



Newsletter Friday 26th September 2025

## Kingmoor Nursery and Infant School

SPARK Event - Sunday 5th October 2pm - 4pm



Come and join us on Sunday 5th October 2pm-4pm for a fantastic family open day!

Our school is working alongside Spark to host a free event for families to enjoy and get creative with a wide range of activities.

We would love to see you all there!

## Autism Assessment Team

Does your child have autism or are you exploring an autism assessment for your child?

If so, we are pleased to let you know that the Autism Assessment team will be holding drop in sessions between October – December 2025. These sessions are an opportunity:

- For parents and carers to speak with the team
- Find out about support available to you and the child /young person.
- Additionally, you could book a slot to get advice and guidance from professionals, including Speech and Language Therapist and an Occupational Therapist.

We warmly encourage you to come along. Please see the attached poster for more details. We hope as many parents and carers as possible join us and seek support and advice from professionals.

Don't hesitate to contact us for further information:

### Pathway Navigators (Carlisle/ Eden)

Kerry Armstrong & Anet Kuriakose

Email: [northcumbriachildrensmaat@ncic.nhs.uk](mailto:northcumbriachildrensmaat@ncic.nhs.uk)

**Cumberland Council**      **NHS Lancashire & South Cumbria NHS Foundation Trust**      **NHS North Cumbria Integrated Care NHS Foundation Trust**

Are you exploring an autism assessment for your child?  
Do you have any questions?  
Would you like support, advice and signposting?

Come and meet us and other families at the library in your area...

- o Autism pathway navigator
- o Speech and Language Therapist
- o Occupational Therapist
- o Health Visitor
- o other carers

This drop in is for parents and carers of:

- o Children who have been seen by the Community Paediatrician.
- o Children who are on the 'multi agency assessment team' (MAAT) pathway.
- o Children who are awaiting the outcome of their assessment.
- o Children and siblings are welcome!

**East Cumbria dates:**  
Thursday 18<sup>th</sup> September  
Thursday 13<sup>th</sup> November  
Thursday 11<sup>th</sup> December  
Time: 10:30- 12:30

**Location:** The Sands Centre Carlisle.

Thursday 16<sup>th</sup> October  
Time: 12:30- 14:30

For further details, you can contact our Autism Pathway Navigator - [NorthCumbriaChildrensMAAT@ncic.nhs.uk](mailto:NorthCumbriaChildrensMAAT@ncic.nhs.uk)

### In Nursery this week.....

Our new nursery children are settling into their new environment beautifully. They are having lots of fun exploring our outdoor area; learning, discovering, and collaborating together.











In Year 2 this week.....

The children have enjoyed learning about what shops were like 70 years ago in the 1950's!







# Flu Vaccinations

**Private and Confidential**

School-Aged Immunisation Service  
Immunisation Team  
2<sup>nd</sup> Floor  
Capital Building  
Hilltop Heights  
London Road  
Carlisle  
Cumbria  
CA1 2NS

Dear Parent/Carer

**Your child's annual flu vaccination is now due.**

This vaccination programme is in place to help protect your child against flu. The vaccine will help prevent them catching the flu. Vaccinating your child will also help protect vulnerable friends and family by reducing the spread of flu.

The intra-nasal flu vaccine is the most effective protection for your child against flu.

The online consent can be accessed via any online device. Please click on the following link or QR Code which will direct you to an online consent form for you to complete using the following school code

[Flu Vaccination Consent Form](#)



**SCHOOL CODE:** CM112230

**This link will close 1 week prior to the session.**

**Session Date:** Wednesday 26.11.25

If you decide you do not want your child to receive the flu vaccination, please complete a no consent form. (Still use the above link)

If in the past you have refused the intra-nasal flu vaccine due to porcine gelatine content, please follow the guidance on the flu consent form. The intramuscular (IM) flu vaccination can be given in school from year 7 upwards; younger years will be invited to receive it in one of our clinic venues. Contact the school aged immunisation team if you wish to arrange a clinic appointment.

Your child's school will be able to see if you have returned a consent form or not, they will not be able to access any personal information regarding you or your child.

If you have any queries regarding the online consent form or the Flu vaccine please contact the. North Cumbria Integrated Care School Aged Immunisation Service.

Yours sincerely,

North Cumbria Integrated Care School Aged Immunisation Service.

If your child becomes wheezy or has their asthma medication increased after you have completed the on-line form, please inform the immunisation service. For further information see [Protect your child against flu – information for parents and carers of children in primary school or pre-school](#)



## SPACE Course

Please join us for this free 5 week course for parents and carers



**Parents do you need support?**

Kingmoor Nursery  
and Infant School

Would you like to know what ACEs are and learn how our body and brain is impacted by ACEs?

