



Newsletter Friday 7th February 2025

[Kingmoor Nursery and Infant School](#)

[Children's Mental Health Week](#)

Magical Mel has been leading sessions in school this week as part of Children's Mental Health week. Relax Kids helps to give children the tools to support mental health and wellbeing. Relax Kids Cumbria with Magical Mel.









Online Safety Newsletter - February 2025



Kingmoor Nursery and Infant School



Online Safety Newsletter Feb 2025

Messaging others

There are many ways in which our children can communicate online, for example via messaging apps, social media apps and online games such as FIFA and Fortnite. We need to understand how and who our children are communicating with to keep them safe online.

Ensure your child knows to talk to a trusted adult should they need to. However, remind them that it is not appropriate to contact teachers online, they should only use official school communication methods.

What are the risks?

- Bullying and inappropriate chat.
- Contact from strangers.
- Sharing personal information including images.
- Sextortion - this is a form of extortion where somebody threatens to share a nude/sexual image of you.

How can I mitigate the risks?

- Ensure your child is accessing age appropriate apps/games and that appropriate parental controls are set up.
- Chat to your child about the risks so they are aware of what can happen online.
- Depending on the age of your child, it may be more appropriate for devices to be used in family rooms so you can monitor what they are doing.

Further information

- <https://www.ceopeducation.co.uk/parents/Concerned-about-your-child/Online-contact-and-staying-safe/>
- <https://www.brightcansurvive.co.uk/what-to-do-when-your-child-sends-inappropriate-texts/>

Squid Game – rated 15+

Season 2 of Netflix's Squid Game is now available and has been rated 15 by the British Board of Film Classification (BBFC). You can find out why Squid Game has been rated 15 by visiting the BBFC: <https://www.bbfc.co.uk/release/squid-game-g29sbvjdgkvbjpw001mzm3ndg>.

Due to its popularity, Squid Game related content can be found on numerous other platforms such as YouTube, TikTok and Roblox, so your child may come across this show without even viewing it on Netflix. Content may range from trailers of the show or content that other people create such as memes and games.

What can I do?

- **Parental Controls** - Set up appropriate parental controls on your broadband, devices and on individual apps to reduce access to content that is not appropriate for their age.
- **Talk** - Chat to your child about age ratings and why this means certain programmes are not suitable for them to watch.
- **Individual Profiles** - Set up child profiles on any streaming services to ensure your child is only viewing content appropriate to them.
- **Reporting** - Make sure your child knows how to report and block on all platforms that they use.
- **Explore** - Watch and explore things online together so you can see what your child is doing and how to support them.

More information:

It is important to talk to your child regularly about what they are watching and ensure that they know they should always tell you or another trusted adult if they do see anything upsetting. You can find out more about the type of inappropriate content your child might come across online here: <https://www.internetmatters.org/issues/inappropriate-content/learn-about-it/>

Should children have mobile phones?

The Children's Society explore this important question in their recent blog titled "Should children have mobile phones?" The article discusses concerns such as excessive screen time being linked with mental health issues as well as the benefits of a child friendly phone rather than a smart phone. You can read the full article here:

<https://www.childrensociety.org.uk/what-we-do/blogs/should-children-have-mobile-phones>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.02.25.

Snapchat

What is Snapchat?

Snapchat is a social media app used for messaging and sharing photos and videos. You must be 13+ to sign up. Users can send messages (snaps) to others that are only seen for a set time e.g., 10 seconds and users can also upload snaps to stories, which disappear after 24 hours.

Key Concerns

There are potential risks to using

- Snapchat, including:
 - the risk of your child viewing content that is not appropriate for their age.
 - location sharing (via Snap Map) (this can be switched off).
 - cyberbullying.
 - contact from strangers.
 - excessive screen time.

