



# Newsletter Friday 7th March 2025

Kingmoor Nursery and Infant School

Big Wheel & Walk - 17th to 21st March



Please see attached letter with information about the Big Walk & Wheel challenge which runs from Monday 17th March to Friday 21st March.

We hope you can encourage your children to walk or wheel to school as much as possible!



Dear Parent / Carer,

Our school will be taking part in the county wide Feet First 5-day Active Travel Challenge starting on **Monday 17 March** and finishing on **Friday 21 March 2025**. The challenge is for pupils and their families to choose an active way of getting to school as many times as possible over the 5-day period, supporting sustainable active journeys on the school run.

There are prizes for everybody who completes the challenge, as well as the chance to win a whole school prize, so we would love everyone to take part. The challenge is also open to school staff, and we will be making every effort to take part too. Walking, using a mobility aid such as a wheelchair, cycling, skating, scooting, and park & stride are all active ways of travelling, and we hope by taking part in the challenge it will:

- Improve health and wellbeing of our pupils and families
- Encourage pupils and families to be more active
- Reduce congestion and parking problems around our school
- Reduce our school community's collective carbon footprint
- Promote active travel for the school run and encourage families to continue to do this after the challenge ends.

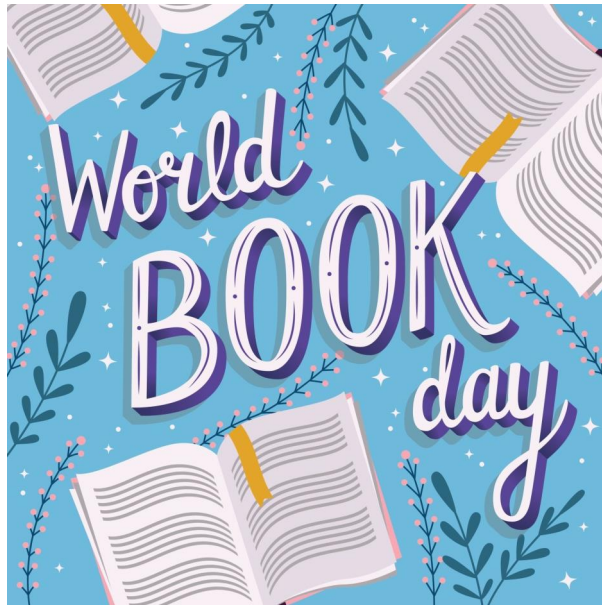
During the challenge each child will receive their own card to record their active journeys. Those pupils with at least one sticker on the card at the end of the challenge will be awarded an individual prize.

We understand that it's not always possible for families to walk with their children to school for the entire journey, but if you live a long way from school, you can still take part by parking further away and walking the last part of your journey, (Park & Stride), or by car sharing with another family. Children who use school transport during the active challenge week will be able to collect stickers as this helps to reduce individual car use.

Many thanks,



## World Book Day Celebrations



The children had a wonderful time celebrating World Book Day on Thursday.

Throughout the day Year 2 visited other classes to share a story with the younger children and Year 6 from the junior school joined Year 2 for a shared story time.

We were thrilled to see so many children take part and enjoy the Book Cover Hunt!

Children and staff all came dressed in their pyjamas and comfy clothes raising funds for school, thank you for your contributions. .

