



Newsletter Friday 17th October 2025

Kingmoor Nursery and Infant School

In Year 2 this week.....

The children spent an exciting morning on camera with ITV cameraman Andy Brecken.

Andy brought along some of his filming equipment to teach the children more about lighting and composition. He also discussed how different effects are used to alter images and how images are not always as they seem on the internet.





Pantomime in School



On Wednesday morning 12th November M & M Productions will be here performing the pantomime 'A Christmas Carol' in school for the children!

You are now able to make payment of £5.00 on Eduspot for the Pantomime in school, 'A Christmas Carol'. Please make payment by 7th November.

It is essential that school is supported with the cost towards this production, thank you.

Carlisle Foodbank

We are delighted to share the launch of our **brand-new Community Shop and Community Café**.

This initiative is designed to support households who may be finding things difficult but may not feel comfortable accessing a foodbank. It provides a welcoming, safe and dignified alternative.

🌟 **FREE membership is available for the rest of 2025** for the Community Shop.

🛒 The shop offers a wide range of items including long-life goods, cereals, meats, and snacks.

☕ Our Community Café is also open to all, providing a warm space for connection and support.

foodbank Carlisle **CARLISLEFOODBANK** 🌟

INTRODUCING RACHAEL'S

A BRAND NEW COMMUNITY SHOP & COMMUNITY CAFE

Quality low priced goods.
Variety of Choice.
Low Cost Coffee & Cake

FREE MEMBERSHIP FOR THE REST OF 2025

From January 2026 a small £5 per year membership charge per household

FIND US:

Upstairs at Carlisle Foodbank,
West Tower Street,
Monday, Tuesday, Wednesday, Friday
12-2.30pm

CARLISLEFOODBANK

Is still available to offer emergency food aid -
where households have no money or no food
By referral only.

Registered Charity: 1165332

Cumberland Family Hub



Cumberland Family Hubs - October

Apply for a school place now



If your child is due to start Reception or move to Secondary school in September 2026, it's time to apply.

Apply online via the Cumberland Council website – it's quick and easy. Name three preferred schools, listing only one doesn't improve your chances of being assigned your first preference.

Secondary school applications close on 31 October. Contact schools directly to find out about open events.

Reception places starting in September 2026 are for children born between 1 September 2021 and 31 August 2022. The **deadline is 15 January**, but now's a great time to visit schools and attend open events.

Get support from your local Family Hub or visit [BBC Tiny Happy People | Skills for starting school](#) for tips on preparing your child for reception.

Apply now at [Cumberland Council | Apply for a school place](#)

Don't miss...


Spooky fun for all ages

Download the half term timetables to find out what is going on near you:

- [Chances Family Hub and Carlisle area](#)
- [Family Hub in Longtown](#)
- [Family Hub in the Port, Maryport](#)
- [Family Hub in Millom](#)
- [Wigton Family Hub](#)
- [Family Hubs in Workington area](#)
- [Family Hub in the Harbour, Whitehaven](#)

Find more activities and groups:

Spooky fun for everyone this half term



Join one of the free sessions at Family Hubs near you during October half term:

Spooky Babies (0-12 months)

A gentle, spooky-themed session for you and your baby to enjoy together. Expect messy and sensory play, don't forget a change of clothes for you little one!

Booking required – find a session near you and reserve your spot today.

- [Book Spooky Babies Maryport](#)
- [Book Spooky Babies Family Hub on the Harbour](#)
- [Book Spooky Babies Workington](#)
- [Book Spooky Babies Newtown, Carlisle](#)
- [Book Spooky Babies Family Hub on the Border, Longtown](#)
- [Book Spooky Babies Wigton Family Hub](#)
- [Book Spooky Babies Millom](#)

Spooky fun (ages 0-8)

Drop in for a mix of spooky crafts, messy play and games perfect for younger children.

Please book for Carlisle, Whitehaven and Longtown. All other sessions no booking required, just turn up and join the fun!

- [Book Spooky Fun 0-8 Family Hub on the Border, Longtown](#)
- Ask a member of the team to reserve your place at Family Hub on the Harbour, Whitehaven or Carlisle.

Find all current sessions on our website, [Cumberland Family Hubs | Activities, events and support](#)

We are continuing to expand the sessions offered and we'll share updates on our website, this email and social channels.

Spook squad (ages 8-12)

Older kids can get stuck into Halloween crafts, make their own apple or marshmallow pops, and enjoy party games with snacks provided.

No booking needed – come along and get involved!

After(life) party (ages 12+)

Teens can enjoy a chilled Halloween hangout with spooky crafts and activities designed just for them.