**How to manage toxic stress**      **Have some time just for you**      **Understanding attachment**

Create a kinder, more nurturing relationship with yourself - and a stronger bond with your child

This is a **FREE** 5 week SPACE course for parents/carers beginning **Friday 7<sup>th</sup> November** and runs 9-11am in school with Mrs Lamb (School SENCo) and Donna Lund (Course Leader)

**Please come along for a cuppa and a chat to find out more at one of our 2 taster sessions:**

**Wednesday 15<sup>th</sup> October 6-7pm on Teams**  
**Friday 17<sup>th</sup> October 9-10am in school**

To book a place, please contact the school office on [admin@kingmoor-inf.cumbria.sch.uk](mailto:admin@kingmoor-inf.cumbria.sch.uk) / 01228-558892

## Open Evening & Reception 2025 applications



Kingmoor Nursery  
and Infant School

**September 2026**

Are you looking for a Reception place?

**OPEN EVENING**  
Thursday 6th  
November  
6pm

If your child is due to start Reception in September 2026 please see the poster for more information and make applications following this link:

<https://www.cumberland.gov.uk/schools-and-education/apply-school-place-or-change-schools/apply-reception-place>



Cumberland Council



Parents/carers are responsible for applying for a school place by **15 January 2026**

## Starting School

Children born between  
**1 September 2021**  
and **31 August 2022**  
can start school in **September 2026**

You can apply online at: [www.cumberland.gov.uk](http://www.cumberland.gov.uk)  
or contact: 01228 221582  
or email [school.admissions@cumberland.gov.uk](mailto:school.admissions@cumberland.gov.uk)

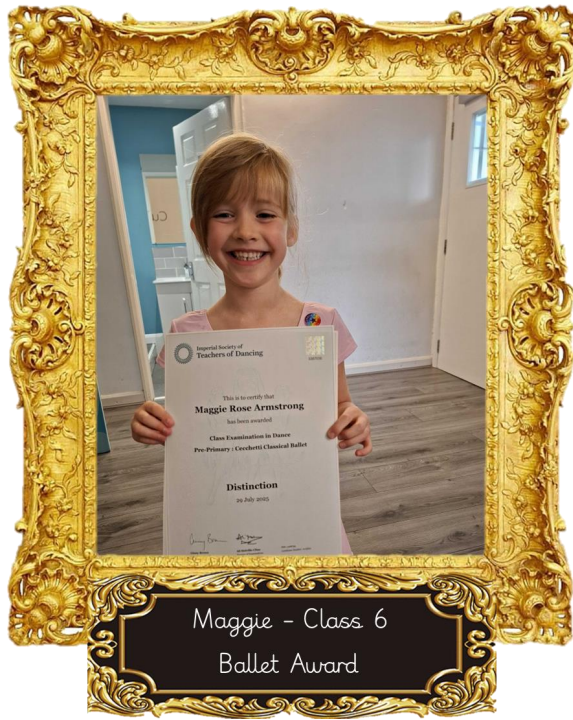
[cumberland.gov.uk](http://cumberland.gov.uk)

## Talents & Achievements

Well done children! Thank you for sharing your achievements!



Isla - Class 3  
Gymnastics Award



Maggie - Class 6  
Ballet Award

## Parent drop-in sessions with Mrs Lamb



## Stars of the Week!

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



Nursery Stars: Harvey Mason Billy-Mae Tom

Lunchtime Awards: Teddy S Cooper B Jake F Louise H Jessica D

Class 1 Star: Destiny

Lunchtime Award: Charlotte T

Class 2 Star: Arlie

Lunchtime Award: Olivia H

Class 3 Star: Kyla

Lunchtime Award: Ranya-Romy H

Class 4 Star: Benji

Lunchtime Award: Nancy W

Class 5 Star: Belle

Lunchtime Award: Ellis S

Class 6 Star: Ivy

Lunchtime Award: Amelia R

Class 7 Star: Wyatt

Lunchtime Award: Edie B

Class 8 Star: Oliver

Lunchtime Award: Ben B-H

Class 9 Star: Lander

Lunchtime Award: Flourish C-N

## School Attendance

Well done, attendance has been good in school this week and was 96.9%.

