



Newsletter Friday 6th February 2026

PARKING ISSUES

Please can we remind parents and carers to drive safely around the estate and park legally outside and around school, please watch the video below

<https://vimeo.com/837027995?fl=pl&fe=sh>

Parent questionnaire

We value your voice and your partnership with our school. To help us continue improving the learning experience for all our students, we kindly ask you to complete a short feedback questionnaire.

Your responses will guide us in understanding what we are doing well and where we can do better. Thank you for your time, support, and continued trust.

<https://forms.office.com/e/PhiCgad4mr>

Healthy Feet for Healthy Minds - **THURSDAY**

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. **Please bring £1 to take part, any other donations will be greatly appreciated.** This will help 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!

Panathlon Bowling Competition

Year 1 took part in a Panathlon Bowling Competition at Hollywood Bowl, they were all fantastic, everyone got at least one 'spare' and cheered for each other in the team!

Brilliant sportsmanship and our team were proud to show off their medals!



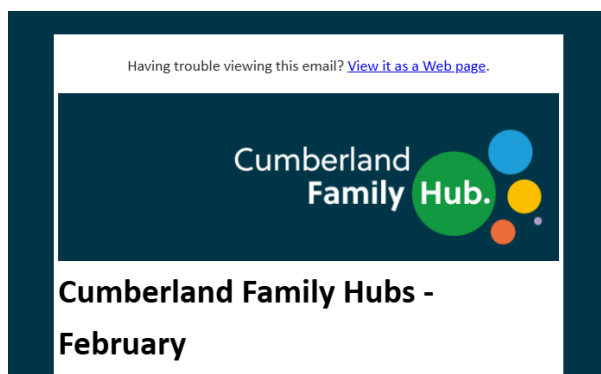








Half term holiday activities



For children 0-8

Looking for something free, fun, and familyfriendly this half term?



Join one of the holiday sessions for children aged 0–8 packed with story-themed activities, crafts and plenty of opportunities for little ones to play, explore and make new friends.

Each session is inspired by a children’s story to celebrate the National Year of Reading, with activities suitable for babies right up to eightyyearolds. They’re relaxed, dropin style sessions (booking required at Family Hub in the Port, Maryport), and a lovely way to spend time together during the school break.

Come along, enjoy some creative fun, and join us in celebrating a love of stories.

[Explore messy play with your baby](#)

Back by popular demand! Join us for messy sensory play with your baby without the clean up.



- Monday 16 Feb, 1.30-2.30 pm, Family Hub on the Harbour, Swingpump Lane, Whitehaven, CA28 7LZ, email familyhubs@cumberland.gov.uk.
- Friday 20 Feb, 10.30-11.30 am, Newtown Family Hub, 19-23 Newtown Road, Carlisle, CA2 7LE (**Now fully booked**)

February Holiday Activity and Food (HAF) programme

If your child receives means-tested free school meals, they're eligible for the Holiday Activities and Food (HAF) Programme – packed with exciting activities and a free meal included each day.

This February half term, children can get involved in a fantastic range of sessions, including sports, art, horse riding, filming and editing and first aid training.

We also offer a limited number of places for those not on free school meals but classed as eligible through other circumstance, to check eligibility please visit: [Holiday activities and food \(HAF\) programme | Cumberland Family Hubs](#)

[Book HAF sessions | EEQU](#) sessions available 14-22 February.

Carlisle and area parents to be - You are invited to a Baby Shower

Join the free baby shower event to meet other parents and local support services before you have your baby.

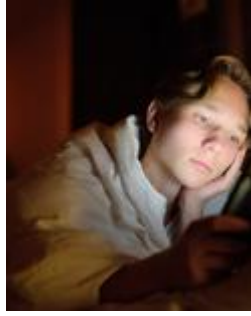


There will be a chance to get advice, take part in a bump photo shoot, baby grow designing and create mementos. This free event is open to all parents to be from 28 weeks pregnant and their families. **No need to book.**

Don't miss it - **Wednesday 25 Feb, 4-6 pm at Chances Family Hub, Wigton Road, Carlisle, CA2 6JP.**

Online safety drop in sessions

The Child Centred Policing Team will be running a series of free drop in sessions for parents and carers who want to learn more about online safety and how to help protect children online.



