



Newsletter Friday 29th September 2023

Kingmoor Nursery and Infant School

Award for School

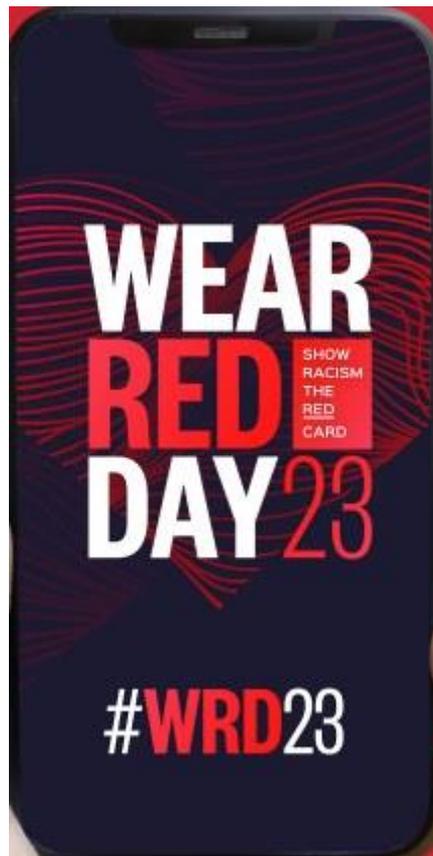


We are thrilled to announce that we have been awarded the Primary Science Quality Mark.

The feedback we received was so positive *“It is fantastic to see the range of opportunities there have been for pupils at Kingmoor such as science-based trips, clubs and links with the junior school, all of which have helped to enrich learning. The Primary Engineer competition was exceedingly successful with 2 winners and 2 highly commended pupils which is a terrific achievement in a national competition”*

We look forward to building on these firm foundations and take science from strength to strength.

Anti-Racism Day - 20th October



We are asking children and staff to 'wear something red' on Friday 20th October to support anti-racism day. No donations are required. Thank you for your support.

Abilities in Me fundraising

It was lovely to see everyone wearing bright clothing on Monday, we have raised £200.00! Thank you.



Year 2 Book Drop

This week all the classes in Year 2 enjoyed their walks hiding their books in the local community for other children to find and enjoy, keep a look out for them!











Online Safety Newsletter - October 2023



Kingmoor Nursery and Infant School



Online Safety Newsletter October 2023

Parental Controls

Does your child have a games console? If yes, have you set up age-appropriate parental controls? The controls vary across the different consoles, but all will allow you to restrict spending and communication for example.

PlayStation

Set up your account as a family manager and create a separate child account so you can tailor their activities. Find out more here: <https://www.playstation.com/en-gb/support/account/psn-safety-parents-guide/>

Xbox

You can download an app to manage your child's gaming experience. Find out more here: <https://www.xbox.com/en-GB/apps/family-settings-app>

Nintendo Switch

Nintendo also offer a free app to monitor what and how your children are playing. Find out more here: <https://www.nintendo.co.uk/Nintendo-Switch-Family/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>



Does your child watch livestreams?

What is livestreaming?

Livestreaming is when an individual broadcasts video live over the internet. People can watch livestreams from any device that is connected to the internet.

Who is watching livestreaming?

Research from Ofcom reported that 57% of 3-17 year olds have watched live streams and the most used platforms to watch live streams were YouTube and TikTok. The research also showed that the percentage watching content on livestreaming app/sites increased by age. A third of 3-4 year olds were watching live content with this number growing to eight in ten of 16-17 year olds. This is reported in [Children and parents: media use and attitudes report 2022 \(ofcom.org.uk\)](#).



What are the risks?

There are risks associated with watching livestreams that you should be aware of. The main risk being that your child may see or hear something inappropriate as your child may come across themes or content that is not suitable for them. It is difficult to moderate live content as it is happening in real time.

How can I help my child?

- All online platforms have an age rating, ensure your child only accesses platforms that are appropriate to their age. For example, TikTok has an age rating of 13.
- For any platforms that your child uses, ensure appropriate parental controls and privacy settings are applied.
- Take an interest in what your child is doing online and on a regular basis, ask your child to show you what they are accessing.
- Ensure your child knows how to use any reporting/blocking tools on the app that they are using and as always please ensure that your child knows to talk to a trusted adult if they see anything that concerns them online.

Further information

- <https://www.childnet.com/help-and-advice/livestreaming-parents/>
- <https://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 1.10.23.

