



# Newsletter Friday 3rd November 2023

Kingmoor Nursery and Infant School

## Questionnaire

We welcome feedback and use it help to plan how we can continue to improve and provide the very best education for all of the children we care for. Please help the staff, governors and myself by providing feedback using the questionnaire below. Please complete the questionnaire below by Wednesday 8th November.

<https://forms.office.com/e/f5XXSt6Sm3>

## Coffee & Chat



Please come and join our 'coffee & chat' this term at the Junior School, 9am Monday 6th November. All welcome.

## Pantomime



On Wednesday 15th November M & M Productions will be in school performing the pantomime 'Aladdin' in school for the children!

We are asking parents to contribute £4.50 for this exciting show and this payment should be made through our online booking system Eduspot by next Friday 10th November. You should have received a payment link this afternoon but if you need a reminder please contact the school office.

Thank you for supporting school.

## 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, as for the pantomime, you should have received a payment link this afternoon but if you need a reminder please contact the school office thank you.

## EDUSPOT – PAYMENT USING CHILDCARE VOUCHERS

PARENTS MUST EMAIL THE OFFICE [admin@kingmoor-inf.cumbria.sch.uk](mailto:admin@kingmoor-inf.cumbria.sch.uk) WHEN THEY ARE TRANSFERRING FUNDS THROUGH THE GOVERNMENT NATIONAL SAVINGS SCHEME.

We have a large volume of parents using this scheme and it is becoming increasingly difficult to allocate these funds quickly. Please can you send a short email to include the following:

Name of Child/ren:

Amount of payment:

National Savings Scheme Reference Number:

Thank you.

## Dogs around school



Can parents please be aware that we cannot have dogs brought onto the school site or tied to any railings or gates which give access to the school property because we are Cumberland Council Property.

## Flooded footpaths

Thank you to parents who have informed us of the continued issues with flooding which happens on the footpath next to the sports field at the Gelt Close entrance to school. Over several weeks school have been working closely and proactively with both our local counsellor and Cumberland Council about this issue.

We please ask that parents please support us by contacting either Councillor Helen Davison [Helen.Davison@cumberland.gov.uk](mailto:Helen.Davison@cumberland.gov.uk). or Mr Barlow at Cumberland Council 0300 373 3730. We hope that parents views may help speed up of the process of having this issued fixed.

Thank you for your continued support of school.

## Uniform Ordering

An order will be placed with our suppliers on Monday 6th November. If you would like to order uniform please do this on Eduspot over the weekend. Please be aware order will take approximately 2 to 3 weeks to arrive in school and will then come home with your child.

## 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](mailto: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

In Year 1 this week.....

The children have enjoyed a new way of learning the 7 Continents of the World!



<https://sway.office.com/OvoZRyDdGWGkAOhW#content=oCReQldikWIWDo>

## Adverse Childhood Experiences Course

We are offering a free 10 week course in the Spring Term, please see letter below for more information, there will be a taster session on Friday 5th January.

If you would like to sign up for this 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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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



