



Newsletter Friday 14th March 2025

Kingmoor Nursery and Infant School

Big Wheel & Walk - Next Week



The Big Walk & Wheel challenge starts on Monday for all of next week, 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,



Open Reading Session



Our next Open Reading Session will be on Thursday 20th March 2025

Nursery 2.45pm - share a story

Reception, Year 1 and Year 2 - 3pm

Children in Reception, Year 1 and Year 2 will receive a reading prompt bookmark to support and encourage development of reading skills.

We hope you can come along and join in reading and sharing books with the children.

Comic Relief





Next Friday 21st March we will be raising funds for Comic Relief. Children to come in non uniform and we are asking for £1 donation for this charity. Thank you for your support to school.

Polite Reminder



Please be reminded that dogs are not allowed on school property even if being carried.

Dogs should not be tied to the school gates or nearby so that children and carers can access the school grounds easily. Thank you.

Well Done Kingmoor Choir!



Huge congratulations to KNIS Choir for taking part in the Action Songs category at Carlisle and District Music and Drama Festival. The children were wonderful, with their performance described as heartwarming and joyous. Well done!

In Early Years this week.....

EYFS enjoyed a visit from Cumbria fire and rescue service. We learnt how they look after us and we looked at all the different equipment on the fire engine.

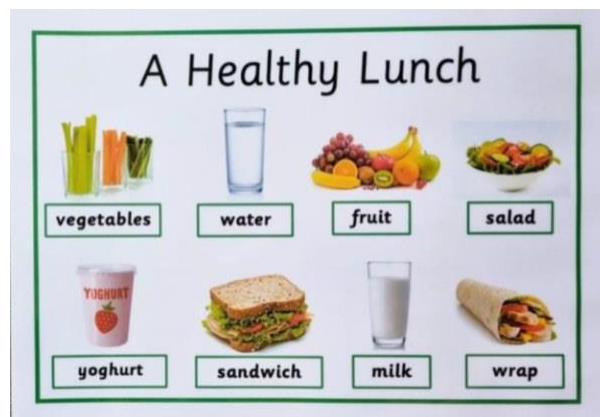








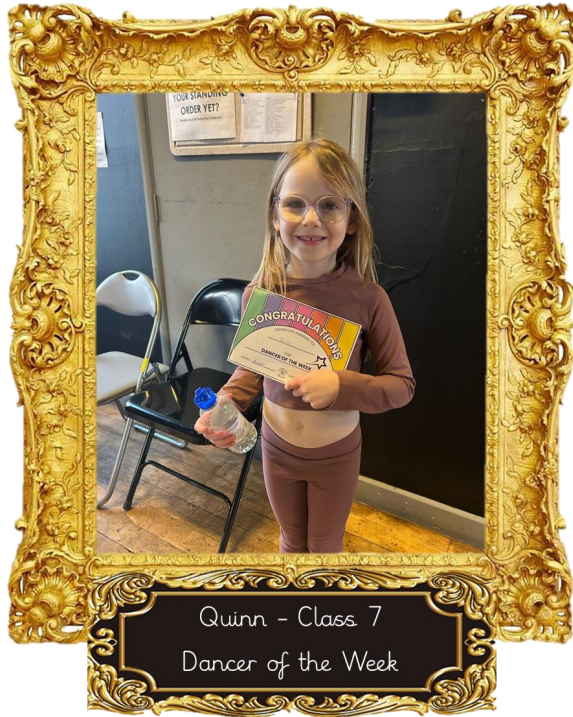
Healthy Lunchbox Choices



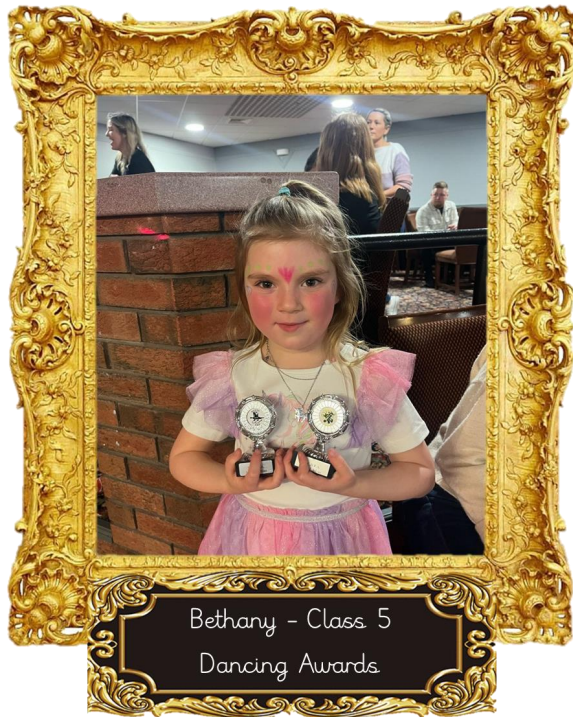
Talents & Achievements

Well done to all the children this week for their achievements!

