



Newsletter Friday 20th June 2025

Kingmoor Nursery and Infant School

Fire Alarm



We had a fire practice in school today and the children were excellent at coming out of school in a quick and organised manner to meet at the collection area, well done everyone.

Sports Day



For Sports Day this year:

NURSERY SPORTS

Nursery will have their sports day session on the morning of 1st July, this will be part of the children's daily session. More information to follow on Tapestry.

RECEPTION SPORTS

Reception sports will be at 1.30pm - 2.15pm on Tuesday 1st July on the Junior Sports Field.

YEAR 1 & YEAR 2 SPORTS

Year 1 & Year 2 sports will take place at 2.15 pm- 3.15pm on the Junior Sports Field on Tuesday 1st July.

Children will change into their PE kits (white t-shirt, black shorts/joggers and trainers) before their Sports Day session.

All children in school will be accessing the playing field by coming through the EYFS playground and using the gate access at the end of the Reception building past Class 1. This will also be the only way for parents to come through school as the main playground will remain locked so junior school children can enjoy their playtime outside.

You can of course access the sports field from the cuts in Lowry Hill or by coming down the lane from Hether Drive which runs behind the Reception building without coming through the school premises.

KINGFEST!



You are now able to make payment for KINGFEST on Eduspot.

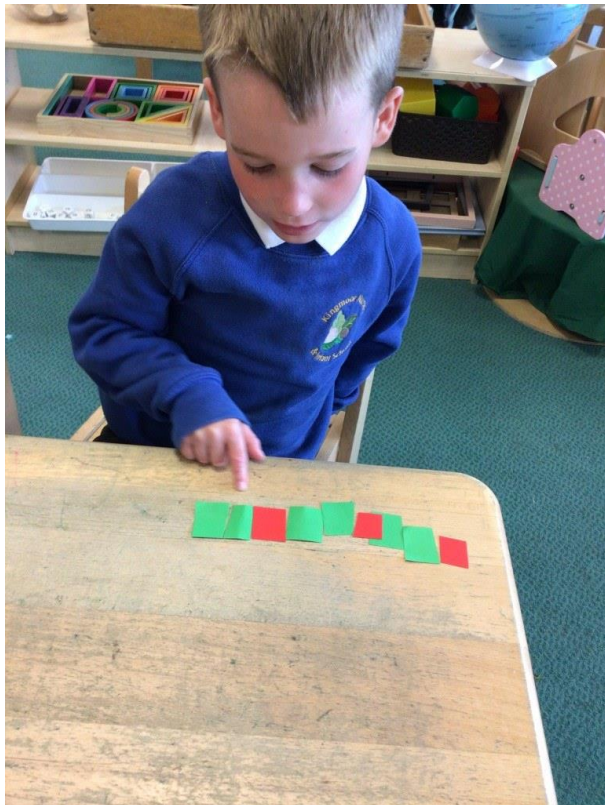
We are asking for a contribution of £11 per child (£5.50 for nursery children) from parents for this fabulous day.

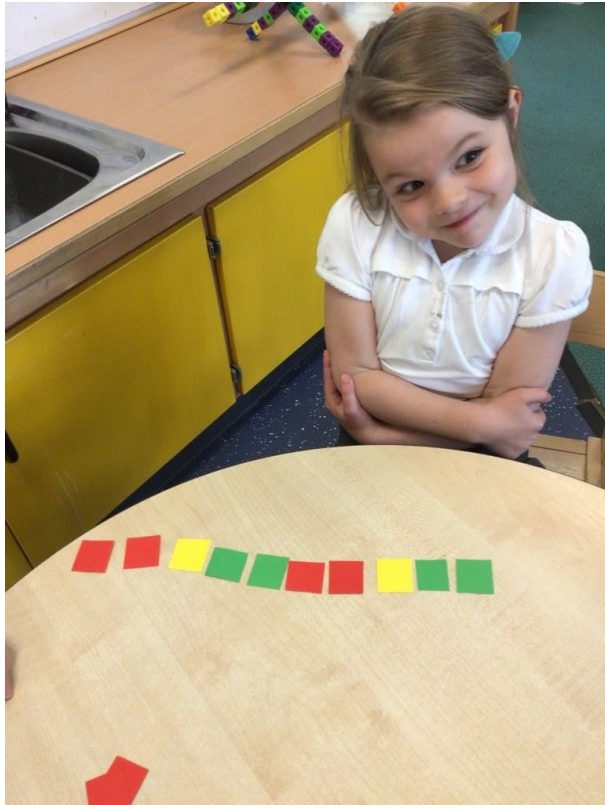
Thank you for your support to school.