## Nursery Curriculum Overview Autumn 2

Nursery – Autumn 2– What are we learning this half term?		
Our learning power this half term is Imagination		
<b>Personal, Social and Emotional Development</b> This half term we will: <ul style="list-style-type: none"> <li>know how rules help them to keep us happy and safe at school</li> <li>know we can approach adults for help.</li> <li>To know how to be a kind friend and begin to form a special friendship</li> <li>know a range of emotions and be able to talk about these using their emotional ABCs.</li> <li>know that people have similarities and difference.</li> <li>know how to give and receive compliments and praise.</li> </ul>	<b>Literacy</b> This half term we will: <ul style="list-style-type: none"> <li>be able to develop Pre-Writing skills through mark making (spontaneous scribbles, vertical, horizontal lines and circles)</li> <li>be able to develop increased control over our bodies and have a desire to communicate through mark making and a recognition of pattern.</li> <li>know the initial letter in our name and be able to write this.</li> <li>continue to develop our Phase 1 phonics knowledge: General sound discrimination, and rhythmic percussion.</li> </ul>	<b>Understanding of the World</b> This half term we will: <ul style="list-style-type: none"> <li>know and be able to talk about different celebrations that arise in Autumn such as Harvest, Bonfire night, Diwali, Christmas. Know and discuss changes children see in Autumn.</li> <li>Know why animals gather food before winter.</li> </ul>
<b>Physical Development</b> This half term we will: <ul style="list-style-type: none"> <li>be able to use our core muscle strength to achieve a good posture when sitting at a table or sitting on the floor for a short period of time.</li> <li>be able to experiment with wide range of small equipment to build hand and finger strength and hand and eye co-ordination.</li> <li>be able to confidently and safely use a range of large and small apparatus indoors and outside and in a group</li> <li>Develop our knowledge of different types of movements and experiences with these eg. Kuauna, jumping, hopping</li> </ul>	<b>Maths</b> This half term we will: <ul style="list-style-type: none"> <li><b>Counting</b> – Develop our knowledge of Perceptual Subitising 1-3</li> <li><b>Counting</b> – develop our knowledge of number sense through number songs and rhymes. Develop our knowledge of counting so that we can count to find the total of things you cannot subitise like claps, jumps, clables</li> <li><b>Comparison</b> – Comparing groups – identical and non-identical, groups that have more, groups which have less, groups which have the same.</li> <li><b>Addition and subtraction</b>: Linking 1 more and 1 less language, use of number songs and rhymes.</li> <li><b>Comparison</b> –Comparing amounts language of more/less/fewer. Linking to size/measures: Heavy/light Day/night Full/empty</li> </ul>	<b>Expressive Art and Design</b> This half term we will: <ul style="list-style-type: none"> <li>Engage in expressive activities relating to celebrations e.g. Diwali, bonfire night, Christmas.</li> <li>Develop our knowledge of clay. Manipulating and moulding with hands and simple tools in order to create.</li> <li>Increase our knowledge of songs. Learning seasonal and Christmas songs.</li> <li>know how to use a range of percussion instruments.</li> <li>Develop our confidence of role play. Role playing familiar stories linked to our learning eg. Christmas Story.</li> </ul>
<b>Communication and Language</b> This half term we will: <ul style="list-style-type: none"> <li>know how to communicate with another person. Children will be able to show increasing confidence to talk to adults and peers in class and during small group key person times.</li> <li>be able to listen to and answer questions about stories based around celebrations such as Diwali, bonfire night, Christmas</li> <li>be able to talk about the different ways people celebrate</li> <li>be able to talk about the experiences they have had linked to celebrations at home and at school.</li> <li>know new vocabulary in relation to different celebrations.</li> </ul>		