## Calendar Dates

Tuesday 30 <sup>th</sup> September	Curriculum Presentations will be uploaded to tapestry for parents to view	
Sunday 5 <sup>th</sup> October	SPARK event in school More information in leaflet	
Monday 6 <sup>th</sup> October	Harvest Songs recorded will be uploaded to tapestry	
Friday 10 <sup>th</sup> October	Hello Yellow - Children's Mental Health day wear yellow	
Wednesday 22 <sup>nd</sup> October	Parents evenings	
Thursday 23 <sup>rd</sup> October	Parents evenings	
Friday 24 <sup>th</sup> October	Last Day of Term	
Monday 3 <sup>rd</sup> November	First Day of Term	
Wednesday 5 <sup>th</sup> November	Year 1 live phonics session	
Monday 10 <sup>th</sup> November	Children's Individual Photographs in school	
Thursday 13 <sup>th</sup> November	Year 2 live phonics session	
Monday 24 <sup>th</sup> November	Reception live phonics session	
Wednesday 26 <sup>th</sup> November	Nasal Flu Vaccinations in school for Reception, Year 1 & Year 2 children	
Thursday 27 <sup>th</sup> November	Lowry Hill Christmas Light Switch On	3.45pm
Wednesday 10 <sup>th</sup> December	Christmas Performance (AM) – Reception	9.30am
Wednesday 10 <sup>th</sup> December	Christmas Performance (PM) – Reception	2.30pm
Thursday 11 <sup>th</sup> December	Christmas Performance (PM) – Year 1	2.30pm
Friday 12 <sup>th</sup> December	Christmas Performance (AM) – Year 1	9.30am
Monday 15 <sup>th</sup> December	Christmas Performance (PM) – Year 2	2.30pm
Tuesday 16 <sup>th</sup> December	Christmas Performance (AM) – Year 2	9.30am
Wednesday 17 <sup>th</sup> December	Christmas Dinner Day	
Wednesday 17 <sup>th</sup> December	WINDOW WANDER	
Friday 19 <sup>th</sup> December	Wear something Christmassy/Christmas Jumper Day – Raising money for Cash4Kids	
Friday 19 <sup>th</sup> December	Last Day of term	

## Menu for week commencing 3rd October 2025

1.	Choice 1	Choice 2	Pudding
Monday	Kingmoor Kitchen prepared Beef Pasta Bolognese or Rustic Tomato Pastas served with oven baked Garlic Bread, vegetables & Salad Sticks	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Ice Cream Roll or fresh fruit or yoghurt
Tuesday	Oven Baked Pioneer Sausage (Pork) or 'No Pork' Sausage served with mashed potato, seasonal vegetables & gravy	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Homemade Banana Cake or fresh fruit or yoghurt
Wednesday	Turkey Burger or Quorn burger Served with potato puffs & mixed salad	Freshly Made Roll Filled with a choice of tuna, ham or cheese served with fresh salad	Homemade Iced Gingerbread or Fresh Fruit or yoghurt
Thursday	Sliced Roast Chicken or Quorn Fillet served with roast potatoes, Yorkshire pudding seasonal vegetables & gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Homemade Marble Sponge & Custard or Fresh Fruit or yoghurt
Friday	'Fishy Friday' or Kingmoor Kitchen prepared Cheese & Egg Flan served with chips, beans & vegetables	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	American Pancakes & Berries or Fresh Fruit or yoghurt

## Information

**KINGMOOR BABY AND TODDLER GROUP**

Kingmoor Nursery and Infant School

Thursdays 1:45pm to 3pm

Sessions every week (closed during school holidays)

Craft, snack, songs, rhyme and play.

Children from 0 - to school age welcome. Come along to our friendly and welcoming group.

Tea, coffee and cake.  
£1 donation per family!

# POSITIVE BEHAVIOUR SUPPORT WORKSHOPS

Are you ever worried about your child's behaviour and aren't sure how best to help?

Do you want to better understand their needs and support them through those tricky times?

These workshops help parents think about strategies and to come up with a plan that focuses on a good life for your child and your family.

## NORTH CUMBRIA

Tuesday 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> of September

10am - 2pm

Tullie House, Castle Street, Carlisle, CA3 8TP

Booking is essential. Please note you need to attend all 3 days of the course.

I wish it was available to all parents.

I loved hearing other people's stories about their own families!

I felt valued and supported.



If someone in your family is **under 18**, and is **autistic**, has a **learning disability** or is **waiting for a diagnosis** of autism or a learning disability, please come along.

To **book your place**, get in touch with **Skills for People** and ask for the **PBS team**.  
Tel: 0191 281 8737 or e-mail: [information@skillsforpeople.org.uk](mailto:information@skillsforpeople.org.uk)



Health Education England



Kingmoor Nursery and Infant School



Knowsley City Learning Centres

## Online Safety Newsletter Sept 2025

### Coverstar

Coverstar say they are "the safe TikTok alternative." They state, "there is no specific age limitation... however, if you are under the age of 13, you must obtain parental consent." Users can post, comment and livestream.

Whilst Coverstar does not include private messaging, users can still interact via public comments. Coverstar does use moderation tools to scan all user-generated content. It is also important to be aware that Coverstar does allow in-app purchases ranging from £0.99 - £59.99.

