



# Newsletter Friday 15th September 2023

Kingmoor Nursery and Infant School

First week



We are so proud of our Reception and Nursery children who have had a fantastic first week at school. They have enjoyed school lunches, exploring both indoors and outdoors. They look so grown up in their uniforms and the staff have been delighted with how well they have settled. They will be absolutely exhausted as we reach the end of the first week but hopefully have loved their time at school. If you haven't done so already, please log onto Tapestry where staff have been sharing photos of their adventures in the first week.

## Attendance

Good attendance at school is crucially important. One day could be as many as seven missed activities, as well as time spent with friends and playing. School is an enriching environment that can help your child with their social and mental wellbeing. You can support your child's physical, social and mental wellbeing by ensuring they are in school every day.

Unfortunately, we cannot authorise holidays and if your child's attendance drops below 95% we will be in touch to discuss how we can help. If a child's attendance drops below 90% they are identified as persistent absentees.

It can be difficult to know whether your child is too ill to attend school. NHS guidance is clear that it's fine to send them in with a minor cough or common cold, provided they don't have a temperature. If you are unsure this guide from the NHS offers more detail <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

## Uniform ordering

We do not hold a stock of uniform in school and uniform orders are to be placed through the online system we use in school called Eduspot.

A new order will be placed with the suppliers each half term and the next one will be placed this Monday so if you require additional uniform items please order over this weekend, thank you.

Please be aware that orders will take approximately three weeks to arrive in school.

## Recycling!



Please could you begin to collect plastic bottle tops from milk bottles, juice cartons and any other containers, in different colours and sizes. We need lots for an exciting project with the ambassadors! Collections of clean bottle tops can be given to your child's teacher.

Thank you for your support!

Mrs Brumpton and Miss Vaughan

## PE Kit

Reminder that our school P.E kit is a plain white t-shirt, black shorts or joggers/leggings and trainers or plimsols.

Please make sure all items are named as all children get changed at the same time and items can be easily mixed up.

P.E kits can stay at school in a P.E bag for the term and children will bring them home at the end of each half term.

## Nursery Curriculum Overview Autumn 1

Nursery – Autumn Term – What are we learning this half term?		
Our learning power this half term is: Reflecting		
<b>Personal, Social and Emotional Development</b> This half term we will: <ul style="list-style-type: none"> <li>Develop confidence to manage transitions smoothly for example for children to separate from their main carer to their key person.</li> <li>Develop our awareness of class routines, rules and boundaries. We will learn our class silent signals.</li> <li>We will begin to/continue to establish/develop relationships with adults and other pupils within Nursery.</li> <li>We will develop our confidence in the Nursery environment, showing an increase in independence.</li> <li>We will begin to talk about and understand different feelings e.g. Happy, sad, worried etc.</li> </ul>	<b>Literacy -</b> This half term we will: <ul style="list-style-type: none"> <li>Develop our knowledge of Nursery Rhymes, developing our confidence when joining in or continuing familiar Nursery Rhymes.</li> <li>Enjoy stories that are read by adults. Gaining confidence to talk about the pictures in the story.</li> <li>Learn to discriminate between different sounds (Environmental and Instrumental)</li> <li>Access mark making tools independently. Begin to make marks on paper.</li> </ul>	<b>Understanding of the World</b> This half term we will: <ul style="list-style-type: none"> <li>Learning to recognise and name different body parts.</li> <li>Learn to name and describe people who are familiar to us.</li> <li>Explore and talk about what makes us unique.</li> <li>Learn to make connections between the features of our own families and others.</li> <li>Explore the natural world around us at school.</li> </ul>
<b>Physical Development</b> This half term we will: <ul style="list-style-type: none"> <li>learn to independently put on and take off our coat with some support with zips and buttons.</li> <li>learn to take care of our toileting needs and wash our hands after.</li> <li>Develop our core muscle strength to develop a good posture when sitting at a table or on the floor.</li> <li>Continue to develop our gross and fine motor skills.</li> </ul>	<b>Maths</b> This half term we will <ul style="list-style-type: none"> <li>Taking part in rhyme sessions and learn new mathematical language.</li> <li>Learn to recognise colours in a variety of contexts.</li> <li>Explore and match objects which are the same</li> <li>Learn that collections can be sorted into sets based on attributes such as colour, size or shape.</li> <li>Learn to make comparisons using vocabulary such as more, the same or fewer than.</li> </ul>	<b>Expressive Art and Design</b> This half term we will: <ul style="list-style-type: none"> <li>Know and join in with dancing and ring games. Responding to sounds with body movements.</li> <li>Know and join in with simple songs.</li> <li>Engage in imaginative role play based on our first-hand experiences.</li> <li>Develop early portrait skills</li> <li>Explore a range of media, making marks of our choice eg. Chalks, crayons, paints.</li> </ul>
<b>Communication and Language</b> This half term we will be <ul style="list-style-type: none"> <li>Developing listening skills to support our learning.</li> <li>Listening and responding to simple instructions.</li> <li>Using talk to communicate our needs, likes and dislikes. We will be using talk frequently in our play.</li> <li>Developing our vocabulary which will be reflective of our new experiences.</li> </ul>		