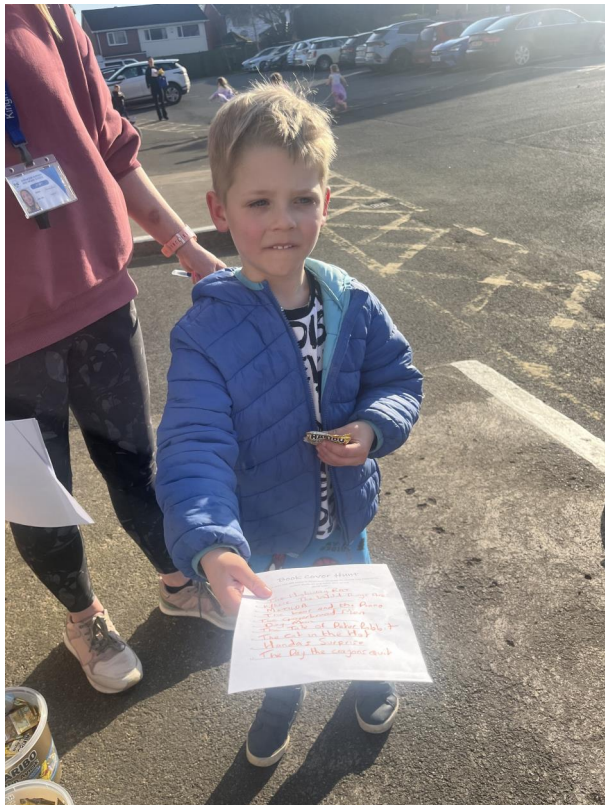
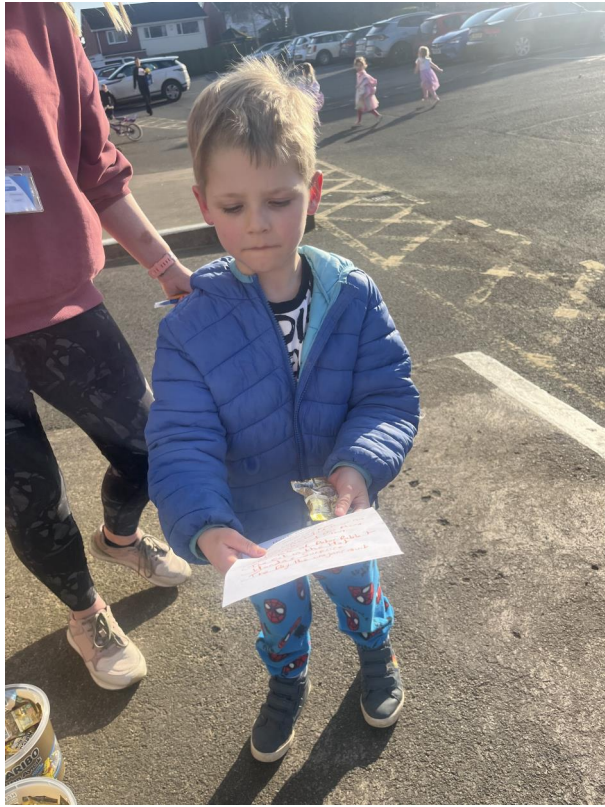