In Reception this week.....

The children have been learning to create our own patterns and explain our pattern rule.









In Year 2 this week.....

We were measuring capacity and volume and estimating which container would have the greatest capacity.





Talents & Achievements

Thank you to our children this week for sharing their talents and achievements, well done!





School Attendance

In school this week attendance has been 93.6%.

Stars of the Week!

This half term our Learning power is 'Exploration'



Nursery Stars: Annabelle Layla Ruben Levi

Lunchtime Awards: Eric C Harry R Natalya-Rosa S Chester W

Class 1 Star: Amelia

Lunchtime Award: Amber B

Class 2 Star: Reuben

Lunchtime Award: Jonathan D

Class 3 Star: Ada

Lunchtime Award: Maya C

Class 4 Star: Edie

Lunchtime Award: Ethan S

Class 5 Star: Felicity

Lunchtime Award: Bethany M

Class 6 Star: Vanessa

Lunchtime Award: Sophia F

Class 7 Star: Scarlet

Lunchtime Award: Scarlett H

Class 8 Star: Talaia

Lunchtime Award: Alivia S

Class 9 Star: Jacob

Lunchtime Award: Imogen C

Menu for week commencing 23rd June 2025

	Choice 1	Choice 2	Pudding
Monday	Butcher's Pork Meatballs or 'No Meat' balls served with garlic bread and seasonal vegetables	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Strawberry Ice Cream Tub & Fruit Salad Or fresh fruit or Yogurt
Tuesday	Beef or Cheeseburger or Veggie Burger Served with sautéed potatoes & mixed salad	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Belgian Waffles & Whipped Cream Or fresh fruit or yoghurt
Wednesday	Kingmoor Kitchen prepared Chicken & Veg pie or Kingmoor Kitchen prepared Quorn & Veg Pie served with mashed potato, gravy & seasonal vegetables	Freshly Made Roll Filled with a choice of tuna, ham or cheese served with fresh salad	Homemade Double Chocolate Chip Cookie or fresh fruit or yoghurt
Thursday	Homemade Pepperoni or Cheese Pizza served with potato wedges, beans and salad stocks	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Homemade Flapjack & Raisins or Fresh Fruit or Yoghurt
Friday	'Fishy Friday' or Homemade Cheese & Potato Pie served with skinny fries, spaghetti hoops & vegetables	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Fruit Ice Pop or Fresh Fruit or yoghurt

Calendar Dates

Monday 30 th June	Move Up Transition	Morning
Tuesday 1 st July	Sports Day	
Tuesday 8 th July	Open reading session	Nursery – 2.45pm Yr 1 & 2 – 3pm
Monday 14 th July	KINGFEST!	
Tuesday 15 th July	Class 7 leavers assembly	2.30pm
Wednesday 16 th July	Class 8 leavers assembly Class 9 leavers assembly	9.15am 2.30pm
Friday 18 th July	Last Day of Term	

Information



ENJOY WATER SAFELY

Better Swim School is dedicated to not only teaching vital swimming skills for life, but also creating a lifelong passion for the water. Here's how it happens:

- Accredited teaching programme tailored to children aged 4-16 years
- Interactive lessons designed to boost water confidence and skills
- Swimming teachers committed to your child's safety and development
- Ability-based lessons for children to progress at their pace
- Consistent lesson day and times for uninterrupted progress
- Free public swim access outside of lessons for extra practice and fun

Join weekly lessons with Better Swim School at participating locations listed right and get 50% off your first payment with code SUMMERS0.

Terms and conditions apply. Offer open to new customers only. Offer available at participating locations based on this date. Offer ends 31/07/25. For terms of our Better Swim School, please visit www.better-swim.co.uk. Better is a registered trademark and trading name of C&L Leisure Ltd. C&L Leisure Ltd is a charitable social enterprise and registered charity under the Companies & Charities (Benefit & Societies) Act 2016, registration no. 27936. Registered office: Sandberg House, The Hayes, Hayes, London, SE18 6JL. Inland Revenue Charity no. 801339.

