



Newsletter Friday 30th January 2026

Safety Around School & Parking



The car park is a very busy area before and afterschool with cars entering and leaving due to staff and also Extended Club users.

Please can we remind everyone who use the car park to slow down and be mindful that there are children and adults moving through the car park and at the entrance to the school grounds to ensure safety for us all.

We also remind parents and carers to park safely and considerately at both the Infant and Junior Schools.

Please do not obstruct driveways, entrances and pavements so these are easily accessed by those who need to.



Help us to rescue our Willow Tunnels:
Workshop

Willow Weaving



LAST CHANCE to 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 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](#)

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

Hosted by SENDAC

Booking required - Limited spaces!

Makaton

Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression.

We have some children in school who use Makaton to aid the communication and staff have undergone training to help them.

Over the next few weeks, we will be learning the alphabet in Makaton. When saying someone's name, you use the Makaton sign for the first letter of their name.



1 - A - Touch forefinger to thumb on open hand



2 - B - Press fingers together onto thumb, and put hands together



Online Safety Newsletter - February 2026



Kingmoor Nursery and Infant School



Online Safety Newsletter February 2026

Cbeebies Parenting and Apps

Cbeebies Parenting is full of useful information from creative activities, recipes and information about the Cbeebies apps.

Cbeebies apps are free to download with no in-app purchases. Their apps include:

- **Playtime Island - Fun Games for Kids App.** This app includes 40 free games.
- **Cbeebies Learn - Early Years Learning App.** This app includes games and videos and is based on the Early Years Foundation Stage curriculum.
- **Get Creative - Open-ended Creative Activities App.** This app is free and includes lots of drawing and painting activities.
- **Storytime - Reading Stories App.** This app includes interactive story books.

You can find out more here:

<https://www.bbc.co.uk/cbeebies/parenting>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleylcs.org.uk/february-2026-primary/>

Using AI to alter images

AI image generator and moderator tools are widely available and often used by children. Whilst these tools can be used for creative purposes, we need to ensure our children are aware of the appropriate way in which to use them and the circumstances when they should not be used, even if harm is not intended.

What are AI image generator and moderator tools?

It is when Artificial Intelligence is used to create or modify images, for example it could be used to swap faces, change expressions or for more sinister reasons, such as to remove clothes. These images are often very realistic and therefore difficult to see that they are fake.

Privacy concerns and consent

If your child is using these tools, they need to be aware of potential loss of privacy and the importance of consent. They should know that they should only use images of other people with consent.

What does my child need to know about using these tools?

- Children shouldn't use AI tools to manipulate images of school staff. Even if the child's intention is not malicious, children should not use AI tools to create or edit photos of teachers under any circumstances.
- Manipulation of images of friends or other children – if you are using images of other people, then consent must always be sought.
- The tools should not be used to create images that can embarrass or hurt others - this is a form of online bullying.
- Copyright issues – who owns the copyright? These images could be reused by others, which can affect their own digital footprint.

What should I do?

- Chat to your child if they are using these tools and ascertain the reason why. Ask them to show you the images that they have created.
- Check the age ratings of any apps/websites that your child is using and set up appropriate parental controls.
- Develop your child's digital literacy by teaching them to recognise online risks and to behave responsibly online

Further information

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-to-children-about-ai>
- <https://oursaferschools.co.uk/2025/02/18/understanding-image-consent-at-schools/>

TikTok

You must be over 13 years of age to use TikTok. TikTok is a social media platform for sharing and watching short video clips. If your child is using TikTok then make sure appropriate security / privacy settings are applied.

Account set up
It is important that your child enters their real date of birth as accounts are tailored by age e.g., Direct Messaging is disabled for accounts aged 13-15. In addition, advertisements are tailored by age. By default, accounts for people under 16 are set to private. You can read more about the other settings available, such as switching off comments and restricted mode here: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/privacy-and-safety-settings-for-users-under-age-16>

Family Pairing
Family Pairing allows you to link your own account to your child's account. You can then set controls such as restricted mode or tailor your child's 'For You' feed by selecting keywords that TikTok will use to filter out posts. You can find out more here: <https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

What do I need to be aware of?

