



Newsletter Friday 22nd September 2023

Kingmoor Nursery and Infant School

School Hub - Lunch Ordering



SCHOOL MEALS

Every parent should have a login and password for School Hub. This is where you order your child's school meal choice. Please log in and select meals for the next 2 weeks and also please remember if your child is off school you should select packed lunch from home so that meals are not wasted. Your contribution to this saves a lot of time for office staff and teaching assistants every morning tracking down and asking each child what their meal choice would be for the day. If you have issues with this app please contact the school office 558892. Thank you.

Abilities in Me - Wear bright clothes on Monday



We are looking forward to seeing everyone on Monday, dressing in bright colours to support differences and inclusion, as part of our 'Abilities In Me' fundraising day.

We ask if children can bring a donation for this Charity Fundraising Day, suggested amount is £1, thank you.

Attendance

This week the attendance for the whole school was 97.1%,

Flu Vaccinations

Please return your green consent form for the Flu vaccinations by next Friday, thank you.

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>

In Nursery this week.....

The children have been exploring their new environment!







Talents & Achievements

At Kingmoor Nursery and Infant school we regularly celebrate children's achievements and successes in school through star of the week, doodle progress, lunchtime awards, alongside stickers and acorns awarded throughout the week in class.

We also value children's successes outside of school and would love to share these with our school community. We acknowledge children's awards/medals/achievements in our weekly Friday Celebration Assembly, on our 'Talents and Achievements' board at school and our weekly newsletter.

If your child would like to share their award/medal/certificate in celebration assembly please send your child to school with it on Friday.

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 a photo of just the award if you prefer. (Please note some these photos may be shared on the newsletter.)



Grace – Class 7
500 day doodle streak



Benjamin – Nursery
Football award



Makaton

At Kingmoor Nursery and Infant school we use Makaton as a way of supporting children develop their communication skills. Makaton is a sign and symbol language; adults and children use signs along with spoken words to aid communication.

Every week we focus on 2 signs and share these with the children throughout the week.



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



2 - Goodbye <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: Mikayla Lucas Evan Benji

Lunchtime award: Mikayla McM

Class 1 Star: Jonny

Lunchtime award: Alfie H

Class 2 Star: Dexter

Lunchtime award: Callum C

Class 3 Star: Noah

Lunchtime award: Matilda G

Class 4 Star: Noah

Lunchtime award: Jorgie H

Class 5 Star: Maisie

Lunchtime award: Jack H

Class 6 Star: Jenson

Lunchtime award: Ailvia S

Class 7 Star: Olivia

Lunchtime award: Zane T

Class 8 Star: Neve

Lunchtime award: Michelle O

Class 9 Star: Jacob

Lunchtime award: Evie P

Term Dates

Monday 25th September

ABILITIES IN ME - wear bright clothes/non uniform - donations to school

Tuesday 26th September

Children's individual photographs to be taken in school

Tuesday 29th September

Curriculum presentations live on Tapestry for parents

25th - 29th September

Look for a Book drop

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

Last day of term

Monday 30th October

First day of term

Menu for week commencing 25th September 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



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.

WHAT IS A LOOT BOX?

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

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



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

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 17?
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 2nd October
10:30-11:30
Newtown Children's Centre
CA2 7LD

Monday 6th November
10:30-11:30
Petteril Bank Children's centre
CA1 3BX

Monday 4th 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

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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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 6th November
10:30-11:30
Petteril Bank Children's centre
CA1 3BX

Monday 4th 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

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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0 – 19 Child and Family Support Services - Carlisle

Autumn 2023 Newsletter

Welcome to our Autumn newsletter which will detail the services that we are providing between September and December.
Please keep an eye on our Facebook page where we will advertise any future services.
Do not hesitate to get in touch if you have any questions or need further advice or support – we are here to help!

