



Newsletter Friday 27th June 2025

[Kingmoor Nursery and Infant School](#)

[SUPPORT US and Spread the word!](#)

We are delighted to let you know that our application to Tesco Stronger Starts has been successful and our project will be put forward to a customer vote in Tesco stores.

Voting will commence in store from the first week in July 2025 until the end of September 2025:

Kingmoor Nursery and Infant School Sensory Room Carlisle.

We have created a sensory space in school and would like to provide sensory resources, to help our children develop, explore, and engage their different senses. The project with the highest number of votes across your region will receive £1,500 (or the amount that was requested up to this value), the second placed project £1,000 (or the amount that was requested up to this value), and the third placed project £500.

You can do this in:

Carlisle 2 Superstore CA1 2SB

Penrith Express CA11 8RQ

Carlisle Express CA3 8HU

Parent/Carer Survey - PINS

We are very excited to announce that our school has been chosen to be part of a new project, 'The Partnership for Inclusion of Neurodiversity in Schools' (PINS). This is a project that focuses on the partnership between the family and school.

The PINS project is about creating positive, practical change by listening to and involving the people who know children best – parents, school staff and professionals – to shape environments that support all learners, whether or not they have a formal diagnosis.

School and families will be supported throughout the PINS project by the parent/carers forum, SENDAC. As representatives of local families with children and young people with SEND, SENDAC bring lived experience, insight, and a strong commitment to co-production (families and school working together).

We want to know what you think, so that school can work with you, and together, ensure that neuroinclusive practice in schools is embedded.

If you are interested in being part of this exciting project, please complete the following short survey: <https://www.surveymonkey.com/r/PINSParentSurveyCumberland>

This will help us better understand families' experiences and priorities, and ensure your voices are at the heart of this work, shaping the support offered.

We look forward to hearing your views.

Many thanks for taking the time to complete the survey.

Mrs Lamb

SENCo/Senior Assistant Headteacher

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 is on Tapestry.

RECEPTION SPORTS

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

Parents/Carers you are able to collect your child at 2.15pm, they will be dismissed from their classroom.

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!



KINGFEST is fast approaching, please make payment for your child on Eduspot.

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

Please note for this day the children will have a picnic lunch of sausage roll or cheese & onion roll served with smiley faces and salad sticks followed by a jam or ring donut! We will not be able to offer a cold alternative therefore please change your child's option to 'Packed Lunch' if they will be bringing from home

Thank you for your support to school.

Primary Engineer Competition

We took part in the primary engineer competition this year. Although we didn't have any winners some of our children received 'distinction shortlisted'. This means that they have been to the final round of judging with VIP's from the engineering world!

Well done to....

Nursery Isla

Reception Daniel

Year 1 Ella & Noah S

Year 2 Eleanor, Isabelle & Millie

Well done also to everyone who took part, you will all receive a certificate.

Mrs Brumpton

Panathlon Event at the Sheepmount

This week some of the children took part in the KS1 Panathlon Event at the Sheepmount. They took part in a range of activities from target throwing, bowling, parachute games and dribbling through obstacles. This was part of the Cumbria School Games.



















Talents & Achievements

We have lots of children sharing their talents and achievements with us this week, well done everyone.





Reuben - Class 2
Swimming Award



Rory - Class 2
Football Award



Louis - Class 8
Player of the Year



Hope - Class 7
Razzamataz Show



School Attendance

Attendance has been better in school and was 95.3%, well done

Stars of the Week!

This half term our Learning power is 'Exploration'



Nursery Stars: Killian W Lily R James G George I Alfie H

Lunchtime Awards: Casey C Sylvie S George I Sienna S

Class 1 Star: Jacob

Lunchtime Award: Thomas S

Class 2 Star: Parker

Lunchtime Award: Zack W

Class 3 Star: Rosalie

Lunchtime Award: Adam C

Class 4 Star: Broden

Lunchtime Award: Wyatt B

Class 5 Star: Jason

Lunchtime Award: Callum C

Class 6 Star: Ryan

Lunchtime Award: James L

Class 7 Star: Maisie

Lunchtime Award: Jack H

Class 8 Star: Naomi

Lunchtime Award: Jack M

Class 9 Star: Jack

Lunchtime Award: Jacob J

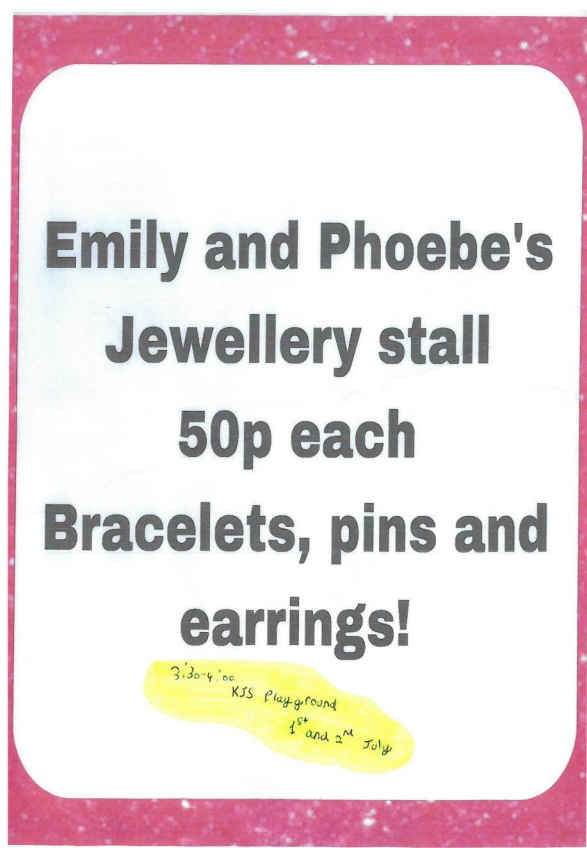
Menu for week commencing 30th June 2025

	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 Salad 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

Monday 30 th June	Move Up Transition	Morning
Tuesday 1 st July	Sports Day	
Tuesday 8 th July	Open reading session	Nursery – 2.45pm Rec 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 SUMMERSO.

Terms and conditions apply. Offer open to new customers only. Offer available at participating locations listed on this flyer. Offer ends 31/07/25. Full terms at better.org.uk/offer-terms. Better is a registered trademark and trading name of GLL. GLL (Greater Leisure Limited) is a charitable organisation and registered charity under the Companies Act 2006 and Community Benefit & Social Act 2016. Incorporated in England. Registered office: Millington House, The Hayes Avenue, London, SE18 6JX. Inland Revenue Charity reg. 9813396.

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.

BETTER

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 | **Tel:** 01900 706086

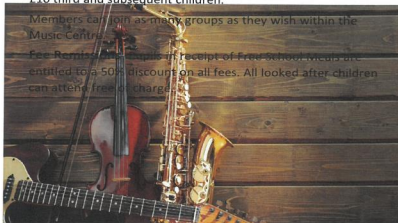
Carlisle Music Centre Groups

- **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/

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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/>