No need to book – just drop in and join the party.

Embrace autumn



There are plenty of ways to embrace the season, including crafting spooky decorations, and getting out for a walk to explore the change in seasons. Here are [five spooky cosy activities to try for October](#).

Stay safe this Halloween



Halloween is all about spooky fun – but some real-life scares are best avoided.

- **Costumes:** Choose flame-resistant outfits from trusted shops. Layer up for warmth and fire safety.
- **Candles:** Keep them away from where people might be walking – battery-powered ones can be safer.
- **Roads:** Be seen! Add reflective strips, lights, glow sticks, wear bright or fluorescent colours.
- **Pumpkins:** Carve with care – adult supervision is a must.
- **Treats:** Watch out for choking hazards.

Find more tips at [Children Accident Prevention Trust | Halloween](#)

Watch out for Baby Week



We have lots of exciting activities to enjoy as part of Baby Week from **Friday 14 to Friday 21 November**.

The national initiative promotes the support available to you as you prepare to have your baby and during the first year of their life.

Events include breast feeding support and celebration (Big Feed), Big Little Strollers, activities for babies and parents. Find out more:

<https://babyweek.co.uk/cumberland/>

Protect your family from flu this winter



Did you know that the children's flu vaccine is offered to all 2-3 year olds, school aged children (reception to year 11) and children who have certain long term health conditions.

The flu vaccine helps protect your child and others against flu, flu can be very easily caught and spread amongst children, lets help stop the spread. Find out more <https://www.nhs.uk/vaccinations/child-flu-vaccine/>

Paracetamol use during pregnancy



After claims have been made recently about the safety of paracetamol, find the facts - [NHS | Pregnancy, breastfeeding and fertility while taking paracetamol for adults](#)

Worried about your teens mobile use?



Many parents worry about the amount of time their child spends on their phone and the impact it can have.

If you have concerns speak to one of our team or learn more about how to tackle the topic with them here, [5 top tips to talk to your teen about smartphone use](#)

Support for unpaid carers in Cumberland

Unpaid carers are now able to access the same level of support across Cumberland through new providers.

- [People First](#) are providing support for adult carers - [People First | Cumberland Carers](#)
- [Family Action](#) support young carers
- [Mobilise offer 24/7 support online.](#)

New pilot service to support neurodivergent children and families



A new Neurodiversity and Emotional Wellbeing service is launching this November to support children, young people and families across Cumberland.

Developed in partnership by Cumberland Council and local NHS organisations, working closely with parent/carer forum SENDAC, the service focuses on neurodiversity and emotional wellbeing - offering help at the earliest stage, when needs first begin to show.

This 12-month pilot will provide:

- **A single point of contact** for families
- **A multi-disciplinary team** of professionals
- **A strengths and needs assessment** to tailor support to each child or young person

The aim is to help families navigate everyday challenges and celebrate the unique strengths of neurodivergent thinking styles.

Co-production is at the heart of this service, with children, young people and parents/carers helping to shape how it works. If you would like to know more, please get in touch via Public.HealthEnquiries@cumberland.gov.uk

Find out what is going on in the Family Hubs



From keeping active during pregnancy to baby massage, toddler play to teen voice sessions. There is loads going on in family hubs near you. Find out what is happening at [Cumberland Family Hubs | Activities, groups and support](#). You can pick up a timetable at your local hub or

download it from the [Cumberland Family Hub website](#).

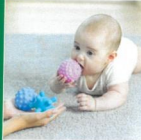
Sign up for weekly emails tailored to your pregnancy or child's age



Sign up for weekly emails personalised to your stage of pregnancy or child's age on the recently launched Best Start in Life parent hub, [Homepage](#) | [Best Start](#)

[in Life](#).

More than just tummy time



From the very beginning, movement is an important part of all our lives and promotes healthy growth and development.

To help support parents, **Starting2Move** will be visiting **Carlisle on Wednesday 15 October** where trained physiotherapists will be giving advice on positions for play and how to support your baby to build the strength they need to sit, crawl and get

walking.

As well as advice, they will also be giving out some brilliant **free baby toys** to help inspire movement, stocks are limited so get there early. Find the team next to a big blue bus by the tourist information office from **10am-4pm**.

If you can't make it to Carlisle then there are some great resources available to help you learn more about how to support your baby as they learn to move on [Association of Paediatric Chartered Physiotherapists](#) | [Positions for playing](#)

Update your subscriptions, modify your password or email address, or stop subscriptions at any time on your [Subscriber Preferences Page](#). You will need to use your email address to log in. If you have questions or problems with the subscription service, please visit [subscriberhelp.govdelivery.com](#).