## Reception Curriculum Overview Autumn 2

Reception – Autumn 2 – What are we learning this half term?		
Our learning power this half term is Imagining		
<b>Personal, Social and Emotional Development</b> This half term we will <ul style="list-style-type: none"> <li>Use Emotional ABCs to help us learn ways to deal with our own emotions.</li> <li>Celebrate differences, learning how it feels to belong and that we are all similar and different.</li> <li>Understand what being proud means.</li> <li>Identify some ways we can be different and the same as others.</li> <li>Recognise emotions e.g. when someone is upset, frightened or angry.</li> </ul>	<b>Literacy</b> This half term we will <ul style="list-style-type: none"> <li>Continue to learn phonics through Read Write Inc sessions. This will be as groups across the three classes.</li> <li>Focus on the stories: The Three Billy Goats Gruff, Mouse, Deer and Tiger, The King and the Moon</li> <li>Learn that stories have problems in them</li> <li>Sing, chorally speak and map stories</li> <li>Step the stories to develop understanding of sequence</li> <li>Mime and act out stories</li> <li>Learn to tell stories independently</li> <li>Recycle a story</li> <li>Create our own stories using a mix</li> </ul>	<b>Understanding of the World</b> This half term we will be <ul style="list-style-type: none"> <li>Learning about the changes that happen in Autumn</li> <li>Learning how and why people celebrate Bonfire Night</li> <li>Finding out how fireworks work</li> <li>Learning how and why some people celebrate Diwali</li> <li>Finding out why we celebrate birthdays</li> <li>Learning how and why some people celebrate Hanukkah and the food that people eat at Hanukkah</li> <li>Learning about the changes that happen in Winter</li> <li>Developing our understanding of the difference between hot and cold and how humans react differently to hot and cold</li> </ul>
<b>Physical Development</b> This half term we will be <ul style="list-style-type: none"> <li>Experimenting with controlling an object</li> <li>Sending and receiving an object with increasing control</li> <li>Increase awareness of space and move/control objects safely around others</li> <li>Developing a good grip when using a pencil and forming our letters correctly.</li> <li>Developing our scissor skills.</li> </ul>	<b>Maths</b> This half term we will <ul style="list-style-type: none"> <li>continue to deepen our understanding of numbers to five</li> <li>subitise up to five items and to count forwards and backwards accurately using the counting principles.</li> <li>represent objects using five frames and know that if the frame is full then there are five</li> <li>Explore one more and one less and predict how many there will be if we add one or take one away</li> <li>Recognise shapes with 3 and 4 sides and experiment with orientation</li> <li>Begin to talk about day and night and associated vocabulary e.g. before, after, today, tomorrow</li> <li>Use and understand positional language.</li> </ul>	<b>Expressive Art and Design</b> This half term we will be <ul style="list-style-type: none"> <li>Experimenting with mixing colours</li> <li>Learning that we can mix media to create a collage</li> <li>Creating models e.g. fireworks</li> <li>Experimenting with salt dough to create a diya lamp</li> <li>Selecting a variety of materials to create a representation of a Birthday Cake</li> <li>Learning songs and performing our Nativity show.</li> </ul>
<b>Communication and Language</b> This half term we will <ul style="list-style-type: none"> <li>Describe experiences using some details</li> <li>Learn to listen to each other carefully and understand why this is important</li> <li>Know how to ask questions and give appropriate answers in context</li> <li>Recount and retell stories picking out key details and events</li> <li>Speak in full sentences and use appropriate tenses.</li> </ul>		

## Year 1 Curriculum Overview Autumn 2

Year 1 – Autumn 2 – What are we learning this half term?		
<p><b>PSHE – Celebrating Differences</b> This half term we will be celebrating our differences, learning about bullying and how to be a good friend.</p>	<p><b>English –</b> This half term we will be basing our writing on stories with familiar settings and be creating our own story. We will be learning about instructional writing and write instructions for how to make a moving pictures and creating shape poems. <b>Reading</b> This half term we will be reading 'The Storm Whale,' 'The Owl and the Pussycat' and 'Aesops Fables – The Boy Who Cried Wolf.'</p>	<p><b>Religious Education</b> This half term we will be learning about Christianity and why people give special gifts to each other. We will also be learning about The Christmas Story.</p>
<p><b>Science – Materials</b> This half term we will be learning to distinguish between objects and the material from which it is made. We will learn to identify and name a variety of everyday materials and describe their properties. We will also compare and group together a variety of materials in different ways.</p>	<p>Our learning power this half term is <b>Imagining</b></p>	<p><b>Geography – Continents and Oceans</b> This half term we will be learning to name and locate the 7 continents and 5 oceans using atlases and globes. We will be naming, locating and identifying the characteristics of the 4 countries and the capital cities of the United Kingdom.</p>
<p><b>Physical Education</b> This half term we will be working with a multi-skills sports coach every Monday to develop our ball skills with throwing and catching. We will be continuing gymnastics and learning how to do a range of rolls and jumps. <b>Outdoor Learning – Woods (once per week)</b> Our woods trips will be linked to Science.</p>		<p><b>Design Technology – Mechanisms and Structures.</b> This half term we will be learning how to push and pull a slider to create a moving picture. We will be looking at structures such as the Leaning Tower of Pisa. We will be learning how to balance and build to create stability.</p>
<p><b>Music</b> This half term we will be learning the difference between rhythm and pulse. We will be naming a selection of untuned instruments.</p>	<p><b>Maths</b> This half term we will be... Learning our number bonds within and up to 10. We will be learning addition, through adding together and adding more. We will be solving addition problems. We will be exploring the part/whole model and finding the missing parts. We will be explore subtraction by taking away.</p>	<p><b>Computing</b> This half term we will be learning about online safety and logging onto on Purple Mash. We will also be creating pictograms.</p>

