



Newsletter Friday 4th April 2025

Kingmoor Nursery and Infant School

Message from Mrs Corfield & Fond Farewell



As we approach the Easter break, I find myself reflecting on the wonderful journey we've shared this term.

Our school has been a hive of activity, filled with laughter, learning, and growth. It's been truly heartwarming to see our pupils flourish and make strides in their educational adventures.

However, we are saying a sad goodbye to some cherished staff members. We bid a sad farewell to Caroline Elliot. She is embarking on an exciting new chapter, where she'll be using her wealth of experience to support adults and young people at Mencap. While we will miss her presence in school, we're thrilled and know she'll continue to make a positive impact in her new role.

We're also saying goodbye to our lovely Dinner Teacher, Jane Bolton, as she steps into a well-deserved retirement. We wish her all the best.

In addition, we're sending our warmest wishes to Emily Tickle as she leaves us to go on maternity leave. We look forward to hearing the pitter-patter of tiny feet and seeing photos of the newest addition to her family.

Looking ahead, I hope that the upcoming Easter break provides all our families with a chance to relax, recharge, and spend quality time together. School will reopen on Tuesday, 22nd April.

We look forward to welcoming back all our pupils, refreshed and ready for the new term ahead.

Wishing you all a wonderful Easter break filled with joy, laughter, and perhaps a chocolate egg or two!

Nicky Corfield

Headteacher

Big Wheel & Walk



Thank you to all the families that have been able to walk or wheel to school at least once a week, the better weather has helped and we recorded a big number of journeys!

After half term we are joining a new scheme where the children will earn a badge each month if they walk to school at least once a week (more if possible).

In Class 5 & Class 6 this week.....

The children enjoyed their trip to Tullie House.

We got to take part in many amazing activities to learn new facts about fossils and also shared lots of existing historical knowledge too!

















Online Safety Newsletter April 2025



Kingmoor Nursery and Infant School



Online Safety Newsletter April 2025

Screentime

Screentime is classed as any time spent in front of a screen, so it includes everything from watching tv to completing homework on a laptop. Whilst there is no recommended screentime (except for under two, which is zero), it is important that we find a balance.

Screentime can obviously be beneficial both for educational and entertainment purposes, however it is important to be aware of the risks, such as:

- Eye strain.
- Disrupted sleep.
- Less time for other activities and being outdoors.
- Affects our attention span.

Further information

Childnet discuss what is screentime and how much screen time is enough in this useful article:

<https://www.childnet.com/help-and-advice/screen-time/boundaries-parents/>



Social Media Concerns

Most social media apps have a minimum age rating of 13+. Whilst there are benefits, this article discusses some of the potential risks of using social media.



Risks of Social Media

- **Inappropriate content** – social media may expose children to content that is not appropriate for their age, including sexually explicit content or content that promotes harmful behaviours such as self-harm.
- **Cyberbullying** – this can take many forms, including sending nasty or hurtful messages, leaving unkind comments, sharing photographs of somebody else without their permission or impersonating somebody with a fake account.
- **Excessive Screentime/Addiction** – too much time online can affect mental health and disrupt sleep patterns.
- **Contact from strangers** – there is a risk of stranger contact, which can lead to an increased risk of grooming.
- **Challenges** – children may not have developed the skills and ability to critically analyse what they see online. Whilst some challenges are fun and provide no risk, there will be challenges online that are risky/dangerous.
- **Sharing too much information** – children may share personal information e.g. their phone number, school name or inappropriate photos of themselves.
- **Algorithms** – algorithms influence what we see on social media platforms to keep us engaged on the platform. This can lead to 'echo chambers' where users are only seeing content that relates to their opinion rather than seeing a balanced viewpoint. It can also lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.

How can I help make it a safer environment?

- Check the age rating of each app and restrict access until they reach that age.
- Set up age-appropriate parental controls, for example set content restrictions and screen time limits.
- Chat to your child about what they are doing online, including who they are following and interacting with online.
- Restrict devices in their bedrooms.
- Show your child how to use any reporting and blocking tools.

Further information

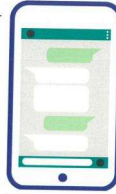
You can find out more from the following:

- <https://kidshealth.org/en/parents/social-media-smarts.html>
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/#Talkingaboutcyberbullying>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date revised 01.04.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

Group Chats

Is your child part of any group chats? This could be on social media, for example on WhatsApp or within games such as Fortnite. If so, it is important that you are aware of the potential risks, which include:



- **Inappropriate content** – there is often a lack of moderation within chat facilities so users could be exposed to content/language that is not suitable for their age.
- **Bullying** – there are many instances where inappropriate/hurtful comments are shared within groups, this could take the form of name calling or body shaming. Bullying can also be in the form of excluding others from the group. These issues often overspill into 'real life'.
- **Strangers** – your child could be added to groups with people they do not know or even with someone that they have previously blocked.
- **Conversations can be shared/screen shot** – make sure your child is aware that anything they share within a group can be shared with others outside the group.
- **Sharing personal information** – remind your child to be aware of the information they share with others including images and location.