# Reception Curriculum Overview Autumn 1

Reception – Autumn 1 – What are we learning this half term?		
Our learning power this half term is Reflecting		
<p><b>Personal, Social and Emotional Development</b></p> <p>This half term we will be</p> <ul style="list-style-type: none"> <li>Learning about working together and considering other people's feelings</li> <li>Understanding how it feels to belong and that we are similar and different</li> <li>Learning how to recognise and begin to manage our own feelings</li> <li>Learning what being responsible means</li> </ul>	<p><b>Literacy</b></p> <p>This half term we will be</p> <ul style="list-style-type: none"> <li>Beginning to learn phonics through Read Write Inc, initially I as a whole class and then moving into groups as children progress</li> <li>Listen and respond to stories</li> <li>Drawing story maps</li> <li>Using actions to 'step out' a story</li> <li>Mime stories</li> <li>Re-enact a story focusing on character</li> <li>To tell a story independently, focusing on character.</li> <li>Telling stories independently</li> <li>Listening and joining in with nursery rhymes and creating our own versions</li> </ul>	<p><b>Understanding of the World</b></p> <p>This half term we will be</p> <ul style="list-style-type: none"> <li>Choose and talk about objects that are important to me</li> <li>Reflect on features of my home</li> <li>Name different people in my family</li> <li>To understand how life has changed over time for members of my family</li> <li>To listen to a story</li> <li>Identify my favourite places in my community</li> <li>Name important people in my community</li> <li>Name and describe different feelings</li> <li>Represent different feelings</li> <li>Identify what makes me unique</li> <li>Identify differences between my appearance and others'</li> </ul>
<p><b>Physical Development</b></p> <p>This half term we will be</p> <ul style="list-style-type: none"> <li>Beginning to establish an effective pencil grip and form letters correctly</li> <li>Developing our scissor skills</li> <li>Begin to negotiate space safely with consideration for myself and others.</li> <li>Play co-operatively and take turns with others.</li> <li>To understand the rules and can explain why it is important to follow them.</li> <li>To use movement skills with developing balance and co-ordination</li> </ul>	<p><b>Maths</b></p> <p>This half term we will be</p> <ul style="list-style-type: none"> <li>Learning maths through stories</li> <li>To be able to match objects</li> <li>Match pictures and objects</li> <li>Be able to identify a set</li> <li>To explore sorting techniques</li> <li>Create sorting rules</li> <li>Compare amounts</li> <li>Compare size</li> <li>To compare mass</li> <li>To compare capacity</li> <li>To explore simple patterns</li> <li>Copy and continue simple patterns</li> <li>Create simple patterns</li> </ul>	<p><b>Expressive Art and Design</b></p> <p>This half term we will be</p> <ul style="list-style-type: none"> <li>Create art using natural materials</li> <li>To draw a picture of 'me'</li> <li>Create a collage of my family</li> <li>Understand how I can be kind to my friends- drawing</li> <li>Draw a picture/card for their friend</li> <li>Create using junk modelling e.g my house</li> <li>Model a feelings puppet using card and mixed media</li> <li>Self portrait</li> <li>Create a detailed drawing of my head and shoulders, adding detail of their appearance.</li> <li>Listen to and appraise songs</li> <li>Find the pulse and move to music</li> <li>Learning to sing pat-a-cake and perform</li> </ul>
<p><b>Communication and Language</b></p> <p>This half term we will be</p> <ul style="list-style-type: none"> <li>Listening and following instructions</li> <li>Learning to take turns when speaking with a partner</li> <li>Answering questions based on familiar stories</li> <li>Speak in full sentences</li> <li>Share own ideas through comments and by asking questions</li> <li>Using and understanding new vocabulary</li> </ul>		

# Year 1 Curriculum Overview Autumn 1

Year 1 – Autumn 1 – What are we learning this half term?		
<p><b>PSHE – Being me in my World</b></p> <p>This half term we will be learning about the rights and responsibilities of being part of our class and recognising our views are valued.</p>	<p><b>English</b></p> <p>This half term we will be learning all about sentence structures</p> <p>We will be learning about.....</p> <p>Starting our sentence with a capital letter.</p> <p>Finishing our sentence with a full stop.</p> <p>Re-reading our work to check it makes sense.</p> <p>Practicing our letter formations.</p> <p>Writing our letters on the line.</p> <p>Writing about a chosen subject.</p>	<p><b>Religious Education</b></p> <p>This half term we will be learning about Christianity and how God created things and how he would want us to look after the world.</p>
<p><b>Science – Seasonal Changes and Weather</b></p> <p>This half term we will be...</p> <p>Learning about what the four different seasons are. What weather is linked to each season and learning about how the weather seasons. The children will be considering what they wear in each season. Then the children will be learning about day and night.</p>	<p>Our learning power this half term is <b>Reflecting</b></p>	<p><b>History – Changes within living memory.</b></p> <p>This half term we will be...</p> <p>Learning about the stages in our lives and how we have changed from when we were born.</p> <p>Looking at our local area and what shops we have now. Learning about what shops were like in the past, how they have changed over time. then comparing similarities and differences.</p>
<p><b>Physical Education</b></p> <p>This half term we will be...</p> <p>Developing our fundamental movements with our sports coach John every Monday</p> <p>Our other P.E lesson will be dance, learning how to count a beat and move to the music.</p> <p><b>Outdoor Learning – Woods (once per week)</b></p> <p>Using our senses and creating portraits.</p>	<p><b>Maths</b></p> <p>This half term we will be...</p> <p>Counting forwards and backwards.</p> <p>Identifying the place value of numbers up to 10.</p> <p>Partitioning numbers up to 10.</p> <p>Learning number bonds to 10.</p> <p>Adding and subtracting numbers within 10.</p> <p>Learning how to subitise numbers and quick recall of numbers up to 10.</p>	<p><b>Art – Drawing</b></p> <p>This half term we will be...</p> <p>Using a range of tools, e.g. crayon, chalk, charcoal, pencils, etc. The children will be learning about different techniques using the tools and creating their own weather and animal picture. They will be to create effects using different tools – e.g. smudging.</p>
<p><b>Music</b></p> <p>This half term we will be singing. We will be joining in with nursery rhymes, coordinating actions with singing and singing as a group.</p>		<p><b>Computing</b></p> <p>This half term we will be learning how to use the laptops, log in and our correctly and how to save our work.</p>

