



Newsletter Friday 6th March 2026

World Book Day

As part of World Book day the children all enjoying dressing up as characters from books, wearing their non uniform and PJ's!

Year 1 loved having Year 2 come to share a story with us for World Book Day.



















PINs Parent Survey

Dear Parents and Carers,

We are inviting you to complete the **second PINs Parent Survey**, led by SENDAC (SEND Alliance Cumbria) in partnership with the Local Authority and the NHS.

You may remember completing a survey before the summer. This follow-up survey gives you the opportunity to:

- Share your current experiences of SEND support in school
- Tell us what is working well

- Highlight anything that could be improved

Your feedback is important and helps shape how support for neurodivergent children and young people develops locally. The survey will close on or around **10th March**, so we would encourage you to complete it as soon as possible. You can access the survey here:

<https://www.surveymonkey.com/r/895RS7C>

Thank you for taking the time to share your views.

Mrs N. Corfield

PTA

Following our recent parent's views survey a parent suggested that we could look again to set up a PTA to organise activities to raise money for school purposes and support with activities. We think this is a great idea!

We welcome any parents who think they would be interested in supporting school through a PTA to join Mrs Corfield for an initial meeting on Wednesday 11th March at 5pm in school (enter via the main school office). We will provide tea/coffee and snacks!

Please let Mrs Corfield know if you are able to attend by completing this form:

[Kingmoor Nursery and Infant School PTA meeting 11th March 2026 – Fill out form](#)

Willow Weaving Workshop



Our next workshop at school is on 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](#)

Cumberland Family Hubs - March



Cumberland Family Hubs - March

Please follow this link to access Cumberland Family Hub March 2026 'What's On' guide for this month

<https://content.govdelivery.com/accounts/UKCUMBERLAND/bulletins/40ba5d0>

Cumberland Family Hubs

What's On - March 2026

New spring timetables available

Spring Family Hub timetable available now

Pop into your local Family Hub to pick up the new spring timetable. You can also look [online](#) to find activities and download the timetable, search for Cumberland Family Hubs. All groups and sessions are free. You don't need to book unless stated.

World Book Day - 5 March

WORLD BOOK DAY

Look out for World Book Day tokens appearing in your child's school or nursery bag.

Your child can use the token to pick up one of the specially released books for free. There are lots of books available, pop into your local book shop or redeem your book token on the Books2Door website.

Join World Book Day sessions near you



Join us next week, from Monday 2 March to Friday 6 March, for Little Learners and Toddler Tales sessions celebrating World Book Day with a special book-themed twist. We'll be enjoying family favourite stories, sharing books together and exploring the benefits of reading with young children. There's no need for costumes or spending any money, just come along and enjoy stories together.



Funded Easter fun through the Holiday Activity and Food 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. Check if you are eligible, search for [Holiday activities and food \(HAF\) programme on the Cumberland Family Hubs website](#).

HAF is fully funded by the Department for Education (DfE). [Register your interest for HAF sessions, search for EEQU Cumberland](#) to get an alert as soon as they are available to book. Booking opens Tuesday 3 March at 8am.

Dip into bitesize learning



Parenting can feel full-on, so having the right support helps. Togetherness offers free, easy online courses you can dip into whenever it suits you.

There's no pressure and no long sessions. You can 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

If you'd like to give back to your community, volunteering with Cumberland Family Hubs is a great way to make a difference. If you're warm, welcoming and can spare a little time, you can help support children, young people and families.

Volunteering is rewarding. You'll build confidence, gain experience and learn new skills while having a positive impact locally.

If you're interested in getting involved, we'd love to hear from you. Contact familyhubsvolunteers@cumberland.gov.uk to find out more.

It's never too early to start reading and chatting together



Parents play a powerful role in helping their child develop early language skills. Simple everyday moments like chatting, smiling and responding to your baby's babbles help build confidence and communication skills from the very start.

Reading together, pointing at pictures and talking about daily activities all support early learning. These small interactions make a big difference, helping children grow their vocabulary and setting strong foundations for future reading and wellbeing.

Find simple everyday activities you can do at home to build your child's communication skills on [the National Literacy Trust site](#) and try one of the free sessions at Family Hubs designed to boost your child's communication skills such as Toddler Tales or Little Learners.



Download the free Little Moments cards, example above, from the National Literacy Trust website 'Their story starts with you'.

Help shape support for local families



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.

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](#) on the Best Start in Life website.

Don't miss

New sensory room available at Westfield Family Hub, Workington

To book a visit please email familyhubs2@cumberland.gov.uk, call 01900 706140 or chat to the team. It is available Mondays, Tuesdays and Wednesdays, 9.30 am - 4.30 pm.