How can I help make group chats safer?

- Check the recommended age rating and adhere to them. If we all did this, peer pressure would be reduced.
- Set up age-appropriate parental controls and set screen time limits.
- Show your child how to use any reporting and blocking tools.

What else can I do?

- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online.
- Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be perceived by others. Talk about positivity and not saying anything hurtful. Ask them to think about whether they would say what they are messaging, face to face.
- Devices should be used in family rooms so you can monitor what they are doing and who they are interacting with.
- Finally, make sure to model good digital behaviour yourself, as children often learn by observing the adults around them.

Further information

Childnet have created a Group Chat Guide for parents following consultation with the Childnet Youth Advisory Board and Digital Champions: <https://www.childnet.com/resources/cheat-sheet-group-chats/>

Did you know some Emojis have a double meaning?

For those that have watched Adolescence, you will know children and young people may be using emojis to mean something completely different. For example, the kidney bean emoji may be used to identify as an incel. It is important that you are aware of how emojis can be used and keep up to date with the way in which they can be used as their meanings are changeable. You can find out further information here:

<https://www.bark.us/blog/emoji-slang-guide/>

Vodafone: The Rise of the Aggro-rithm

Vodafone released a short video last year, titled 'The Rise of the Aggro-rithm'. It highlights the harmful algorithms targeting young boys. It's certainly worth a watch as well as learning about the terrifying statistics accompanying it:

<https://www.vodafone.co.uk/newscentre/press-release/ai-aggro-rithms/>

3 things to consider before giving your child a smartphone

Wayne Denner has published a blog discussing the three things that parents wished they had considered before giving their child a phone. You can read the article here:

<https://www.waynedenner.com/3-things-parents-wish-they-had-considered-before-giving-their-teen-a-smartphone/>

Talents & Achievements

Well done to all our talented children this week!



Asia - Class 3
Dancer of the Week



Callum - Class 5
Player of the Week

School Attendance

In school this week attendance has been 92.5%.

Makaton

The last letters of the Makaton Alphabet are.....



1 - x - cross forefingers



2 - y - forefinger between thumb and finger



3 - z - folded hand onto 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: Ava A Layla H Levi L Holly W

Lunchtime Awards: James G Erin C Lara C Sophia B

Class 1 Star: Grace

Lunchtime Award: Elijah A

Class 2 Star: Albie

Lunchtime Award: Obi B

Class 3 Star: Logan

Lunchtime Award: Donnie R

Class 4 Star: Luca

Lunchtime Award: Matilda G

Class 5 Star: Isla

Lunchtime Award: Noah G

Class 6 Star: April

Lunchtime Award: Albie R

Class 7 Star: Ollie

Lunchtime Award: Jaxon B

Class 8 Star: Isabelle

Lunchtime Award: Isabelle G

Class 9 Star: Frankie

Lunchtime Award: Maria M

Menu for week commencing 21st April 2025

NEW MENU SHOWN BELOW, THIS WILL BE AVAILABLE FOR BOOKING SHORTLY, YOU WILL BE NOTIFIED BY TEXT, THANK YOU

	Choice 1	Choice 2	Pudding
Monday	Creamy Cheesy Pasta or Tomato Pasta served with cheesy or tomato & basil sauce, garlic bread and seasonal vegetables	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Vanilla Ice Cream & Fruit or Fresh Fruit or Yoghurt
Tuesday	Kingmoor Kitchen prepared chicken korma or Quorn korma served with naan bread and mixed salad	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Brownie or Fresh Fruit or Yoghurt
Wednesday	Pork Sausage or 'Meat Free' Sausage Baguette served with hash brown and baked beans	Freshly Made Roll Filled with a choice of tuna, ham or cheese served with fresh salad	Golden Cookie Or Fresh Fruit or Yoghurt
Thursday	Crispy Chicken or Crispy Quorn Fillet served with seasoned potatoes and salad sticks	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 skinny fries, spaghetti hoops and vegetables	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Mousse (choc/toffee/strawberry) or Fresh Fruit or Yoghurt

Calendar Dates

Friday 4 th April	Last Day of Spring Term	
Tuesday 22 nd April	First Day of Spring Term	
Monday 28 th April	Class photos being taken in school	

Cumberland Family Hub

Cumberland
Family Hub.