## Year 2 Curriculum Overview Autumn 2

Year 2 – Autumn 2 – What are we learning this half term?		
<p><b>PSHE</b> This half term we will be celebrating our differences, learning about bullying and also how to be a good friend.</p>	<p><b>English -</b> This half term we will be writing formal invitations and stories from other cultures.</p>	<p><b>Religious Education</b> This half term we will be learning about Christianity and how Jesus showed kindness to others. We will also be learning about The Christmas Story.</p>
<p><b>Science – Living Things</b> This half term we will be... Recognising how animals have offspring which grow into adults. Finding out about and describing the basic needs of animals including humans, for survival. Describing the importance of humans for exercise, eating the right amounts of different types of food, and hygiene.</p>	<p>Our learning power this half term is <b>Imagining</b></p>	<p><b>Geography– Human and Physical features/Comparing London to Nairobi</b> This half term we will be learning about... What human and physical features are and what features we have in our local environment. We will be learning where London and Kenya are and what human and physical features they have, and learning about Nairobi and what it is like.</p>
<p><b>Physical Education</b> This half term we will be... Doing gymnastics and learning how to complete different rolls correctly and travelling across equipment in different ways using different balances. We will also be learning different ball skills with an outside sports coach.</p>		<p><b>Maths</b> This half term we will be... Adding and subtracting numbers using partitioning and the column method. Solving problems involving addition and subtraction. Identifying 2D and 3D shapes. Describing the properties of 2D and 3D shapes.</p>
<p><b>Music</b> This half term we will be following Charanga and we will focus on dynamics and tempo and learn about how music can teach us about the past.</p>		<p><b>Computing- Making Music/Questioning</b> This half term we will be... Exploring and combining sounds as well as creating our own music to depict feelings, We will also be learning how to create a binary tree and how to sort information using yes/no questions.</p>

# Online Safety Newsletter - November 2023



Kingmoor Nursery and Infant School



## Online Safety Newsletter November 2023

### Staying safe on a PlayStation

Internet Matters have teamed up with Sony Interactive Entertainment to create a quiz that you can play with your child to see who knows more about the safety options available on a PlayStation. Play the quiz here:

<https://www.internetmatters.org/press-start-for-playstation-safety/>



### Ollee - your virtual friend

Parent Zone have created 'Ollee', a virtual friend that asks your child how they are feeling and provides ideas and advice to help. Ollee is aimed at 8-11 year olds. You are also able to use the app to find advice around any issues that you think your child might be having.

You can find out more here:

<https://parentzone.org.uk/Ollee>

### Roblox

Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. It is free to download (however subscription options and in-game/app purchases are available) and can be played across numerous devices. A lot of the content is user generated, which may mean not all games will be suitable for your child to view/play. It is important to set up appropriate parental controls for your child.



#### What rating is Roblox?

PEGI rate Roblox with a Parental Guidance label, this is because it is difficult to rate due to the huge level of user generated content. It is rated for 'Teens' on Google Play and 12+ on the App store.

#### What should I be aware of?

**Chat Facility** - Players can chat to each other on Roblox. You can turn communication off completely or add restrictions, such as only communicate with friends.

**Virtual Currency** - Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories. For children under 13, you can set the Monthly Spend Restriction in settings.

**Game content** - as mentioned, users create games so sometimes the content/themes may not be appropriate for your child.

#### How do I report abuse and block users?

Roblox have a Report Abuse system so show your child how to use it to report inappropriate content as well as how to block other users. There are different ways of doing this depending on the device being used.

#### How do I set up parental controls and a pin?

Parental controls are available within settings. We recommend that you explore the parental controls available and set as appropriate. You can enable a PIN, which means that changes cannot be made without this pin. You can set up Allowed Experiences, which allows you to select age-appropriate experiences, so your child can only join experiences that match their age. Age categories available are for all, 9+, 13+ and 17+. All experiences are still searchable though.

To view content that is suitable for 17+, then a user must participate in a verification process by submitting valid ID.

#### Further information:

- <https://corp.roblox.com/parents/>
- <https://swgfl.org.uk/resources/checklists/roblox/>

Users of this guide do so at their own discretion. No liability is entered into.  
Current as of the date released 1.11.23.