## Year 2 Curriculum Overview Autumn 1

Year 2 – Autumn 1 – What are we learning this half term?		
<b>PSHE</b> This half term we will be discussing our hopes and fears for the year and learning what we can do to be a responsible member of our class.	<b>English -</b> This half term we will be writing character descriptions and a simple retelling of a narrative.  We will be learning how to use noun phrases for description and how to use adverbs to describe an action.  We will learn how to write in the third person and how to retell a story in the correct order using story language.	<b>Religious Education</b> This half term we will be learning about Christianity and how Jesus teaches Christians to be kind.
<b>Science – Living Things</b> This half term we will be...  -Exploring and comparing the differences between things that are living, dead and things that have never been alive. -identifying different habitats and how they are suited to the needs of different animals and plants. -identifying and naming a variety of plants and animals in their habitats.	Our learning power this half term is <b>Reflecting</b>	<b>History-The Great Fire of London</b> This half term we will be...  Learning about where London is and when the Great Fire of London happened.  We will find out how the Great Fire of London started and why it spread so quickly.
<b>Physical Education</b> This half term we will be... -developing our running skills and learning how to use space more effectively during team games. We will also be working with a sports coach during one of our sessions.		<b>Maths</b> This half term we will be...  Identifying the place value of numbers up to 100. Partitioning numbers in different ways. Learning number bonds to 10, 20 and 100. Adding and subtracting numbers within 100.
<b>Music- Experimenting with Sounds</b> This half term we will learn the names of a range of untuned percussion. We will identify instruments according to the sounds that they make. We will also be learning that Samba music is made by layering ostinati.		<b>Computing- Taking Photographs</b> This half term we will be... Learning how to keep ourselves safe when taking photographs. We will learn how to take photos in both landscape and portrait formats and learn how to apply a range of photography skills to take a photo.

## Extra Curricular Clubs

Last year our before/after school activity clubs were very popular with 80% of the children attending at one or more activity clubs. We offered 30 clubs throughout the year and all children who applied for one or more clubs received a space. This year we have created a long term plan so you know what clubs will be offered in each term and we have listened to feedback and will be running clubs on alternative days each term (where possible).

All clubs will run for 5 weeks and be charged at £1 per session to cover resources unless an external provider will be running the club e.g. sports coach, as we would need to contribute to their charge.

Clubs will be advertised via tapestry and a text will be sent to let you know when they are advertised. If your child is interested in the club please complete the form linked in the tapestry advertisement and they will receive a message via tapestry if they have been allocated a space You will then receive a link in a text message for the clubs payment in full. However, any families who need support with this/pay weekly will be able to speak to Mrs Murray in the office to set this up.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Craft Club	Board Games	Science	Multi-Skills	Art	Gardening
Year 1	Board Games	Craft Club	Computer Club	Science	Yoga	Maths
Year 2	Cycling	Science	Book Club	Board Games	Music	Craft Club

## Reception 2024 applications

Nursery parents will have received an email this week with information to apply for a reception 2024 please for their child. Please see the poster for more information and make applications following this link: <https://www.gov.uk/schools-admissions>



**Cumberland Council**

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)

## School Hub

Parents please ensure you order your child's lunches in advance for the whole week. This is important as it has an impact on the class and office if children are asked individually what their lunch choice is on a daily basis. If your child brings a packed lunch this also needs to be selected on School Hub.

Please can we ask parents not to use the message option on School Hub as the message will not be responded to. Please contact the office via email [admin@kingmoor-inf.cumbria.sch.uk](mailto:admin@kingmoor-inf.cumbria.sch.uk) thank you.

## Flu Vaccinations

Flu vaccinations will take place in school for Reception, Year 1 & Year 2 children. Please the leaflets for further information and your child will have brought home yesterday the green consent form for completion and return to school.

Flu vaccination 2023 to 2024

## Briefing for primary schools

This leaflet gives details about the flu vaccination programme for primary school aged children including how the programme is delivered and the role schools play.



