



Newsletter Friday 21st March 2025

Kingmoor Nursery and Infant School

Big Wheel & Walk



Last week we asked that you encouraged your children to walk or wheel to school as much as possible for the Cumbria Active Travel scheme we join in, thank you to all the children

that were able to and the dry weather certainly helped! Everyone has received a wristband from Active Travel.

For the next two weeks up to the Easter holidays we hope children will continue to walk or wheel to school as it is the national Big Walk and Wheel where we record how journeys are made to and from school and we hope to win some prizes!

Well Done Kingmoor Kitchen!



As parents you will know that our kitchen staff are now directly employed by school and have today been awarded 5 Star Food Standards Hygiene Rating. We would like to say a huge thank you to our kitchen team for all their hard work and delicious lunches they provide us with every day. Well done!

PLEASE NOTE AMENDED MENUS WILL BE AVAILABLE FOR BOOKING AFTER EASTER HOLIDAYS SHORTLY, YOU WILL BE NOTIFIED BY TEXT.

Pharmacy



If you are struggling to make a doctors appointment for your child please visit your local pharmacy as they are now more able to help with minor ailments.

For example pharmacists are now able to prescribe antibiotics and other routine treatments for your child.

U Dance

On Monday Year 1 represented our school in the U Dance festival at the Crown and Mitre hotel. They have worked hard over the past term to practice their routine and did a fantastic performance on stage in front of a live audience. It was a brilliant experience and the children thoroughly enjoyed themselves. We are very proud of them.











Comic Relief



It was fabulous to see everyone dressed in red or own clothes raising money for Comic Relief. Thank you to everyone, we raised over £230!





In Nursery this week.....

The children in nursery enjoyed a range of fruit and carbohydrate based snacks during each session. Using recycled empty yoghurt pots, the children have loved having their own dip pot for their tortilla chips and salsa dip - delicious!











In Class 4 this week.....

Today Class 4 enjoyed a trip to Tullie House where they took part in a Mary Anning workshop. The children had a chance to search for fossils, complete jigsaw puzzles, dress up and lots more.

They all had a fantastic time and their knowledge was really impressive.









Talents & Achievements

Thank you everyone for sharing your talents and achievements with us this week!



Emily - Class 2
Rainbow Badge



Ruben - Nursery
Player of the Week



Donnie - Class 3
Player of the Week



Emily - Class 8
Dancer of the Week





School Attendance

Attendance for the whole school this week has been really good, 97.4%, well done!

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 - s - hook little fingers together on both hands



2 - t - forefinger at the side of opposite palm



3 - u - point to the pinky finger of an open hand

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: Jacob T Ruben H Alfie H Dacie B

Lunchtime Awards: Theo G Levi L Aanya K Robyn G

Class 1 Star: Ivy

Lunchtime Award: Ahmed I

Class 2 Star: Reuben

Lunchtime Award: Evan C

Class 3 Star: Esmail

Lunchtime Award: Belle M

Class 4 Star: Harriet

Lunchtime Award: Charlie W

Class 5 Star: Eldon

Lunchtime Award: Brett B

Class 6 Star: Sophia

Lunchtime Award: Maisie M

Class 7 Star: Ellis

Lunchtime Award: Jack H

Class 8 Star: Louis H

Lunchtime Award: Imogen C

Class 9 Star: Jayden

Lunchtime Award: Oliver S

Menu for week commencing 24th March 2025

1.	Choice 1	Choice 2	Pudding
Monday	Kingmoor Kitchen Prepared Beef Pasta Bolognese or Sweet Tomato Pasta served with garlic bread & green beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Ice Cream Roll or fresh fruit or yogurt
Tuesday	Oven Baked Pioneer Sausage (Pork) or Meat free Sausage served with mashed potato, seasonal vegetables & gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Banana Cake or fresh fruit or yoghurt
Wednesday	Turkey Burger or Quorn Burger Served with potato puffs & mixed salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Gingerbread or Fresh Fruit or yoghurt
Thursday	Sliced Roast Chicken or Quorn served with roast potatoes, seasonal vegetables and gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Marble Sponge or Fresh Fruit or yoghurt
Friday	'Fishy Friday' or Kingmoor Kitchen prepared Cheese & Egg Flan served with chips, sweetcorn & tomato ketchup	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Anzac Biscuit or Fresh Fruit or yoghurt

Calendar Dates

Monday 24 th March	Class 9 Stock Wood Trip	AM
Tuesday 25 th March	Class 8 Stock Wood Trip	AM
Wednesday 26 th March	Class 7 Stock Wood Trip	AM
Thursday 3 rd April	Class 5 Tullie House Trip	AM
Friday 4 th April	Class 6 Tullie House Trip	AM
Friday 4 th April	Last Day of Spring Term	
Tuesday 22 nd April	First Day of Spring Term	

Information

CROSSLINK
ST JOHN'S, HOUGHTON WITH ST PETER'S, KINGMOOR



He is risen

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)

...and we're also looking to try some new activities or services.

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 LIFE 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

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Email: office@hkchurch.org.uk | Tel: 01228 515972 | hkchurch.org.uk | HK Church Carlisle



MOTHERING SUNDAY

Join us for a relaxed and family-friendly all-age service

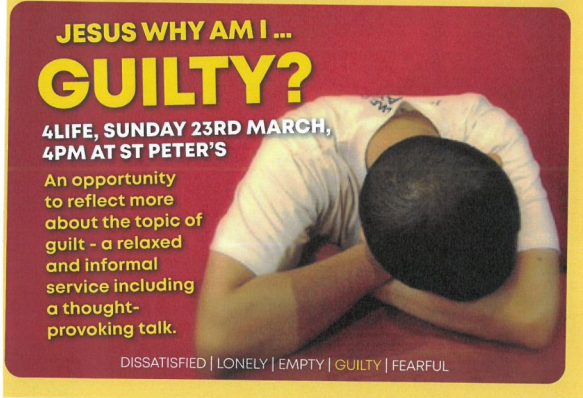
SUNDAY 30TH MARCH

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