



Newsletter Friday 28th March 2025

Kingmoor Nursery and Infant School

Big Wheel & Walk



Well done everyone for joining in the Big Walk and Wheel this week, we have recorded an super amount of journeys where children are wheeling or walking to school - keep it up next week!

Important information for parents



In Year 2 this week.....

Year 2 have loved our trip to Stocks Wood this week!

We got to take part in so many amazing activities to learn new facts and also shared lots of existing Science knowledge too.





















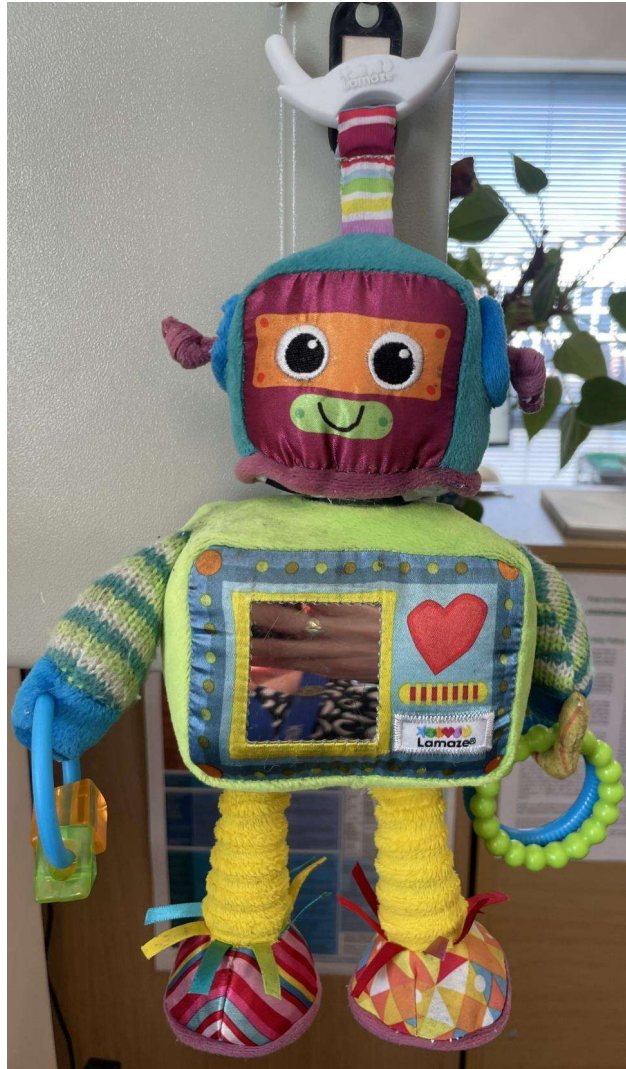






Found...

Please collect from the school office if you are missing me....



Talents & Achievements

Thank you everyone for sharing your talents and achievements with us this week!



Emily (C8) Benji (C2)
Carlisle Fun Run



Elisse - Class 2
Stagecoach Show



Myla - Class 5
Carlisle Fun Run



Alice - Class 3
Stagecoach Show

School Attendance

In school this week attendance has been a little lower at 96.8%.

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 - v - open fingers on open palm



2 - w - interlocked fingers

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: Casey C Charles D Phoebe H Lily R

Lunchtime Awards: Ruben H George I Lara C Hannah H

Class 1 Star: Amber

Lunchtime Award: Bodie H

Class 2 Star: Tommy

Lunchtime Award: Tommy A

Class 3 Star: Ellis

Lunchtime Award: Thomas H

Class 4 Star: Harlow-Rae

Lunchtime Award: Oscar C

Class 5 Star: Seth

Lunchtime Award: Myla N

Class 6 Star: Ryan

Lunchtime Award: Henry P

Class 7 Star: Mitchell

Lunchtime Award: Noah H

Class 8 Star: Finley

Lunchtime Award: Jasmine S

Class 9 Star: Charley

Lunchtime Award: Lailah-Grace M

Menu for week commencing 31st March 2025

PLEASE NOTE AMENDED MENUS WILL BE AVAILABLE FOR BOOKING AFTER EASTER HOLIDAYS SHORTLY, YOU WILL BE NOTIFIED BY TEXT.