Flu  mmunisation

Helping to protect children, every winter

## Frequently asked questions

### What will the school be asked to do?

Your school aged immunisation service team will try and keep disruption to a minimum and will only ask you to do the things that they cannot do themselves.

Schools will be asked to:

- work with the school aged immunisation service to agree the best approach for implementing the programme in your school
- nominate a named contact for the school aged immunisation service to liaise with
- agree a date(s) for the vaccination session
- provide class lists with contact details to the school aged immunisation service
- agree a process for providing parents/guardians with the invitation letter, information leaflet and consent form so that parents/guardians can get the materials as quickly as possible
- encourage children and their parents/guardians to look out for the consent form and return it by an agreed time
- send reminders through your usual channels such as email or text distribution lists, parent newsletters, visual display screens etc.
- communicate the programme on your website etc.
- let parents know which day vaccination will take place
- and let children know what will happen and answer any questions parents and children have on the logistics and date of vaccinations

Other practical considerations include:

- provide a suitable location for the vaccination to take place (e.g. school hall), you may want to share a photo of your space with the school aged immunisation service
- ensure the school aged immunisation service can access the agreed space before the vaccinations are due to start, so they can set-up
- provide suitable sized tables and chairs for the team and if possible, access to a power supply with extension cables

### Why are children offered a nasal spray?

Children are offered a nasal spray as it is quick, painless, easy to administer and is better at reducing the spread of flu to others than an injected vaccine.

There will be a small number of children in your school not able to have the nasal spray vaccine because of pre-existing medical conditions or treatments. They will be offered an injected vaccine (either at school or through their GP practice). Parents who don't want their child to have the nasal spray because of the very small amounts of porcine gelatine (used as a stabiliser) can discuss the option of an injected vaccine with the school aged immunisation service.

All questions about vaccine suitability, and whether the child or young person can have it on the day if unwell, should be directed to the school aged immunisation service. There are NHS leaflets which provide more information for parents on the vaccine, including how it works and information on those children who are unable to have it (see: [www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters](http://www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters))

This autumn term all primary school aged children in England (from Reception class to Year 6) will be offered a flu vaccination by the NHS school aged immunisation service. Most children are offered a nasal spray flu vaccine. We are grateful for the support of schools in hosting vaccination sessions. Delivering the programme through schools makes it more accessible to pupils which results in higher uptake levels. The school aged immunisation service will be in touch with your school to agree a date for the vaccination session and the best approach for implementing the programme in your school.

Flu is an unpredictable virus that can kill thousands of people during a flu season. The flu vaccine is the best defence we have against it. Vaccination of children is based on the recommendation of the Joint Committee on Vaccination and Immunisation (JCVI), the independent expert advisory group that advises the Government on vaccination. The benefits include protection against flu for the children who receive the vaccine and reduced transmission of flu in the community. This is because children play a key role in the transmission of flu, including to those who may be at higher risk from the complications from flu such as the elderly. Since the start of the programme, research has shown that vaccinating large numbers of children has reduced the circulation of flu in the community. This has reduced the number of GP consultations for flu like illness for both the vaccinated children and the wider community and has also reduced hospital admissions from flu. For schools the benefits include reduced absenteeism and the reduced likelihood of teachers catching flu from their pupils.

Any pupils who miss the session at school will be provided with further opportunities to get the vaccine (which may be at an alternative venue). The school aged immunisation service will be able to provide further details. For the small number of pupils who may be at increased risk from flu because of underlying health conditions, their parents have the option of requesting the vaccine from their GP practice if they don't want to wait for the school session or prefer to be vaccinated there.



2 - Flu immunisation briefing for primary schools

#### Benefits to schools

- helps protect children against flu which in turn reduces pupil and staff absenteeism rates
- the engagement in NHS public health programmes, including vaccination, is recognised by OFSTED as being important and provides an opportunity to discuss vaccinations as part of Health Education, which has been compulsory in primary and secondary schools since September 2020
- promotes a healthy environment in schools and the wider community, including amongst the children's immediate and extended family
- reduce the likelihood of flu outbreaks in schools
- provides an opportunity to integrate learning about the benefits of vaccination into the school curriculum including history and science

#### How often do you need a flu vaccine and when do vaccinations need to be given?

As the flu virus can change each year, vaccination is required on an annual basis. The strains of virus used in flu vaccines change from one season to the next. Vaccinations are generally given in the autumn term before flu tends to circulate.

#### Who will be giving the vaccine to the children?

The programme will be delivered by an NHS commissioned school aged immunisation service team which may include nurses, healthcare support workers, administrative staff, and other associated professionals who specialise in delivery of school aged vaccinations. The team will administer the vaccination according to nationally set standards. Staff will have appropriate qualifications and training, including safeguarding training.

#### How else could the school support the programme?

Schools have a key role to play in promoting uptake of the immunisation programme because of the relationship you have with parents and children. Please use all your communication channels to help promote uptake and share this leaflet with staff in your school.

#### How will parent/guardian consent be obtained?

A consent form and information leaflet provided by the school aged immunisation service will be used to seek parental/guardian consent. Only children for whom consent has been received will be vaccinated. Parents/guardians will also be provided with a contact number for the school aged immunisation service in case of any queries. Forms should be returned by the deadline agreed with the team. You may be asked to collect these forms from parents/guardians on behalf of the school aged immunisation service, or it may be done electronically.