- Inappropriate content and themes:** whilst against guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. Some of the songs available to lip sync to may contain inappropriate lyrics/themes.
- Challenges:** We often see viral challenges on social media, some of which can be **risky/dangerous**. Sadly, there are reports that children have died whilst attempting online challenges. Children may not yet have developed the skills and ability to critically analyse that what they see online is not always safe for them to replicate.
- Stranger contact:** chat to your child about how people may not be who they say they are when online.

Refresh your feed
You can refresh your "For You" feed to update the content recommended: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/refresh-your-for-you-feed>

Blocking and Reporting
Show your child how to use the safety features available.

Further information

- <https://parentzone.org.uk/article/tiktok>
- <https://www.tiktok.com/safety/en/guardians-guide>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released (21.02.20). 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 or copyright in the contents of the linked materials.

Balance screen time tips

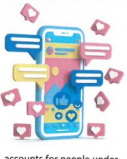
Internet Matters have created simple tips to help you develop healthy online habits for your child. They also answer key questions such as "how much screen time is too much" and "is gaming bad for children?" Access this information here:
<https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips>

7 Steps to Good Digital Parenting

The Family Online Safety Institute have created seven steps to assist you as a digital parent. Find out more here:
<https://foisi.org/program/7-steps-to-good-digital-parenting/>

Children's Commissioner launches new guide for parents and carers

The Children's Commissioner has released a new guide to help you in managing your child's digital life. The guide was written with direct involvement from children.
It includes advice on setting boundaries such as no devices in the bedroom and how to chat to your child. You can find the guide here:
<https://www.childrenscommissioner.gov.uk/blog/what-i-wish-my-parents-or-carers-knew-childrens-commissioner-launches-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>



Stars of the Week!

Nursery Star: Everly O'N Maisie W Elodie M Arthur B

Lunchtime Award: Harvey T Lily S Mila H Lily J

Class 1 Star: Amina

Lunchtime Award: Isla K

Class 2 Star: Ryn

Lunchtime Award: Levi L

Class 3 Star: Kehinde

Lunchtime Award: Eden G

Class 4 Star: Amiya

Lunchtime Award: Obi B

Class 5 Star: Shreyas

Lunchtime Award: Hudson G-G

Class 6 Star: Elijah

Lunchtime Award: Charlotte M

Class 7 Star: Oscar

Lunchtime Award: Seb I-S

Class 8 Star: Isla D

Lunchtime Award: Bethany M

Class 9 Star: Sophia

Lunchtime Award: Davie C

School Attendance

School attendance this week has been low in school at 91.1% as we have had a lot of poorly children. We hope everyone feels better soon.

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 2nd February 2026

1.	Choice 1	Choice 2	Pudding
Monday	Kingmoor Kitchen prepared Beef Pasta Bolognese or Rustic Tomato Pastas served with oven baked Garlic Bread, vegetables & Salad Sticks	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Ice Cream Roll or fresh fruit or yoghurt
Tuesday	Oven Baked Pioneer Sausage (Pork) or 'No Pork' Sausage served with mashed potato, seasonal vegetables & gravy	Freshly Made Wrap 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 Roll Filled with a choice of tuna, ham or cheese served with fresh salad	Homemade Iced Gingerbread or Fresh Fruit or yoghurt
Thursday	Roast Chicken or Quorn Fillet served with roast potatoes, Yorkshire pudding seasonal vegetables & gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Homemade Marble Sponge & Custard or Fresh Fruit or yoghurt
Friday	'Fishy Friday' or Kingmoor Kitchen prepared Cheese & Egg Flan served with chips, beans & vegetables	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	American Pancakes & Cream or Fresh Fruit or yoghurt

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 (EST 1998) in the top right corner. The main text is in bold black and yellow. A photograph of young players in colorful kits is on the right side. At the bottom right, there is a red badge indicating 'ACCREDITED CLUB ★★'.



FREE

The Happy Mums Foundation

Carlisle Support Groups
For mums and Mums-to-be

Tuesdays
Morton Manor
Community
Centre

Fridays
Harraby
Community
Centre

9.30am - 10.30am

Simply come along, with or without the kids.
Email info@happymums.org.uk if you'd like someone to meet you first

The poster has a yellow background. It features a central illustration of a circle of chairs around a table with toys. The text is in various colors and fonts. A large yellow starburst with the word 'FREE' is in the top right. The contact information is at the bottom.

	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.