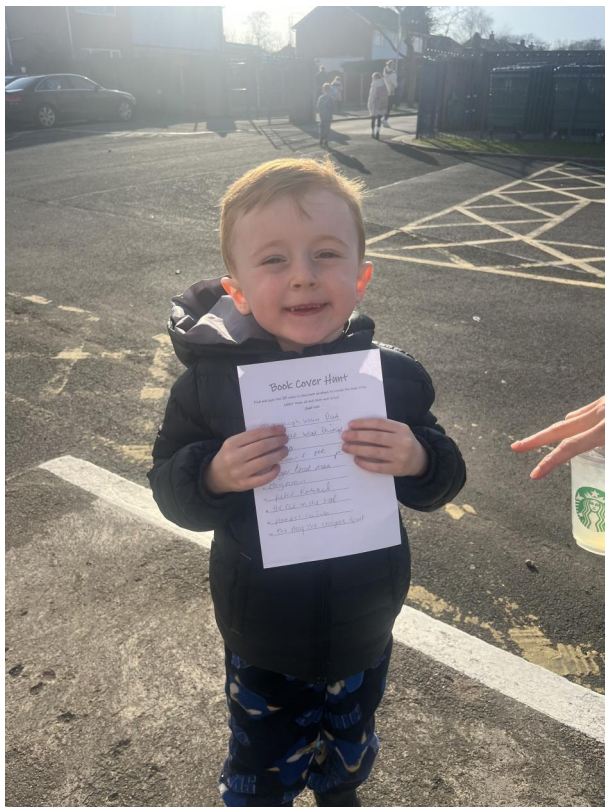
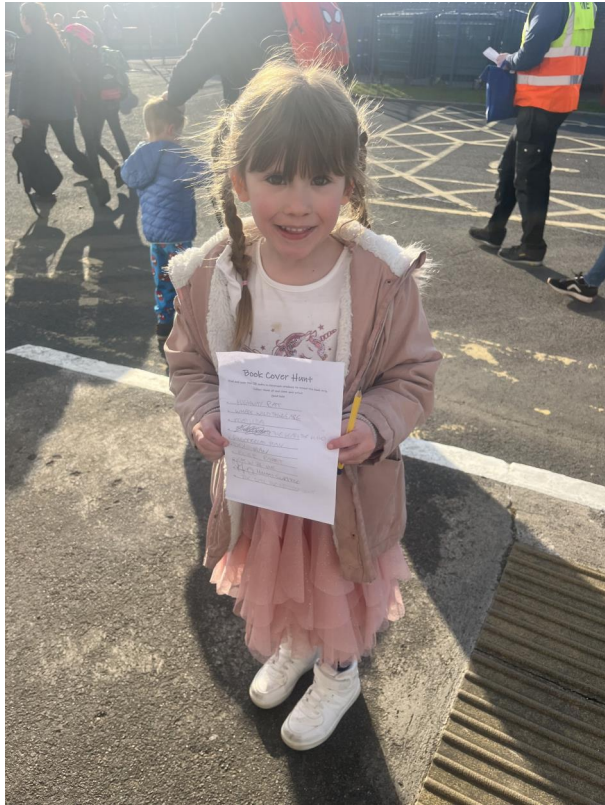