#### Does GDPR change how information is shared?

The General Data Protection Regulation (GDPR) became UK law in 2018. No change is needed to the ways in which young people's personal information is used and shared by schools with the school aged immunisation service for the purpose of providing vaccinations for this to be lawful under the UK Data Protection legislation.

## The nasal flu vaccine

Almost all children will be able to have the vaccine as a nasal spray (up the nose), which is a quick and painless process

Serious side effects are uncommon but many children can develop a runny or blocked nose, headache, some tiredness or loss of appetite that lasts for a short period

There are some children who cannot have the nasal spray because of pre-existing medical conditions or treatments. All questions about suitability should be directed to the school aged immunisation service team

If a child is unwell on the day, the team delivering the vaccines will decide whether to proceed with vaccination or not

There are NHS leaflets which provide more information for parents on the vaccine, including how it works and information on those children and young people who are unable to have it



All questions on the suitability of the vaccine for individual children should be directed to the NHS team delivering the vaccinations.



[www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

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To order more copies of this guidance please visit: [www.healthservicejournalists.gov.uk](http://www.healthservicejournalists.gov.uk) or call 0300 123 1028

### How will the school aged immunisation service identify the children to be vaccinated?

The team will have a list of all children for whom consent has been received. They may ask the class teacher or assistant to confirm the identity of younger children in primary school.

### Can parents/guardians refuse to have their child vaccinated?

Yes. The vaccination is not mandatory. Parents/guardians will be asked to give their informed consent for the vaccination.

### What happens if a child is not present on the day when vaccination is offered in the school?

For any children absent on the vaccination day, there will be catch-up arrangements in place that the school aged immunisation service will be able to share with the school.

### What should be done if a child becomes unwell in school after receiving the vaccination?

If the team is still on site, seek advice directly from them. If the team have left the site, manage the situation according to existing policies for pupil sickness in school and contact the school aged immunisation service to ensure they are aware and can report any event related to the timing of administration of the vaccine.

### Can unvaccinated contacts catch flu from the nasal spray droplets or from vaccinated individuals 'shedding' the virus?

The nasal spray vaccine has an excellent safety record and unvaccinated contacts are not at risk of catching flu from the vaccine, either through being in the same room where flu vaccine has been given or by being in contact with a recently vaccinated individual.

Although vaccinated children are known to shed virus for a few days after vaccination, it is less able to spread from person-to-person than the natural infection. The amount of virus shed is normally below the levels needed to pass on infection to others and the virus does not survive for long outside of the body. This is in contrast to natural flu infection, which spreads easily during the flu season.

Excluding children from school during the period when the vaccine is being offered, or in the following weeks, is not necessary. The only exception to this would be the tiny number of children who are extremely immunocompromised (for example those who have just had a bone marrow transplant). These children are normally advised not to attend school anyway because of the much higher risk of being in contact with other infections, including natural flu infection, that spread in schools.

### Can teachers have the vaccine?

Not as part of this programme. The nasal flu vaccine is not licensed for adults. Some schools, however, may choose to provide an injectable vaccine for their teachers through the school's occupational health services.

Staff aged 65 years or older, with certain medical conditions that put them at risk from flu, or who are pregnant, are entitled to free flu vaccination (injectable vaccine) through the NHS. Eligible staff should contact their GP practice or pharmacy.

See [www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/](http://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/) for further information.

**DUPLICATE FORM**

**NHS**  
North Cumbria  
Integrated Care  
NHS Foundation Trust

**Live Intra Nasal Flu Vaccination - Consent Form**

To complete in black ink  
(Please ensure you have completed all your child's details correctly)

Child's full name (first name and surname):  
Preferred Name:

Date of birth: Sex: Male  Female  Office Use Only  
Demographic Check Completed

NHS number (if known): Emergency contact number - Parent/Guardian

Home address & Postcode: School:

GP Name and Practice: Year Group:  
Class:

If you answer 'YES' to any of the following questions, the Immunisation team may contact you for further information. Please ensure you add a contact number above.

Please tick Yes/No box as appropriate		DETAILS
NO	YES	
<input type="checkbox"/>	<input type="checkbox"/>	Q1. Has your child been diagnosed with asthma? <small>(if NO move to Question 4)</small>
<input type="checkbox"/>	<input type="checkbox"/>	Q2. Does your child require oral steroid tablets for asthma? If yes and your child has taken steroid tablets in the past 2 weeks, please enter the name, dose and length of course.
<input type="checkbox"/>	<input type="checkbox"/>	Q3. Has your child been admitted to intensive care for their asthma?
<input type="checkbox"/>	<input type="checkbox"/>	Q4. Has your child already had a flu vaccination in the last 5 Months? <small>(if your child receives the vaccination at their GP's after you have returned this form, please let the Immunisation team know)</small>
<input type="checkbox"/>	<input type="checkbox"/>	Q5. Does your child have a disease or treatment that severely affects their immune system? (e.g. Leukaemia or taking immunosuppressant medication)
<input type="checkbox"/>	<input type="checkbox"/>	Q6. Is anyone in your household currently having treatment that severely affects their immune system? (e.g., they need to be kept in isolation)
<input type="checkbox"/>	<input type="checkbox"/>	Q7. Has your child ever been admitted to intensive care due to an allergic reaction to eggs?
<input type="checkbox"/>	<input type="checkbox"/>	Q8. Does your child have any allergies to medication?
<input type="checkbox"/>	<input type="checkbox"/>	Q9. Has your child ever had a reaction to a previous vaccination?
<input type="checkbox"/>	<input type="checkbox"/>	Q10. Does your child take regular aspirin? (salicylate therapy)

Please let the Immunisation Team know if your child has increased their asthma medication or is wheezy in the 5 days prior to the school vaccination session or have any change to their health after returning the consent form.

