



# Newsletter Friday 9th May 2025

Kingmoor Nursery and Infant School

Open Reading Session



Our next Open Reading Session is in school on Monday 12th May:

Nursery - 2.45pm

Reception, Year 1 & Year 2 - 3pm

All welcome, we hope you can join us.

## VE Day Celebrations



It was lovely to see everyone celebration VE in school wearing red, white and blue. We held a minute silence in memory at 11am and enjoyed a picnic in the sunshine in the afternoon.















## Coffee & Chat

**Coffee and Chat**  
**Thursday 12<sup>th</sup> June at 9am**

At our next Coffee and Chat, we will be talking about supporting our children with transition - from their current year group to the next and from school to school. We will touch on emotional regulation and managing the after-school meltdown.

Free to all Infant & Junior parents/carers.

**Please join us for a cuppa and catch up at Kingmoor Nursery and Infant School (come to the main front entrance of school)**

**Looking forward to seeing you for a cuppa and a chat!**  
Mrs Lamb (Infant SENCo) and Mrs Graham (Junior SENCo)

This is a great way for parents and carers to come and meet other parents and carers and join with the Junior School for coffee & chat, each session we have guest speakers to share information on supporting your children in various ways.

## Starting Reception - new guidance for families



A coalition of early years organisations have launched ‘Starting Reception’ which is a practical definition of school readiness for parents and educators. This is the first time that such a large group of organisations have come together to suggest specific activities that parents can practise with their child as they prepare for reception.

This guidance will help parents, carers, early years providers and schools to think about what it means to help children to be ready to start Reception and highlights the key skills that they need to help them to develop confidence and independence.

Find out more here - [https://startingreception.co.uk/?trk=public\\_post\\_reshare-text](https://startingreception.co.uk/?trk=public_post_reshare-text)

### Introduction

We understand that all children develop at their own pace, and that we're all learning from birth. When it's time to start school, some children will need more help than others.

There are key skills\* that schools expect children to be learning before their first day. Practising these will make your child's journey to Reception as positive as possible.

If your child is already at nursery, in pre-school, or with a childminder, those professionals will work with you and your child to help get them ready.

There's lots you can do at home to build your child's confidence and independence, helping them feel emotionally and practically prepared to start school.

\*We are calling this document the 'Starting Reception' definition. Some people/organisations refer to this as 'school readiness'.

### **How can I help my child get ready?**

Your child will have lots of new activities and routines to get used to when they start school. There are some things they'll need to do more independently than they might have before.

Research shows that a child's relationship with their parents is the most important factor in their development, and there's a lot you can do at home.

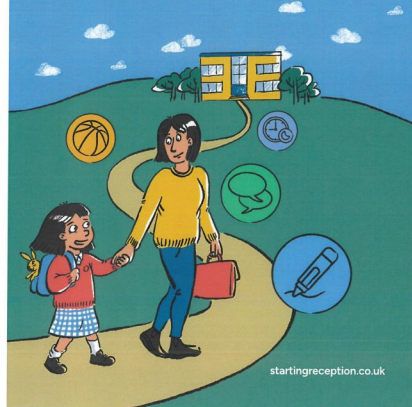
When your child is at home with you or another caregiver, you can practise as a family with fun activities (we've included links at the end of this resource).

Some of these skills take time to master, so it's good to introduce them gradually in your daily routine.



# Starting Reception

Your child's journey to school starts at home.



## What if my child has additional needs?

- If your child needs additional support to settle into Reception, make sure you share as much information as possible with their new teacher. They can work with you to find strategies to support your child.
- Summer born children, or those speaking English as an additional language (EAL) may need more support.
- If you know or suspect your child has special educational needs (SEND), developmental differences or delays, some of these skills may not be achievable for them at this point.
- Early intervention makes a big difference – ask your child's nursery, school, health visitor, local children's centre or Family Hub for help.

## Who can I speak to for help?

All children will need help from their trusted adults so they can feel confident and excited about starting Reception.

- Your childminder/nursery/pre-school team or your health visitor, children's centre or family hub can help if you need more information.
- We've also put together a list of organisations and resources further down to help you and your child get ready together.



