorinfants.com
admin@kingmoor-inf.cumbria.sch.uk
Headteacher: Mrs N. Corfield

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

Loving Learning: Enjoying, Discovering, Growing, Together.

The dates for the course are:

Spring Term 1

Friday the 12 th of January	9-11am
Friday the 19 th of January	9-11am
Friday the 26 th of January	9-11am
Friday the 2 nd of February	9-11am
Friday the 9 th of February	9-11am

Spring Term 2

Friday the 23 rd of February	9-11am
Friday the 1 st of March	9-11am
Friday the 8 th of March	9-11am
Friday the 15 th of March	9-11am
Friday the 22 nd 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 01228-558892

We look forward to working together.

Catherine Lamb
School SENCO
Kingmoor Nursery and Infant School

Donna Lund
Case worker
Family Connector Project





Cumberland
Council



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Bookstart

Come along and join our Bookstart sessions. This free 4 week programme will include information and advice for parents and carers alongside fun activities for your child that will encourage a love of stories, songs, books and rhymes. This programme will help your child's developing language and communication skills.



Sessions will be held at: Upperby Primary School
Uldale Road, Carlisle CA2 4JT
Every Friday 1:30pm-2:30pm for 4 weeks
17th November - 8th December 2023

For more information or to book your place please contact:
Kirsty on 07815 688 932 or kirsty.lowry@family-action.org.uk or
Sophie on 07816 087 116 or sophie.batchelor@family-action.org.uk or
Elaine on 07816 086 564 or elaine.harty@family-action.org.uk

Registered Charity Number:264713

 www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk

4 - This course is for Nursery aged children as it is held during the day