**CONSENT FOR IMMUNISATION (please complete ONE box only)**  
The person with parental responsibility must sign this form - for more information go to: <https://www.gov.uk/parental-rights-responsibilities/who-has-parental-responsibility>

YES - I DO consent for my child to have their nasal flu vaccination

NO - I DO NOT consent for my child to have their nasal flu vaccination

Parent/Guardian Name:  Parent/Guardian Name:

Signature of Parent/Guardian (with parental responsibility):  Signature of Parent/Guardian (with parental responsibility):

Date:  Date:

The nasal flu vaccine contains products derived from pigs (porcine gelatine), an alternative may be available. Further information is available at [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

**FOR OFFICE USE ONLY**

**Pre session eligibility assessment for live attenuated Influenza vaccine (LAIV)**

Child eligible for LAIV: YES  NO

If no, give details:

Additional information:  Sig & Date:

Final assessment completed by: name, designation and signature:  Date:

**Eligibility assessment on day of vaccination**

Was pupil identified by teacher/support staff?	YES	NO
Has the parent/child reported the child being wheezy over the past three days?	YES	NO
Has the parent/child reported:		
- use of oral steroids in the past 14 days?	YES	NO
- an increase in inhaled steroids since consent form completed?	YES	NO
Child Eligible for LAIV?	YES	NO

If NO, give details:  Sig & Date:

If not given at session, reason why:  
 refused  absent  late form  contraindicated  given at GP's  consent withdrawn  unable to contact parent for info

**Plan of care if not given**

Parent/Guardian contacted by phone:  Sig & Date:

Letter prepared to be given by school to Parents/Guardian for catch-up clinics: YES  NO

Letter posted to Parent/Guardian: YES  NO

Additional information:

**Vaccine details**

DATE & TIME	BATCH NUMBER	EXPIRY DATE	ADMINISTERED BY & DESIGNATION (stamp)	SIGNATURE

**CUMBRIA SCHOOL AGED**

**IMMUNISATION HUB HELPLINE**

**IF YOU ARE LOOKING FOR INFORMATION, ADVICE AND GUIDANCE**



**CALL THE HUB ON  01900 705045**

**EMAIL  [ncm-tr.immunisation-hub@nhs.net](mailto:ncm-tr.immunisation-hub@nhs.net)**

Safe, high quality care every time

 <b>Lithuanian:</b> qrco.de/RS1LI	 <b>Tagalog:</b> qrco.de/RS1TAG
 <b>Panjabi:</b> qrco.de/RS1PAN	 <b>Tigrinya:</b> qrco.de/RS1TIG
 <b>Pashto:</b> qrco.de/RS1PAS	 <b>Turkish</b> qrco.de/RS1TK
 <b>Polish:</b> qrco.de/RS1POL	 <b>Twi:</b> qrco.de/RS1TWI
 <b>Portuguese:</b> qrco.de/RS1PT	 <b>Ukrainian:</b> qrco.de/RS1UK
 <b>Romanian:</b> qrco.de/RS1ROM	 <b>Urdu:</b> qrco.de/RS1UR
 <b>Romany:</b> qrco.de/RS1RMV	 <b>Yiddish:</b> qrco.de/RS1YI
 <b>Somali:</b> qrco.de/RS1SOM	 <b>Yoruba:</b> qrco.de/RS1YO
 <b>Spanish:</b> qrco.de/RS1ES	



 <b>Lithuanian:</b> qrco.de/RS1LI	 <b>Tagalog:</b> qrco.de/RS1TAG
 <b>Panjabi:</b> qrco.de/RS1PAN	 <b>Tigrinya:</b> qrco.de/RS1TIG
 <b>Pashto:</b> qrco.de/RS1PAS	 <b>Turkish</b> qrco.de/RS1TK
 <b>Polish:</b> qrco.de/RS1POL	 <b>Twi:</b> qrco.de/RS1TWI
 <b>Portuguese:</b> qrco.de/RS1PT	 <b>Ukrainian:</b> qrco.de/RS1UK
 <b>Romanian:</b> qrco.de/RS1ROM	 <b>Urdu:</b> qrco.de/RS1UR
 <b>Romany:</b> qrco.de/RS1RMY	 <b>Yiddish:</b> qrco.de/RS1YI
 <b>Somali:</b> qrco.de/RS1SOM	 <b>Yoruba:</b> qrco.de/RS1YO
 <b>Spanish:</b> qrco.de/RS1ES	



## Online Safety Newsletter




Kingmoor Nursery and Infant School

### Online Safety Newsletter September 2023

#### The W App - Anonymous polls

The W App is rated as 12+ in the App store and as 'Parental Guidance' on Google Play. Once an account has been created, the user picks their school and participates in polls.