## The definition: skills to practise before starting Reception:

New skills take time to learn. Practising at home will help your child move into school more easily and with confidence.

### Growing independence



#### Taking care of themselves

- ✓ Putting on/taking off their coat and shoes
- ✓ Using the toilet and washing their hands
- ✓ Getting dressed with little help, e.g. after using the toilet or doing PE
- ✓ Using cutlery (e.g. fork and spoon, chopsticks) and drinking from an open cup
- ✓ Spending time away from you, learning they can be looked after by caring adults

#### Play, creativity and curiosity

- ✓ Taking part in imaginative play (e.g. role play)
- ✓ Drawing, painting, colouring and sticking
- ✓ Sharing story books, looking at pictures and talking about the characters
- ✓ Exploring the world around them (e.g. looking closely at the natural world, playing safely with objects at home)



### Physical development



#### Getting moving for at least three hours a day

- ✓ Walking up and down steps (one foot at a time, using the wall for support)
- ✓ Climbing, running, jumping and playing
- ✓ Catching a large ball (most of the time)
- ✓ Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking



### Healthy routines



- ✓ Going to bed around the same time each night, waking up in time to get ready for school
- ✓ Limiting screen time to the recommended daily amounts (see advice)
- ✓ Eating a healthy diet and trying new foods
- ✓ Brushing their teeth with fluoride toothpaste twice a day (you'll need to supervise this until they are at least 7)



At school your child will be meeting lots of new people and make new friendships. Some things to help them get ready include:

### Building relationships and communicating



#### Being with others

- ✓ Practising sharing and taking turns with toys
- ✓ Talking to them about how they are feeling and why
- ✓ Looking at story books together and speaking about what characters are feeling is a good way to do this
- ✓ Beginning to recognise what others are feeling, e.g. understanding if a friend is sad
- ✓ Encouraging them to set boundaries for themselves and others (e.g. knowing how to say 'no')

#### Communication and language

- ✓ Singing along with songs and nursery rhymes
- ✓ Talking happily to others about activities, experiences and the world around them
- ✓ Showing they need help by speaking clearly (in basic English or sign language)
- ✓ Recognising the pattern of their name (so they can find it on their coat peg or jacket)

#### Listening and engaging

- ✓ Paying attention for short periods of time
- ✓ Listening to and following simple instructions
- ✓ Carrying on with a task even when it's difficult and bouncing back if things go wrong



### What should I do if I have concerns about my child's development?

- If you're worried about your child's progress, talk to your childminder/nursery/pre-school team, health visitor, local children's centre or Family Hub.
- If your child has developmental delays or SEND (suspected or confirmed), speak to their nursery, childminder, or health visitor/nursery/pre-school team well before they start Reception and discuss their needs when you are selecting schools.
- You can work with your child's early years setting to help your child with self-care, managing emotions, social skills, and communication in a way that suits their stage of development.
- You might want to share details about their development, needs, what motivates them, what might trigger difficulties, how they learn best, and what strategies work well.
- Make sure you share important information with everyone supporting your child, including their new Reception teacher.

### Resources for families with additional needs

There are many organisations who can support with information and strategies to prepare you, your child and their educational setting, ensuring a smooth transition and setting them up for future success.

These include:


- Family Lives
- Speech and Language UK
- Dingley's Promise
- Kids



Find out more

For more information, visit <https://startingreception.co.uk>

This definition was created collaboratively by



Notes:

## School Attendance

In school this week attendance has been 96.4% which is much better than last week.

