



Newsletter Friday 16th January 2026

Healthy Feet for Healthy Minds

In support of Children's Mental Health Week, we will be hosting a special school fundraiser to promote positive mental wellbeing. As part of the day, all children will take part in a whole school dance, encouraging movement, fun, and togetherness as a way to support both physical and mental wellbeing.

This will take part on Thursday 12th February and children are encouraged to wear sportswear/non-uniform.

Donations are welcome and funds will be used to support our Mental Health Provision in school.

This fundraiser links with **MAGIC**, which supports children's mental health through five key elements:

- **Mindful** – being present and aware
- **Active** – engaging in physical activity

- **Generous** – showing kindness and giving to others
- **Interested** – being curious and open to new experiences
- **Connected** – building positive relationships

Thank you for your continued support!

Help us to rescue our Willow Tunnels:
Workshop

Willow Weaving



We had a few join us this week for the Willow Weaving Workshop on Monday and everyone enjoyed the session with an expert Willow Weaver and landscape gardener, what a difference it has made to the willow in the Reception playground!

PLEASE HELP and come along to our next workshop at school on 2nd February at 1pm. This workshop is for adults only but any adults over the age of 16 years are welcome! The more the merrier!

The session will start with a sausage sandwich and Tea/Coffee/Hot chocolate/ cold drinks and biscuits during the afternoon. Willow Weaving supports Mental Wellbeing, Creativity and you can learn a new skill whilst meeting new people.

If you or any friends/family members are free to join us, please complete the attached form.

[Willow Weaving Workshops at Kingmoor Nursery and Infant School – Fill out form](#)

Extra Curricular Art Club

The children really enjoyed their first week of Art Club, they engaged in creating their brightly patterned pictures!











In Nursery this week.....

The children are continuing to build their confidence and resilience when completing physical challenges. This week, they have been engaging and developing their core strength, balance, and coordination to climb on the large hall apparatus.





