



Newsletter Friday 14th November 2025

[Kingmoor Nursery and Infant School](#)

[Remembrance Service](#)

Last Friday our Year 2 Ambassadors represented Kingmoor Nursery & Infant School at the Carlisle Remembrance Service at the Cenotaph in the town centre.





















Individual Children Photographs



Your child will have brought home a slip with their unique code for the photographs that were taken in school on Monday, please order photographs using the QR code on the slip.

Once the photographs have been delivered to school in due course they will be brought home by your child.

Pantomime!

Another fantastic performance from M & M Productions for the pantomime this year - A Christmas Carol!

The children really enjoyed the show and thank you to some of the staff who also joined in.



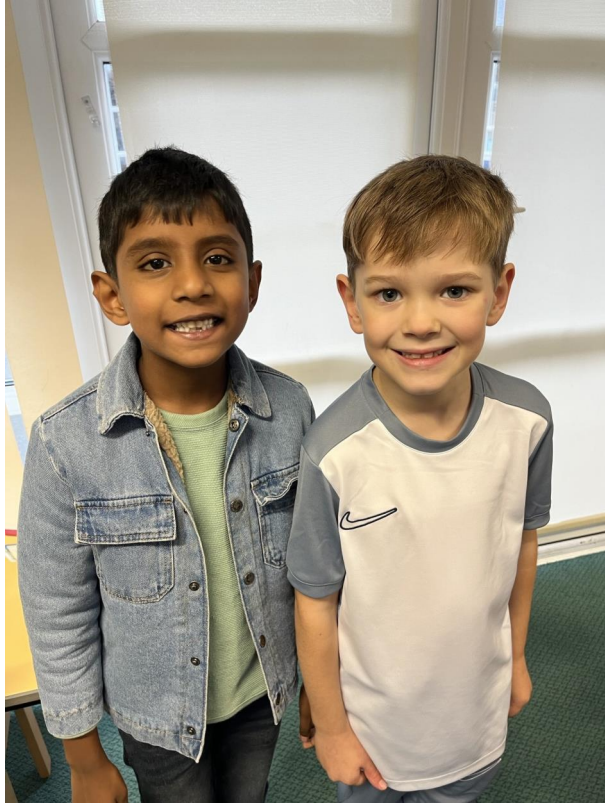


Children In Need



How wonderful to see all the children and staff wearing non-uniform or Children In Need spotty clothing today! We have raised over £280 for this amazing charity. Thank you to everyone for your donations.



