## Stars of the Week!

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



Nursery Stars: Noah L Logan S Isla P Indie T

Lunchtime Awards: Layla H Holly W Oliver W Jacob T

Class 1 Star: Orla

Lunchtime Award: Daniel R

Class 2 Star: Jonathan

Lunchtime Award: Benjamin H

Class 3 Star: Finn

Lunchtime Award: Louie C

Class 4 Star: Oliver

Lunchtime Award: Joseph H

Class 5 Star: Paisley

Lunchtime Award: Crosswell I

Class 6 Star: William

Lunchtime Award: Jacob H

Class 7 Star: Caleb

Lunchtime Award: Ella H

Class 8 Star: Rosana

Lunchtime Award: Louie H

Class 9 Star: Oscar

Lunchtime Award: Jack D


## Menu for week commencing 12th May 2025

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

## Calendar Dates

Monday 12 <sup>th</sup> May	SATS start for two weeks	Year 2
Monday 12 <sup>th</sup> May	Open reading session	Nursery - 2.45pm Yr 1 & 2 - 3pm
Thursday 22 <sup>nd</sup> May	Cash for Kids fundraiser – Cake day All children get a cake - £1 donation.	
Friday 23 <sup>rd</sup> May	Last day of Summer term 1	
Monday 2 <sup>nd</sup> June	First day of Summer term 2	
Tuesday 3 <sup>rd</sup> June	Class Photos taken	
Monday 9 <sup>th</sup> June	Nursery new parents (Sept 2025) meeting TEAMS	5pm
Monday 16 <sup>th</sup> June	Reception (Sept 2025) New Starters meeting	
Tuesday 17 <sup>th</sup> June	Reception (Sept 2025) Stay and Play session 1	3.45pm – 4.30pm
Thursday 19 <sup>th</sup> June	Reception (Sept 2025) Stay and Play session 2	3.45pm – 4.30pm
Tuesday 1 <sup>st</sup> July	Sports Day	
Tuesday 8 <sup>th</sup> July	Open reading session	Nursery – 2.45pm Yr 1 & 2 – 3pm
Monday 14 <sup>th</sup> July	KINGFEST	
Tuesday 15 <sup>th</sup> July	Class 7 leavers assembly	2.30pm
Wednesday 16 <sup>th</sup> July	Class 8 leavers assembly Class 9 leavers assembly	9.15am 2.30pm

# Information




*'Bedtime stories are the best and healthiest way to settle your child'*


## Birth to 5 years

YOUR TIPS FOR A HEALTHIER SCREEN TIME

'Studies have shown that too much screen time can cause babies and toddlers to **learn fewer words** and have **slower language development**. Excessive use of screens is also being strongly linked to **behavioural difficulties** in very young children.'




0 - 24 months




30 mins


2 - 5 year olds



Bigger is better



Try a cuddle or a game



Phones, tablets and computers should not be in any child's bedroom overnight.

Watching lots of short videos is being linked to concentration difficulties in children.

### RECOMMENDATIONS:

- 1

**NO screen time** between birth - 24 months except for video chatting with family and friends.
- 2

**30 MINS screen time.** Children aged 2 - 5 years old should not be on screens for more than 30 mins per day.
- 3

**BIGGER screens.** If your child is ready to play a short game then try to use a larger screen like a **tablet or computer screen**. These cause less visual strain than a phone.
- 4

**AVOID** using a device to settle your child down. Evidence shows this makes their anger and frustration worse in later life. **Instead try a book, a game outdoors, or just a cuddle.**
- 5

**\*SLEEP HYGIENE.** Under 5s should **not use a screen** for at least **2 HOURS BEFORE BEDTIME**, to aid their natural sleep pattern.

\*'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.

Accepted by NHS England Mental Health Leads

HEALTH PROFESSIONALS FOR SAFER SCREENS

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Kingmoor Nursery and Infant School



Knowsley City Learning Centres

Online Safety Newsletter
May 2025

### Wonderlab+

Are you looking for something fun to do online with your child? The Science Museum group have a wide array of activities, games and quizzes on their website:

<https://wonderlabplus.sciencemuseumgroup.org.uk/home>

### Minecraft

Minecraft is rated as PEGI 7, meaning it is suitable for those over 7 years of age.

Minecraft is a game where players can create worlds using blocks. There are two different modes – creative and survival. In creative mode, users can build what they wish and have unlimited resources whereas in survival mode, players must gather resources, find food and defend themselves against mobs. Survival mode may include mild violence and carry characters.