SWIMMING LESSONS NEAR YOU

- The Sands Centre**
Carlisle CA1 1JQ
- Trinity Leisure Centre**
Strand Rd, Carlisle CA1 1JB
- Workington Leisure Centre**
Griffin St, Workington CA14 2DX
- Cockermouth Leisure Centre**
Castlegate Dr, Cockermouth CA13 9JR
- Copeland Pool & Fitness Centre**
Cleator Moor Rd, Whitehaven CA28 8RW
- Kendal Leisure Centre**
Burton Rd, Kendal LA9 7HX
- Penrith Leisure Centre**
Southend Rd, Penrith CA11 8JH
- Appleby Leisure Centre**
Chapel Street, Appleby CA16 6QR
- Ulverston Leisure Centre**
Priory Road, LA12 9HT



Scan the QR code or search Better Swim School to join and find out more.



St John's & St Peter's

HOLIDAY CLUB

FREE



GET READY FOR BLAST OFF!
Tues 26th – Fri 29th Aug 2025
FREE HOLIDAY CLUB FOR CHILDREN AGED 5-11 YEARS

Booking forms available from the school or St Peter's church office



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Carlisle Music Centre

Carlisle Music Centre welcomes all young musicians to create and perform music as part of a group. Led by expert tutors from Cumberland Music Service and partly funded from Cumbria Music Hub, we will work with you to improve your group playing and music reading skills in a fun, friendly and supportive environment. You will perform regular concerts throughout the year with the opportunity to play alongside other bands. We are seeking to expand our groups of young people, so why not come along and join us?

Where: Trinity School, Carlisle | **When:** Thursdays after school **Who:** Any young musician | **Apply:** music-centre-application@music-service@cumberland.gov.uk | **Tei:** 01900 706086

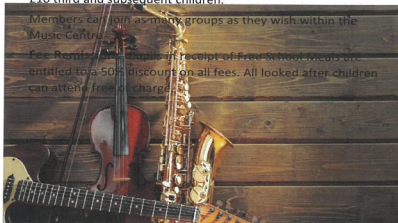
Carlisle Music Centre Groups

- **Junior Wind Band**
4.45pm to 5.45pm for Brass, Woodwind & Percussion to Grade 2 (First Access pupils/beginners welcome).
- **Strings**
4.45pm to 5.45pm for Violin, Viola, Cello, Double Bass & Harp Open to all levels (First Access pupils/beginners welcome).
- **Percussion**
Temporarily unavailable
- **Guitars**
6.15pm to 7.15pm for Electric Guitar & Bass Guitar Grade 3 plus.
- **Youth Concert Band**
6.00pm to 8.00pm for the more experienced musician approximately Grade 3 and above.

Termly Membership

£19 first child.
£12 second child.
£10 third and subsequent children.

Members can join as many groups as they wish within the Music Centre.
Fee Remission: Members with receipt of Free School Meals are entitled to a 50% discount on all fees. All looked after children can attend free of charge.





Online Safety Newsletter

June 2025

Virtual Reality (VR)

VR is a 3D computer generated environment that users can explore wearing a VR Headset.

Meta Quest Parental Controls
Meta Quest are one of the more popular VR Headsets. Users aged 13+ can use Meta Quest (children between 10 and 12 years old can use it through a parent managed account). Meta Quest state that VR Headsets are not recommended for use by younger or smaller-sized children for a variety of reasons including eye strain. Optional supervision tools are available for those aged 13-17. Find out more here: <https://familycenter.meta.com/uk/our-products/horizon-and-quest/>

Meta Quest has a Safety Centre: it includes health and safety warnings and how to set privacy settings. <https://www.meta.com/gb/quest/safety-center/>

Gorilla Tag
This is a popular game and whilst rated as PEGI 3 (even though young children should not be using VR), it is important to note that it does include in app purchases and players can interact so there is a risk of offensive/inappropriate language. <https://www.esrb.org/blog/a-parents-guide-to-gorilla-tag/>

What can I do?
Check what games your child is accessing and make sure they are appropriate.
Play together.
Set time limits and ensure plenty of breaks.