Playing games online

Does your child play games online? We have outlined some points that you may wish to consider to try and create a safer experience for your child.

Have you set up parental controls?

As well as setting up appropriate parental controls through the game's setting, ensure you have set them up on the console/device your child is playing on. For example, many consoles allow you to restrict the games accessed by age.

Chatting to strangers

Some games will allow communication, for example (FIFA and Fortnite). Depending on the game, this may be via the in-game text chat, direct messages or talking through headphones. Some games do offer the ability to switch communication off or restrict bad language so make sure settings appropriate to your child are set up for each of the games they play.

It can be difficult to moderate online chat so ensure your child knows how to block and report other players who make them feel uncomfortable and that they know to talk to you or a trusted adult if they have any concerns. It can also be very easy online for children to behave in a way that they would not if they were face to face with each other. Talk to your child about how they are speaking to others online and encourage them to talk to people online with respect, like they would if they were face-to-face.

Is the game age appropriate?

Before buying the game, check that your child is old enough to play it. All games will either have a PEGI rating or be rated by the App Store /Google Play. UK Safer Internet Centre have published a blog, which shares tips on what to do if your child asks about playing a new game:

- <https://saferinternet.org.uk/blog/help-my-child-wants-to-play-games-that-are-too-old-for-them-2>

In app purchases

In addition to the above, you should be aware of in app purchases as lots of games include the option to purchase additional items/subscriptions so ensure you do not have payment cards saved or set up restrictions/pin code to approve.

Further information

The NSPCC provide further guidance and support regarding this topic:

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>



Skill-building app suggestions from Internet Matters

Internet Matters have curated a list of apps that will help your child to develop skills and new interests in different areas, for example Game Builder Garage (7+), which helps children to create their own games and Playout Sketches to develop art skills. You can find the full list here:

<https://www.internetmatters.org/resources/skill-building-apps-guide-for-kids/>

Scary Teacher 3D

Scary Teacher 3D is a game rated as 12+ by the App store (due to Mild Realistic Violence) or as 'Teen' on Google Play (due to violence). The game does include in-app purchases as well. Players must scare their teacher by completing different activities. There are lots of videos of this game on YouTube as well.

As with all games your child is asking to play, please take note of the age rating and play the game first to see if you think it is appropriate for your child.

Teaching children about money

Lloyds bank have published information and resources to help us help our children develop good financial habits. The information is split into age groups so you can find support tailored to your child's age. You can find out more here:

<https://www.lloydsbank.com/help-guidance/family-finance/teaching-children-about-money.html>

Attendance

Our school attendance for this week was 96.7% and two classes celebrating 100% - well done!

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
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

Talents & Achievements

Well done to these children who have shared their talents and achievements!

If you would like to share your child's awards/achievements/successes (and they have photo consent) please upload a photo of your child and their award, certificate, medals etc on Tapestry with the title 'My award', or you can send a photo of just the award if you prefer. (Please note some these photos may be shared on the newsletter.)



Emily – Class 6
Gymnast of the week



Hope – Class 5
Dancer of the week



Alivia – Class 6
Dancer of the week



Olivia – Class 7
Gymnast of the month

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

Stars of the Week!

This half term our Learning power is 'Reflecting'



Nursery Stars: Aiden Grace Joshua Seb

Lunchtime award: Grace F

Class 1 Star: George

Lunchtime award: Jonny W

Class 2 Star: Jorgie

Lunchtime award: Brett B

Class 3 Star: Sophia

Lunchtime award: Hassan H

Class 4 Star: Zakai

Lunchtime award: Charley B

Class 5 Star: Scarlet

Lunchtime award: Jack B

Class 6 Star: Rocco

Lunchtime award: Jasmine S

Class 7 Star: Bobbi

Lunchtime award: Issac L

Class 8 Star: Martha

Lunchtime award: Ava S

Class 9 Star: Andrew

Lunchtime award: Loa H

Term Dates

Friday 6th October

HARVEST SING - for parents on Tapestry

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 2nd October 2023

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

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

WHAT IS
A LOOT
BOX?

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

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

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.

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



Working for Cumberland Council and
Westmorland & Furness Council



0 – 19 Child and Family support services - Carlisle

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



0 – 19 Child and Family support services - Carlisle

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-acton.org.uk

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk

0 – 19 Child and Family support services - Carlisle

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

Registered Charity Number:264713

www.facebook.com/CarlisleSupport

Find out more at cumberland.gov.uk