It is completely **free** to book and use. Chat to the team about how to use the equipment with your baby or child. Search for sensory rooms on the Cumberland Family Hubs website to find when they are available and how to book, or pop into your local hub.

Meet up with friends and their little ones at Play Space

Finding somewhere child-friendly to meet friends isn't always easy, especially when you want space for little ones to play too. Play Space sessions make it simple.

Play Space is a free, relaxed drop-in session where children aged 0-5 can play together while you enjoy a catch-up with other parents. There's plenty to keep little ones busy, giving you the chance to chat and connect.

Play Space at Cumberland Family Hubs		
Family Hub on the Border Wednesdays at 1:30pm to 2:30pm and Thursdays at 9:30am to 11:30am	Chances Family Hub, Carlisle Mondays at 1:30pm to 3:30pm and Fridays at 9:30am to 11:30am	Family Hub on the Harbour, Whitehaven Tuesdays at 1pm to 3pm and Fridays at 9:30am to 11:30am
Valley Family Hub, Whitehaven Mondays at 10am to 11:30am	Family Hub in Millom Fridays at 1pm to 2:30pm	Family Hub in the Port, Maryport Thursdays at 1pm to 3pm
Keswick Family Hub Tuesdays at 1:30pm to 2:30pm	Westfield Family Hub, Workington Mondays at 1pm to 3pm	



-  @CumberlandFamilyHubs
-  facebook.com/CumberlandFamilyHubs
-  FamilyHubs@cumberland.gov.uk
-  cumberlandfamilyhubs.org.uk

Online Safety Newsletter - March 2026



Kingmoor Nursery and Infant School



Online Safety Newsletter

March 2026

YouTube Safety Update: New Parental Controls

YouTube have published their latest update on how parents can support their child on YouTube. YouTube will now allow parents to set the amount of time viewing Shorts – this can even be set to zero. YouTube Shorts are short videos, usually less than 60 seconds long, which when continuously watched, can lead to excessive screentime. Furthermore, parents will also be able to set bedtime and 'take a break' reminders. You can find out more here:

<https://blog.youtube/news-and-events/updates-youtube-supervised-accounts-teens/>

If you would like to find out more about supervised accounts on YouTube, then this article explains the different settings available:

https://support.google.com/youtube/answer/10315420?hl=en&ref_topic=15729060&sjid=15225282116002181205-EU

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

Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams

What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://compass-uk.org/services/compass-changing-lives/online-resources/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

EE Online Safety Hub

EE has published age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://ee.co.uk/internet-online-safety>

Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<https://www.smartphonefreedom.org/>

What device?

When you think it is the right time for your child to have a phone, then 'Which?' provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-a03c3y8a1r>

Virtual Private Networks

A Virtual Private Network (VPN) helps make your connection between a device and the internet more secure and can help protect personal information and add privacy. However, whilst a VPN has benefits, it is important that you are aware that if your child is using a VPN, they may be able to get round Wi-Fi restrictions, access blocked or restricted websites and bypass parental controls. It may also mean that their browsing history is hidden.

The NSPCC provides a helpful overview of VPNs, plus top tips and conversation starters here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/vpns-and-online-safety/>

Social Media Algorithms

What is an Algorithm?

Algorithms influence what we see on social media platforms and predict what type of content we are most likely to interact with, thereby keeping us online for longer. The algorithm uses information such as who you follow, what you have searched for and what you have watched, liked or shared to determine what it thinks most interests you. It will then show you this content more, for example, in the explore tab on Instagram.

What do I need to know?

Whilst there are benefits to algorithms, for example it means we tend to see content that does interest us, unfortunately there are negatives as well. They can lead to increased screentime as we continue to see things that interest us. Secondly, it can lead to users being shown large amounts of inappropriate content which can for example, exacerbate negative body image or heighten access to misogyny content. It can also lead to 'echo chambers' where you are only seeing content that relates to your opinion rather than seeing a balanced viewpoint.

Further information

- <https://cybersmarties.com/behind-the-screen-how-algorithms-shape-what-kids-see-online/>
- The BBC discuss algorithms in this article about doomscrolling: <https://www.bbc.co.uk/bitesize/articles/zwnk3qt>

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Five Nights at Freddy's

Five Nights at Freddy's is a horror game designed to frighten players with jump scares or creepy characters. It can be accessed from several places, for example on an Xbox (PEGI rating of 12) and on the App store (age rating of 13+). There is merchandise available, which may suggest that it is child friendly. We would recommend that you preview the game first to ascertain its suitability for your child. You can view Bark's review here:

<https://www.bark.us/content/review/live-nights-at-freddys-review/>

Screen time and online harms

The Royal College of Paediatrics and Child Health have created a page that brings together key resources on screen time. Find out more here:

<https://www.rcpch.ac.uk/resources/screen-time-online-harms-resources-members>

New government campaign: Is your child influenced by toxic content?