Galaxy S22











Nursery Curriculum Overview - Spring 1 2026

Nursery – Autumn Term 2 – What are we learning this half term?																
Our learning power this half term is: Resilience																
<p>Personal, Social and Emotional Development This half term we will: <u>JIGSAW PSHE: Dreams and Goals</u></p> <ul style="list-style-type: none"> In PSHE (JIGSAW) we will be focusing on our Dreams and Goals. We will learn to stay motivated when doing something challenging, keep trying even when it's difficult, work well with a partner or in a group, have a positive attitude, help others to achieve their goals and work hard to achieve their own dreams and goals. <p>Physical Development This half term we will:</p> <ul style="list-style-type: none"> Develop our static and dynamic balance on a range of equipment and obstacles, e.g. logs, planks and blocks, knowing to put our arms out to help us when we are unsure. Know how to ride trikes, balance bikes, scooters and scooter boards / floor surfers confidently around the setting avoiding other people and objects. Know how to find space to play games that need larger areas, e.g. ring games/hall games Be increasingly independent as we get dressed and undressed, for example, putting coats on and doing up zips, putting on/taking off wet suits, putting on/taking off welly boots, putting on dressing up clothes. Know how to use our dominant hand to apply pressure to make some recognisable marks (6 Pre-writing shapes) <p>Communication and Language This half term we will be</p> <ul style="list-style-type: none"> Learn to talk to a partner. Recognise key communication rules such as turning towards your partner when speaking etc. Know how to echo read / copy my voice in CUSP Early Foundations Structured Story Times. Know and use an increasing range of vocabulary. 	<p>Literacy - Our structured stories are: Goldilocks and the three bears, Mabel and the mountain, splash, tidy, the dot, The Good Egg This half term we will:</p> <ul style="list-style-type: none"> Continue to develop our phase 1 phonics knowledge: Rhythm and Rhyme, and Alliteration. This will be supported through our key texts. Develop our pre-writing skills through making attempts at writing the first 6 Pre-writing shapes. Engage in extended conversations about the structured stories we are focusing on and learning the new vocabulary highlighted in these stories. Know how to clap and count syllables in words Have an increasing awareness of how stories should be read e.g. with different voices, loud and quiet moments, pauses etc. Know how to talk about events and principal characters in stories <p>Maths: This half term we will</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Objectives</th> </tr> </thead> <tbody> <tr> <td>1</td> <td> <p>Children will learn to recognise 2 dots, like they are on a dot without counting them.</p> <p>Children will learn to recognise 2 objects without counting them, like they are in different arrangements.</p> <p>Children will learn to recognise when they are 2 dots, even if they are in different sizes.</p> <p>Children focus on counting 2 objects.</p> </td> </tr> <tr> <td>2</td> <td> <p>Children are introduced to what the numeral 2 looks like and learn what it represents.</p> <p>Children are introduced to the idea that numbers are made up of smaller numbers and they will begin to explore what smaller numbers the number 2 is composed of.</p> <p>Children learn the sequence and arrangement of 2D shapes from their sides. They are asked to identify them by counting their sides.</p> <p>Children focus on counting 2 objects.</p> </td> </tr> <tr> <td>3</td> <td> <p>Children are introduced to what the numeral 3 looks like and reach the numeral 4 to the counting.</p> <p>Children learn the sequence and arrangement of 2D shapes from their sides. They are asked to identify them by counting their sides.</p> <p>Children will continue to explore how numbers are composed of smaller numbers. In this lesson, they will explore what number makes up the number 3, by using Frog between 3 log and a pond.</p> </td> </tr> <tr> <td>4</td> <td> <p>Children will continue to explore how numbers are composed of smaller numbers. In this lesson, they will explore what number makes up the number 4, by using Frog between 3 log and a pond.</p> <p>Children will continue to explore how numbers are composed of smaller numbers. In this lesson, they will explore what number makes up the number 5, by using Frog between 3 log and a pond.</p> <p>Children focus on counting 3 objects.</p> </td> </tr> <tr> <td>5</td> <td> <p>Children are introduced to what the numeral 4 looks like and reach the numeral 5 to the counting.</p> <p>Children learn the sequence and arrangement of 2D shapes from their sides. They are asked to identify them by counting their sides.</p> <p>Children explore the composition of number 4 using Numicon pieces to make a shell for Sammie the Snail.</p> </td> </tr> <tr> <td>6</td> <td> <p>Children explore the composition of number 5 using Numicon pieces to make a shell for Sammie the Snail.</p> <p>Children explore the composition of 5 by arranging red and blue spots on a number.</p> </td> </tr> </tbody> </table>	Week	Objectives	1	<p>Children will learn to recognise 2 dots, like they are on a dot without counting them.</p> <p>Children will learn to recognise 2 objects without counting them, like they are in different arrangements.</p> <p>Children will learn to recognise when they are 2 dots, even if they are in different sizes.</p> <p>Children focus on counting 2 objects.</p>	2	<p>Children are introduced to what the numeral 2 looks like and learn what it represents.</p> <p>Children are introduced to the idea that numbers are made up of smaller numbers and they will begin to explore what smaller numbers the number 2 is composed of.</p> <p>Children learn the sequence and arrangement of 2D shapes from their sides. They are asked to identify them by counting their sides.</p> <p>Children focus on counting 2 objects.</p>	3	<p>Children are introduced to what the numeral 3 looks like and reach the numeral 4 to the counting.</p> <p>Children learn the sequence and arrangement of 2D shapes from their sides. They are asked to identify them by counting their sides.</p> <p>Children will continue to explore how numbers are composed of smaller numbers. In this lesson, they will explore what number makes up the number 3, by using Frog between 3 log and a pond.</p>	4	<p>Children will continue to explore how numbers are composed of smaller numbers. In this lesson, they will explore what number makes up the number 4, by using Frog between 3 log and a pond.</p> <p>Children will continue to explore how numbers are composed of smaller numbers. In this lesson, they will explore what number makes up the number 5, by using Frog between 3 log and a pond.</p> <p>Children focus on counting 3 objects.</p>	5	<p>Children are introduced to what the numeral 4 looks like and reach the numeral 5 to the counting.</p> <p>Children learn the sequence and arrangement of 2D shapes from their sides. They are asked to identify them by counting their sides.</p> <p>Children explore the composition of number 4 using Numicon pieces to make a shell for Sammie the Snail.</p>	6	<p>Children explore the composition of number 5 using Numicon pieces to make a shell for Sammie the Snail.</p> <p>Children explore the composition of 5 by arranging red and blue spots on a number.</p>	<p>Understanding of the World This half term we will:</p> <ul style="list-style-type: none"> Place Knowledge: Know the places that surround our school eg. The Junior School, The woods etc. Geographical Skills and Fieldwork: We will learn how to describe what we see using a wide vocabulary. We will describe a familiar route and discuss routes and locations (woodland visit/Community walks) Working Scientifically: We will learn how to describe similarities and differences between the woodland and our playground environment. We will Comment and ask questions about aspects of our familiar world such as the place where we live or our natural world. <p>Expressive Art and Design This half term we will:</p> <ul style="list-style-type: none"> Know how to use playdough and plasticine to sculpt specific ideas. Draw with increasing complexity and detail, such as representing a face with a circle and including details. Listening with concentration we will join in with repeated refrains and anticipate key events and phrases in rhymes, songs and stories. (Key Text: Favourite Nursery Rhymes). Dance using simple movement patterns we will enjoy joining in with dancing and ring games. Artists and wider concepts. We will know what an art show is and be able to name at least one artist. We will know that illustrators are artists. We will be able to talk about colours and shapes in different pieces of art and express simple likes and dislikes about different paintings / designs / sculptures saying why they think / feel this.
Week	Objectives															
1	<p>Children will learn to recognise 2 dots, like they are on a dot without counting them.</p> <p>Children will learn to recognise 2 objects without counting them, like they are in different arrangements.</p> <p>Children will learn to recognise when they are 2 dots, even if they are in different sizes.</p> <p>Children focus on counting 2 objects.</p>															
2	<p>Children are introduced to what the numeral 2 looks like and learn what it represents.</p> <p>Children are introduced to the idea that numbers are made up of smaller numbers and they will begin to explore what smaller numbers the number 2 is composed of.</p> <p>Children learn the sequence and arrangement of 2D shapes from their sides. They are asked to identify them by counting their sides.</p> <p>Children focus on counting 2 objects.</p>															
3	<p>Children are introduced to what the numeral 3 looks like and reach the numeral 4 to the counting.</p> <p>Children learn the sequence and arrangement of 2D shapes from their sides. They are asked to identify them by counting their sides.</p> <p>Children will continue to explore how numbers are composed of smaller numbers. In this lesson, they will explore what number makes up the number 3, by using Frog between 3 log and a pond.</p>															
4	<p>Children will continue to explore how numbers are composed of smaller numbers. In this lesson, they will explore what number makes up the number 4, by using Frog between 3 log and a pond.</p> <p>Children will continue to explore how numbers are composed of smaller numbers. In this lesson, they will explore what number makes up the number 5, by using Frog between 3 log and a pond.</p> <p>Children focus on counting 3 objects.</p>															
5	<p>Children are introduced to what the numeral 4 looks like and reach the numeral 5 to the counting.</p> <p>Children learn the sequence and arrangement of 2D shapes from their sides. They are asked to identify them by counting their sides.</p> <p>Children explore the composition of number 4 using Numicon pieces to make a shell for Sammie the Snail.</p>															
6	<p>Children explore the composition of number 5 using Numicon pieces to make a shell for Sammie the Snail.</p> <p>Children explore the composition of 5 by arranging red and blue spots on a number.</p>															

