



Newsletter Friday 13th February 2026

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

As you are aware this week has been Children's Mental Health Week. Throughout the week the children have engaged in various activities to support both physical and mental wellbeing.

On Thursday everyone came wearing sportswear and the children and staff took part in a whole school dance which encouraged movement, fun, and togetherness as a way to support both physical and mental wellbeing - it was great fun!

We have raised £210 for school's mental health provision.

As ever thank you for your continued support.













In Nursery & Reception this week.....

The children had a visit from Cumbria Fire and Rescue! We learnt all about how they keep us safe and had a look around the fire engine.







EYFS thoroughly enjoyed a special visit from the local fire service this week. The children had the opportunity to talk with the firefighters, explore the fire engine and its equipment, watch, and listen to the sirens, and even take turns sitting inside the fire engine. It was an exciting and memorable experience for everyone!











Willow Weaving Workshop



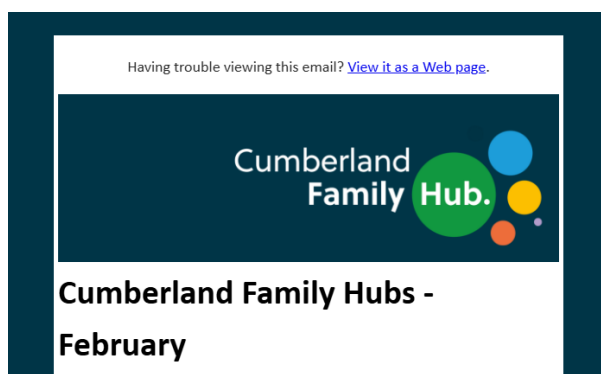
PLEASE HELP and come along to our next workshops at school on MONDAY 23RD FEBRUARY & MONDAY 16TH MARCH at 1pm to continue our outdoor 'willow weaving' workshop. Reminder adults only but any adults over the age of 16 years are welcome.

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](#)

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 eightyearolds. 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

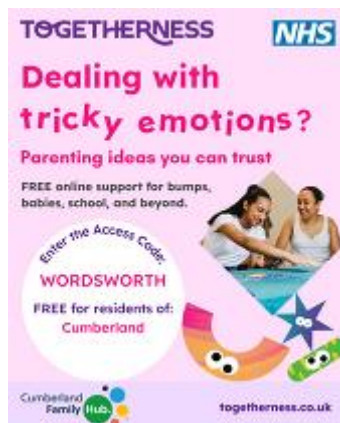
The Child Centred Policing Team will be running a series of free drop in sessions for parents and carers who want to learn more about online safety and how to help protect children online.



- 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

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

Well done everyone, thank you for sharing your talents and achievements this week!





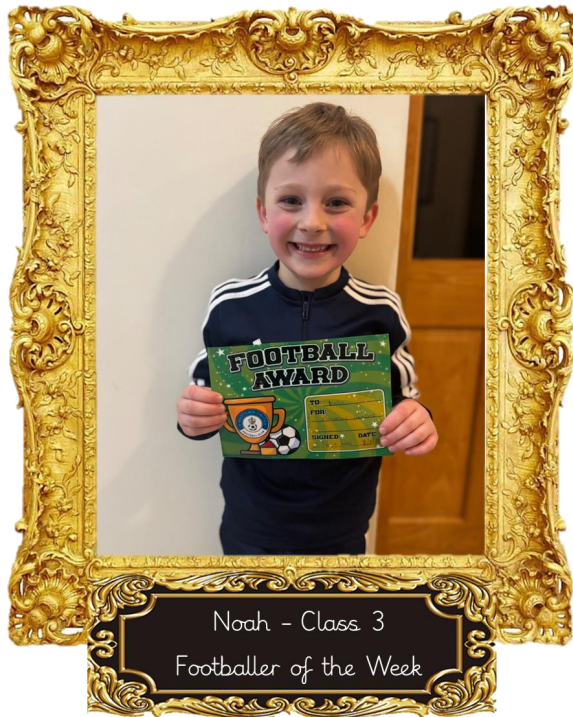
Alfie - Class 9
Karate Medals



Parker - Class 4
Silver Karate Medal



Aaron - Nursery
Dancer of the Week

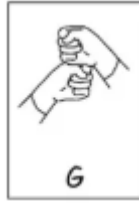


Noah - Class 3
Footballer of the Week



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.