	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

Wednesday 2 nd April	Parent's Evening – you should have booked via email link	
Thursday 3 rd April	Parent's Evening - you should have booked via email link	
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



cash for kids
DAY 

Thursday 1st May

 **GREATEST HITS RADIO**

Every local child
deserves a full tummy
in the school holidays

You can make it happen

greatesthitsradio.co.uk/cfkday

Hunger has no holiday

Registered charity (252815, 263942) & 10391578


Scan to donate



Mother's Day Coffee Morning

SATURDAY 29TH MARCH 11AM-1PM
@ ABBEY COURT GUESTHOUSE



SUPPORT A LOCAL MUM THIS MOTHER'S DAY

#HELpjENTHRIvE

£5 entry includes tea/coffee. Lots of yummy cakes
available to purchase on the day!

All donations will go to #helpjenthrive

Tickets - txt Jenna Dobson 07584064298

Or email jenna_mulvey@yahoo.com

Come and explore Carlisle Cathedral during the
Easter Holidays

Enjoy treasure hunts and a sensory trail every day of the year,
or join us for the following events during the Easter break:



**EASTER CUPCAKE
DECORATING WORKSHOP**

Monday 7 April, 2pm in the Undercroft.

Tuition, cupcakes and decorating resources
will be provided. Aimed at adults and secondary
school aged children.
£25 per person



**PLANT POT PAINTING
AND FLOWER PLANTING**

Tuesday 8 April, 2pm in the Undercroft.

Add your own designs to a plant pot, then plant
spring flowers in it to take home. Aimed at primary
school aged children.
£5 per child.



LITTLE STARS

Friday 11 April, 10am in the Cathedral.

A spring themed session with Wordsworth
Grasmere. Children up to the age of 7 welcome. £1
per child.

CARLISLE
CATHEDRAL

Book online for all events at
www.carlislecathedral.org.uk/tickets

Children must always be accompanied by an adult at all of our events.



Cumbria Fostering

Become part
of Cumbria's
biggest
Family

Find out about

Fostering



**Speak to our friendly team
at our upcoming event**

Come along to our information stand at
the Careers Fair at **Carlisle Jobcentre**
on Lowther Street, on **Thursday 3 April**
from 9:30am to 12pm.



SCAN ME

 **0300 019 0200**

cumbriafostering.org.uk



Working for Cumberland Council and
Westmorland & Furness Council

Cumbria **Fostering**

Become part
of Cumbria's
biggest
Family

Find out about

Fostering



**Attend our online event from
the comfort of your home**

Join our online information event on
Wednesday 23 April from 6pm to 7pm.
To register scan the barcode to the right
or visit cumbriafostering.org.uk



SCAN ME

 **0300 019 0200**

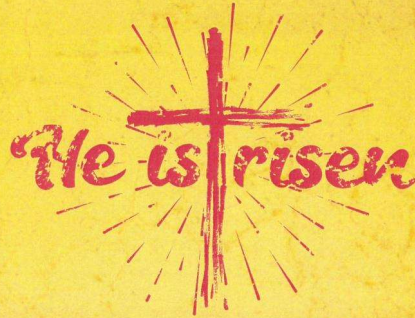
cumbriafostering.org.uk



Working for Cumberland Council and
Westmorland & Furness Council

CROSSLINK

ST JOHN'S, HOUGHTON WITH ST PETER'S, KINGMOOR



Celebrate Easter with us

GOOD FRIDAY - 18TH APRIL

9.45am, St Peter's – All age service

10.30am, St John's – Traditional, reflective service

EASTER SUNDAY – 20TH APRIL

9.45am, St Peter's | 10.30am, St John's – All age service with Lord's Supper

4pm, St Peter's, 4LIFE – a relaxed and informal service

EASTER MONDAY FUN DAY – 21ST APRIL

10am – 3pm, St John's, Houghton

hkchurch.org.uk



There's a well-known phenomenon called 'mum guilt' – an honest expression that

no mum can be perfect.

What mum can provide every hope and dream for her child? I know from lots of chats that mum guilt can be hard, even crushing.

Of course mums aren't the only ones to struggle with feelings of guilt, imperfection, fear, worry and anxiety. But this is hitting your doormat around Mothering Sunday, a day of joy for some and stress for others. For those who've never known their mothers, whose mothers have died, who have never been mothers, this day can be extremely hard, and it's a great weekend to reach out in love and care to them.

But what to do with those guilty feelings? Not just mum guilt, but dad guilt, friend guilt, neighbour guilt, and so on. Maybe just ignore and hope feelings go away? Maybe medicate with your drug of choice: dopamine, alcohol,

endorphins? Or maybe there's a better way?

I read a book last year by a mum, reflecting on guilt quite broadly and openly. She was helpful in asking a key question: is the guilt real or not? You see, some guilt comes from our ideas of the expectations of world/family/history/selves – that we can be everything and do everything and have everything: kids, figure, family, career, social life, tidy house, great holidays – and even fit in some sleep! To 'fail' to have all those is not a failure, so that's false guilt.