Reception Curriculum Overview - Spring 1 2026

Reception – Spring 1 – What are we learning this half term?		
Our learning power this half term is Learning to Learn		
<p>Personal, Social and Emotional Development</p> <p>This half term we will be</p> <ul style="list-style-type: none"> Using Emotional ABCs to learn new ways to describe our emotions. focusing on Dreams and Goals learning how to persevere and tackle challenges setting a goal and work towards it understanding the link between what I learn now and the job I might like to do when I'm older. 	<p>Literacy –</p> <p>This half term we will be</p> <ul style="list-style-type: none"> Reading 'The Gingerbread Man' and 'The Three Little Pigs' Retelling stories in a variety of ways e.g. stepping the story/ miming the story Recycling a story Reading and writing words containing sounds that we have learnt. Continuing to learn phonics through our Read Write Inc. sessions. These lessons are across the unit in mixed class groupings. Developing the skill of writing through 'hold a sentence'. Enjoying story time daily Continuing to use non-fiction books to find out new information. 	<p>Understanding of the World</p> <p>This half term we will be</p> <ul style="list-style-type: none"> Finding out about people who help us in the community. Learn what a job is and where people go to work Learning about transport in the past and present as well as finding out about the Wright brothers. Discovering who Amelia Earhart was and to learn about the places she explored. Learning about different celebrations from around the world.
<p>Physical Development</p> <p>This half term we will be</p> <ul style="list-style-type: none"> Experimenting with controlling an object Sending and receiving an object with increasing control Increase awareness of space and move/control objects safely around others Developing a good grip when using a pencil and forming our letters correctly. Developing our scissor skills. 	<p>Maths</p> <p>This half term we will be</p> <ul style="list-style-type: none"> Learning how to count back from 5, knowing the importance of 0 comparing numbers to 5 and the composition of numbers to 8 making equal and unequal groups combining groups to find a total finding out how many altogether comparing mass and capacity 	<p>Expressive Art and Design</p> <p>This half term we will be</p> <ul style="list-style-type: none"> Listening and responding to different types of music. Playing games to help us learn about rhythm Singing familiar songs such as If you're happy and you know it and recycling the words. Learning how to play percussion instruments Using junk modelling resources and learning how to join these. Creating observational pictures Exploring a range of construction resources.
<p>Communication and Language</p> <p>This half term we will be</p> <ul style="list-style-type: none"> Using full sentences to describe opinions following instructions made up of several parts using emotional language to describe how a character may feel retelling a story using descriptive language Learning how to explain and persuade 		

