



Newsletter Friday 5th December 2025

## Kingmoor Nursery and Infant School

### Christmas Dinner



Our kitchen staff will be making a fabulous traditional Christmas Dinner or Vegetarian Christmas Dinner for the children on Wednesday 17th December.

Please can you book your child's lunch on Eduspot by next Friday at the latest.

Please be aware there will not be a sandwich alternative on this day.

If you had already booked for the day please go into Eduspot and check your child's option of Christmas Dinner or Packed Lunch by next Friday.

### Reindeer Run



Wow what a sight seeing all our 'Reindeer' running around the school on Thursday!

Sponsor funds can be donated online following this link

<https://www.justgiving.com/page/jigsaw-hospice-kingmoorinfants>

A huge thank you for all the funds that have been raised so far for the amazing local charity. Thank you to our local CURRY's store to for their generous donation of £250!

If your child has collected cash this can be handed into the school office by Wednesday 10th December at the latest, thank you.



















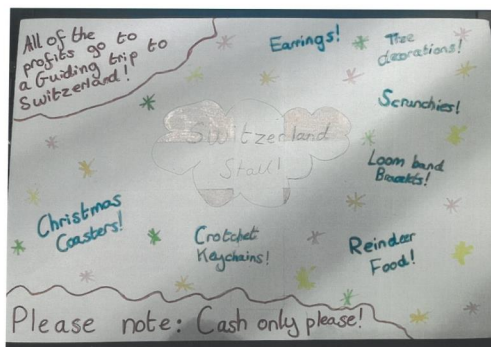


## Christmas Window Wander

We will be hosting our annual Window Wander on Wednesday 17th December from 3.30pm.

This year we are also fundraising for Uganda school by providing Refreshments in The Retreat.

Also there will be a stall run by some previous pupils who are raising funds by selling gifts, more information below...





## Lowry Hill Santa Bus!



Lowry Hill Residents Association have had requests from many parents asking if Santa would come to see the children of Lowry Hill and Kingmoor Schools and the surrounding area.

Although Santa is very busy, he has agreed to come. His reindeer will be resting ahead of their hectic night on Christmas Eve, but he will be happy to visit in his bus on Sunday December 14th from 4pm to 7pm.

Santa's bus will be at Lowry Hill Road lay-by between Teasdale Road and Bailey Road and tickets will be sold on a first come basis.

Tickets are £8 per child adults free, for 30 minutes which includes an activity and a gift from Santa plus a ride around Lowry Hill. Tickets are available from Barbara Bray on 07472454356 or call at 136 Lowry Hill Road.

All money raised is going to The Prostate Cancer Trust Cumbria. Thank you

## Active Travel to School Parent Survey - Chance to win £250 in time for Christmas!

Would you like the chance to win one of 2 x £250 vouchers to spend in time for Christmas?

The Active Travel to School team wants to hear from you!

If you have a child attending a nursery, primary or secondary school in Cumbria, you are eligible to enter the prize draw.

Simply complete a short survey on how your child gets to school, how often you walk, wheel or cycle on the school run, and tell us about any challenges that may prevent you from having an active school commute.

This will help us understand how often families travel to school using physical activity such as walking, wheeling, scooting or cycling and what measures can support you on your daily school commute!

Remember to complete the survey by Friday 12 December 2025 to enter the draw to win one of 2 x £250 vouchers here:

<https://surveymechanics.com/s/activetraveltoschool>

## DISCO



**Don't forget to book your child for the Christmas Disco - booking must be done in advance!**

Thursday 18th December

For Reception children this will be from 3.30pm - 4.30pm and will be held in the Reception building.

For Years 1 & 2 children, their disco will be from 5.30pm - 6.30pm in the school hall.

Children will enjoy a drink and packet of crisps at these events.

This is a fundraiser for school and if your child would like to come, please make payment of £5.00 through Eduspot by Monday 15th December.

