



Newsletter Friday 6th October 2023

Kingmoor Nursery and Infant School

Coming to school

Our nursery doors open at 8.45am with our classroom doors opening at 8.50am please try and bring your child/ren in promptly. Children arriving late often find it harder to settle as the class has already been settled into their learning when they arrive. Parents should not park in the school staff car park unless you have a disabled parking permit.

Wear Yellow/ Non Uniform - Tuesday 10th October 2023

YOUNG MINDS

We are asking children and staff to come dressed in non-uniform wearing something yellow on Tuesday to support

World Mental Health Day . £1 donations if possible please as we are raising money for Young Minds Charity.

Thank you for your support to school.

5 A Day



You've heard about **5 A Day** where everyone is encouraged to eat 5 portions of fruit and vegetables every day to keep your body fit and healthy...

...well, **The Five Ways to Wellbeing** are a great way to remind yourself, every day, what you can do to look after your emotional wellbeing and mental health. Research has found that taking action in the following 5 areas can improve positive mental health and wellbeing:

Get Moving

Find Time for You!

Stop and Take Notice

Give to Others .

Although not intended to be 'quick fixes' they could help you nurture your own wellbeing and the wellbeing of your family. Next week the children will be learning all about The Five Ways to Wellbeing, completing related activities daily. We look forward to sharing some of these on the newsletter next week.

Open Reading Session



We are having an open reading session on Thursday 12th October for parents/carers to come into class and join in with one of the reading activities with their child/ren from 3pm. Nursery will also be taking part in this with one session at 9.00am and another at 2.30pm. We look forward to seeing you all there.

Improving our school



Every year the governors and staff work together to evaluate our school. We continually strive to be the best we can be, to offer the very best education for all of our children. We use a range of evidence from parental and pupil views to pupil attainment and progress. We use all this evidence to identify key areas we want to develop to continually improve. This is a summary of our priorities for this year.

Kingmoor Nursery and Infant School Shop

Here at KNIS we have our own currency, designed by our pupils, and linked to our whole school Learning Powers. We thought we share a video our Ambassadors made last year to help explain how our shop works.

<https://vimeo.com/857863974/0be24ac012?share=copy>

Extended Services

Holiday Club for October half term is filling up fast, please book as soon as possible to avoid disappointment.

You are now able to book for Breakfast, Afterschool and Holiday Clubs up to and including the summer holidays.

If you would like your child to be added to the registers to enable you to make bookings please contact the school office, thank you.

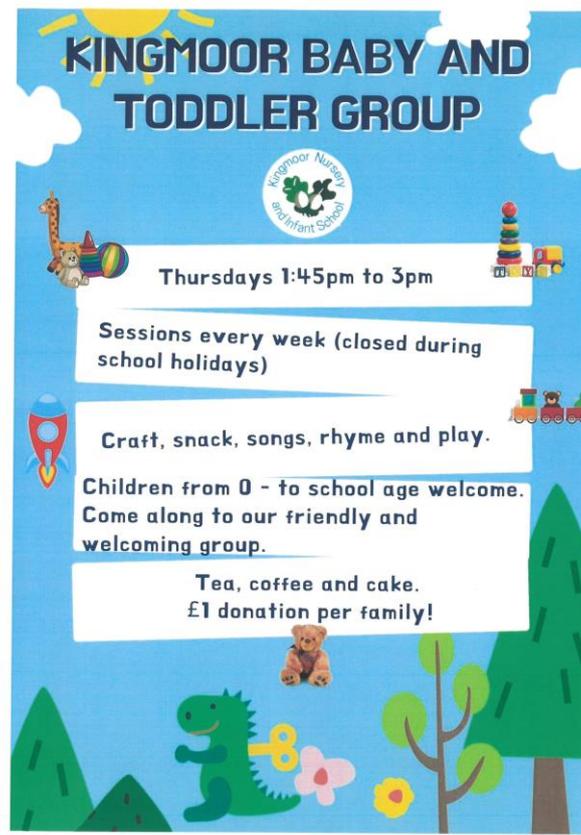
Children's Photographs

You will have received a slip with a QR code for you to view your child's photograph that was taken in school on Tuesday 26th September 2023.

Please place any orders online by this Sunday 8th October, photograph orders will then be delivered to school before half term.