Flu Vaccinations

NHS
North Cumbria
Integrated Care
NHS Foundation Trust

Private and Confidential

School-Aged Immunisation Service
Immunisation Team
2nd 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](#)



Open Evening & Reception 2025 applications




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
or contact: 01228 221582
or email school.admissions@cumberland.gov.uk

cumberland.gov.uk

Parent drop-in sessions with Mrs Lamb

Parent Drop in Sessions with our SENCO Mrs Lamb

If you would like to speak to our SENCo, Mrs Lamb, she will be holding regular drop in sessions in our Retreat (log Cabin). Just call in!



8:45-9:45am

- Thursday 18th Sep
- Friday 26th Sep
- Monday 29th Sep
- Tuesday 7th Oct
- Friday 17th Oct
- Monday 20th Oct

Talents & Achievements

Thank you children, you look so proud with your certificates!



Parker - Class 4
Karate Award



Reuben - Class 4
Player of the Week



Stars of the Week!

This half term our Learning power is 'Reflecting'



Nursery Stars: Jake F Oakleigh G Louise H Teddy S

Nursery Lunchtime Awards: Aiyan A Lara A Isla C Rafe C

Class 1 Star: Aanya

Lunchtime Award: Dacie B

Class 2 Star: Thea

Lunchtime Award: Amelia G

Class 3 Star: Ferne

Lunchtime Award: Casey C

Class 4 Star: Edith

Lunchtime Award: Nancy W

Class 5 Star: Alice

Lunchtime Award: Archie B

Class 6 Star: Amelia

Lunchtime Award: Amber B

Class 7 Star: Maia

Lunchtime Award: Oliver D

Class 8 Star: Callum

Lunchtime Award: Brett B

Class 9 Star: William

Lunchtime Award: Alethea S

School Attendance

Well done, attendance this week is 95.4%.




Calendar Dates

Wednesday 22 nd October	Parents evenings	
Thursday 23 rd October	Parents evenings	
Friday 24 th October	Last Day of Term	
Monday 3 rd November	First Day of Term	
Wednesday 5 th November	Year 1 live phonics session	
Monday 10 th November	Children's Individual Photographs in school	
Wednesday 12 th November	Pantomime in School – A Christmas Carol	AM
Thursday 13 th November	Year 2 live phonics session	
Monday 24 th November	Reception live phonics session	
Wednesday 26 th November	Nasal Flu Vaccinations in school for Reception, Year 1 & Year 2 children	
Thursday 27 th November	Lowry Hill Christmas Light Switch On	3.45pm
Wednesday 10 th December	Christmas Performance (AM) – Reception	9.30am
Wednesday 10 th December	Christmas Performance (PM) – Reception	2.30pm
Thursday 11 th December	Christmas Performance (PM) – Year 1	2.30pm
Friday 12 th December	Christmas Performance (AM) – Year 1	9.30am
Monday 15 th December	Christmas Performance (PM) – Year 2	2.30pm
Tuesday 16 th December	Christmas Performance (AM) – Year 2	9.30am
Wednesday 17 th December	Christmas Dinner Day	
Wednesday 17 th December	WINDOW WANDER	
Friday 19 th December	Wear something Christmassy/Christmas Jumper Day – Raising money for Cash4Kids	
Friday 19 th December	Last Day of term	

Menu for week commencing 20th 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


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...

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

This drop in is for parents and carers of:

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



East Cumbria dates:
 Thursday 18th September
 Thursday 13th November
 Thursday 11th December
 Time: 10:30- 12:30
 Location: The Sands Centre Carlisle.
 Thursday 16th October
 Time: 12:30- 14:30

For further details, you can contact our Autism Pathway Navigator - NorthCumbriaChildrenMAAT@nhs.uk

JOHN EASTON JE
 SPORTS COACHING

WEEKLY FOOTBALL COACHING

EVERY MONDAY




AGES 5-6 17.00-18.00
AGES 6-8 18.00-19.00

✓ Every Monday at Trinity School Sports Hall
 ✓ Boys and Girls, all abilities welcome

TO REGISTER YOUR INTEREST IN THESE SESSIONS CONTACT BELOW
 07870101170
jeastonsportscoaching@gmail.com

Venue - Trinity School Sports Centre
 Strand Road, CA1 1JD
 Indoor and Outdoor Facilities

Facebook and Instagram
 John Easton Sports Coaching









Parents do you need support?



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 7th 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 15th October 6-7pm on Teams

Friday 17th October 9-10am in school

To book a place, please contact the school office on admin@kingmoor-inf.cumbria.sch.uk / 01228-558892