Year 1 Curriculum Overview - Spring 1 2026

Year 1 – Spring 1 – What are we learning this half term?		
<p>PSHE – Dreams and Goals</p> <p>This half term we will be learning about setting goals, what we need to do to achieve them and how it feels when we are successful.</p>	<p>English –</p> <p>This half term we will be creating shape poems and learning about calligrams.</p> <p>We will be learning about the features of letters and writing our own letters including an address.</p> <p>We will be learning about how to write a recount from personal experience, We will write in chronological order, using time connectives and using the word 'and' to extend sentences.</p>	<p>Religious Education</p> <p>This half term we will be learning about Christianity and how Jesus showed friendship through various bible stories.</p>
<p>Science – Animals including humans</p> <p>This half term we will be learning to identify and name a variety of common animals including fish, amphibians, reptiles, birds and mammals. We will learn which animals are carnivores, herbivores and omnivores and describe and compare them.</p>	<p>History – Significant People</p> <p>This half we will be learning about Mary Anning and David Attenborough. Why they are significant, what their legacy is and what they did/do and how that has impacted what we know about natural history. We will be comparing how they are similar and different.</p>	
<p>Physical Education</p> <p>Dance – This half term we will be learning how to move in a range of ways to represent the weather. We will be learning to follow the beat to keep a rhythm.</p> <p>Fundamentals of Movements – With our sports coach John Easton we will be developing our range of movements including hopping and dodging.</p>	<p>Our learning power this half term is Learning to Learn</p> <p>Maths</p> <p>This half term we will be...</p> <p>Learning about 2D and 3D shapes, to correctly name and describe them.</p> <p>Ordering numbers from 11-20.</p> <p>Comparing numbers between 11-20 using greater than/less than and equal to.</p> <p>Learning number bonds to 20.</p> <p>Recognising links between number bonds to 10 and 20.</p> <p>Addition up to 20.</p>	<p>Design Technology</p> <p>Understanding materials - This half term we will be learning about different materials to answer the question, Can you build with bread? We will be learning about properties of materials and how these can be changed.</p> <p>Food technology - we will be learning how food affects our senses.</p>
<p>Music</p> <p>This half term we will be learning the terms pitch, high and low and identifying high and low sounds. We will be singing songs focusing on producing high or low sounds.</p>		<p>Computing</p> <p>This half term we will be learning what algorithms are; how they are implemented as programs on digital devices; and that programs execute by following precise instructions</p>

Year 2 Curriculum Overview - Spring 1 2026

Year 2 – Spring 1 – What are we learning this half term?		
PSHE We will be learning how to work collaboratively and understanding how working with others can help us to learn.	English This half term we will be writing humorous poems and non-chronological reports.	Religious Education This half term we will be learning about Islam and Muslim prayer rituals.
Science – Materials This half term we will be... Investigating if the shape of solid objects can be changed by squashing, bending, twisting and stretching. Investigating the flexibility of objects.	We will be looking at how to present our work clearly so that it is easy to read, as well as how to set it out for different pieces of text. We will be using statement and command sentences and learning how to edit and improve our writing.	Geography – Comparing London and Nairobi This half term we will be: Learning about the geographical similarities and differences through studying the human and physical geography of London and contrasting this with Nairobi.
Physical Education This half term we will be... Learning how to refine rolling and sequence building during gymnastics. We will also be developing our ability to use overarm and underarm throws when striking a target.	Our learning power this half term is Learning to Learn	Design and Technology- Mechanisms and Understanding Materials. This half term we will be... Learning how wheels and axles work together, creating a simple wheel mechanism and using wheel mechanisms to propel a simple vehicle.
Music This half term we will be... introducing rhythm and pulse. We will be exploring rhythm through body percussion and composing and organising rhythm patterns.	Maths This half term we will be... Learning how to multiply and divide numbers in the 2, 5 and 10 times tables. We will be solving word problems involving multiplication and division. We will be revisiting place value and addition and subtraction.	Computing – Route Explorers/Coding This half term we will be... Learning about and using direction keys to move along a route. We will be able to say what an algorithm is and create a simple computer program using a given design.