Cumberland Family Hubs - April
Welcome to the first Cumberland Family Hubs update.

**You are invited to the free
Family Hubs welcome days**

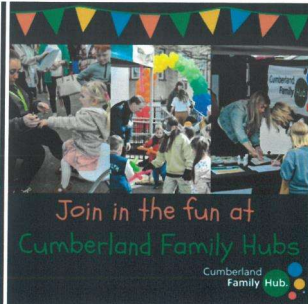
Don't miss:

**Free family
welcome days**

Wednesday 9 April 11am
- 3pm

Family Hub - Morton,
Carlisle, Wigton Road CA2
6JP

Thursday 10 April 11am -
3pm



Make sure you don't miss the fun at the free family welcome days throughout the Easter holidays between 9 - 17 April.

Activities include face painting, arts and crafts, sports and lots more. You can take a look around the hubs and find out more about the services and activities offered too.

Feel free to drop in to any event, find out more at [Cumberland Family Hubs | Welcome days](#)

Introducing Family Hubs



We are also excited to be able to launch our [new Family Hubs](#). Family Hubs are a place where you can get support from multiple services under one roof. They can provide help at every stage of your child's development, both for your child and you.

There are six extra main hub locations joining the successful Family Hub on the Harbour in Whitehaven.

The hubs are:

- Family Hub - Morton, Carlisle, Morton, Wigton Road CA2 6JP
- Family Hub - Longtown, 11 Mary Street, CA6 5UF

Family Hub - Longtown, 11 Mary Street, CA6 5UF

Friday 11 April 11am - 3pm

Family Hub - Maryport, Ennerdale Road, CA15 8HN

Monday 14 April 11am - 3pm

Moorclose Community Centre, Needham Drive, Workington CA14 3SE

Tuesday 15 April 11am - 3pm

Family Hub on the Harbour, Swingpump Lane, Whitehaven, CA28 7LZ

Wednesday 16 April 11am - 3pm

Family Hub - Millom, Millom Infant School, Millom, LA18 4LP

Thursday 17 April 11am - 3pm

Family Hub - Wigton, 10-12 Wampool Place, Wigton, CA7 9SA

families in local communities. The service is working hard to ensure there is no disruption. You'll see more from them soon.

Last chance to book - HAF



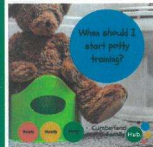
The Holiday Activity and Food programme (HAF) offers fully funded activities for eligible children during the holidays.

[Book HAF now](#)

Follow us on social media

Find out what is going on, follow us on [Facebook/CumberlandFamilyHubs](#) and [Instagram @CumberlandFamilyHubs](#)

Ready, Steady, Potty!



With the warmer weather many families think about tackling potty training. Evidence shows it is never too early to start working towards potty training success.

We have lots of information and links to useful trusted sources for more advice on our website, [Cumberland Family Hubs | Ready, Steady, Potty](#)

Every toilet training journey can have it's ups, downs and plenty of puddles! As well as our website you can get more support through [ERIC | The Children's Bowel and Bladder Charity](#)



ERIC will have experts on hand to answer your toilet training queries during the welcome days at Family Hub on the Harbour, Whitehaven and Family Hub - Millom. Come along and ask them your questions.

- Family Hub - Maryport, Ennerdale Road, CA15 8HN
- Family Hub – Workington, The Minto Centre, Nilsson Drive, Westfield, Workington, CA14 5BD
- Family Hub on the Harbour, Swingpump Lane, Whitehaven, CA28 7LZ
- Family Hub - Millom, Millom Infant School, Millom, LA18 4LP
- Family Hub - Wigton, 10-12 Wampool Place, Wigton, CA7 9SA

[Find your nearest Family Hub](#)

Hub2U

Our 'Family Hub on Wheels' - known as Hub2U- is set to hit the road from **21 April**.



This mobile Family Hub will bring support closer to you, provide evening youth support and targeted help on topics such as wellbeing.

You can find out more about where the bus will be on our website soon.

Make a splash this school holidays



All schoolchildren aged up to 16 years old from the Cumberland area can go for a swim for only 10p over the Easter holidays.


It is available at Cockermouth Leisure Centre, Copeland Pool and Fitness Centre (Whitehaven), The Sands Leisure Centre (Carlisle), Wigton Baths Trust and Workington Leisure Centre. Find out more at [Cumberland Council | Make a Splash](#).