If your child is using this app, ensure they know how to use the reporting tools. Bark provide a full review of Coverstar here, but they rate it as suitable for 10+  
<https://www.bark.us/app-reviews/apps/coverstar-app-review>

### Test your knowledge: Online Scams

Childnet have created a quiz for 9-13 year-olds that includes a range of potential online scams, as well as tips to help your child protect themselves online. Find out more here:  
<https://www.childnet.com/blog/tips-your-knowledge-about-online-scams-with-our-quiz-for-9-13-year-olds/>

### Online Safety Act

#### What is the Online Safety Act?

The Online Safety Act 2023 is a set of laws introduced to protect children and adults online. Ofcom is the regulator for online safety in the UK, responsible for ensuring companies follow the new rules. As part of this role, Ofcom have designed the Children Codes of practice, which came into force in July 2025. The codes outline what all online services likely to be accessed by children must do to protect children online, for example:

- Enforce age limits.
- Protect children from accessing harmful or age-inappropriate content. This includes content relating to self-harm and eating disorders.
- Ensure users can easily report harmful content.

Ofcom has the power to enforce the rules as well as issue fines if companies fail to comply. You can find out more here:  
<https://www.ofcom.org.uk/online-safety/protecting-children/new-rules-for-a-safer-generation-of-children-online>

#### How will it help to protect my child?

One of the main purposes of the Act is to protect children online. Ofcom has published information on how they are helping children to be safer online. The first link is a guide for parents, which also includes a section on what you can do as a parent. You can access this information here:

- <https://www.ofcom.org.uk/online-safety/protecting-children/how-ofcom-is-helping-children-to-be-safer-online-a-guide-for-parents>
- <https://www.ofcom.org.uk/online-safety/protecting-children/how-the-online-safety-act-will-help-to-protect-children>

#### Further information

Online Safety Act: explainer:  
<https://www.gov.uk/government/publications/online-safety-act-explainer/online-safety-act-explainer>



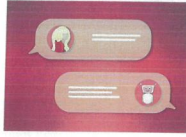
Would you like to read this newsletter in a different language? You can use the translate tool on our web version  
<https://www.knowsleycitysc.org.uk/sep-2025/>

# Artificial Intelligence (AI)

## What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity continues to grow, and examples include:

- **Search engines** such as Google now include an AI-generated overview as part of their results.
- **Virtual assistants** like Alexa, Meta AI and Siri.
- **Chatbots** such as ChatGPT and My AI from Snapchat.



## Opportunities

AI can be an effective tool when used correctly, for instance:

- **Homework** – children can use AI to support and assist their learning.
- **Advice** – AI can be used to provide information and suggestions on a variety of topics.

## Risks and concerns

- **Misinformation** – ensure your child understands that AI can sometimes provide incorrect or misleading information.
- **Privacy issues** – read any privacy policies before using.
- **Chat apps** – a simple search of "AI Chat" within the App store highlights the number of apps already available that are not suitable for children as many are rated as 17+.
- **Image manipulation** – there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- **Deepfakes** – there are also AI tools that create realistic, fake videos that can be used to spread misinformation or cause harm.

## How can I protect my child?

To help keep your child safe online, it is important to:

- Check age ratings of any apps or websites that your child accesses.
- Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

## Further information

- Overview: <https://www.internetmatters.org/advice/by-activity/using-artificial-intelligence/what-is-ai-artificial-intelligence/>
- Should you worry if your child has an AI friend? <https://parentzone.org.uk/article/should-you-worry-if-your-child-has-ai-friend>

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## Roblox: Grow a Garden

Roblox is a platform consisting of a collection of games. Grow a Garden is one of the latest games available on Roblox and is extremely popular. The game is labelled as 'minimal' for content maturity, which Roblox define as "may contain occasional mild violence, light unrealistic blood, and/or occasional mild fear." Roblox believe that the game play is suitable for everyone. However, as the game is on Roblox, it is important to be aware of the following:

- **Chat** – strangers can interact with your child.
- **In-game purchases** – this game does include in-game purchases.
- **Screentime** – set limits for how long your child is playing.

A lot of the content on Roblox 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, ensure they know how to use any reporting tools and set up appropriate parental controls.

## Further information

<https://en.help.roblox.com/en/en-us/articles/30428310121670-Parental-Controls-Overview>

## Grooming online

Grooming is when somebody seeks to build a relationship with a child to exploit them or cause harm.

It is important that we teach our children how to recognise red flags. Childline have lots of useful information on their website, including where to go for further support from:

<https://www.childline.org.uk/info/advice/bullying-abuse-safety/online-mobile-safety/online-grooming/>