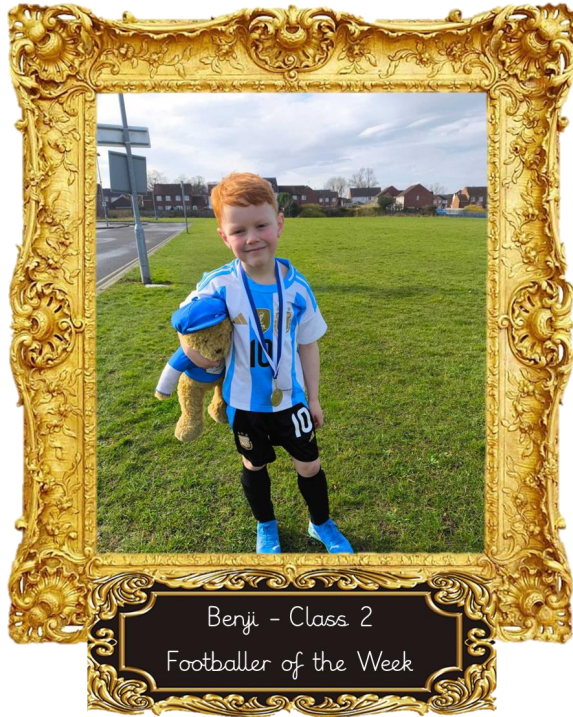




Quinn - Class 7
Dancer of the Week



Bethany - Class 5
Dancing Awards



Benji - Class 2
Footballer of the Week



Lana - Nursery
Dancing Award



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 - p - make a 'p' shape with your two forefingers



2 - q - make a circle with one hand and add the other forefinger to make a 'q'



3 - r - make a r using a hooked finger on an 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: Amina Logan Natalya-Rosa Arthur

Lunchtime Awards: Ryn Isla Jacob Annabelle

Class 1 Star: Charlotte

Lunchtime Award: Lucas H

Class 2 Star: Finley

Lunchtime Award: Emily G

Class 3 Star: Alice

Lunchtime Award: Ollie H

Class 4 Star: Lily

Lunchtime Award: Edie B

Class 5 Star: Myla

Lunchtime Award: Olivia K

Class 6 Star: Lander

Lunchtime Award: Hannah L

Class 7 Star: Charlie

Lunchtime Award: Ellis T

Class 8 Star: Isabella

Lunchtime Award: Lola A

Class 9 Star: Imogen

Lunchtime Award: Jonty S

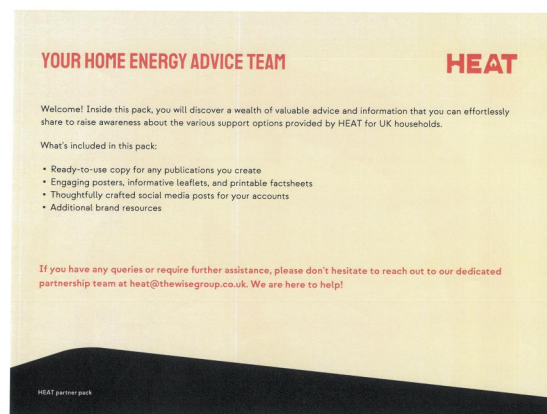
Menu for week commencing 17th March 2025

	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	Chocolate Brownie or Fresh Fruit or Yoghurt
Wednesday	Pork Sausage Baguette or Vegetable Sausage served with baked beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Golden Cookie Or Fresh Fruit or Yoghurt
Thursday	Tomato Pasta 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 peas	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Fruit Ice Pop or Fresh Fruit or Yoghurt

Calendar Dates

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

Information



ABOUT US

HEAT

HEAT provides mentoring support and advocacy to vulnerable households to ensure no one has to struggle between choosing to heat or eat.

We help households experiencing energy crises through the provision of independent, tailored advice. By working with households to optimise their relationship with fuel consumption and efficiency over time, we reduce fuel poverty and help more people live comfortably in a warm home. We also aim to ensure emergencies are dealt with quickly and efficiently.