A user can choose any school (no verification takes place) and then you can see all users at that school (includes their name/year group and profile picture if that has been added). In the polls, users are asked a question (for example 'Hallway crush') and then the user selects one of four random people from that school. Whilst the app says that it is anonymous, users can purchase a membership that allows users to see who chose them in a poll.

You should be aware that this app does include in app purchases and can be linked to other social media accounts. You can block and report other users.

#### Further information

Internet Matters have produced an article outlining what you need to know about anonymous apps in general and the risks your child might face in using them, including cyberbullying.

<https://www.internetmatters.org/resources/anonymous-apps-guide-what-parents-need-to-know/>

#### Back to school photos

With the excitement of a new school year and your child reaching a new milestone, many of us share photos of our child online without thinking about the associated risks. If you post online, then try following these basic rules:

- Don't post any photos of your child that show their school logo/name or recognisable places by where they live that can make it easy for people to find out their location.
- Never include your child's full name.
- Are there any other children in the pictures you share online? If yes, do you have permission from their parent/carer to upload it?
  - Would your child be happy for your comment/photo about them to be online – remember what might be 'cute' now may be embarrassing to them in the future.
  - Make sure appropriate privacy settings are on.

Alternatively, you could just share photos with those who you really want to share the photo with (grandparents etc.) via WhatsApp or iMessage rather than via social media.

#### Further information

CEOP have published this article which includes advice on sharing photos of your child online:

<https://www.thinkuknow.co.uk/parents/articles/Sharing-pictures-of-your-children/>

#### Meta introduces more parental supervision tools.

Meta have announced new features for some of their products. Firstly, they have added parental supervision to Messenger (users must be 13+), which includes the ability to see who your child interacts with. Also, Meta have added a feature to encourage teens to set time limits on Facebook (users must be 13+) and new parental supervision features on Instagram (users must be 13+). Find out more here:

<https://about.fb.com/news/2023/06/parental-supervision-and-teen-time-management-on-metas-apps/>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 1.9.23.

## Threads (13+)

Threads was launched by Meta (creators of Facebook, Instagram and WhatsApp) in July and is similar in design to Twitter. As with Twitter, users can share text posts (with images and videos) and then other users can respond to create a thread. You need to have an Instagram account to login to Threads and you must be at least 13 years old to create an Instagram account.



For everyone 13 – 17 years old (in the UK), their account will automatically be set as private when they join Threads. As with Instagram, users can choose specific words to filter out of replies as well as hide comments that may be offensive. Users can also unfollow, block and report a profile. Any accounts that you have blocked on Instagram will automatically be blocked on Threads as well. Users can also change their settings on Threads so other users are unable to mention them in replies.

If you have supervision set up on Instagram for your child (aged 13 – 17) then it will automatically be set up for Threads and the same settings will be applied, such as time limits and scheduled breaks. You can find out more here: <https://help.instagram.com/658522825492278>

Threads is still being developed so new functions will be added but currently you are unable to direct (private) message other users.

You need to be aware that your child may come across content that is not appropriate for your child. If your child is using this app, then make sure they know how to use the reporting/blocking facilities, that appropriate privacy/safety settings are applied and they know to speak to a trusted adult should they need to.

**Further information**  
<https://www.childnet.com/blog/instagram-threads-a-guide-for-young-people-and-parents/>

## Roblox: new checklist

PEGI rate Roblox with a 'Parental Guidance' label (icon shown right), this is because of the huge level of user generated content within Roblox. It is rated for 'Teens' on Google Play and 12+ on the App store.



You can either use Roblox to create games or play games that other users have created. As a lot of the content is user generated, it may mean not all games will be suitable for your child to view/play. It is important to set up Parental controls appropriate to your child.

**New Roblox Checklist**  
The 2023 Roblox Checklist created by SWGf and the UK Safer Internet Centre in partnership with Roblox is now available to download here: <https://swgfi.org.uk/magazine/new-roblox-checklist-available/>

## Age ratings

There is so much that we can do online nowadays including playing games, chatting with others, watching TV or sharing our videos/photographs. One of the ways we can help keep our children safe online is by checking age restrictions/ratings as detailed below:

- **Films:** The British Board of Film Classification (BBFC) rate films. This page includes a link to a 'Parents' Guide to Age Ratings': <https://www.bbfc.co.uk/resources/viewing-films-safely-online>
- **Video games:** PEGI provides age classifications for video games. PEGI considers the age suitability of a game, not the level of difficulty. It's important to note that PEGI do not take into consideration the chat facilities within games.
- **Apps:** Check the individual age ratings within the relevant app store. We also recommend that you download any apps and use them yourself to check their suitability.
- **Social Media networks:** All social media networks have a minimum age rating; they are all at least 13+



## Does your child have speech, language and communication needs?

Parent Zone understand that talking about life online with a young person who has speech, language and communication needs (SLCN) makes it difficult, so they have created a selection of visual and spoken resources to help you. You can find out more here:

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

## Blue Peter Book Club



Blue Peter have introduced a new Book Badge, designed by one of the UK's best known illustrators, Sir Quentin Blake; who you might know from bringing to life characters such as Roald Dahl's BFG and Matilda!