Contact us:

By phone: 07734 003 789

By email: Carlisle@family-action.org.uk

On Facebook: www.facebook.com/CarlisleSupport

Our Centres:

Morton - Wigton Road, Carlisle CA2 6JP - 01228 223417

Petteril Bank - Burnett Road, Carlisle CA1 3BX - 01228 596773

Longtown - Mary Street, Longtown CA6 5UF - 01228 791775

Newtown - Shadygrove Road, Carlisle CA2 7LD - 01228 401042

Registered Charity Number: 264 713

Find out more at cumberland.gov.uk

0 – 19 Child and Family Support Services - Newsletter

Services For Pregnancy, Birth & Early Years

Breastfeeding Support Group

This group provides an opportunity to meet other parents and get support, advice and encouragement from our BFI trained staff about breastfeeding.

Groups will be running on a Tuesday morning at:

Petteril Bank Children's Centre:
19th September – 17th October 10:00am-11:00am

Belah Community Centre:
31st October – 12th December 10:00am-11:00am

For more information please contact:
Becky at rebecca.crookes@family-action.org.uk or 07815 686 814
Lindsey at lindsey.russell@family-action.org.uk or 07815 686 835



Mums' Minds Matter

Monthly advice and signposting group for maternal mental health.

Are you pregnant or have a baby up to the age of one?

Join us for a relaxed group supporting Mums, babies and their wellbeing.

Groups will include sensory play, keep sake crafts alongside advice and signposting to promote good mental health for both Mums and babies.

Drop in and join us at:

Newtown Children's Centre:

Monday 2nd October 10:30am-11:30am

Petteril Bank Children's Centre:

Monday 6th November 10:30am-11:30am

Longtown Children's Centre:

Monday 4th December 10:30am-11:30am



For further information please contact Fay our Perinatal Coordinator 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 or would like more information about our Perinatal services.

Registered Charity Number: 264 713

Find out more at cumberland.gov.uk

Bump & Baby and Stay & Play

Our Stay & Play sessions are a great way for you and your child to meet new people in a gentle and relaxed atmosphere. All parents, parents-to-be, grandparents, carers and their children under five are welcome to attend these sessions where you can access toys, play, educational activities and support.

Sessions will include a range of free-play, messy play, arts and crafts, outdoor play and song time. This will help enhance your child's learning and development by encouraging speech and language, sharing, turn-taking and exploring new and exciting activities.

Our sessions will recommence from 18th September at:

Petteril Bank Children's Centre:
Mondays 1:00pm-2:30pm

Longtown Children's Centre:
Tuesdays 10:00am-11:30am

Brampton Community Centre:
Thursdays 10:00am-11:00am

Newtown Children's Centre:
Fridays 10:00am-11:30am

Pop along and join us. These groups are free and no booking is required.



Time Together

Time Together is a free multi-sensory and soft play session for children aged 0-5 with additional needs. This group provides the opportunity for parents and carers to chat with other families that are in a similar situation, ask questions and get tips from experienced professionals.

Join us at:
Whale of a Time Soft Play in Harrayb
Every Tuesday 11:00am-12:00pm

For more information contact:
Sophie on 07816 087116 or Sophie.batchelor@family-action.org.uk

Introducing Solids Workshops

Come along and find out about introducing your baby to a wide range of tastes when they start eating solids, this helps babies grow up eating and enjoying healthy foods.

Get information on:

- Weaning your baby on to solid foods
- Signs your baby is ready for solids
- Encouraging healthy eating habits
 - Foods to look out for
 - Portion sizes

Morton Children's Centre - Wednesday 18th October 1:30pm-2:30pm
Petteril Bank Children's Centre - Wednesday 22nd November 1:30pm-2:30pm
Belah Community Centre - Wednesday 13th December 1:30pm-2:30pm

To book your place please contact:
Claire on 07816 087115 or claire.ford@family-action.org.uk or
Jodie on 07815 686821 or jodie.scott@family-action.org.uk



Information on starting solids can also be found at nhs.uk/start-for-life

Bookstart

Come along and join our Bookstart sessions which will include information and advice for parents and carers and fun activities that will help your child develop a love of stories, songs, books and rhymes. This programme will help your child's developing language and communication skills. You can continue to develop these skills at home with the ideas and tips provided in the session.