HEAT offers households impartial advice and support. Our 'customer first' approach offers a solution to better support and manage your customers, providing them with a first-class mentoring service when they need a helping hand to:

- Develop skills and confidence to manage their home energy
- Pay their bill
- Deal with accumulated/unexpected fuel debt
- Address complex, historic billing issues
- Access the right and affordable home energy systems

Our service is designed to integrate with Warm Home Discount Industry Initiatives, as well as align with the Vulnerability Commitment from Energy UK

HEAT partner pack

MENTORING APPROACH

HEAT

We support people through a mentoring approach to drive behavioural change, enabling them to take control of their energy usage, to reduce and manage their bills. Our approach focuses on the customer's needs foremost so everything we do is person-centred. We find this to be the most effective method in achieving sustainable outcomes and change, preventing the customer's need for repeated crisis support.

Customers come to us at the point of need with the challenges they are experiencing. Our mentors work by building rapport and understanding to determine what other support customers might need throughout their journey with us. Key to our success is the trust our mentors secure with customers and the independent nature of our advice and support.

Who is eligible to receive this support?

- People aged 65+
- Low-income households (17,300 or lower)
- Out of work households
- Households receiving Universal Credit
- People with disabilities
- Lone Parent
- Anyone in fuel poverty/struggling with fuel costs and is at risk of disconnection
- Households on pre-payment meters
- In off-grid homes

- Call freephone 0800 092 9002 - Lines open Monday to Friday 9pm to 5pm
- Email us at HEAT@thewisegroup.co.uk
- Visit us [online](#)

HEAT partner pack

OUR HEAT MENTORS CAN HELP YOU:



Manage and control your energy usage with tips and tools designed to make your home more energy efficient.



Read your meters accurately to track energy consumption and better manage your expenses.



Switch energy suppliers and tariffs to find the most cost-effective options for your household.



Apply for financial support, including the Warm Home Discount and supplier priority services, ensuring you receive the help you're entitled to.



Access hardship funding if you're eligible, providing extra support when you need it most.



Get assistance with any energy-related issue, ensuring your questions and concerns are addressed promptly.

HEAT partner pack

PROMOTIONAL MATERIAL

HEAT

The HEAT service is here to support households impacted by fuel poverty. We are setup to provide remote services and advice via telephone, as well as a home visit service for the most vulnerable.

We have included links to our promotional material which can be distributed to promote the HEAT service to your customers:

Leaflets

Download and print our customer flyer [here](#)

Download and print our customer energy tips leaflet [here](#)

Download and print our partner leaflet [here](#)

Posters

Download and print our customer poster [here](#)



HEAT partner pack

SOCIAL MEDIA

HEAT

Let's join forces and make a positive impact together! Share the content below and let everyone know about HEAT's support for energy bill challenges. Together, we can create a community that thrives on energy affordability and financial well-being.

Remember, tag The Wise Group on your social channels to ensure that your friends, family, and followers get access to this invaluable support. Let's make a difference, one share at a time!

Facebook

Are you struggling to pay your energy bills?

Get free advice and support from @TheWiseGroup HEAT Energy Mentors to help you reduce your energy costs and manage your debt. Call 0800 092 9002 to learn more about how HEAT can benefit you.

X (formerly Twitter)

Struggling with your energy bills? Seeking expert advice and support?

Get free assistance from @TheWiseGroup_SE HEAT Energy Mentors to help manage your energy costs.

Dial 0800 092 9002 to discover how HEAT can transform your situation.

#EnergySavings



[Download Facebook image](#)



[Download X image](#)

HEAT partner pack

LOGOS

HEAT

To further promote the Wise Group's HEAT service, we encourage partners to use both HEAT and Wise Group logos. To download, please click on the logos.

When in use, please use both Wise Group and HEAT logos.

Wise Group (main logo)



Wise Group (alternative)



Wise Group (white)



HEAT (main logo)

HEAT (Alternative)

HEAT (main logo)

HEAT partner pack

GET IN TOUCH

HEAT

We are delighted to be working in partnership with you to deliver HEAT services to your customers. If you have any queries related to the content in this pack or require additional support, please contact our HEAT partnership team - HEAT@thewisegroup.co.uk



Call freephone 0800 092 9002 - Lines open Monday to Friday 9pm to 5pm



Email us at HEAT@thewisegroup.co.uk



Visit us online - <https://www.heat-thewisegroup.co.uk/>

HEAT partner pack



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 21st 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 3rd 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



Kingmoor Nursery and Infant School



Online Safety Newsletter March 2025

The impact of smartphones



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

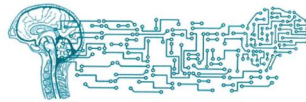
In addition to the effects of seeing inappropriate content online, the risk of cyberbullying and grooming, it is important that we also highlight the effects of smartphone use on our children's mental health.

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-how-what-effects-of-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/>