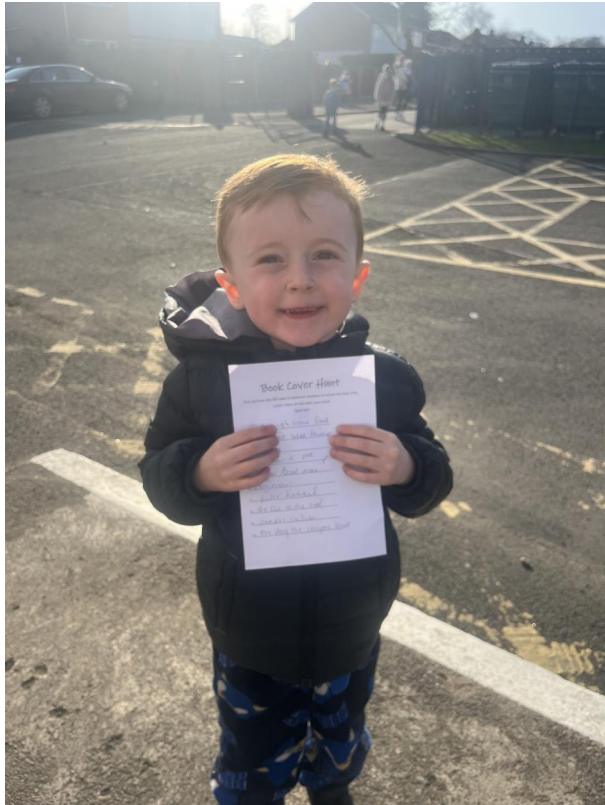


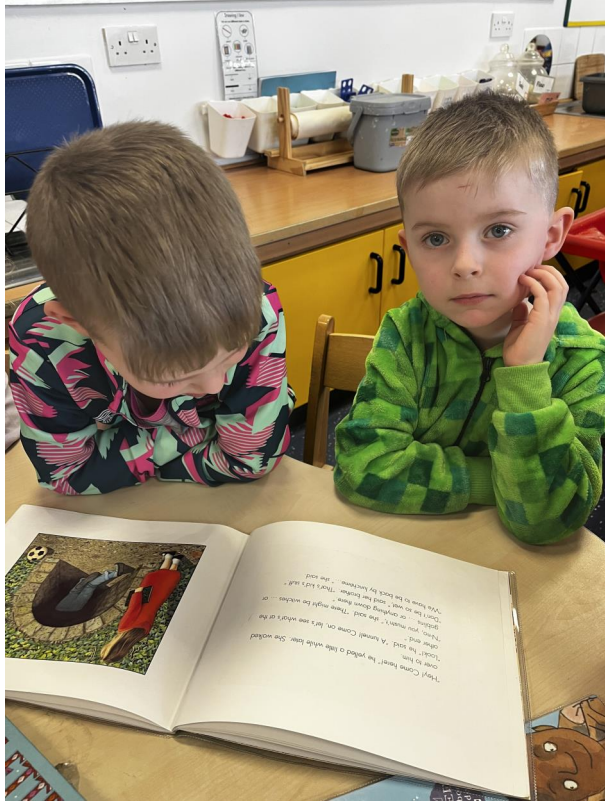








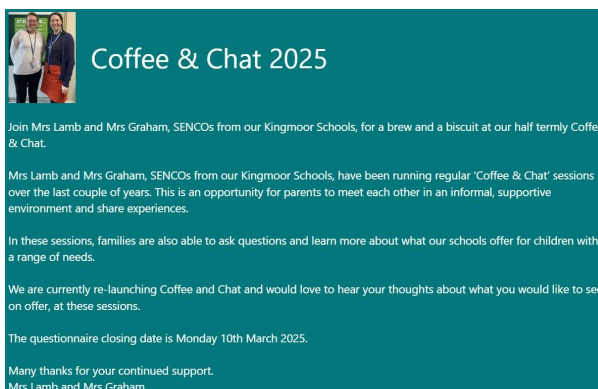






## Coffee & Chat

If you are interested in joining us for Coffee & Chat please complete the survey on the link below by Monday 10th March, we hope you will come and join us.

A flyer for 'Coffee & Chat 2025' with a teal background. It features a small photo of two women in the top left corner. The text provides details about the event, including the date (Monday 10th March 2025) and contact information for Mrs Lamb and Mrs Graham.

**Coffee & Chat 2025**

Join Mrs Lamb and Mrs Graham, SENCOs from our Kingmoor Schools, for a brew and a biscuit at our half termly Coffee & Chat.

Mrs Lamb and Mrs Graham, SENCOs from our Kingmoor Schools, have been running regular 'Coffee & Chat' sessions over the last couple of years. This is an opportunity for parents to meet each other in an informal, supportive environment and share experiences.

In these sessions, families are also able to ask questions and learn more about what our schools offer for children with a range of needs.

We are currently re-launching Coffee and Chat and would love to hear your thoughts about what you would like to see on offer, at these sessions.

The questionnaire closing date is Monday 10th March 2025.

Many thanks for your continued support.  
Mrs Lamb and Mrs Graham

<https://forms.office.com/e/iSmtmyMYQk>

## Talents & Achievements

Fantastic to see a lot of children with their achievements this week!





Emma - Class 5  
Rainbow badges



Adam - Class 3  
Player of the Match



Erin - Class 4  
Gymnastics Award



Asia - Class 3  
Dancer of the Week

## School Attendance

Attendance for the whole school this week has been good, 96.3%, well done!

## Makaton

Here are this week's alphabet letters in Makaton, remember when saying someone's name, you use the Makaton sign for the first letter of their name.



*1 - m - three fingers on open palm*



*2 - n - two fingers on open palm*



*3 - o - forefinger to ring finger on open palm*

Mr Tumble's Alphabet Song <https://www.bbc.co.uk/cbeebies/watch/something-special-makaton-alphabet-song>