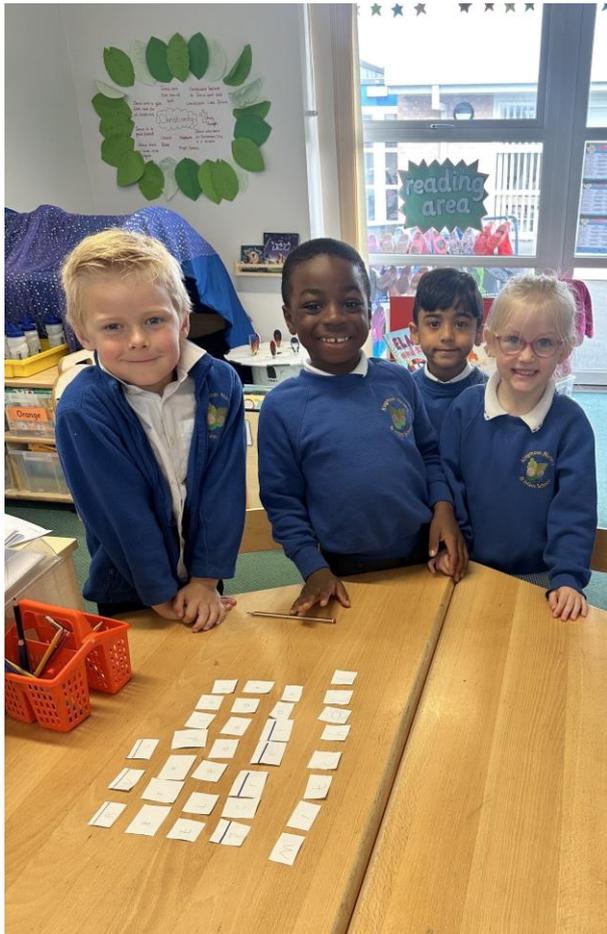
Kingmoor Toddlers

Every Thursday here at Kingmoor we have a Toddlers Group from 1.45pm to 3pm, all welcome so please pass on to anyone you know with young children that would like to come and join in.



In Year 1 this week.....

The children have been ordering numbers from smallest to greatest. They have been writing their name and calculating how many letters are in their name.

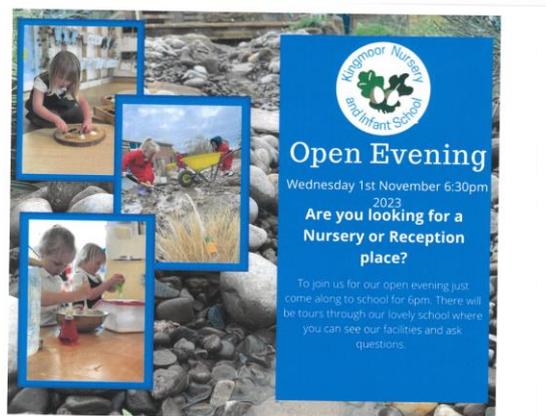




Attendance

Our school attendance for this week was 96.4% - well done everyone! Let's try and get 97% next week!

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>

Talents & Achievements

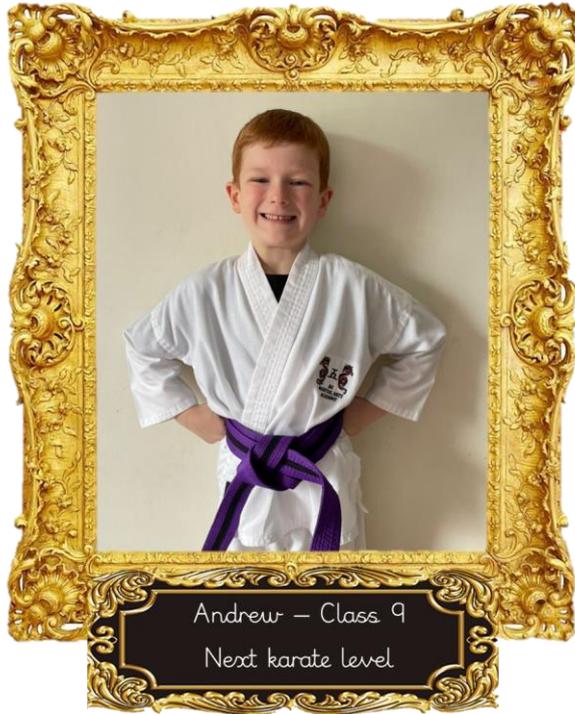
Fantastic to see the talents and achievements shared by some of children this week, well done!