## 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>



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

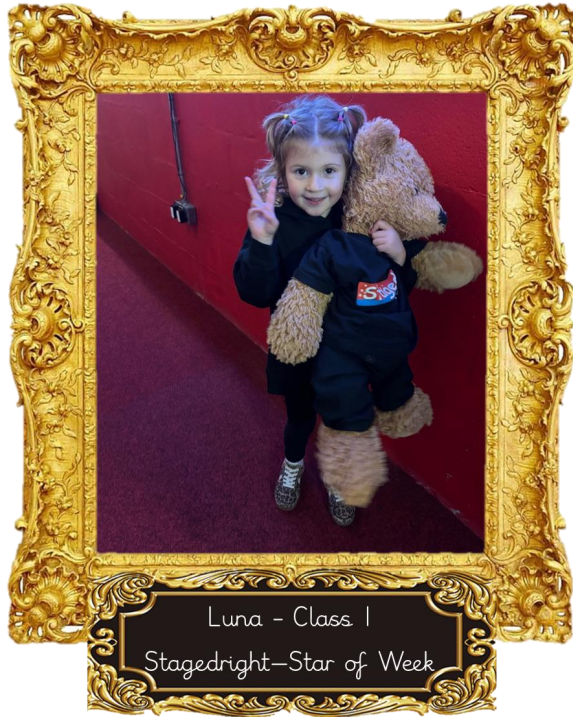
**Starting School**  
Children born between  
**1 September 2021**  
**and 31 August 2022**  
can start school in **September 2026**

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

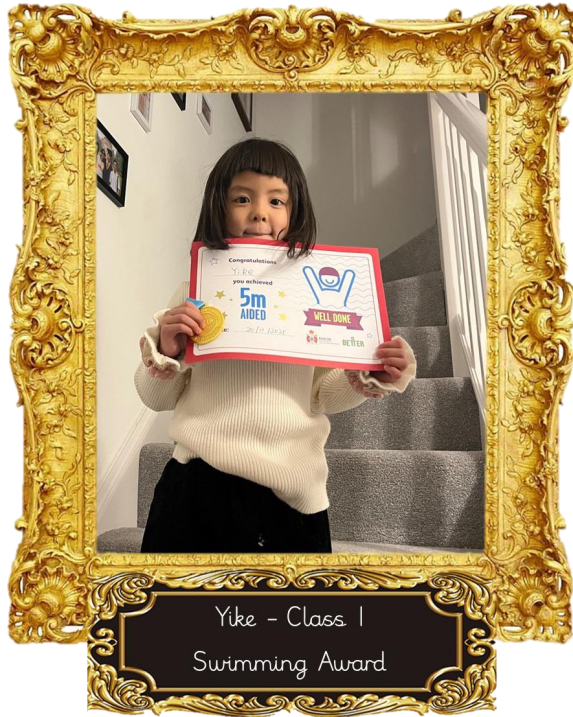
Wow well done everyone - fantastic to see so many achievements this week!