- Family Hub on the Harbour, Whitehaven, please [book 10 am, 17 February](#) or [book 1 pm, 17 February](#)
- Family Hub in the Port, Maryport, Tuesday 17 February 12pm to 5pm (30 minute presentation will be shared at 1pm and 3 pm, no booking required)
- Family Hub on the Border, Longtown, Tuesday 17 February, 9.30 am - 12 pm
- Chances Family Hub, Carlisle, Wednesday 18 February, 3-5 pm

Free online support for bumps, babies and beyond

Parenting can feel full-on at times, so having the right support makes all the difference. Togetherness offers free, easy-to-use online courses that you can dip into whenever it suits you - even if that's five minutes during nap time.



These short modules cover a range of helpful topics, including:

- Understanding childhood development, behaviour, and wellbeing
- Strengthening your relationship with your partner

There's no pressure and no long sessions to sit through. You're free to browse, learn and revisit lessons in your own time. To get started, simply [visit the Togetherness website](#) and use the access code: **WORDSWORTH**.

Volunteer at your local Family Hub

Are you looking for a way to give back to your community? If you're friendly, welcoming and able to spare a little time, you could help support children, young people and families through Cumberland Family Hubs.

As a volunteer, you'll have the chance to make a real difference to local families, build confidence, gain valuable experience and learn new skills along the way. It's a rewarding role where every contribution counts.

If you're interested in getting involved, we'd love to hear from you.

Contact familyhubsvolunteers@cumberland.gov.uk to find out more.

Would you like to shape support for local families? Become a Parent and Carer Champion and share ideas and feedback to directly influence the design of services.



Drop in to find out more:

- Monday 9 March, 1 pm at Family Hub on the Border, Longtown
- Wednesday 11 March, 1 pm Family Hub on the Harbour, Whitehaven

More dates and locations to follow.

Email parentandcarerchampions@cumberland.gov.uk for more information.

Find out what is going on at Family Hubs near you

Find out what activities, groups and support are taking place at [Cumberland Family Hubs, online](#) or pop into your local hub and pick up a timetable, [find your nearest Family Hub](#).

	Monday	Tuesday	Wednesday	Thursday	Friday
10.00am - 11.00am
11.00am - 12.00pm
12.00pm - 1.00pm
1.00pm - 2.00pm
2.00pm - 3.00pm
3.00pm - 4.00pm
4.00pm - 5.00pm
5.00pm - 6.00pm
6.00pm - 7.00pm
7.00pm - 8.00pm
8.00pm - 9.00pm
9.00pm - 10.00pm
10.00pm - 11.00pm
11.00pm - 12.00am

What is Portage?

Portage is a home-visiting service designed to support children aged 0-4 years with special educational needs and disabilities (SEND) learn, play, and develop new skills.

Trained Portage Home Visitors work directly with families, offering gentle guidance, playful activities, and practical strategies that fit naturally into everyday life. Their goal is to help children take small but meaningful steps forward, while empowering families to feel confident and supported along the way.

Families who have accessed Portage shared “We felt heard and what we wanted for our child mattered. My child has grown in confidence and developed new skills. Portage has supported the whole family not just my child”

Learn more [Cumberland Family Hubs | Portage Service](#)

Get personalised weekly advice

Weekly e-mails tailored to your stage of pregnancy or your child’s age, with personalised tips and activities to support your child’s health and development. Great for practical, age-appropriate support.

[Sign up for Best Start in Life emails.](#)

Keeping your kids safe online

The online world is a big part of children’s lives - from watching videos and playing games to doing homework. While it can be fun and educational, it’s important to help children and young people stay safe as they explore.



- **Set clear boundaries** – Agree what your child can and can’t do online, including sites, apps and screentime limits.
- **Explore together** – Spend time online with your child and let them show you what they enjoy, helping you guide and support them.