Family Help Support

Please sign up to the Family Help Partnership Newsletter:

<https://content.govdelivery.com/accounts/UKCUMBERLAND/bulletins/3fa49ac>

Easter HAF Applications

We will be sending out the application pack for the Easter HAF in the coming weeks. If you are interested in applying, please take a look at the updated HAF guidance that was released by the Department for Education (DfE) in December: [Holiday activities and food programme 2025 to 2026 - GOV.UK](#)


Healthy Habits – Family Learning

The Early Years Alliance Family Corner have published the following family friendly guidance which may be helpful for families:

<https://www.familycorner.co.uk/forming-healthy-habits-your-family>


<https://www.familycorner.co.uk/creating-healthy-packed-lunches>

Family Hub



Cumberland Family Hubs - January

Don't miss the deadline - apply for a reception place before 15 January



It is time to apply for a school place if your child was born between **1 September 2021 and 31 August 2022**, they'll be starting reception in September 2026.

The closing date for applications is **15 January 2026**. Applying is quick and easy online:
[Cumberland Council | Apply for a school place](#)

Become a Parent or Carer Champion and help shape services for families

- Influence how local services are designed and delivered
- Make sure families' voices are heard
- Meet other parents and carers in your area
- Help create positive change in your community

Share your experiences, ideas and feedback with the Family Hubs team – and help make a real difference for local families.


Could your child be Cumberland's next Member of Youth Parliament?

their own pace, but starting early helps prevent problems later on.

Think of potty training as a **process, not a single event**. Children can begin practising as soon as they can sit up independently. Let them sit on a potty or toilet, even fully clothed at first, so they get used to the idea. Over time, these small steps build confidence and make the transition smoother.

Find out more: <https://startingreception.co.uk/potty-training/>

Meet Hub2U this month



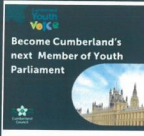
The mobile family hub, Hub2U brings support, advice and signposting into local communities. You can find the team out and about over the next few weeks:

- **Bootle:** Tuesday 20/27 January, 1-2.30 pm Hycemoor Way, 3-6 pm Community Hall Captain Shaw's School
- **Flimby:** Thursdays January 15- February 12, 3-6 pm, Sand Lane, Flimby.

Don't miss out on help with childcare for two year olds

If you have a two-year-old, you could be entitled to 15 hours of funded childcare – and we don't want you to miss out!

These funded places give your child the chance to learn, play and make friends, while giving you extra time for work, study or simply a breather. It's a fantastic opportunity to support your child's development and ease the cost of childcare. Eligibility is based on certain criteria, such as receiving



Young people aged 11–18 who live or study in Cumberland have the chance to step up and make a real difference by becoming our next Member of Youth Parliament (MYP).

This isn't just a title – it's an opportunity to have their voice heard locally, regionally and nationally, influencing decisions that matter to young people.

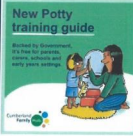
As an MYP, they'll:

- Develop confidence and leadership skills
- Gain useful experience for CVs and applications
- Help shape policies and create positive change in Cumberland

If your child is passionate about making a difference, this is their chance to speak up for young people and be part of something big.

Interested? Contact youth.voice@cumberland.gov.uk.

New Potty training advice



Potty training can feel like a big milestone, and the latest national guidance makes it easier for parents to know when to start. The good news? You don't need to wait for signs of readiness before introducing potty skills.

Research shows it's best for your child's bowel and bladder health to stop using nappies—including reusable nappies, pull-ups and training pants—between 18 and 30 months. Every child develops at

Interested?
Complete this quick form or send an email.
Find activities and groups at your nearest Family Hub:

Find out what is going on near you on [Cumberland Family Hubs | Activities, groups and support](#)

income-related benefits or if your child has additional needs.