Luna - Class 1  
Stagedright - Star of Week



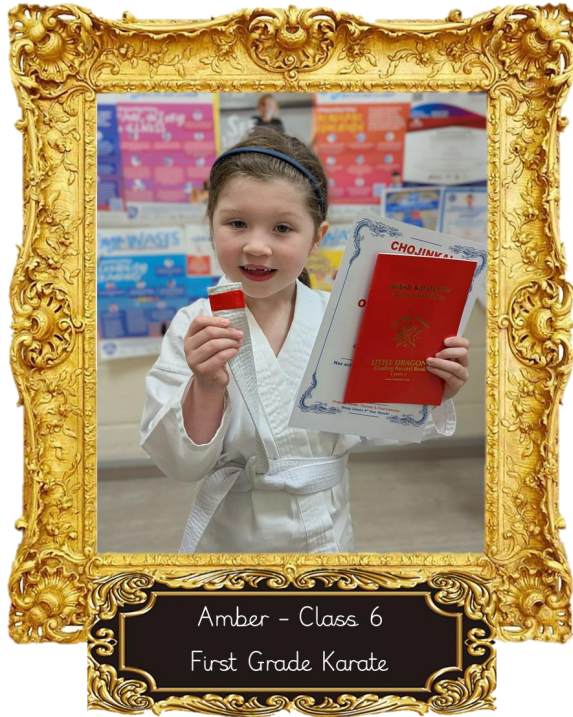
Ruben - Class 3  
Player of the Week



Yike - Class 1  
Swimming Award



Shreyas - Class 5  
Swimming Award



Amber - Class 6  
First Grade Karate



Louie - Class 3  
Player of the Week



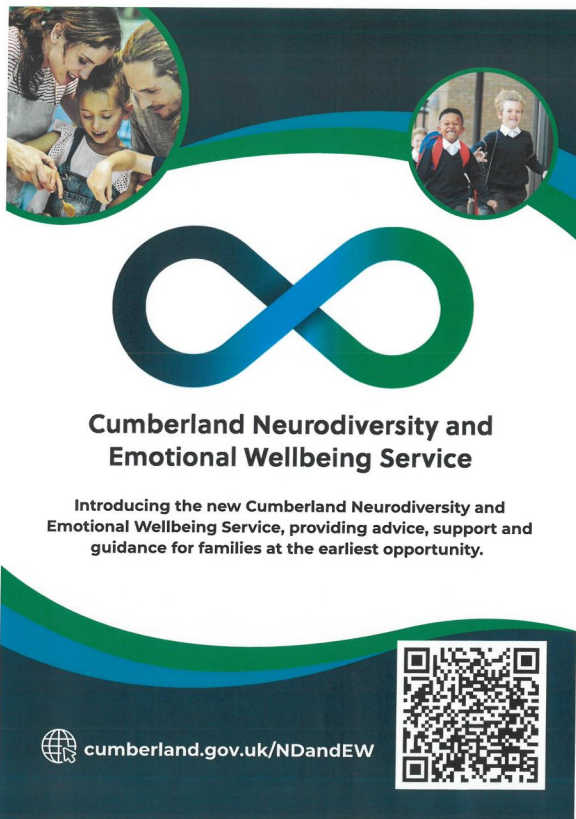
Dylan - Class 6  
Listener of the Week



Dylan - Class 6  
Swimming Award





# Cumberland Neurodiversity & Emotional Wellbeing Service

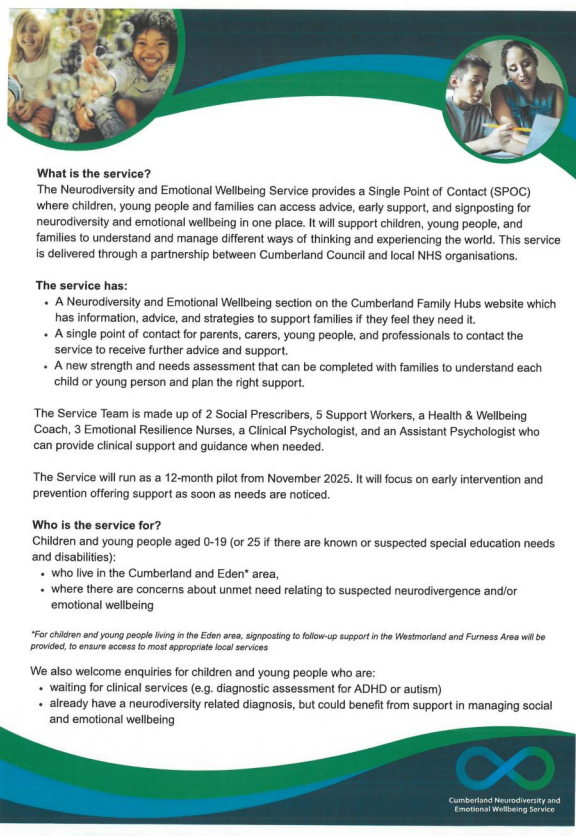


**Cumberland Neurodiversity and Emotional Wellbeing Service**

Introducing the new Cumberland Neurodiversity and Emotional Wellbeing Service, providing advice, support and guidance for families at the earliest opportunity.



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



**What is the service?**

The Neurodiversity and Emotional Wellbeing Service provides a Single Point of Contact (SPOC) where children, young people and families can access advice, early support, and signposting for neurodiversity and emotional wellbeing in one place. It will support children, young people, and families to understand and manage different ways of thinking and experiencing the world. This service is delivered through a partnership between Cumberland Council and local NHS organisations.