- **Use parental controls** – Add the right level of filtering and protection on devices to help block inappropriate content.
- **Keep devices in shared spaces** – Encouraging device use in family areas helps you stay involved and gives children support when they need it.
- **Check trusted resources** – Explore advice from Internet Matters, the NSPCC and the UK Safer Internet Centre for guidance on apps, privacy settings and online risks.
- **Support healthy screen time** – too much screen time can get in the way of learning words and skills through play, [learn more about screen time for 0-5 years olds.](#)

Learn more at [Cumberland Family Hubs | Online safety and screen time](#)

Don't miss...

Half term fun for children 0-8

Monday 16 February:

- 1.30pm–3pm - Newtown Family Hub, 19–23 Shadygrove Road, CA2 7LE

Tuesday 17 February:

- 10.30am–12pm - Family Hub on the Border, Mary Street, Longtown, CA6 5UG
- 1.30pm–3pm - Westfield Family Hub, Moorclose Road, Workington, CA14 5AP

Wednesday 18 February:

- 10.30am–12pm - Family Hub on the Harbour, The Old Bank, Swingpump Lane, Whitehaven, CA28 7LZ
- 1.30pm–3pm - Family Hub on the Port, Ennerdale Road, Maryport, CA15 8HN ([To book contact the team](#))

Thursday 19 February:

- 1.30pm–3pm - Wigton Family Hub 10/12 Wampool Place, CA7 9SA

Friday 20 February

- 10.30am–12pm - Millom Family Hub, Lapstone Road, LA18 4LP

These sessions are free, friendly, and open to all families.

Talents & Achievements

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



Noah - Class 7
Player of the Week



Dexter - Class 8
StagedRight star of the week



Macy - Class 2
Irish Dancing



Jacob - Class 6
Tennis Tournament

Makaton

Here are this week's alphabet letters in Makaton, remember when saying someone's name, you use the Makaton sign for the first letter of their name.



D - Make a capital D with your fingers



E - Touch forefinger on opposite palm



F - 2 fingers on top of 2 fingers on the opposite hand

Stars of the Week!

Nursery Star: Cooper B Joshua W Lotus K Olivia R

Lunchtime Award: Millie D Rafe C Arthur B Esme J

Class 1 Star: Ava

Lunchtime Award: Penelope W

Class 2 Star: Brandi

Lunchtime Award: Gracie F

Class 3 Star: Nina

Lunchtime Award: Sylvie S

Class 4 Star: Nova

Lunchtime Award: Aidan B

Class 5 Star: Ellis

Lunchtime Award: Alice O'N

Class 6 Star: Amber

Lunchtime Award: Daniel R

Class 7 Star: Charlie

Lunchtime Award: Harper L

Class 8 Star: Srithik

Lunchtime Award: Ezra G

Class 9 Star: Alfie

Lunchtime Award: Alice B

School Attendance

School attendance this week has been better this week and is 94.9%, hopefully better next week as more children feel better.

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 9th February 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 Yogurt
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



£6 A SESSION
INCLUDES TEA AND COFFEE

CREATIVE PLAY
DANCING
CORE MOTOR & RHYTHM SKILLS

TEENY TINY GROOVERS

EVERY FRIDAY 9:30 - 10.15AM AGES 18 MONTHS+

FOR MORE INFORMATION VISIT NORTHERNHEIGHTS.COM



The Happy Mums Foundation

FREE

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

	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, 22nd 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

<p>Sensory Room: Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via phone/email.</p> <p>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.</p> <p>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.</p> <p>Baby Buddies: An interactive group for bumps and babies 0-12 months and their parent/carers.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>Toddler Tales: A group for children 0-5 years and their families to explore stories and rhymes. At Longtown Library</p> <p>Benefits & Employment Drop In: Offering support on finances, benefits, employment and getting back to work.</p> <p>Early Help Drop In: Offering advice and support about how Early Help can support your family.</p> <p>Health Visitor Clinic: Bookable - 03003 049 029</p> <p>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.</p> <p>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.</p>
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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/february2026-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/>