Checking is quick and easy – and applying online only takes a few minutes.

Two year old places are available with most nurseries, childminders and pre-schools across Cumberland, so why wait? Check now and apply today, [Cumberland Family Hubs | Funded Childcare 2 year olds](#)

2026 is the National Year of Reading – Go All In!



This year, the UK is celebrating reading like never before with the [Go All In campaign](#). The aim? To make reading fun and part of

everyday life for young people. Instead of extra homework, it's about connecting books to what they already love – music, sport, gaming and more. Reading for pleasure boosts confidence, creativity and wellbeing, helping children thrive in school and beyond. Look out for local events, author visits and family activities throughout the year. Follow [#GoAllIn2026](#) and encourage your child to dive into stories that spark their interests!

Contact your health visitor



Have a question about your child's health or development? Chat to your health visitor, you can call them on 0300 304 9029, email HDFI.spoc@19cumberland@NHS.net or search the website [Growing Healthy Cumberland](#).

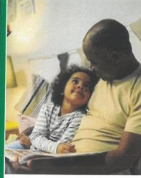
There is also lots of advice available through the Growing Healthy app, download it today, [Download Growing Healthy](#)

Get tips and advice online



Get information you can trust from the Best Start in Life parent hub, [Homepage](#) | [Best Start in Life](#)

6 small habits to try this New Year



Already broken your new years resolutions? Why not try adding one new small habit to your family life this month?

1. **Read together for 5 minutes.** Choose a time that works for you, such as bedtime, and read aloud with your child for just 5-10 minutes. It could be a storybook, a comic, or even a recipe. Shared reading builds language skills and creates magical moments.
2. **Add one extra vegetable to meals.** Toss spinach or peas into pasta (frozen work just as well), add grated carrot to sandwiches, or serve cucumber sticks with lunch.
3. **Create a no phone zone** - Pick one time of day, like dinner, where everyone puts phones away. It encourages conversation and helps children see healthy screen habits in action.
4. **Prep snacks in advance** - Cut fruit or veg at the start of the week. Having healthy options ready makes it easier to avoid reaching for crisps or sweets when hunger strikes.
5. **Add 5 minutes movement** - from living room dance parties to scavenger hunt walks, there are lots of ways to add an extra few minutes of movement into your day and turn it into a habit.
6. **Create a few minutes of connection** - create a question jar with prompts such as 'What made you laugh today?' and spark conversation; or start a new hobby together, learning a new skill and working side by side gives you time to talk and create memories.

Talents & Achievements

Well done children for your achievements this week!





Harry - Class 3
Football Award



Erin - Class 6
Razzamataz Star of Week

Lunchtime awards!

Nursery Lunchtime: Jessica D Jake F Mila H Aston H Arthur B

Lunchtime Award: Santino E

Lunchtime Award: Robyn G

Lunchtime Award: Milena H-W

Lunchtime Award: Amiya R

Lunchtime Award: Harry G

Lunchtime Award: Amelia R

Lunchtime Award: Harlow-Rae G

Lunchtime Award: Blake T

Lunchtime Award: Sophia F

School Attendance

The attendance in school has been better this week at 95.2%

Calendar Dates

Monday 2 nd March	Year 2 live comprehension session	3pm
Tuesday 10 th March	Year 1 live phonics session	3pm
Thursday 19 th March	Reception live phonics session	3pm
Friday 13 th February	Last day of term	
Monday 23 rd February	First day of term	

Menu for week commencing 19th January 2026

	Choice 1	Choice 2	Pudding
Monday	Butcher's Pork Meatballs or 'No Meat' balls served with pasta, garlic bread and seasonal vegetables	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Strawberry Ice Cream Tub & Fruit Salad Or fresh fruit or Yoghurt
Tuesday	Beef or Cheeseburger or Veggie Burger Served with sautéed potatoes & mixed salad	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Belgian Waffles & Whipped Cream Or fresh fruit or yoghurt
Wednesday	Sausage roll or cheese & onion lattice served with waffles, beans/vegetables	Freshly Made Roll Filled with a choice of tuna, ham or cheese served with fresh salad	Homemade Double Chocolate Chip Cookie or fresh fruit or yoghurt
Thursday	Homemade Pepperoni or Cheese Pizza served with potato wedges, beans and salad sticks	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Homemade Flapjack & Raisins or Fresh Fruit or Yoghurt
Friday	'Fishy Friday' or Homemade Cheese & Potato Pie served with skinny fries, spaghetti hoops & vegetables	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Fruit Ice Pop or Fresh Fruit or yoghurt

Useful Information

Cumbria Fostering

Become part of Cumbria's biggest Family



Find out about **Fostering**

...and how you can change children's lives in 2026

Join our online info event on **Wednesday 28 January** from 6pm to 7pm. Scan QR code to book your place!