**The service has:**

- A Neurodiversity and Emotional Wellbeing section on the Cumberland Family Hubs website which has information, advice, and strategies to support families if they feel they need it.
- A single point of contact for parents, carers, young people, and professionals to contact the service to receive further advice and support.
- A new strength and needs assessment that can be completed with families to understand each child or young person and plan the right support.

The Service Team is made up of 2 Social Prescribers, 5 Support Workers, a Health & Wellbeing Coach, 3 Emotional Resilience Nurses, a Clinical Psychologist, and an Assistant Psychologist who can provide clinical support and guidance when needed.

The Service will run as a 12-month pilot from November 2025. It will focus on early intervention and prevention offering support as soon as needs are noticed.

**Who is the service for?**

Children and young people aged 0-19 (or 25 if there are known or suspected special education needs and disabilities):

- who live in the Cumberland and Eden\* area,
- where there are concerns about unmet need relating to suspected neurodivergence and/or emotional wellbeing

\*For children and young people living in the Eden area, signposting to follow-up support in the Westmorland and Furness Area will be provided, to ensure access to most appropriate local services

We also welcome enquiries for children and young people who are:

- waiting for clinical services (e.g. diagnostic assessment for ADHD or autism)
- already have a neurodiversity related diagnosis, but could benefit from support in managing social and emotional wellbeing

  
Cumberland Neurodiversity and Emotional Wellbeing Service

## Stars of the Week!

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



Nursery Stars: Joshua Lara Molly Gracie

Nursery Lunchtime Awards: Molly J Lara T Arthur B Owen H

Class 1 Star: Marie

Lunchtime Award: Yike C

Class 2 Star: Poppy

Lunchtime Award: Hannah H

Class 3 Star: Jayden

Lunchtime Award: Theodore O

Class 4 Star: Jonathan

Lunchtime Award: Reuben S

Class 5 Star: Jaxon

Lunchtime Award: Effie M

Class 6 Star: Jaxon

Lunchtime Award: Ruby P

Class 7 Star: Oliver

Lunchtime Award: Luca J

Class 8 Star: Felicity

Lunchtime Award: Blake T

Class 9 Star: Darcy

Lunchtime Award: Vanessa S

## School Attendance

The attendance in school this week has been 93%

## Calendar Dates

Thursday 4 <sup>th</sup> December	Reindeer Run – children sponsor event for local Jigsaw Children’s Hospice	AM
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 Refreshments in The Retreat – fundraising for Uganda school	3.30pm
Wednesday 17 <sup>th</sup> December	Christmas Dinner Day (no cold option that day)	
Thursday 18 <sup>th</sup> December	Special Visitor to school!	
Thursday 18 <sup>th</sup> December	Disco – Reception	3.30pm–4.30pm
Thursday 18 <sup>th</sup> December	Disco – Year 1 & Year 2	5.30pm–6.30pm
Friday 19 <sup>th</sup> December	Wear something Christmassy/Christmas Jumper Day – Raising money for Cash4Kids - £1 donations welcomed	
Friday 19 <sup>th</sup> December	Last Day of term	

## Menu for week commencing 8th December 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 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	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



## Online Safety Newsletter December 2025

### AI Chatbots and companions

A simple search of "AI Chat" within the App store highlights the number of AI apps already available, many are rated as 18+ so it is important to speak to our children about them and the risks associated with them. Examples of AI chatbots that your child may have heard of are Character.AI (18+) and My AI from Snapchat (13+).

#### What are the risks?

- Over reliance on AI companions, for example they may replace 'real life' friendships or over reliance on using them for homework or problem solving.
- Exposure to inappropriate content.
- Privacy/data risks
- Misinformation as not all information shared is correct and can be biased.

#### How can I protect my child?

- Check age ratings of any apps or websites that your child accesses.
- Discuss the risks of AI chatbots with them and have open conversations about why they may be using them.
- 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**  
<https://www.esafety.gov.au/newsroom/blog/ai-chatbots-and-companions-risks-to-children-and-young-people>

### New Technology

As some children may be receiving new technology or related games at Christmas, here is a quick reminder of the importance of setting up appropriate parental controls.