## Stars of the Week!

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



Nursery Stars: Blake D Noah L Ranya-Romy H Sofia H-S

Lunchtime Awards: Seb M Casey C Isla K Sofia H-S

Class 1 Star: Haydn

Lunchtime Award: Thomas S

Class 2 Star: Yasmin

Lunchtime Award: Maddox W

Class 3 Star: Harry

Lunchtime Award: Lilly M

Class 4 Star: Matilda

Lunchtime Award: Harper L

Class 5 Star: Crosswell

Lunchtime Award: Bethany M

Class 6 Star: Ella

Lunchtime Award: Sophia F

Class 7 Star: Maisie

Lunchtime Award: Marcy L

Class 8 Star: Isabelle

Lunchtime Award: Jenson T

Class 9 Star: Oche

Lunchtime Award: Millie K

## Menu for week commencing 10th March 2025

	Choice 1	Choice 2	Pudding
Monday	Kingmoor Kitchen prepared chicken korma or Quorn korma served with naan bread and mixed salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Strawberry Ice Cream Tub Or fresh fruit or Yogurt
Tuesday	Beef or Cheeseburger or Veggie Burger Served with sautéed potatoes & salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Chip Cookie or fresh fruit or yoghurt
Wednesday	Kingmoor Kitchen prepared chicken pie or Kingmoor Kitchen prepared Cheese & Potato Pie served with potato waffles, baked beans or salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Angel Delight Or fresh fruit or yoghurt
Thursday	Butcher's Pork Meatballs or 'No meat' balls with Tomato Pasta served with tomato & basil sauce, oven baked garlic bread & salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Flapjack Or Fresh Fruit or Yoghurt
Friday	'Fishy Friday' or Veggie Sausage served with chips, peas & tomato ketchup	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Vanilla Sponge or Fresh Fruit or yoghurt

## Calendar Dates

Thursday 20 <sup>th</sup> March	Open Reading Session	Nursery 2.45pm Rec Yr1&2 3pm
Friday 21 <sup>st</sup> March	Comic Relief – Non uniform - £1 donation for charity	
Friday 21 <sup>st</sup> March	Class 4 Tullie House Trip	AM
Monday 24 <sup>th</sup> March	Class 9 Stock Wood Trip	AM
Tuesday 25 <sup>th</sup> March	Class 8 Stock Wood Trip	AM
Wednesday 26 <sup>th</sup> March	Class 7 Stock Wood Trip	AM
Thursday 3 <sup>rd</sup> April	Class 5 Tullie House Trip	AM
Friday 4 <sup>th</sup> April	Class 6 Tullie House Trip	AM
Friday 4 <sup>th</sup> April	Last Day of Spring Term	
Tuesday 22 <sup>nd</sup> April	First Day of Spring Term	

# Information



## AUTISM AWARENESS COURSES

"Autism – It's Part of Them" 1 day Course is free for Family Members/Partners of Autistics and £30 for anyone else.

Harraby Community Campus, Carlisle Friday 21<sup>st</sup> March 10.30 - 2.30pm

Attendees will get a CPD Certificate at the end of the Course.

It is presented by Susan, Mum to an Autistic Daughter, Daniella, and Founder of Team Autism CIC. A team of Autistic Adults will co-present and share their experiences, answer questions and offer tips and advice. You can also experience the visual and audio difficulties of Autistics via our VR Simulator headsets.

You can sit quietly, there is no test or writing, and if you feel comfortable to, you can share your own experiences and tips. A light lunch is provided.

**To Book text "21/3" to Susan on 07748350587 and Susan will text back to confirm your place. (Limited to 15 places)**

"Autism – It's Part of Me" 1 day Course free for Autistic Adults and those on the waiting list for a diagnosis

Harraby Community Campus Carlisle Thursday 3<sup>rd</sup> April 10.30 - 2.30pm

Attendees will get a CPD Certificate at the end of the Course.

It was written by Autistics and is presented by 2 Autistic Adults via a slideshow and they will share their experiences, offer coping strategies and answer questions

You can sit quietly, there is no test or writing, and if you feel comfortable to, you can share your own experiences and tips. There is no pressure to talk, there are lots of comfort breaks and an hour lunch break. A Light Lunch is provided.

**To Book text "3/4" to Susan on 07748350587 and Susan will text back to confirm your place. (Limited to 6 places)**

Team Autism - Altogether Different [www.TeamAutism.co.uk](http://www.TeamAutism.co.uk)



Kingmoor Nursery and Infant School



Knowsley City Learning Centres

## Online Safety Newsletter March 2025

### The impact of smartphones



There is a growing concern on how excessive use of smartphones can affect our children.