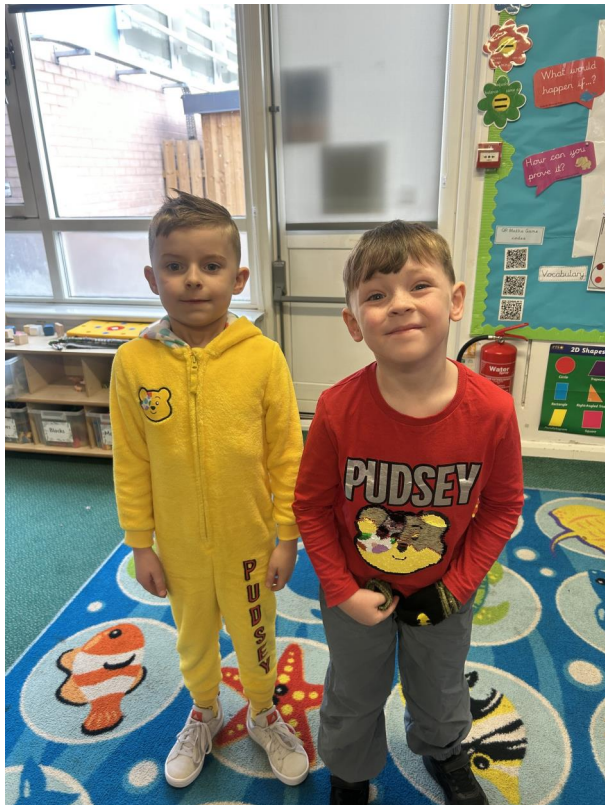


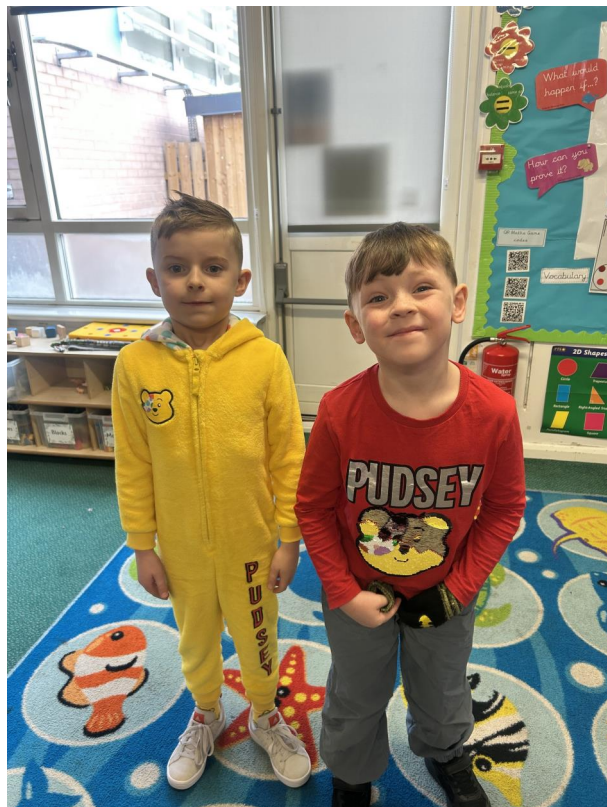












Reception September 2026

If your child is due to start Reception in September 2026, please remember to make your application for school by 15th January 2026 by following this link:

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

A vertical poster for Cumberland Council regarding school admissions for September 2026. The top section features the Cumberland Council logo (a green flower with wavy lines) and a photograph of four children in school uniforms. The middle section contains the text: 'Starting School Children born between 1 September 2021 and 31 August 2022 can start school in September 2026'. A white speech bubble on the right says 'Parents/carers are responsible for applying for a school place by 15 January 2026'. The bottom section provides contact information: 'You can apply online at: www.cumberland.gov.uk or contact: 01228 221582 or email school.admissions@cumberland.gov.uk'. At the very bottom, a green button contains the website 'cumberland.gov.uk'.

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**
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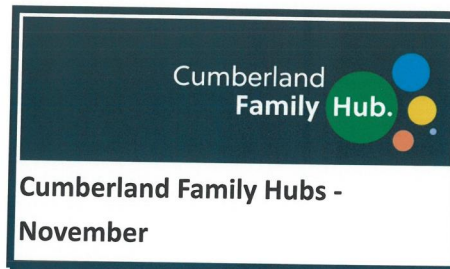
cumberland.gov.uk

Live Phonics Session - Year 2

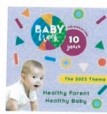
Thank you to all the parents who joined the live Read Write Inc session on Thursday afternoon in Year 2.

We are looking forward to hosting a session for Reception parents at 2.45pm Monday 24th November.

Cumberland Family Hub



Celebrating support for you and your baby this Baby Week



Cumberland is joining Baby Week to help to show all the support on offer in our local area. The national week helps people to discover activities and groups, make friends and get support and runs between Friday 14 and Friday 21 November.

Join one of the sessions:

Are you pregnant (28 weeks or more) or recently had a baby?

Don't miss... Support for SEND families

Time Together (SEND)

- Tuesdays 11am -12pm, Harraby Community Centre, Carlisle
- Wednesdays, 1.30-2.30 pm, South Whitehaven (Valley) Family Hub, Whitehaven
- Mondays 10-11am, Family Hub on the Border, Longtown

You can find loads of free and low-cost activities – from music and play sessions to feeding support. Explore what's on and book your spot today [Baby Week Cumberland](#).

[Download the timetable](#)

New timetables for Family Hubs



Updated timetables are available at your local Family Hub and online, find out what is going on near you, [Cumberland Family Hubs activities, groups and support](#).