0300 019 0200



Working for Cumberland Council and Westmorland & Furness Council

cumbriafostering.org.uk

DAY 4 OFFER

CARLISLE
DANCE
ACADEMY

AN OFFER NOT TO MISS!

BOYS NEW STARTERS 50% OFF THIS HALF TERM

WEDNESDAY NIGHTS
4:00 - 4:45 - AGED 4-7
5:00 - 5:45 - AGED 8+

All new starters for BOYS DANCE class will receive
50% off this half term!!

Drop us a message to book and secure your space!



DAY 6 OFFER

CARLISLE
DANCE
ACADEMY

AMAZING OFFER LIKE NEVER BEFORE!

ALL NEW STARTERS TO INTERS 1 2 WEEKS FREE!

AGED 10 - 14
SATURDAY 11:30 - 12:30

SATURDAY 10TH & SATURDAY 17TH JANUARY

Drop us a message to book and secure your space!



	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Border Longtown	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Health Visitor Clinic (Bookable) 9:00am - 1:00pm</p> <p>Early Help Drop in 9:30am - 12:30pm</p> <p>Time Together (SEND Group) 10:00am - 11:00am (Starts 12th January)</p> <p>Benefits & Employment Drop In 10:30am - 11:30am (28th January, 23rd February)</p> <p>Parent and Carer Champion Meeting 1:00pm - 2:00pm (19th January)</p> <p>Infant Massage (Bookable) 1:30pm - 2:30pm (Starts 12th January)</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Little Learners 10:00am - 11:00am (Starts 12th January)</p> <p>Cumberland Youth Voice Drop In 4:30pm - 6:00pm (20th January, 17th February)</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>** NEW** Infant Feeding 11:00am - 12:00pm (Starts 7th January)</p> <p>Play Space 1:30pm - 3:30pm</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Play Space 9:30am - 11:30am</p> <p>Baby Buddies 1:30pm - 2:30pm</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Toddler Tales At Longtown Library 2:15pm - 3:00pm (Starts 9th January)</p>

Family Hub on the Border, Mary Street, Longtown, CA6 5UG Call: 01228 226 647 Email: familyhub6@cumberland.gov.uk
Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Sensory Room: Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via phone/email.

Play Space: A parent led drop in session where parent/carers are encouraged to play and interact with your children in a friendly environment. Suitable for ages 0-5.

Soft Play: A ball pit, moveable soft shapes and a slide designed to support children with both interactive and independent play. Suitable for 0-5. Bookable via phone/email.

Baby Buddies: An interactive group for bumps and babies 0-12 months and their parent/carers.

Little Learners: Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

Time Together: For children 0-5 years with additional needs and their families. Your children can explore a range of sensory play activities and gain advice from a SEND worker.

Infant Massage: A bookable short course to help you to learn the techniques of baby massage and the benefits to your baby. Suitable from 6 weeks - mobile.

Infant Feeding: Offering support for parents who are breastfeeding or thinking about it. This group supports parents to respond to their baby's feeding needs. From birth onwards.

Toddler Tales: A group for children 0-5 years and their families to explore stories and rhymes. At Longtown Library

Benefits & Employment Drop In: Offering support on finances, benefits, employment and getting back to work.

Early Help Drop in: Offering advice and support about how Early Help can support your family.

Health Visitor Clinic: Bookable - 03003 049 029

Parent and Carer Champion: Parent and carer Champions are parents or carers of children or young people who want to help make a positive difference for families in their community. Champions act as a voice for the community ensuring that real experiences and needs are heard. No experience is required – just a willingness to get involved and help others. Meetings will be held approx. every 6 weeks. All are welcome.

Cumberland Youth Voice: These relaxed sessions are a chance to share ideas, meet others, and make a real difference to the spaces and services designed for families and young people in our communities. Snacks and drinks will be provided and no sign-up is needed.