Family Centre features

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to:

- see who your child is friends with.
- see who your child has sent messages (not the contents of conversations though), photos or videos to in the last week.
- view a list of group members for groups that your child has been active in.
- restrict content to limit access.
- report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>

Safety tips

Please make sure the appropriate privacy settings are set up on Snapchat, including who can see their location and also ensure your child knows how to block and report other users if necessary:

- <https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-do-I-change-my-privacy-settings-on-Snapchat>

More information

For more detailed advice and information:

- <https://www.childrensociety.org.uk/what-we-do/blogs/the-risks-snapchat-poses-to-children>
- <https://www.internetmatters.org/parental-controls/social-media/snapchat/>



Do you need help managing your child's device?

You can use Google Family Link or Apple Family Sharing to help you depending on your child's device.

Google Family Link

This is a free parental control app from Google that lets you:

- View activity reports showing how long they spend on each app.
- Approve or block new app downloads.
- Set screen time limits.
- Find their location.

You will need to download an app and then decide appropriate settings.

<https://families.google/familylink/>

Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions and purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

<https://www.apple.com/uk/family-sharing/>

Monitoring Apps (paid for)

In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend/endorse a specific product, these are some examples that you could review and test using a free trial:

- Norton Family: <https://uk.norton.com/products/internet-family>
- Qustodio: <https://www.qustodio.com/en/>
- Family Time: <https://familytime.io/>

Cumberland SEND Partnership's Annual Survey

If you are a child or young person with special educational needs and disabilities (SEND), or a parent carer, we want to hear your views!

The Cumberland SEND Partnership have created 2 surveys to help us understand what is important to you, so that we can work more effectively with you.

The Cumberland SEND Partnership is formed of Cumberland Council, NHS and local health organisations, and SEND Alliance Cumbria (SENDAC, the parent carer forum for Cumbria). One is for children and young people, and the other is for parent carers.

Our parent/carer survey has a maximum of 20 questions and should take less than 10 minutes to complete.

Our children/young people survey has a maximum of 12 questions and should take less than 10 minutes to complete.

Click on this link to complete the survey: [Families Information | Cumberland SEND Partnership's Annual Survey](#)

Attendance

We have had whole school attendance this week of 97.0%

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 - 1 - Make a capital D with your fingers



2 - 2 - Touch forefinger on opposite palm



3 - 3 - 2 fingers on top of 2 fingers on the opposite hand.

Stars of the Week!

This half term our Learning power is 'Learning to Learn'



Nursery Stars: Noah L Olivia-Rose K William L Sylvie S

Lunchtime Awards: Lara C Noah L Layla H Scarlett S

Class 1 Star: Ruby

Lunchtime Award: Lucas H

Class 2 Star: Nova

Lunchtime Award: Harry W

Class 3 Star: Myles

Lunchtime Award: Ellis S

Class 4 Star: Hamish

Lunchtime Award: Lily C

Class 5 Star: Dexter

Lunchtime Award: Eldon B

Class 6 Star: Darcy

Lunchtime Award: Darcy V

Class 7 Star: Ava

Lunchtime Award: Oliver C

Class 8 Star: Jack

Lunchtime Award: Rosie A

Class 9 Star: Tyler

Lunchtime Award: Summer N

Menu for week commencing 10th February 2025

	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

Friday 14 th February	Last Day of Term	
Monday 23 rd February	First Day of Term	
Thursday 6 th March	World Book Day – Children to come dressed in PJ's or comfy clothes – £1 donations where possible raising money for school	
Thursday 20 th March	Open Reading Session	
Friday 21 st March	Comic Relief – Non uniform - £1 donation for charity	
Friday 4 th April	Last Day of Spring Term	
Tuesday 22 nd April	First Day of Spring Term	

Information

Certificate of Appreciation

This is to certify that
Kingmoor Nursery & Infant School
Generously raised the sum of
£47.90

Date: 30/01/2025
Signed: *[Signature]*

Thank you!