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/>

Bobby represents young people at Youth Parliament

Join a free baby shower and meet other parents. Connect with useful services, get a memento bump photo, design a baby grow and more. Free to attend, let us know you are coming by emailing the team, familyhubs@cumberland.gov.uk



Wednesday 19 November, 4-6 pm at Family Hub on the Harbour, Whitehaven



Do you have a budding football star in the making?

Come along to our free football play session designed especially for babies and toddlers. We'll also have friendly faces on hand with parenting advice and support. Free to attend, just drop in.

Sunday 16 November, 1-3pm at Westfield Family Hub, Workington

Big Little Strollers

Join other parents and the family hub team for an autumnal walk with your little one and then warm back up in the hub with a hot chocolate. A great way to get active, meet others and get advice from people you trust.



- Tuesday 18 November 1.30-2.30 pm, meet at Family Hub on the Harbour, Whitehaven
- Wednesday 19 November, 10-11 am meet at Chances Family Hub, Morton, Carlisle

Lots more throughout Baby Week

Good Enough Start Together Time

- Thursdays 10-11 am, Millom Family Hub

Book a **FREE sensory room** to use with your child by email, calling your local hub or sending us a message on Facebook.

Plus, drop into any of our other sessions, you and your children are always welcome.

Find more activities and groups:

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

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



Bobby Forbes, Member of UK Youth Parliament for Cumberland, is spoke in the House of Commons last week.

He proudly represented young people, raising the issues that matter locally and has been a powerful voice throughout his involvement with Youth Parliament.

If you know a young person who's passionate about making a difference, encourage them to get involved in Youth Voice. It's a brilliant way to build confidence, learn new skills and be heard. Find out more: youth.voice@cumberland.gov.uk

Help support your baby's movement

Looking for ideas on how you can support your baby to get moving? There are lots of options beyond tummy time to help support your baby to build the strength they need to sit, crawl and get walking. Find out more: [Association of Paediatric Chartered Physiotherapists | Positions for playing](#)

Stay well this autumn and winter



Make sure to look out for the consent from your child's school, complete and return it so they don't miss out on the flu vaccine this winter.

If you have missed it, you can catch up at your GP or pharmacy. Find out more and book here: nhs.uk/vaccinations

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 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](#)



Talents & Achievements

Thank you for sharing your achievement with us this week, well done!



Stars of the Week!

This half term our Learning power is 'Imagining'



Nursery Stars: Aiden Aston Owen Lilly

Nursery Lunchtime Awards: Teddy S Evie-Mae F Esme J Beatrice H

Class 1 Star: Yike

Lunchtime Award: Cora D

Class 2 Star: Sophia

Lunchtime Award: Indie T

Class 3 Star: Isla

Lunchtime Award: Blake D

Class 4 Star: Lilia

Lunchtime Award: Edith H

Class 5 Star: Charlie

Lunchtime Award: Adam C

Class 6 Star: Maggie

Lunchtime Award: Joey S

Class 7 Star: Noah

Lunchtime Award: Hassan H

Class 8 Star: Emma

Lunchtime Award: Crosswell I

Class 9 Star: Phoebe

Lunchtime Award: Alice B

School Attendance

Attendance in school this week has been 96.7%.

Calendar Dates

Monday 24 th November	Reception live phonics session	2.45pm
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 17th November 2025

	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 yoghurt
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	Homemade 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	Homemade 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	Homemade 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	Homemade Anzac Biscuit or Fresh Fruit or yoghurt

Information



Attend our online information event dedicated to our Homestays supported lodgings scheme



Cumbria Fostering is proud to support the first-ever National Supported Lodgings Week, taking place from 9 to 16 November 2023.

This new campaign shines a light on supported lodgings – where young people aged 16-21 live with a host who provides a safe home, everyday guidance and the support of a trusted adult as they move toward independence.

In Cumbria our supported lodgings scheme, Homestays, needs more people to come forward and open their homes and hearts to young people who are leaving care or are at risk of homelessness.