In addition to the effects of seeing inappropriate content online, the risk of cyberbullying and grooming, it is important that we also highlight the effects of smartphone use on our children's mental health.

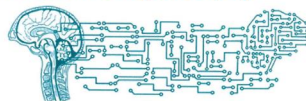
If your child is using a smartphone then please try to ensure they maintain a healthy screentime limit.

According to King's College London, two new studies of smartphone habits in teenagers have identified links between problematic smartphone use and depression, anxiety and insomnia. You can read more about these studies here:

<https://www.kcl.ac.uk/news/teens-with-problematic-smartphone-use-are-twice-as-likely-to-have-anxiety-and-many-are-eager-to-cut-down>

Compass have published an article as well on what effects mobile phones have on children here: <https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

### Artificial Intelligence (AI)



#### What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity continues to increase, and examples include:

- **Virtual assistants** like Alexa and Siri.
- **Chatbots** such as ChatGPT and My AI from Snapchat

#### Potential Risks of AI?

- **Chat apps** - A simple search of "AI Chat" within the App store highlights the number of apps already available and just scrolling through, you can see that they are not suitable for children with many rated as 17+.
- **Image manipulation** - there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- **Deepfakes** - there are also AI tools that create realistic, fake videos which can be used to spread misinformation or cause harm.

Child Rescue Coalition discuss the dangers in more detail here: <https://childrescuecoalition.org/educations/the-dark-side-of-ai-risks-to-children/>

#### How can I protect my child?

As always, to keep your child safe online, it is important to:

- Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

#### Further information

For further information, the NSPCC and Internet Matters provide useful guides on their websites:

- <https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents>
- <https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools/>

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## TikTok

**You must be over 13 years of age to use TikTok.** TikTok is a social media platform for sharing and watching short video clips. Some of the videos may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If your child is using TikTok then make sure appropriate security/privacy settings are applied.



### Account set up

It is important that when setting up an account, your child enters their real date of birth as accounts are tailored by age e.g., Direct Messaging is disabled for accounts aged 13-15. In addition, advertisements are tailored by age. By default, accounts for people under 16 are set to private and we would recommend keeping it as this. This means your child must approve follower requests. You can read more about the other settings available, such as switching off comments and restricted mode here: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/privacy-and-safety-settings-for-users-under-age-18>

### Family Pairing

This allows you to link your own account to your child's account. You can then set controls such as restricted mode. You can find out more here: <https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

### Inappropriate content, themes and challenges on TikTok

Whilst against TikTok's guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. Some of the songs available to lip sync to may contain inappropriate lyrics or adult themes. We often see viral challenges on social media, some of which can be dangerous. If your child is using TikTok, chat to them regularly about what they are viewing.

### Stranger contact

Talk to your child about who is following them online and ensure that they understand that people may not be who they say they are when online. It is important that children understand not to share personal information.

### Refresh your feed

You can refresh your "For You" feed to update the content recommended: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/refresh-your-for-you-feed>

### Blocking and Reporting

Ensure your child knows how to use the safety features available to them, including how to report comments, direct messages and another user.

### Further information

- <https://parentzone.org.uk/article/tiktok>
- <https://safeguarding.thekeyssupport.com/factsheets-and-briefings/child-safety-tiktok-parent-factsheet/>

## Talk PANTS with the NSPCC

Talk PANTS was developed to help you have conversations with your child to help them understand that their body belongs to them.

You can find out more here as well as a further link to helpful questions:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule>

## LEGO Arcade

Are you looking for games for your child to play online? LEGO have a selection of fun games including Lego Ninjago and Lego Friends:

<https://kids.lego.com/en-gb/arcade>

## Stars Messenger App

The Stars Messenger App is rated as 4+ on the App store. It is a free messaging and video app designed for children to use. Users need their friend's username as well as their unique private Friend Code to add each other. There is also an optional Parent View available for a monthly charge.

South West Grid for Learning provide a full guide to staying safe on this app as well as safety considerations:

<https://swgfl.org.uk/magazine-a-guide-to-staying-safe-with-the-stars-messaging-app/>