Oak Tree Farm, Wetheral Shields, Carlisle, CA4 8JA
www.oaktreeanimals.org.uk
Registered Charity Number 1169571 / SC048389

30 January 2025



Kingmoor Nursery and Infant School
Hether Drive
Lowry Hill
Carlisle
Cumbria
CA3 0ES

Dear all staff and students at Kingmoor Nursery and Infant School

Thank you very much for fundraising for us this Christmas! We hope you enjoyed our Hook-a-Present game, together you raised a fabulous £47.90 for Oak Tree Animals' Charity. Your support is invaluable and enables us to help thousands of animals every year.

Every single donation plays a vital role in ensuring we can continue improving the lives of pets and owners in need across the region. Our work includes rescue, rehabilitation and rehoming animals, as well as supporting pet owners through our community outreach programmes. Our Pet Foodbank and 'A Helping Paw' schemes are lifelines for owners seeking urgent support. Our dedicated teams ensure all animals get the right care and continue to adapt our services to ensure we can help those who need us most.

It would not be possible for us to support as many animals or their owners without the generosity of amazing supporters, like you! Thank you once again for choosing to support Oak Tree and helping us to change the lives of so many animals and their owners.

With our very best wishes and sincere gratitude.

Yours sincerely,

Liz Fell
Fundraising Officer
01228 560082 / fundraising@oaktreeanimals.org.uk

Oak Tree Animals' Charity
Registered Charity Numbers 1169311 / SC048389
www.oaktreeanimals.org.uk info@oaktreeanimals.org.uk
Oak Tree Farm
Wethered Shaiids
Carlisle, CA4 8JA
01228 560082
Company Limited by Guarantee 1040012 registered in England and Wales

BOYS JOIN NOW

WEDNESDAYS @4PM-4:45PM

SPECIAL OFFER
FREE BOYS ONLY CLASSES
FOR TWO WEEKS
AGE 5 +
COME ALONG AND TRY IT OUT

WEDNESDAY 5TH FEB
WEDNESDAY 12TH FEB

CARLISLE DANCE ACADEMY

Cumberland SEND Partnership's Annual Survey

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[Parents and Carers Survey](#)

[Children and Young People's Survey \(WORD version\)](#)

We have also created a 'Widgit' version of our children and young people's survey. This survey has pictures or 'Widgits' included, to help support with reading and understanding the question, and the answers offered.

[Children and Young People's Survey \(Widgit version\)](#)

We designed these surveys with members of SENDAC, as well as other parent carers in the community. Our children/young people survey was designed with our Unique Voices group, an active participation group for young people with SEND, supported by Cumberland Council. Thank you to all who gave their time to help us design our surveys to make sure we were asking the right questions in the right way.

If you would like to be involved in helping us get things right in the future, you can join SENDAC with details on how to join on their [website](#).

You can also email stephane.campbell@cumberland.gov.uk for more information on how to get in ongoing workstreams.

We want to thank you for taking the time to complete this survey. We appreciate that telling your family's story repeatedly can be difficult and emotional. These are our first Annual SEND Surveys since the Cumberland SEND Partnership became the partnership for the Cumberland area, replacing the former Cumbria SEND Partnership.

The feedback you share is vital in helping us to:

- listen to the voices of children and young people and their parent carers,
- collect feedback from families about their experience of the SEND services and provision in Cumberland and the effectiveness of support they receive, and
- identify gaps, areas for development and strengths within the SEND system.

If you would like to find out more about our survey or ask any questions, please contact sendpartnership@cumberland.gov.uk.

The survey is anonymous, however there is an option to be entered into a prize draw. We have two £50 One 4 All vouchers to award. The winner will be chosen at random once the survey closes. Surveys close on 7 March 2025.

If you wish to enter the prize draw, an email address must be provided. Please note your responses to this survey will be completely anonymous. Your email address will only be seen by our Communications Officer, Steph, for the purpose of informing you if you have won the draw. All email addresses will then be deleted from survey responses. Children and young people under the age of 18 must have permission from a parent or guardian to enter the prize draw.