## TikTok

You must be over 13 years of age to use TikTok.

TikTok is a social media platform for sharing and watching short video clips. Some of the videos on TikTok may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If your child is using TikTok then make sure the appropriate security/privacy settings are on.



#### Account set up

By default, accounts for people under 16 are set to private at the start and we would recommend keeping it as this. This means your child must approve follower requests. You can read more about the other settings available (such as switching off comments and switching on restricted mode) here: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings>

As always, it is important that when setting up an account on TikTok, your child enters their real date of birth as accounts are tailored by age. For example, Direct Messaging is disabled for accounts aged 13-15 and they do not receive push notifications from 9pm. In addition, advertisements are tailored to the user's age.

#### Family Pairing

This allows you to link your own account to your child's account. You can then set controls such as restricted mode (limit the appearance of content that may not be appropriate) and screen time management. You can find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>

#### Inappropriate content, themes and challenges on TikTok

Whilst against TikTok's guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. We often see viral challenges on social media, some of which can be dangerous. If your child is using TikTok, chat to them regularly about what they are viewing.

#### Blocking and Reporting

Ensure your child knows how to use the safety features available to them, including how to report comments, direct messages and another user. You can find out more here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

#### Further information

- <https://parentzone.org.uk/article/tiktok>

## WhatsApp's editing feature

You must be at least 16 years old to use WhatsApp.

You may have noticed that WhatsApp have added an editing feature so you can change messages that you have sent for up to 15 minutes afterwards. Childnet have published a blog outlining what you should be aware about with this new feature:

<https://www.childnet.com/blog/find-out-whatsapps-new-features-and-how-it-can-impact-online-safety/>

## EA Sports FC 24

EA Sports FC 24 has been rated as PEGI 3, which means it is suitable for those over the age of 3. However, you need to be aware that the game does include in-app purchases and users can interact with each other.

EA Sports FC 24 was released in September and is a rebranding for the EA FIFA series. It is available to play across a series of platforms.

As players can communicate with others, your child may be exposed to inappropriate language and there is also the risk of grooming when online interaction takes place. Ensure your child knows how to use the applicable reporting tools. The chat facility can be switched off.



## Attendance

We have lovely to start the second half of the Autumn Term this week, our attendance has been 96.2%.

## Reception 2024 applications

If your child is due to start Reception in September 2024. Please see the poster for more information and make applications following this link: <https://www.gov.uk/schools-admissions>

A poster for 'Starting School' in Cumberland for September 2024. The top half features a photograph of four young children sitting at a table, looking at a book. The Cumberland Council logo is in the top left. A white speech bubble on the right contains the text: 'Parents/carers are responsible for applying for a school place by 15 January 2024'. The main text on a dark blue background reads: 'Starting School Children born between 1 September 2019 and 31 August 2020 can start school in September 2024'. Below this, it provides application details: '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'. At the bottom right, there is a green button with the text 'cumberland.gov.uk'.

## Talents & Achievements

Well done! Thank you for sharing your achievement with us this week.



## Kingmoor Juniors Open Session for Year 2

Our Year 2 parents are invited to look around Kingmoor Junior School on Tuesday 28th November from 3:45pm. Please enter through the main office door, thank you.

## Makaton

Over the next few weeks, we will be learning the alphabet in Makaton. When saying someone's name, you use the Makaton sign for the first letter of their name.



1 - Touch forefinger to thumb on open hand



2 - Press fingers together onto thumb, and put hands together



3 - Make a 'c' shape with your hand

Mr Tumble's Alphabet Song <https://www.bbc.co.uk/cbeebies/watch/playlist-something-special-really-useful-makaton-signs#playlist>