Find out more at our upcoming event

If you would like to find out more about becoming a Homestays provider why not attend our National Supported Lodgings Week online information event on Wednesday 19 November from 6pm to 7pm? We will run through a short presentation about our Homestays supported lodgings scheme for young people aged 16 to 21 before answering any questions you may have. To register for our event visit our [event booking page](#).

Fostering changes lives – not just for the young people in care, but for the carers too. If you've ever thought about fostering, these events are a fantastic way to take that first step.

Want to talk to someone today call our friendly fostering hub team on 0300 019 0200 or register your interest at [cumbriafostering.org.uk](#)

Make an enquiry



Homestays provider Mel Richards, from Dalton, has welcomed two young women into her home, helping them build confidence, independence, and a brighter future.

She said: "I find it hard to put into words how rewarding it can be. Don't let misconceptions about teenagers hold you back. I've had two wonderful girls and it's been amazing. Giving them flourish and take new life skills with them when they leave—it's the best feeling in the world."

Mel, who works part time, said that that supporting older teens was a perfect fit for her lifestyle: "The flexibility of Homestays fits perfectly around my job and other family commitments."

[Read Mel's full story page.](#)

Follow us on social media

Have you followed our social media pages yet? If not, you can see our latest news and updates via our [Facebook](#), [Twitter](#), and [Instagram](#) pages.



4FRONT THEATRE PRESENTS

Have Ewe Herd?

A CHRISTMAS PANTIVITY

Join Jessie the sheperdessy for a Christmas adventure!
Expect toe-tapping songs, slapstick silliness, chaotic puppetry and a whole lot of laughs in 4Front's latest *baaa-rilliant pant-ivity!*
A 1 hour show, fun for all the family, see ewe there!

2 Free Public Performances in Carlisle - no ticket required - just come along!

Tue 25th Nov 6pm St. James' Parish Centre, CA2 5PD
AND
Fri 28th Nov 7pm St. Michael's Church, Stanwix CA3 9DJ

WWW.4FRONT-THEATRE.COM



Cumberland
Council



Cumberland
Family Hub.



Longtown Family Hub

Longtown Family Hub,
Mary Street, Longtown, CA6 5UG

Time Together

(SEND Support Group- Term Time only)

Time together is a FREE support group for children aged 0-5 with additional needs and their families.

Monday's, 10.00am - 11.00am
Starting 3 November- 15 December

Baby and Children's Tabletop Sale

Toys, clothes, baby equipment etc.
Come and declutter before Christmas, and buy some
new to you things!

Sunday 23 November 10.30-12.30

Burgh by Sands Parish Hall, CA5 6AL



Tables £10. To book contact Emma (07736
772652) or Rebecca (07795 282993).
Supporting Burgh by Sands Playgroup



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 **i**mmunisation

Helping to protect children, every winter

© Crown Copyright 2014. Product code: F1024124. UK Health Security Agency licence number: 224604. If you want to order more copies of this poster, please visit: healthcheckers.nhs.uk/children or call 0300 123 1022.

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





FREE TASTER SESSIONS

THURSDAYS	FRIDAYS	SATURDAYS
AGES 4-7 17:00-18:00	AGES 6-10 17:00-18:00	AGES 4-6 09:00-10:00
AGES 8-13 18:00-19:00	AGES 11-15 18:00-19:00	AGES 7-10 10:00-11:00
	VENUE TRINITY SCHOOL SPORTS HALL	AGES 11-15 11:00-12:00

CONTACT US
WWW.ELITEFOOTBALLCCLLITILE.CO.UK 07732 637 782



Kingmoor Nursery and Infant School



Knowsley City Learning Centres

Online Safety Newsletter

Nov 2025

CapCut

CapCut is a video editing app. Their services are intended for those over the age of 13 (those under the age of 18 must have consent from their parent/legal guardian). It is rated as 13+ on the App store.

What can I do on CapCut?
 CapCut is used as a video and image editing tool allowing users to edit their videos/ images as well as add music, sound effects, text and stickers.

What should I be aware of?
 The templates are user generated, therefore they may not always be appropriate for your child to view, for example may contain adult themes.
 CapCut includes access to a library of music that can be used within videos that may include explicit lyrics.
 Premium content – CapCut does include in-app purchases/monthly subscriptions to allow users access to premium content.