Further information:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/virtual-reality-headsets/>

Online Privacy

It is important to develop an understanding of how you can protect your child's privacy online. Any personal information shared online creates a digital footprint and it is vital that we control who sees what.



What are Privacy settings?

Privacy settings are tools available on most social media apps, websites, and games. They allow users to control who can view what they share online.

What can we do to support our children with their online privacy?

Talk to your child regularly: Talk to your child about what is personal information and to think about what they share online. Personal information includes their name, address, current location and the school they attend. This also includes information within photos or videos that they may share, for example does it show their current location?

Apply appropriate privacy settings: For any app, game or device that your child uses, check the privacy settings and apply them as appropriate. For example:

- o Check if their location is being shared.
- o Check who can tag them in posts (as what others tag them in can also affect their digital footprint).
- o Check who can share their content.

Check these settings regularly as new options may become available or sometimes updates can change previous settings.

Children learn from us: Think about what you are sharing online – do you share photos of your child in their school uniform or their current location?

Set strong/complex passwords: Teach your child to create strong/complex passwords and to never share them with others.

Search their name – search their name in a search engine to see what information can be seen about your child. Remind your child that they can delete any information that they no longer want others to see.

Further information

- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/taking-care-your-digital-footprint/>
- <https://www.unicef.org/parenting/child-care/online-privacy>
- https://www.ceopeducation.co.uk/11_18/lets-talk-about/online-safety/privacy-settings/

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.06.25. 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.

Instagram

You must be over 13 years of age to set up an account. Instagram is used to post photos and videos as well as send direct messages, make voice/video calls, and send disappearing messages. Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).

Teen accounts

Teen accounts are automatically set up for users aged 13 – 17. Teens under the age of 16 will need your permission to update their safety settings. With a Teen Account, additional safety settings are applied, for example, who your child can contact is limited and the content they access will be set to the most restrictive setting to reduce exposure to sensitive content. Find out more here: <https://help.instagram.com/995996839195964>

Supervision settings

Instagram also offers a supervision facility, which is a set of tools that you can use to help support your child. It is important to note that both you and your child must agree to these settings, and they can be removed at any time by either person. Once set up you can:

- Set a time limit.
- See which accounts your child is following and who is following them.
- View who your child has messaged in the past week (you will not be able to see the contents of these messages)
- The option to block your child from accessing Instagram at certain times e.g. during school or at night.

Find out more here: https://help.instagram.com/658522825492278/?helpref=related_articles

How to Reset Your Instagram Recommendations

You can reset recommendations, which will clear recommended content across Explore, Reels and Feed. You can find out more here: <https://about.fb.com/news/2024/11/introducing-recommendations-reset-instagram/>

What are the risks of using Instagram?

- Cyberbullying.
- Risk of contact from strangers.
- Viewing inappropriate content.
- Echo chambers - algorithms can create an echo chamber. Once we show an interest in a subject, the app/ site will promote that content, which may mean we are overly exposed to it.

Safety Features

If your child is using Instagram, then ensure they know how to report posts and people, how to unfollow/block people as well as delete and turn off comments. Find out how: <https://help.instagram.com/269765046710559>

More information

Visit the family centre to learn more about the features available: <https://familycenter.meta.com/uk/>

Talking to your child about online mistakes

The online world is difficult to navigate, and mistakes will happen. When they do, it is important that as a parent you are ready.

Stay Calm

If your child tells you about something that they have done wrong online, then try to stay calm and listen.

Be Honest

You may not know how to solve the issue but tell them you will help them work it out.

Solve It Together

Try and resolve the problem together to help your child learn and understand what went wrong. This will also develop their digital literacy skills.

You should also take the opportunity to review/set up any available parental controls.

Help and Support

If you feel like you need support from an external organisation, then Parent Zone have listed some of the different organisations available: <https://parentzone.org.uk/article/help-and-support>

Further information: <https://www.brightcanary.io/what-to-do-when-your-child-sends-inappropriate-things/>

Texting dictionary from Internet Matters

Internet Matters have created a list of text language terms to help you understand some of the text slang that your child might be using. Find out more here: <https://www.internetmatters.org/resources/text-dictionary/>