## Stars of the Week!

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

Nursery Stars: Yasmin Haydn Finley Jonathan

Lunchtime award: Amiya R

Class 1 Star: Vanessa

Lunchtime award: James R

Class 2 Star: Bethany

Lunchtime award: Dexter L

Class 3 Star: Charlie

Lunchtime award: Hamish Mc

Class 4 Star: Millie

Lunchtime award: Noah H

Class 5 Star: Jack B

Lunchtime award: Charlie C

Class 6 Star: Emily

Lunchtime award: Louis H

Class 7 Star: Delilah Beau

Lunchtime award: Felicity Dream M

Class 8 Star: Willow

Lunchtime award: Emily F

Class 9 Star: Ryder

Lunchtime award: Courtney-Rose J

## Term Dates

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

## Menu for week commencing 6th November 2023

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

	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>Roast of the Day (turkey) or Quorn Fillet</b> Local roast turkey with Yorkshire pudding, roast potatoes, carrots & peas and gravy	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Cheese &amp; Cream Crackers</b> with apple Or <b>fresh fruit or yoghurt</b>
Thursday	<b>Tuna Pasta Bake or Tomato Pasta Bake</b> served with sweetcorn	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Flapjack</b> Or <b>Fresh Fruit or Yoghurt</b>
Friday	<b>'Fishy Friday' or Veggie Sausage</b> served with chips, peas & tomato ketchup	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Iced Vanilla Sponge</b> or <b>Fresh Fruit or yoghurt</b>

## Information



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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 1<sup>st</sup> 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](https://www.facebook.com/CarlisleSupport)

Find out more at [cumberland.gov.uk](http://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](mailto:sophie.batchelor@family-action.org.uk)

Registered Charity Number:264713

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

Find out more at [cumberland.gov.uk](http://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 sake crafts alongside advice and  
signposting to promote good mental health for both mums and babies.



**Drop in group:**

**Monday 2<sup>nd</sup> October**  
10:30-11:30  
Newtown Children's Centre  
CA2 7LD

**Monday 6<sup>th</sup> November**  
10:30-11:30  
Petteril Bank Children's centre  
CA1 3BX

**Monday 4<sup>th</sup> December**  
10:30-11:30  
Longtown Children's centre  
CA6 5LF



To find out more 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.*

Registered Charity Number:264713

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Find out more at [cumberland.gov.uk](http://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 7<sup>th</sup> November 7:30pm-8:30pm**

**Thursday 9<sup>th</sup> 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](mailto: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 13<sup>th</sup> 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](mailto:claire.ford@family-action.org.uk)

Jodie on 07815 686 821 or [jodie.scott@family-action.org.uk](mailto: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 22<sup>nd</sup> 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](mailto:claire.ford@family-action.org.uk)

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

Registered Charity Number:264713

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



**Oak Tree Animals' Charity**  
Registered Charity Number 110927 / SC048393

# 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](http://www.oaktreeanimals.org.uk/events)



# Santa Scramble at Oak Tree Farm

12.00pm to 3.00pm

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



**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](http://www.oaktreeanimals.org.uk/events)  
or scan the QR Code

Registered Charity Number 116551 / SC048389

## PRE-SCHOOL GYMNASTICS

Every Tuesday & Thursday  
Book now [better.ork.uk/thesands](http://better.ork.uk/thesands)



BETTER

## 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](https://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](https://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!

### WINTER ACTIVE TRAVEL

It's that time of year again – the clocks go back, the nights are longer, and the weather turns colder. This can make travelling to school actively a little tricky, but there are lots of ways to stay safe and dry on your journey.

#### Be Bright, Be Seen.

If you're cycling in winter then lights are a must have, at least one on the front of your bike (white) and one on the back (red), but the more lights, the better. Some brightly coloured clothing, such as a fluorescent, high visibility vest is also a good idea, whether you're walking or cycling.

#### Plan Ahead to Stay Dry and Warm.

Check the weather forecast before you travel so that you can dress and pack appropriately. Wearing layers and packing a waterproof is a good idea, that way you'll be ready for changes in temperature or sudden showers. If you're walking then wellies and an umbrella are sensible choices, and don't forget a pair of gloves.

#### Ride Carefully

Whether it's icy, wet, or dark, cycling in the winter can be more challenging, so ride with care. Don't rush and don't brake suddenly, as this could cause you to slip.

#### Take Care of Your Bike

Winter roads are mucky and that means your bike gets mucky too. A bucket of hot water, washing up liquid, and a brush are all you need to get rid of the dirt – don't forget to rinse it off when you're done.



#### Did you know...?

Active travel means travelling around while being physically active, such as walking, wheeling, or cycling. Driving a car or riding a motorbike are therefore not active travel activities.