Growing Healthy - Healthy Child programme

There is a new provider for health visiting and 5-19 public health services to children, young people and



Information



CUFC CST PREMIER LEAGUE PRIMARY STARS PACKAGES


Foxes Package

- 12 x P.E lessons with teacher CPD built in
- Schools can choose 2 out of the 4 blocks of work listed below:
 - 6 x PSHE classroom sessions
 - 6 Social Action Project sessions
 - 6 x in class English support sessions/interventions
 - 6 x in class maths support sessions/interventions
- Health themed assembly
- FA Primary Teachers Award – accredited staff CDP
- Digital and online P.E resources / CDP
- Boys and girls football Festivals / competitions
- Free soccer school places for selected boys and girls
- Premier League certificates and posters for classes
- Free entry for football kit and P.E. equipment give-away
- Premier League competitions

Blues Package

- 6 x P.E lessons with teacher CPD built in
- Schools can choose 1 out of the 4 blocks of work listed below:
 - 6 x PSHE classroom sessions
 - 6 Social Action Project sessions
 - 6 x in class English support sessions/interventions
 - 6 x in class maths support sessions/interventions
- FA Primary Teachers Award – accredited staff CDP
- Digital and online P.E resources / CDP
- Boys and girls football Festivals / competitions
- Free soccer school places for selected boys and girls
- Premier League certificates and posters for classes
- Free entry for football kit and P.E. equipment give-away
- Premier League competitions

If you would like to discuss any of the above programmes further, please contact:
schoolacoordinator@carlisleunitedcst.co.uk





Premier League Primary Stars

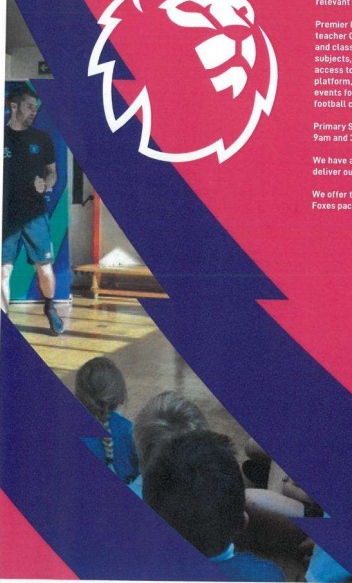
The Premier League Primary Stars programme works with children aged between 5 & 11 in a primary school setting. The focus is on developing the whole child, ranging from physical literacy, P.S.H.E, maths and English interventions, health themed assemblies, enhancing learning, teaching them relevant life skills and behaviours.

Premier league primary star partner schools benefit from teacher CPD in the delivery of physical education, assemblies and classroom sessions covering PSHE subjects, intervention sessions with selected target groups, access to classroom and practical resources through an online platform, school and pupil rewards and mass participation events for pupils, teachers and schools to attend such as football competitions and collapsed curriculum days.

Primary Stars will run in school term time between 9am and 3.30pm.

We have a team of highly qualified and motivated coaches who deliver our sessions.

We offer two packages in primary stars. A Blues package and a Foxes package.





National
Trust

Join in with our

Easter adventures

What will you discover along the trail?

Get ready for an Easter adventure and enjoy a chocolate treat. **£3.50 per trail, plus admission**

Acorn Bank, nr Penrith

5–21 April
10.30am–4pm

Allan Bank, Grasmere

6–21 April, (closed 7,11,14,18 April)
10am–5pm, last entry 4.30pm

Sizergh

18–21 April,
10am–4pm, last entry 3.30pm

Tarn Hows

12–21 April
9.30am–4pm

Wordsworth House & Garden, Cockermouth

14–21 April (closed 17 April)
10am–3pm, last entry 2.30pm

Wray, west shore of Windermere

5–27 April
10am–3.30pm



Find out more at:
nationaltrust.org.uk/lake-district

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Thursday 1st May



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 107080, 107081 & 107082



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



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

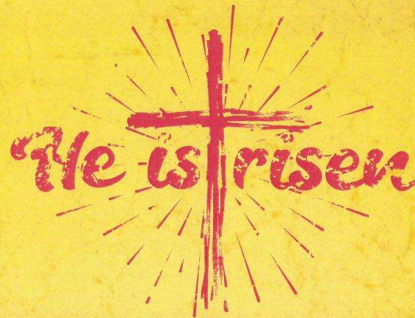
☎ **0300 019 0200**

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)

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



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 | [f](#) HK Church Carlisle

special services



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

CRECHE AVAILABLE THROUGHOUT THE SERVICE

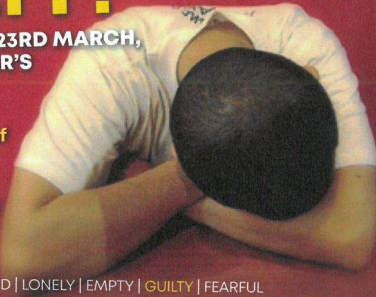


JESUS WHY AM I ...

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