You should be aware that there is a multiplayer option available where players can chat to each other. In-app purchases are also available to buy items such as skins, so ensure purchases are disabled or that a password or PIN is required to make them. Ensure appropriate parental controls are applied, on both Minecraft and the console itself. Find out more here:

<https://www.minecraft.net/en-gb/article/parental-controls>

**Further information**  
<https://parentzone.org.uk/article/minecraft/>

## Cyberbullying

### What is cyberbullying?

Cyberbullying is a form of bullying that takes place online and can take many forms, such as sending malicious messages. Cyberbullying can happen at any time of the day, so often feels unrelenting. It can take place across many different platforms, such as on messaging apps like WhatsApp and Snapchat, on social media platforms such as Instagram and TikTok and via online games. Here are some examples of what cyberbullying can look like online:

- Sending nasty or hurtful messages
- Leaving unkind comments
- Sharing photographs of somebody else without their permission
- Excluding somebody on purpose
- Impersonating somebody with a fake account
- Telling/sharing lies
- Blackmailing

### What should I do if my child is being bullied online?

If your child is being bullied, then try to stay calm and let them know that it is not their fault. It is always useful to keep evidence of any online bullying and inform their school so that they are aware. Show your child how to block and/or report any users/content and review their privacy settings to limit what others can see. You may also wish to review/set up any available parental controls.

**Further information**  
 There is a vast amount of information available online about cyberbullying. The following links provide further information on types of online bullying, and who you can contact if you need any further advice or support.

- <https://www.childnet.com/help-and-advice/online-bullying/>
- <https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers/sources-information-advice-and-support/>

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## Roblox New parental controls

### What is Roblox?

Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. It is free to download (however subscription options and in game/app purchases are available) and can be played across numerous devices.

A lot of the content is user generated, which may mean not all games will be suitable for your child to view/play. If your child is playing Roblox, it is important to monitor what your child is accessing and set up appropriate parental controls.

PEGI rate Roblox with a Parental Guidance label, this is because it is difficult to rate due to the huge level of user generated content.

### New Parental Features

Roblox has released three new parental controls for your child's Roblox account. These are:

1. **Friend blocking** - you can now block anyone on your child's friends list that you do not want them direct messaging.
2. **Experience blocking** - you can now block any specific experiences (games) that you do not want your child to access.
3. **Top game insights** - you can now see the 20 experiences (games) your child has spent the most time on in the last week.

You can find out more here:

<https://corp.roblox.com/newsroom/2025/04/new-parental-controls-on-roblox>

### Further information

You can find out more about Roblox here:

<https://en.help.roblox.com/1c/en-us/articles/30428248050068-Parental-Controls-FAQ>

## Ask Silver Scam Checker

Ask Silver is a tool that anyone with a smartphone can use to protect themselves from scams. To use the service, you will first need to sign up and then you can simply upload a screenshot of anything that you are unsure of, and think could be a scam. Ask Silver will let you know whether they think it is safe or not. Find out more here:

<https://www.getsafeonline.org/asksilver/>



## How to best use location tracking apps within your family

Location tracking gives us the ability to see where somebody is via their smart device and is often one of the reasons children receive their first device.

Internet Matters have published an article discussing location tracking, including the benefits and risks and provide links to other supporting resources. You can read the article here:  
<https://www.internetmatters.org/hub/expert-opinion/how-to-use-location-tracking-apps-in-your-family/>

### JusTalk

Users can use this app to video chat, call, and text. There are two versions - JusTalk and JusTalk Kids with both versions having the option to unlock further functions via a premium subscription. JusTalk is rated as 12+ and JusTalk Kids is rated as 4+ on the App store.

Even though the apps may be rated as age appropriate for your child, there are still risks in using either version.

The Insee Safeguarding Group provide an overview of JusTalk, including the risks you need to be aware of:  
<https://insee.com/2023/02/08/what-is-the-justalk-app/>

## Keeping up with technology

It can be difficult to keep up with what our children are doing online as it can change so quickly. UK Safer Internet Centre have published an article with suggestions on what we can do:  
<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/things-change-so-fast-online-its-hard-to-keep-up-with-what-my-child-is-doing>