Before today, had you heard of active travel?



#### OUR ACTIVITIES:

Active Cumbria's Active Travel to School Team are delighted to partner with schools to encourage more pupils than ever to walk, wheel, cycle or scoot on the school run. Travelling all or part of the way to school actively benefits health, reduces congestion at the school gates, saves families money, and improves the environment and air quality in our communities.

Wow! What an incredible response to the Autumn Feet First Challenge! A whopping 6803 children from 52 schools signed up to take part, compared to 4070 last year, so a huge thank you to everyone for their efforts. Even if everyone who signed up made one extra active journey during the week, that's a huge impact on wellbeing, levels of physical activity, congestion, and emissions. Small actions really do add up!



It's still possible for your school to sign up for the spring and/or summer challenges. Simply email [activetravel@activecumbria.org](mailto:activetravel@activecumbria.org) to request an order form.



Any questions? We'd love to hear from you!  
Contact [activetravel@activecumbria.org](mailto:activetravel@activecumbria.org)  
Visit [Active Travel to School](http://Active Travel to School)

### WOULD YOU LIKE TO WIN £250 FOR CHRISTMAS?

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 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://surveymechanics.com/s/activetravel>



### DID SOMEONE SAY FREE BOOKS?

Would your school like to win a £150 to spend on books? Why not sign up for The Lakeland 100 virtual event, Books for Schools?

The Lakeland 100 mile ultra-marathon takes place in Cumbria every year and the race organisers love to give back to communities. In the lead up to Christmas (9 – 20 December) they are hosting a 'virtual ultra' where your school, year group, or class can enter and walk/wheel/run the distance of 105 miles collectively. If you have 105 children in your school, then they only need to do 1 mile each and including active school journeys in your tally will clock up the distance in no time! Children will be able to follow their virtual journey on an interactive map around the Lake District.

Every primary school that takes part and completes the challenge will receive a £150 voucher for books. Entry for schools is free, simply email [organiser@lakeland100.com](mailto:organiser@lakeland100.com)



### DO YOU KNOW THE ABCD OF CYCLE MAINTENANCE?

Every primary school in Cumbria is offered the chance to receive Bikeability training and **Cumbria is ranked in the top five** delivery locations in England.

So that your child(ren) can take part and get the most out of the course there are some simple steps to make sure their bike is in tip-top, road-worthy condition.

It's easy to remember the 'ABCDs' of cycle maintenance:

- AIR** - Have your tyres got enough air?
- BRAKES** - Do the front and back brakes work properly?
- CHAIN** - Have you oiled it recently?
- DIRECTION** - Are your handlebars fixed on tight? Is your seat on tight and pointing forward?



If you can answer yes to the ABCDs then you are good to go!

Are you looking at your child's bike and don't know where to start with these checks? Lots of first-time cyclists need a helping hand with this so don't worry, you are not alone. Just take your cycle to a local shop. They can give it the once over for you so when you join us, you are ready to go! More info check out [Bikeability Trust](#)



We'd love you to follow us on our socials! You can find more active travel inspiration on X, formerly Twitter. [@ActiveTravelCCC](#)





Autumn News 2023



**BIG NEWS!** The Cumbria Street Tag programme will be taking on a new format for 2024 and beyond. Street Tag is a free mobile app that turns the world around the user into a virtual playground. Points are gained by actively travelling to and from places, in addition to scanning virtual tags that have been scattered throughout the community. Tags can be found on the route to school, in local parks, at local events and more or less anywhere and everywhere making it really easy to join in the fun!



**YOUR PHOTO HERE!**

We would love to share your photos of your active school run and feature them in our newsletter.

Put your best foot forward, strike an active travel pose, smile and email [activetravel@activecumbria.org](mailto:activetravel@activecumbria.org)



**WHAT'S COMING UP?**

**19 to 25 November 2023** Brake Road Safety Week  
**8 December 2023** Deadline to enter the prize draw for the [Active Travel to School Survey](#)



For more information on active travel and free downloadable resources, visit [Active Travel to School](#) or contact us on [activetravel@activecumbria.org](mailto:activetravel@activecumbria.org)