Future dates and venues will be advertised on our Facebook page or call us to find out more.



Home Based Play

Home based play will support families with children aged 0-4 years old. Our practitioners will give tips, advice and ideas for parents and children to get the most from play to boost your child's learning and development. If this is a service you think may benefit your child then please contact us on: 07734 003 789



Portage

Our Portage service supports pre-school children with additional needs. In partnership with parents, the Portage worker will look at all areas of the children's development and discuss goals to enable children to achieve through their play based learning. Please contact us on: 07734 003 789 to get more information on this service and how we could support you with this.

Finding Your Way

Finding your Way is a targeted programme which aims to support young people in exploring challenges they may face, to overcome difficult emotions through learning a range of strategies and life skills to challenge negative thoughts and improve motivation. We support young people in overcoming barriers by goal setting to support outcomes in improving their attendance and attainment in school.

Let's Connect

Let's Connect is for children who may need additional support in a range of areas. The programme, designed to give you information and strategies to help support your child, is delivered in collaboration with speech and language therapy, occupational therapy, early years team and children's learning and disabilities team.

Online Safety

Our online safety workshops will prepare you and your child for the potential dangers that exist in the current social media climate. We will discuss ways to stay safe online and organisations that can help should anything happen.

Decider Skills

Decider Skills helps you to recognise your thoughts, feelings and behaviours and learn how to manage these in a safe way. This six-week course can be delivered to children, young people and their families individually or as part of a group. The Decider Skills are taught in a fun and memorable way and will promote effective communication between the whole family.



The Decider



Contact us on 07734 003 789 for more information on any of the above.

Y7UP

Y7UP is a service for young people aged 11-19 years who have a worry or problem and are not sure where to go for help.

For more information or to book a place, please contact us on:
Phone: 07547 953 971 or Email: Y7upcity@familyaction.org.uk

Services For Children

Drawing and Talking

Drawing and Talking is a therapeutic way for a child to work through their past trauma in a safe environment. Children explore their trauma and feelings through their drawings with the support of a worker. This is a short-term intervention suitable for anyone aged 5+.

Wishes and Feelings

Wishes and Feelings is an 8 week 1:1 programme which supports children's emotional wellbeing. This is delivered through a range of different activities, discussion and games. The sessions are based on the child's individual needs covering topics such as worries, feelings and emotions, self-esteem, bullying and friendships. Suitable for children aged 6+

Happy to be Me

The aim of this programme is to develop children's self-esteem through a programme called 'Happy to Be me'. The programme increases interaction, communication skills, awareness of feelings and how these affect other people, working together in a group, showing empathy to others, explore why everyone is different, learn new skills, celebrate achievements, make new friends, play games and have fun.

Choose to Cope

Choose to Cope is a programme which is aimed at children aged 8 - 11 years. Your child may be experiencing a number of different issues that cause them distress. They may be feeling upset but are not sure why. They may find it hard to concentrate and become fidgety or restless. Your child will learn essential 'personal power' tools that they can use throughout their life.



Lego Therapy



Our Brick Club is based on LEGO® therapy and is around collaborative play and communication in which children work together with their families to build LEGO® models. The aim of the group is to help children develop social interaction skills in a friendly, fun setting. Children will be able to practice key skills of collaboration, joint attention, sharing, turn taking, eye contact, communication, social problem-solving and compromise all whilst having fun and building some amazing models. Suitable for children aged 6+. Places by referral.

October Half Term Activities

Music and Movement

Petteril Bank Children's Centre - Monday 23rd October 13:30-14:30

Booking is essential for this activity.

Please contact Sammy Service on: sammy.service@family-action.org.uk
or 07734 003 789



Spooky Halloween Activities

Longtown Children's Centre - Tuesday 24th October 10:00am-11:30am

Morton Children's Centre - Wednesday 25th October 1:00pm-2:30pm



Family Line

Family Pressures can sometimes be difficult to manage. Our free FamilyLine service is available to family members aged 18 and over and provides information and guidance, befriending, emotional and listening support and access to short term counselling.