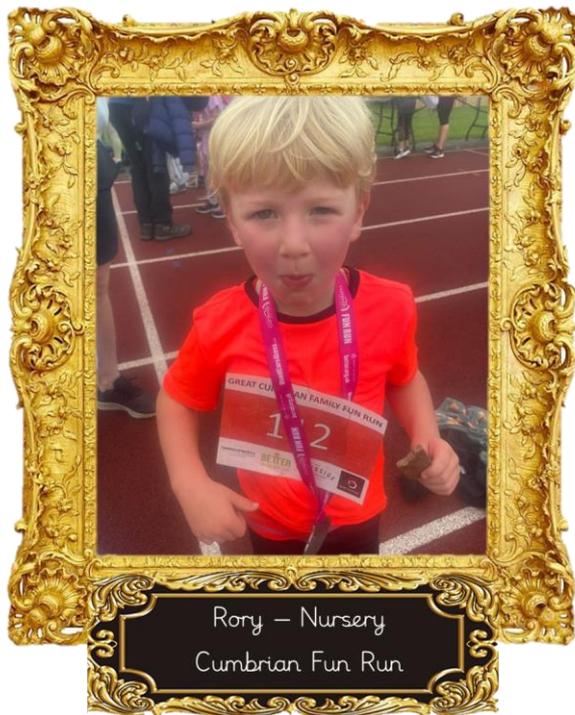
Jayden – Class 4
Beaver of the Month



April – Class 1
Wildcat of The Week



Andrew – Class 9
Next karate level



Rory – Nursery
Cumbrian Fun Run



Makaton



1 - Drink - cup hand and lift to mouth.



2 - Food - fingers to corner of mouth

<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

Stars of the Week!

This half term our Learning power is 'Reflecting'



Nursery Stars: Donnie Maia Finn Amiya

Lunchtime award: Seb D

Class 1 Star: Jacob

Lunchtime award: Phoebe B

Class 2 Star: Crosswell

Lunchtime award: Olivia K

Class 3 Star: Arabella

Lunchtime award: Edie B

Class 4 Star: Jayden

Lunchtime award: Zakai U

Class 5 Star: Ella

Lunchtime award: Eleanor B

Class 6 Star: Louis M

Lunchtime award: Naomi W

Class 7 Star: Kayden

Lunchtime award: Daisy M

Class 8 Star: Harry

Lunchtime award: Alice W

Class 9 Star: Phoebe

Lunchtime award: Jasmine D

Term Dates

Tuesday 10th October

World Mental Health Day - wear yellow/non uniform raising money for Young Minds Charity - donations to school

Tuesday 17th October

Parents evening - more information to follow

Wednesday 18th October

Parents evening - more information to follow

Friday 20th October

Anti-Racism Day - wear something red/non uniform. No donations required.

Friday 20th October

Last day of term

Monday 30th October

First day of term

Menu for week commencing 9th October 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



NHS

flu: 5 reasons to vaccinate your child

- 1. Protect your child**
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**
The nasal spray is painless and easy to have
- 4. It's better than having flu**
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**
If your child gets flu, you may have to take time off work or arrange alternative childcare.

For more information visit www.nhs.uk/child-flu

Flu Immunisation
Helping to protect children, every winter

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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



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.

Cumbria Fostering

Become part
of Cumbria's
biggest
family

Find out more about

Fostering

Open your heart and
home to make a difference

Come along to our fostering information
stand in Central Square at The Lanes
Shopping Centre in Carlisle on **Friday
20 October** from 12pm to 2pm.

☎ 0300 013 2065

cumbriafostering.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 18th October 2023**, 1.30 to 2.30
At **Morton Child and Family Support Centre**, Wigton Road, Carlisle,
CA2 6JP

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

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk



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Music and Movement

Book your place now!

A fun FREE and interactive session for parents and children aged 1-5 years.
Explore movement play using music and rhymes!

Help your child develop their physical skills, learn more about bodies as well as developing their communication skills, all whilst having fun!

Petteril Bank Child and Family Support Centre.
Burnett Road, Carlisle, CA1 3BX
Monday 23rd October 13:30 to 14:30

This is a FREE session

Please contact us to book

Sammy on 07815 686 762 or sammy.service@family-action.org.uk

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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