Further information
 Internet Matters have created this useful guide:
<https://www.internetmatters.org/advice/apps-and-platforms/skills-building/capcut/>

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

WhatsApp Update

School WhatsApp groups


Are you part of a parent WhatsApp group at your child's school? These groups can be useful for sharing information and reminders, but it is important to use them thoughtfully. Here are some tips on how we can ensure they remain positive and respectful:

1. Be considerate – we know messages can sometimes be misinterpreted so carefully think about what you share. These groups should not be used to share criticisms of the school, staff or other parents and children. Any concerns should always be discussed with the school directly.
2. Don't spread rumours – avoid sharing any gossip within the group.
3. Protect privacy - do not share photos or videos of other children.
4. Think before you send – be mindful of the time and if the message is necessary for everyone.

Our children watch how we communicate, so let's model healthy, online communication to them.

WhatsApp Channels

Users should be at least 13 years old to use WhatsApp. If your child is using WhatsApp, then you should be aware of WhatsApp Channels. Channels are a one-way broadcast tool used by companies and individuals to send updates to followers. WhatsApp Channels can be found on the Updates tab. From here you can view a whole host of channels, including channels that will not be age appropriate and may include adult content.



You cannot switch off access to channels and there is no age rating associated with the channels so you would have to access them to know what the content truly is. Kicksafe highlight what you should be aware of:
<https://www.kicksafe.eu/en/news/was-sind-whatsapp-kanale-und-was-muessen-eltern-beachten>

Find out more about WhatsApp channels in general here:
<https://faq.whatsapp.com/549900560675125>

Age Ratings

Age ratings exist to help protect your child by showing whether content is suitable for your child's age. Whether your child is viewing films, accessing apps, playing games online or using social media—make sure you check the age rating first to see if your child is old enough.

Popular apps and their age ratings

Here are the age ratings of some of the more popular apps that young people are currently accessing.



For users under 18, a parent or legal guardian's permission may be required to use the service

In addition to checking the age rating, the likes of PEGI (Pan European Game Information) provide further content descriptors, which will give you an indication of the type of content that your child might encounter e.g. violence or bad language within a game.

What else should I review?

It is important to note that whilst age ratings do allow you to see if something may be appropriate for your child, it is also vital to review the content yourself. This will allow you to make an informed decision as to whether it is suitable for your child to access and if it is necessary to apply further parental controls. For example, does it include the ability to communicate with others and are in game/app purchases available?

What else can I do?

- Explain the importance of age ratings to your child and how they protect them.
- Go online together to see what your child is accessing.
- Set up parental controls on your broadband, devices and on any individual apps that your child is using. This will reduce the chances of them accessing or viewing anything unsuitable.
- Chat to your child regularly about what they are doing online and remind your child that if anything is worrying them then they should talk to you or another trusted adult.

Further information

You can find out more here:

<https://parentzone.org.uk/article/age-ratings>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.11.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership.

Help to keep children safe online with Techosaurus

The NSPCC have created Techosaurus, friendly dinosaur to assist you in having chats with your child about online safety. It is aimed at younger children and includes a book and activity pack (both chargeable). You can find out more here: <https://www.nspcc.org.uk/advice-for-families/techosaurus/>

Online Roasting

Have you heard of this term? It has been around a while now, but Online Roasting refers to a form of cyberbullying. Roasting typically involves making fun and insulting somebody, sometimes without their consent and other times not.

What can I do?

- Talk to your child about what online roasting is, ask them if they have ever experienced it and what they think about it.
- If this has negatively impacted your child then save any evidence and involve the school (if appropriate). Childline also offer further advice and support in relation to cyberbullying.

Further information

Find out more here:

<https://www.bark.us/blog/online-roasting-signs-cyberbullying/>

What to do when...from CEOP

CEOP Education have published this poster directing you to the relevant information around six different situations, such as what to do to protect your child from online blackmail. You can access it here: <https://www.ceop.education.co.uk/globalassets/professional/resources/wtdw-round-up.pdf>