



Newsletter Friday 23rd January 2026

Reindeer Run Awards

We had Vicki from Jigsaw Children's Hospice in for assembly today to award the children for taking part and raising a huge amount of money doing the Reindeer Run. We have raised over £6,600 for the charity and all the children have received a certificate and a medal!





Wheelchair Basketball

All Reception and KS1 children took part in wheelchair basketball last Friday, they all had a brilliant time learning a new skill and exploring the use of a wheelchair!













Wow - well done!

In December, Lander (C9) visited the exhibition 'Colour' at Tullie House. He was so inspired by Kaffee Fassett's artwork; he created his own painting called 'The Blue Pots'.

Lander then wrote to the museum hoping they would exhibit his painting. Much to Lander's surprise, the museum got back in touch and asked if they could hang Lander's painting in Tullie Mouse's house!

You can now see Lander's original artwork on display in Tullie Mouse's house in Old Tullie House. Congratulations Lander!



👟 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!

FREE Sensory Processing Training Day For Parents and Carers!

Hosted and funded by SENDAC - Book now, see poster for more information.

FREE Parent Carer Sensory Processing Training
On Tour 2026!
(With Free Lunch)

Zena Cassels - Children's Occupational Therapist

- ✓ **FREE** sensory processing training session for parent carers.
- ✓ Delivered by **NHS Occupational Therapist Zena Cassels.**
- ✓ For parents of children with additional needs/ disabilities. (your child does **not** need a diagnosis for you to attend)

Choose **one** of the following dates - ALL 10:00 am - 2:30pm

Seascale 3rd March The Windscale Club	Carlisle 16th March Harraby Catholic Club
Wigton 9th March The Market Hall	Penrith 17th March Penrith Cricket Club
Maryport 11th March Crosscanonby Community Centre	Whitehaven 18th March Whitehaven Football Club

NHS North Cumbria Integrated Care NHS Foundation Trust
SENDAC Cumbria's SEND 1944
Hosted by SENDAC

Booking required - Limited spaces!

Talents & Achievements

Great achievements this week, thank you for sharing your successes with us!





Help us to rescue our Willow Tunnels:
Workshop

Willow Weaving



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](#)

Stars of the Week!

Nursery Stars: Teddy S Everleigh G Olivia R Amelia K

Nursery Lunchtime: Teddy S

Class 1 Star: Dacie B

Lunchtime Award: Lotus J

Class 2 Star: Holly

Lunchtime Award: Lara C

Class 3 Star: Theodore

Lunchtime Award: Kyla C

Class 4 Star: Yasmin

Lunchtime Award: Tommy A

Class 5 Star: Amelia

Lunchtime Award: :Logan K

Class 6 Star: Lilly

Lunchtime Award: Ivy H

Class 7 Star: Erin

Lunchtime Award: Lily C

Class 8 Star: Seth

Lunchtime Award: Felicity A

Class 9 Star: James R

Lunchtime Award: Zara D

School Attendance

School attendance this week has been 94.7%

Calendar Dates

Thursday 12 th February	'MAGIC' Dance day in school	
Friday 13 th February	Last day of term	
Monday 23 rd February	First day of term	
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

Menu for week commencing 26th January 2026

	Choice 1	Choice 2	Pudding
Monday	Kingmoor Kitchen prepared Creamy Cheesy Pasta or Tomato Pasta served with cheesy or tomato & basil sauce, garlic bread and seasonal vegetables	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Vanilla Ice Cream & Fruit Salad or Fresh Fruit or Yoghurt
Tuesday	Turkey Dinner Or Quorn Fillet Dinner served with yorks and roasts, veg with gravy	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Brownie or Fresh Fruit or Yoghurt
Wednesday	Pork Sausage or 'Meat Free' Sausage served with waffles and baked beans	Freshly Made Roll Filled with a choice of tuna, ham or cheese served with fresh salad	Golden Cookie Or Fresh Fruit or Yoghurt
Thursday	Crispy Chicken or Crispy Quorn Fillet served with seasoned potatoes and salad sticks	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Sticky Toffee Pudding, Toffee Sauce & Cream or Fresh Fruit or Yoghurt
Friday	'Fishy Friday' or Cheese Whirls served with skinny fries, spaghetti hoops and vegetables	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Mousse (choc/toffee/strawberry) or Fresh Fruit or Yoghurt

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](#)

Useful Information



STANWIX
FOOTBALL CLUB

STANWIX F.C.
U6 DEVELOPMENT SQUAD

CONTACT THE CLUB VIA
FACEBOOK FOR MORE DETAILS

WWW.STANWIXFOOTBALLCLUB.COM

ACCREDITED CLUB ★ ★ ★

The poster features the Stanwix Football Club logo in the top right corner, which includes the text 'EST 1998'. The main text is on a yellow background. To the right of the text is a photograph of young children's feet in various colored socks and shoes, arranged in a circle. At the bottom right, there is a red and white accreditation logo.



Thank you for your support

Your support has made a real difference to those in the Armed Forces community.

To find out more about how your donation helps, please visit rbl.org.uk/poppyappeal

To **KINGMOOR INFANTS SCHOOL**

Thank you for supporting the Royal British Legion Poppy Appeal.

Together we raised **£308.73p**

RBL
ROYAL BRITISH LEGION

© 2011 Campaign Against Arms Trade

The card features a photograph of a woman in a red coat holding a red umbrella and a 'Poppy Appeal' sign. The background is a blurred street scene. The text is on a dark blue background. At the bottom, there is the Royal British Legion logo and a small copyright notice.

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**

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!



	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 2nd 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.



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](#)

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

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.

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:

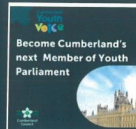
- **Boote:** Tuesday 20/27 January, 1-2.30 pm
Hycemoor Way, 3-6 pm Community Hall
Captain Shaw's School
- **Flimby:** Thursdays January 15- February 12, 3-6 pm, Sand Lane, Flimby.

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.

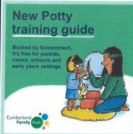
As an MYP, they'll:

- 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 HDFt.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.