



# Newsletter Friday 20th October 2023

Kingmoor Nursery and Infant School

Anti-Racism Day - Friday 20th October

## **WEAR RED DAY 2023**

**Show Racism the Red Card's annual Wear Red Day will be taking place on Friday 20th October 2023.**

Thank you to everyone who wore red to support Anti-Racism Day.





## 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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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

This weeks attendance was 94.6%.

## School Open Evening



If you have a child or know of friends who have children that will be looking for a Nursery or Reception place for September 2024 please come along to our open evening.

## 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>



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](http://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](mailto:school.admissions@cumberland.gov.uk)

[cumberland.gov.uk](http://cumberland.gov.uk)

## Talents & Achievements

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





Quinn – Class 5  
Dancer of the Week



Max – Class 9  
Story competition



## 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

<https://www.bbc.co.uk/cbeebies/watch/playlist-something-special-really-useful-makaton-signs#playlist>

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

[www.bbc.co.uk](http://www.bbc.co.uk)



*1 - more - make a fist and place palm on top*



*2 - home - curve hand like a roof*

## Stars of the Week!

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



Nursery Stars: Nova Nancy Jacob Charlie

Lunchtime award: Yasmin S

Class 1 Star: Ronnie

Lunchtime award: Zara D

Class 2 Star: Jake

Lunchtime award: Emma F

Class 3 Star: Hamish

Lunchtime award: Erin S

Class 4 Star: Blake

Lunchtime award: Tyler M

Class 5 Star: Jack H

Lunchtime award: Jeriah L

Class 6 Star: Luca

Lunchtime award: Lola A

Class 7 Star: Kyla

Lunchtime award: Erin L

Class 8 Star: Scarlett

Lunchtime award: Payton M

Class 9 Star: Bira

Lunchtime award: Ines S

## Term Dates

### Friday 20th October

Last day of term

### Monday 30th October

First day of term

### Tuesday 28th November

Year 2 parents look around Junior School from 3:45pm. Enter through the main office door.

## Menu for week commencing 30th October 2023

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

1.	Choice 1	Choice 2	Pudding
Monday	<b>Ham or Cheese &amp; Tomato Pizza</b> served with wedges & baked beans or salad	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Ice Cream Roll</b> or <b>fresh fruit or yogurt</b>
Tuesday	<b>Sausage (Pork) or Veggie Sausage</b> served with creamed potato, sweetcorn & gravy	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Chocolate Brownie</b> or <b>fresh fruit or yoghurt</b>
Wednesday	<b>Roast of the Day Ham or Quorn Fillet</b> Local roast ham 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>Iced Gingerbread</b> or <b>Fresh Fruit or yoghurt</b>
Thursday	<b>Beef Pasta Bolognese or Sweet Tomato Pasta</b> served with Garlic Bread & Green Beans	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Marble Sponge</b> or <b>Fresh Fruit or yoghurt</b>
Friday	<b>'Fishy Friday' or Cheese &amp; Egg Flan</b> served with chips, sweetcorn & tomato ketchup	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Banana Cake</b> or <b>Fresh Fruit or yoghurt</b>

## Information



hkchurch.org.uk

Light Party

Tuesday 31st October,  
6-7.30pm at St Peter's

Fun, food  
& games

Everyone welcome! Come in bright party clothes

St Peter's, Kingmoor

The poster features a vibrant, colorful bokeh background with light trails. The text is presented on white, torn-edge paper strips. A logo in the top left corner shows a cross with the text 'Trusting Christ and making His promises' and 'St Peter's, Kingmoor'.



Oak Tree  
Animals' Charity  
Registered Charity Number 110027/SC049293

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)

The poster has a dark background with a winter scene of red-roofed houses and a Christmas tree. A large white snowflake is centered in the lower half. Text is in white and red. A circular callout bubble is in the top right.



# 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!