#### Games/Consoles

- Check age ratings: look at the PEGI rating of any new games. *Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check to see if it has any communication elements.*
- If a game does allow your child to communicate with others, then adjust or disable the settings as appropriate to your child.
- On the device itself, set up applicable controls such as restricting spending limits. Follow the links below to find out how to set up Parental Controls for popular devices here:  
**Xbox:** <https://www.xbox.com/en-GB/family-hub>  
**PSS:** <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>  
**Nintendo Switch:** <https://www.nintendo.com/en-gb/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-2-Nintendo-Switch-Parental-Controls-2873385.html>

#### Tablets/Smart phones

Set up parental controls on the device to prevent purchases, restrict content viewed and adjust privacy settings. Furthermore, remember to check any apps your child requests to check that they are suitable for their age. Follow the links below to find out more:  
**iPhones/iPad:** <https://support.apple.com/en-gb/105121>  
**Android Device:** <https://support.google.com/googleplay/answer/1075738>

**Further information**  
<https://www.internetmatters.org/parental-controls/>

### The Safety-First Smartphone

The Other phone is a new smartphone, which includes "SafetyMode" software. The software automatically blocks nudity, profanity, and bullying language in real time. You can find out more here: <https://otherphone.co.uk/>.

Smart Phone Free Childhood also list some alternatives that you could consider here: <https://www.smartphonefreechildhood.org/alternatives>.

*Please note, that the inclusion of these models does not constitute an endorsement or recommendation. While these devices may provide a 'safer' alternative to traditional smartphones, there are still potential risks associated with children using any type of phone.*



### Roblox

Following a recent ITV investigation\*, which found extremist content on Roblox, we thought we would provide a reminder of what you need to be aware of. Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. It is free to download (however subscription options and in game/app purchases are available) and can be played across numerous devices. **A lot of the content is user generated, which means 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 and set up appropriate parental controls. PEGI rate Roblox with a Parental Guidance label, this is because it is considered a platform with a huge level of user generated content.

#### What should I be aware of?

**Game content** – as mentioned, users create games so the content/themes may not be appropriate for your child. Roblox label content based on the type of content rather than by age. The labels are Minimal, Mild, Moderate and Restricted.

**Chat Facility** - Players can chat with each other (users under the age of 13 need parent permission to access certain chat features though). You can turn communication off completely or add restrictions, such as only able to communicate with friends.

**Virtual Currency** - Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories.

#### How do I report abuse and block users?

This article outlines the different reporting facilities:  
<https://en.help.roblox.com/hc/en-us/articles/203312410-How-to-Report-Rule-Violations>

#### What else can I do?

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

<https://parentzone.org.uk/article/roblox>  
 \*Source: <https://www.bbc.com/news/2025-11-14/mosque-attacks-and-durrright-skims-roblox-teen-exposed-to-extremist-content>

### Signal Private Messenger

Signal is rated as 13+ on the App store. It is a messaging app, where users can text, send voice messages and photos plus participate in group chats and calls. There are no parental controls currently available. As with all messaging apps, the risks can include bullying and viewing inappropriate content. Find out more here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.12.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos nor use of trademarks owned by

### Discord

Discord is a social networking app originally designed for gamers but is now used by lots of different people **chat to each other online.** The minimum age to access Discord is 13. The App store rates it as 17+.

Discord is made up of servers, which are spaces for groups to chat, upload files and share images etc. Anybody can set up a server, and they can either be public or private. Users can video call and send direct messages to other individuals or groups. Children who play online games such as Fortnite may use Discord to chat whilst playing the game (rather than using the game's own chat facility). In-app purchases are available through Discord's subscription service called Nitro.

#### How can I make it safer?

Discord have created a Family Centre, which provides further information about what Discord is, as well as information about different safety settings available:  
<https://discord.com/safety-family-center>

As always, we would encourage you to chat to your child to see why they use Discord and ensure that they know how to block users and what to do if they see any inappropriate content. It is important to be aware that Discord does include video/voice calling which cannot be filtered. Discord is used by an array of users and therefore adult content can be found on Discord as well as inappropriate language. Discord have produced this article, which answers frequent questions:  
<https://discord.com/safety/36004418591-answering-parents-and-educators-top-questions>

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