



Newsletter Friday 24th October 2025

[Kingmoor Nursery and Infant School](#)

VOUCHER PAYMENTS

Can parents using childcare voucher payments please send an email to the school office

admin@kingmoor-inf.cumbria.sch.uk with the following information on it:

- child's name
- reference number
- amount of the payment

Thank you.

[School Lunch Ordering](#)

Please can we remind parents of the importance of ordering their child's lunch in advance.

The registers close at midnight the day before and orders are sent to the kitchen and teachers informed of their classes lunch choices.

You can now order children's meals on Eduspot up to Christmas.

In Reception.....

The children have had a great first half term at school, exploring the provision and learning the routines.











Pantomime in School



Reminder: Please make payment on Eduspot for the 'A Christmas Carol' pantomime in school on Wednesday 12th November by

M & M Productions.

Please help support school towards the cost towards this production, thank you.

Flu Vaccinations



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 onwards; 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](#)



Health

Got an itch? Tummy trouble? Tickly cough?



Head to your local pharmacy.

Did you know? Pharmacists across the North East and North Cumbria can offer advice and FREE treatment for a wide range of common conditions* – just like having a prescription from your GP!

Please ask your pharmacy team for more details and eligibility.

- UTI's** non pregnant women 16–64 years
- Shingles** 18 years+
- Impetigo** 1 year+
- Sore throat** 5 years+
- Sinusitis** 12 years+
- Infected insect bites** 1 year+
- Earache** 1 to 17 years

Additional conditions can be treated, without the need to visit a GP. Ask a member of your pharmacy team about the minor ailments scheme.

Step 1 Go to your local community pharmacy (chemist) about your illness and they will offer advice.

Step 2 If needed, you will be offered treatment and if you qualify, this will be given free of charge.

Step 3 A suitable medicine may be offered to you.*
*You qualify for free treatment if you do not pay for your prescriptions.



Find further information at:
www.thinkpharmacyfirst.health





flu: 5 reasons to vaccinate your child



1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

For more information visit
www.nhs.uk/child-flu

Flu  **mmunisation**
Helping to protect children, every winter

© Crown copyright 2016. Product code: FLU04124. UK Health Security Agency gateway number: 2242404. If you want to order more copies of this poster, please visit: healthcheckers.nhs.uk/children or call 0300 123 1022.

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

Family Action & Cumberland Council



Parent Carers Cumberland
Promoting and improving the opportunities for parent carers in Cumberland.



Who are Parent Carers Cumberland?
We work with parent carers (a parent or other primary caregiver who provides ongoing, substantial support and care to a child or young person with additional needs) in Cumberland to help them to access the right support at the right time. The child, or children, may have mental health concerns, be ill or disabled. The child may be over 18.

How we help
All parent carers benefit from an assessment to identify what support is needed based on their individual situation.

Support includes:

- a personal Parent Carer assessment - linked to wellbeing principles.
- a bespoke support plan, planning for needs identified.
- further referrals where needed (i.e., to Social Care)
- support to access peer groups in Cumberland
- signposting to other services, information and advice that could be helpful.

We work closely with Parent Carers to ensure their voices - as well as those of their children - are heard.

Are you a Parent Carer?
Parent carers are primary caregivers who care for a child, or children, that requires substantial support and care.

Not all parents are classed as 'parent carers'. Parent carers are those with parental responsibility who provide regular, unpaid care for their child beyond the typical parenting role.

This may be because the child:


- has a disability,
- a long term illness,
- experiences mental ill health, or
- has a problem linked to alcohol or drugs.

The child does not need to be under 18 years of age.

Every parent carer's life looks different, but you may be frustrated and not knowing where to turn as well as feeling increasingly isolated.

If you believe you might be a Parent Carer, you may be able to benefit from our support.

Contact us or click on - or scan - the QR code to visit our website. We accept self-referrals.



Contact us:
Click [here](http://www.familyaction.org.uk) to email us
Or call us on 01228 40470

family-action.org.uk

Cumbria Fostering

Become part of Cumbria's biggest Family

Find out about **Fostering**

Ready to take the first step on your fostering journey?

Join our online information session from the comfort of your home on **Wednesday 19 November** from 6pm to 7pm and talk to our friendly team and foster carers



SCAN ME

0300 019 0200

cumbriafostering.org.uk

Working for Cumberland Council and Westmorland & Furness Council

Talents & Achievements

Thank you children for sharing your achievements this week, well done!







Stars of the Week!

This half term our Learning power is 'Reflecting'



Nursery Stars: Josie Meadow Lotus Willow

Nursery Lunchtime Awards: Willow McG Isla C Gracie F Everly O'N Aiden P Carter J

Class 1 Star: Logan

Lunchtime Award: Amina L

Class 2 Star: Indie

Lunchtime Award: Phoebe H

Class 3 Star: Sophia

Lunchtime Award: Layla H

Class 4 Star: Chase

Lunchtime Award: Elisse H

Class 5 Star: Bomi

Lunchtime Award: Finn M

Class 6 Star: Ahmed

Lunchtime Award: Erin S

Class 7 Star: Halow

Lunchtime Award: Oscar C

Class 8 Star: Bethany

Lunchtime Award: Oliver S

Class 9 Star: Jacob

Lunchtime Award: Joseph N

School Attendance

Attendance has been low this week at 91.8% as we have had several poorly children. Hope everyone feels better soon.



Calendar Dates

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	
Friday 14 th November	CHILDREN IN NEED – Dress up for Children in Need/non-uniform – raising funds for this charity	
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

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	Mouse (scotch, chocolate or strawberry) 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	Homemade Chocolate Chip Cookie or fresh fruit or yoghurt
Thursday	Butcher's Park 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	Homemade 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	Homemade Iced Vanilla Sponge or Fresh Fruit or yoghurt

"Be the Best you can Be"

CEREBRAL PALSY UNITED FOOTBALL CLUB



Football sessions for Children who have Cerebral Palsy (CP) or an Acquired Brain Injury (ABI)

Harraby Sports Centre
Edgehill Road
Carlisle
CA1 3SL

Monthly training sessions (Indoors): Sunday's 1-2pm
For ages 4-14 years

(All mobility levels welcome)



For more information on any of our sessions and club programs please visit us at:

www.cpunitied.co.uk info@cpunitied.co.uk
 CP_United_FC cpunitiedfc Cerebral Palsy United FC



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 - NorthCumbriaChildrensMAAT@ncl.nhs.uk

JOHN EASTON

SPORTS COACHING

WEEKLY FOOTBALL COACHING



EVERY MONDAY



 **AGES 5-6** | **AGES 6-8**
17.00-18.00 | **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



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 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, groups 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



Cumberland Neurodiversity and Emotional Wellbeing Service

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](#).

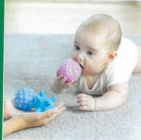
Sign up for weekly emails tailored to your pregnancy or child's age



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 you 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](#).