Someone said 'you can do anything, but not everything' – we have to choose, to make priorities, because we're human. False guilt can hurt, and we shouldn't ignore it (they're real feelings after all). But if it's not based on truth, it shouldn't define our reality.

But what if there's also real guilt? In our lives people will have said/done things to us for which they should feel guilty, and presumably we've also said/done wrong things too. What do we do with that? We shouldn't ignore or suppress real guilt because those things really weren't right!

We need somewhere to process true guilt and find a different way to live – and the church is the best place for that. At church you'll meet others who know real guilt (we're just normal human beings, and none of us think we're perfect) but alongside us you'll also meet Jesus. He came to love and forgive guilty people by dying on the cross – and works in us to change us, making us more like him.

We'd love to welcome you during the coming weeks.

Andrew Towner (vicar)

...and they welcome us coming along to any of our activities or services.

During the week there is a variety of activities for adults, young people and children of all ages, including:

Lunch Club Monday (once a month), 12.30pm at St Peter's If you're at home during the day, come and join us for a delicious freshly cooked meal, followed by a short talk from a guest speaker. Please contact the church office if you'd like to come along. 	St Peter's Tots Tuesdays, 10am at St Peter's (during term time) A great place to bring your little ones, meet up with other carers and enjoy a cuppa. There's a dedicated baby room as well as plenty to keep active toddlers busy! With craft, singing and a simple Bible story time for pre-school children and their carers to join with. 	IMPACT For school years 7-13 Impact meet on a Sunday after the 4LIFE service and also enjoy a huge range of social activities from movie nights and games nights to BBQs and Cook Outs! Check out details of our socials here 
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EASTER MONDAY FUN DAY
LOTS OF FUN FOR EVERYONE
MONDAY 21ST APRIL
10am - 3pm at St John's, Houghton
Come along and enjoy the Bouncy Castle,
Easter Egg Hunt, Easter Bonnet Parade,
crafts and more!
Refreshments served throughout the day,
with soup & sausage baps available from 12noon.
Entry £3 (includes 1st tea/coffee and scone). FREE for primary aged children and under.



Get in touch

If you would like to find out more, or have any questions, please do get in touch.

Vicar: **Rev Andrew Towner** | andrew.towner@hkchurch.org.uk | 01228 515363

Associate Minister: **Kieran McKnight** | kieran.mcknight@hkchurch.org.uk | 07369 288206

Parish Office: **St Peter's Church, Kingstown Road, Carlisle CA3 0BB**

Email: office@hkchurch.org.uk | Tel: 01228 515972 | hkchurch.org.uk |  **HK Church Carlisle**

special services

A poster for Mothering Sunday featuring a teal border with white dotted lines. On the left and right sides, there are illustrations of red carnations with green leaves and stems. The text is centered in the white background.

MOTHERING SUNDAY

Join us for a relaxed and family-friendly all-age service

SUNDAY 30TH MARCH

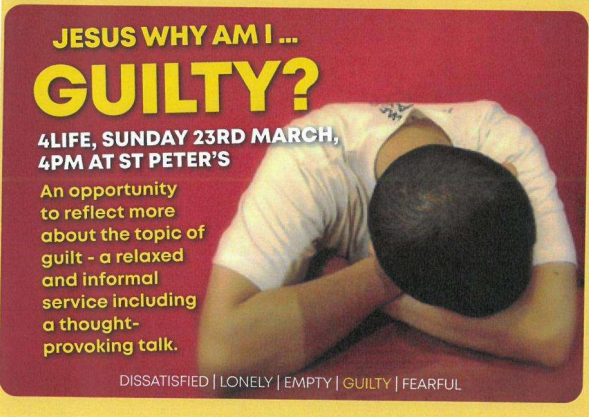
Drinks and croissants from 9.30am at St Peter's, Kingmoor
10.30am at St John's, Houghton

Everyone Welcome

 the church of england

CRECHE AVAILABLE THROUGHOUT THE SERVICE

hkchurch.org.uk

A poster for a service titled 'Jesus Why Am I Guilty?'. It has a dark red background. On the right side, there is a photograph of a person with their head bowed in prayer, wearing a white t-shirt. The text is on the left side.

JESUS WHY AM I ...

GUILTY?

4LIFE, SUNDAY 23RD MARCH, 4PM AT ST PETER'S

An opportunity to reflect more about the topic of guilt - a relaxed and informal service including a thought-provoking talk.

DISSATISFIED | LONELY | EMPTY | **GUILTY** | FEARFUL