To learn more about the scheme please follow the link below to earn your badge....

[https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-book-badge?fbclid=IwAR2sOI8UC2fFFkCt3RqFVqnUPmKYBc\\_gk2wvmbgcsUI--pylq3\\_gu4-xA2M\\_aem\\_AQbjJRodIKQsZPYO\\_ZKocBfiT6xqO\\_jWCoNWHKRx849Ug2kb-VmQXsm1FX3VPoh0JOY](https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-book-badge?fbclid=IwAR2sOI8UC2fFFkCt3RqFVqnUPmKYBc_gk2wvmbgcsUI--pylq3_gu4-xA2M_aem_AQbjJRodIKQsZPYO_ZKocBfiT6xqO_jWCoNWHKRx849Ug2kb-VmQXsm1FX3VPoh0JOY)

## New Library!

The children are really enjoying our new library and spending time reading and enjoying the books and comfort!







## Stars of the Week!

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



Nursery Stars: Charlotte M Thomas H Ellis S Harry W

Lunchtime award: Evan C

Class 1 Star: Lander

Class 2 Star: Olivia

Class 3 Star: Oscar

Class 4 Star: Summer

Class 5 Star: Jeriah

Class 6 Star: Taylor

Class 7 Star: Oscar

Class 8 Star: Emily

Class 9 Star: Jasmine

## Term Dates

### **Monday 25th September**

ABILITIES IN ME - wear bright clothes/non uniform - donations to 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 18th September 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

# GAMING AND GAMBLING AWARENESS AND INFORMATION SESSIONS FOR PARENTS AND CARERS



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](https://parents.ygam.org)**

WHAT MIGHT INFLUENCE A YOUNG PERSON TO GAMBLE?

WHAT IS A LOOT BOX?

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



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.





# 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](http://www.nhs.uk/child-flu)

Flu **i**mmunisation  
Helping to protect children, every winter

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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](http://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 18<sup>th</sup> 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](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

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

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

	<p><b>Drop in group:</b></p> <p><b>Monday 2<sup>nd</sup> October</b> 10:30-11:30 Newtown Children's Centre CA2 7LD</p> <p><b>Monday 6<sup>th</sup> November</b> 10:30-11:30 Petteril Bank Children's centre CA1 3BX</p> <p><b>Monday 4<sup>th</sup> December</b> 10:30-11:30 Longtown Children's centre CA6 5LF</p>	
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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

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

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

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

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



## 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](mailto:Carlisle@family-action.org.uk)

On Facebook: [www.facebook.com/CarlisleSupport](https://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](http://cumberland.gov.uk)

## 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:**  
19<sup>th</sup> September – 17<sup>th</sup> October 10:00am-11:00am

**Belah Community Centre:**  
31<sup>st</sup> October – 12<sup>th</sup> December 10:00am-11:00am

For more information please contact:  
Becky at [rebecca.crookes@family-action.org.uk](mailto:rebecca.crookes@family-action.org.uk) or 07815 686 814  
Lindsey at [lindsey.russell@family-action.org.uk](mailto: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 2<sup>nd</sup> October 10:30am-11:30am

**Petteril Bank Children's Centre:**  
Monday 6<sup>th</sup> November 10:30am-11:30am

**Longtown Children's Centre:**  
Monday 4<sup>th</sup> 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](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 or would like more information about our Perinatal services.

### 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 18<sup>th</sup> 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 Harraby**  
Every Tuesday 11:00am-12:00pm

For more information contact:  
Sophie on 07816 087116 or [Sophie.batchelor@family-action.org.uk](mailto: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 18<sup>th</sup> October 1:30pm-2:30pm**  
**Petteril Bank Children's Centre - Wednesday 22<sup>nd</sup> November 1:30pm-2:30pm**  
**Belah Community Centre - Wednesday 13<sup>th</sup> December 1:30pm-2:30pm**

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



Information on starting solids can also be found at [nhs.uk/start-for-life](http://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.



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](mailto: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 23<sup>rd</sup> October 13:30-14:30  
**Booking is essential for this activity.**  
Please contact Sammy Service on: [sammy.service@family-action.org.uk](mailto:sammy.service@family-action.org.uk)  
or 07734 003 789



### Spooky Halloween Activities

Longtown Children's Centre - Tuesday 24<sup>th</sup> October 10:00am-11:30am  
Morton Children's Centre - Wednesday 25<sup>th</sup> October 1:00pm-2:30pm



Registered Charity Number: 264 713

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

## 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 404202

Email: [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)

Website: [www.family-action.org.uk](http://www.family-action.org.uk)

**To contact us in a crisis out of hours Text FAMILIACTION 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](mailto:stefanie.mcknight@family-action.org.uk) or call 07816 087 111

Registered Charity Number: 264 713

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

## 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](http://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](http://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.

Registered Charity Number: 264 713

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

## 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%20or%200300%2030%2034%20365>

**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](mailto: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

Registered Charity Number: 264 713

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