Please contact us on (Monday – Friday 9:00am-9:00pm):

Telephone: 0808 802 6666

Text: 07537 404282

Email: familyline@family-action.org.uk

Website: www.family-action.org.uk

To contact us in a crisis out of hours Text FAMILYACTION to 85258

Our crisis text service provides 24/7 crisis support across the UK.

Service delivered in partnership with SHOUT



Volunteering

Could you be a Volunteer with us?

Volunteering has been at the heart of Family Action since we were established in 1869. As a volunteer you will gain valuable skills and experience working as part of a team making a real difference to the lives of children, young people and families in your area and there are lots of ways you can give your time.

For more information visit our website:

<https://www.family-action.org.uk/get-involved/volunteer/>

If this interests you or you would like an informal chat please contact:

Stef at stefanie.mcknight@family-action.org.uk or call 07816 087 111

Services for Parents/Carers

Solihull - Understanding your Child

Solihull Parenting is a 10-week course that will help you to understand your child's behaviour, which can improve confidence and self-esteem for both parent and child. This group is suitable for parents with children of all ages, and we also run a separate group for parents of children with additional needs. For more information, please phone us on **07734 003 789**.



Solihull Online Course

The online course can be completed in your own time, with various topics from pregnancy to 19 years to help you understand your child's development and behaviour.

To access, visit www.inourplace.co.uk and use the code WORDSWORTH.

Solihull - Understanding your Brain

A programme especially for Teenagers

This free online course will help teenagers understand how their brain works and how this might affect their thoughts, feelings and behaviour.

To access this, visit www.inourplace.co.uk and use the code WORDSWORTH

Family Support

Family Action can offer one to one support to families in their homes. This practical support will promote parenting capacity and could focus on boundaries, routines, home conditions, environmental factors, behaviour management, safety, relationships and attachment and support to access other agencies for help e.g. substance misuse, domestic abuse, mental health and learning difficulties.

Other agencies that may help you

CADAS provides confidential quality support, training and 1-1 counselling sessions for those interested in and/or affected by the use of Alcohol and Drugs.
<http://cadas.co.uk>

Carlisle Community Help has set up a network of hubs across the city that provide affordable food to those who need it. <https://carlislecommunityhelp.co.uk/>

Child Bereavement UK gives support about grieving and loss
<https://www.childbereavementuk.org/>

Childline will provide advice and support for young people.
<https://www.childline.org.uk/>

Citizens Advice is an independent charity set up to provide free, impartial and confidential advice on almost any subject. <https://www.cac-e.org.uk/>

Counselling Directory helps you find a local counselling to suit your needs.
<https://www.counselling-directory.org.uk>

Cumbria Law Centre is a community organisation offering free legal advice and representation (prioritising those on a low income).
<https://www.cumbrialawcentre.org.uk/> or **01228 515129**

E-School Nurse Video Clinics are held twice a week providing online health support and advice for parents, carers and professionals supporting children aged 5-19.
<https://legacy.cumberland.gov.uk/ph5to19/contact.asp#~:text=In%20order%20to%20provide%20health,all%20day%20Tuesday%20and%20Thursdays> or

0300 30 34 365

Every Life Matters is a Cumbrian suicide prevention and suicide bereavement support charity. <https://www.every-life-matters.org.uk/>

First Step provides free talking therapies to adults in North Cumbria.
<https://www.cntw.nhs.uk/services/first-step/> or 0300 123 9122

Focus Family can help with benefit advice, looking for work and training courses.
focus.family@cumbria.gov.uk

Gateway4women offers a variety of support for women. <https://gateway4women.com/>

Happy Mums offer free mental health support groups for Mums and Mums-to-be.
<https://www.happymums.org.uk/>

Mind offers support with mental health. <https://cemind.org/> or 0300 561 0000

Spiral Cumbria is an anti-bullying charity supporting young people in Cumbria.
<https://www.spiralcumbria.org.uk> or 01228 642640

Young Minds offers support for young people with their mental health.
<https://youngminds.org.uk> or text YM to **85258** if you need urgent help