G - 2 fists, place one on top of another



H - open palms, slide one hand over another



I - open palm, touch forefinger to middle finger

Stars of the Week!

Nursery Star: Arthur B Ercik M Tailiah M-T Louise H

Lunchtime Award: Teddy S Mason G Evie-Mae F Tilly H

Class 1 Star: Charlotte

Lunchtime Award: Arthur R

Class 2 Star: Gracie

Lunchtime Award: Olivia-Rose K

Class 3 Star: Layla

Lunchtime Award: Nina C

Class 4 Star: Emily

Lunchtime Award: Lola A

Class 5 Star: Asia

Lunchtime Award: Donnie R

Class 6 Star: Haydn

Lunchtime Award: Parker G

Class 7 Star: Soloman

Lunchtime Award: Jack Q

Class 8 Star: Wyatt

Lunchtime Award: Callum C

Class 9 Star: Zara

Lunchtime Award: Sofia F

School Attendance

School attendance this week has been 93.1%, again due to the lingering sickness bug but hopefully everyone will be well again after half term.

Calendar Dates

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
Thursday 5 th March	World Book Day – more information to follow	
Tuesday 10 th March	Year 1 Live phonics session	3pm
Thursday 19 th March	Reception Live phonics session	3pm
Friday 20 th March	Comic Relief Day	
Friday 27 th March	Last day of term	

Menu for week commencing 23rd February

	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

Useful Information



Lego Club at Carlisle Library

Every Wednesday*
From 4 February 2026
4pm - 5pm

For kids aged 12 and under

Imagine. Create. Build
Construct your lego masterpiece!

*School term times only



February Half Term

Drop-in Family Crafts

Daily 14-22 February, 1-4pm

Sea Legs Puppet Theatre: Henry Clutterbuck & the Musician of Bremen

Thursday 19 February

Roman Re-enactors

19 & 20 February

PAW Patrol: The Mighty Movie

Friday 20 February, 2pm

Plus brand new exhibitions *Gladiators of Britain* and *Uncovering Roman Carlisle: Where Worlds Met*, a very special *Tullie Mouse* Roman trail and appearances from the mouse himself.

Find out more at tullie.org.uk/february-half-term-2026



 Share your views with
JULIE MINNS MP
for Carlisle & North Cumbria

Community Matters

UNDER 16s USE OF MOBILE PHONES & SOCIAL MEDIA

SATURDAY 28TH FEBRUARY
1:30-3:00 PM (venue shared in confirmation email)



To register for a place:
Scan the QR code
Visit: <https://bit.ly/4kmO7Sq>
Tel: 01228 479441



£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



Cumberland Family Hub

What's on at the Family Hub on the Border, Longtown
Monday 5th January to Friday 13th February 2026

BEST START IN LIFE

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Border Longtown	Sensory Room (Bookable) Soft Play (Bookable) Health Visitor Clinic (Bookable) 9:00am - 1:00pm Early Help Drop In 9:30am - 12:30pm Tans Together (SEND Group) 10:00am - 11:00am (Starts 12 th January) Benefits & Employment Drop In 10:30am - 11:30am (20 th January, 27 th February) Parent and Carer Champion Meeting 1:00pm - 2:30pm (19 th January) Infant Massage (Bookable) 1:30pm - 2:30pm (Starts 12 th January)	Sensory Room (Bookable) Soft Play (Bookable) Little Learners 10:00am - 11:00am (Starting 12 th January) Cumberland Youth Voice Drop In 4:30pm - 6:00pm (20 th January, 1 st February)	Sensory Room (Bookable) Soft Play (Bookable) **NEW** Infant Feeding 11:00am - 12:00pm (Starts 7 th January) Play Space 1:30pm - 3:30pm	Sensory Room (Bookable) Soft Play (Bookable) Play Space 9:30am - 11:30am Baby Buddies 1:30pm - 2:30pm	Sensory Room (Bookable) Soft Play (Bookable) Toddler Tales At Longtown Library 2:15pm - 3:00pm (Starts 9 th January)

Family Hub on the Border, Mary Street, Longtown, CA6 5UG Call: 01228 226 647 Email: familyhub@bordercumbria.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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