The Government have launched a new campaign providing guidance to parents on safety settings, conversation prompts and advice for tackling misinformation and harmful content. It also includes a quiz to help you and your child spot misleading or unreliable information online. You can find out more here:

<https://www.gov.uk/government/news/is-your-child-influenced-by-toxic-content-new-government-campaign-supports-parents-to-talk-about-harmful-online-content>

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.



m - three fingers on open palm



n - two fingers on open palm



o - forefinger to ring finger on open palm

Stars of the Week!



Nursery Star: Teddy S Isla C Billie-Mae J Harvey T

Lunchtime Award: Evie F Lilia B Aston H Billie-Mae J

Class 1 Star: Bonnie

Lunchtime Award: Ivy N

Class 2 Star: Levi

Lunchtime Award: William L

Class 3 Star: Blake

Lunchtime Award: Kehinde O

Class 4 Star: Evan

Lunchtime Award: Parker W

Class 5 Star: Louie

Lunchtime Award: Ada C

Class 6 Star: Lucas

Lunchtime Award: Ruby P

Class 7 Star: Sophia

Lunchtime Award: Finn R

Class 8 Star: Adam

Lunchtime Award: Blake T

Class 9 Star: Myles

Lunchtime Award: Jacob H

School Attendance

It seems the recent round of illness with our children is coming to an end and it is lovely to have most children back in school! This week the attendance is 97.4%, well done.

Calendar Dates

Tuesday 10 th March	Year 1 Live phonics session	3pm
Monday – Friday 16 th – 27 th March (2 weeks)	Big Walk & Wheel 2026 – more information to follow	
Thursday 19 th March	Reception Live phonics session	3pm
Friday 20 th March	Comic Relief Day – Non uniform - £1 donations for Comic Relief	
Friday 27 th March	Last day of term	
Monday 13 th April	First day of term	

Menu for week commencing 9th March

	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

STANWIX FOOTBALL CLUB

NEW JUNIOR BOYS & GIRLS TEAMS




Stanwix FC are looking for **boys and girls** in years 1 and 2 to build new teams for next season

We have up to 30 spaces available and players of all experience and ability levels are welcome



Training starting this summer 2026
Season starts September

To register interest,
Please contact:
John Easton ☎ 07870 101170
Anna ☎ 07795 373947
www.stanwixfootballclub.co.uk





TULLIE



INSIGHT UK **DARSHANA**

Exhibition on the

Hindu Civilisation


Explore the timeless essence of Hindu Dharma through an immersive journey into its traditions, spirituality, arts, sciences and contributions to humanity. Discover, learn and celebrate the wisdom of the most ancient yet living civilisation in the world!

📍 : TULLIE, CASTLE STREET, CARLISLE, CA3 8TP

📅 17 : Sunday 22nd March 2026
🕒 : 11:00 AM to 4:00 PM

With Hindu themed Make and Create Sunday!
Open to All – Free of charge

No need to Book!



INSIGHTUK.ORG | INFO@INSIGHTUK.ORG

Teen to 25 Mum Meets **Launch Day**
 Wednesday, 18th March 2026
 People First Conference Centre 10am - 2.30pm
 Milbourne Street CA2 5XB Drop-In

Join us for a drop-in day of pampering, crafting & little luxuries especially for younger mums and mums-to-be.

Bring a friend, partner, parent or support worker

1 free digital image Available 11am-1pm

Professional Mum & Mini portraits

Make a Bath Bomb

Hand & Arm Massages With Lush

Yoga Taster

Goodie Bags

Phone charm making

Prize Draw

Refreshments Light on site for bigger bites

Sensory Play

Sling Library


Canvas Footprint Memories

Help us create the ongoing support you want and need

Teen to 25 Mum Meets

Happy Mums together we

Cumbria Family Hub healthwatch Cumbria



Carlisle United Community Sports Trust

Prize Draw

'Help our charity, Help its Community' by raising funds for our non-funded CST projects and having a chance to win one of our amazing prizes at the same time'

Buy a ticket → Help your Community → Win a great prize

"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."

Carlisle United Community Sports Trust are delighted to launch their unmissable prize draw.

Buy a ticket → Help your Community → Win a great prize

Enter at:
<https://www.givewheel.com/fundraising/12539/cufc-cst-prize-draw-matchday-box-x2-season-tickets/>

Find out all the details below.



Community Sports Trust

Prize Draw

'Help our charity, Help its Community' by raising funds for our non-funded CST projects and having a chance to win one of our amazing prizes at the same time!

Buy a ticket → Help your Community → Win a great prize

Prizes to be won:

- Hospitality box for one game during the 2026/27 season
- Two season tickets for the 2026/27 season
- Carlisle United Home Shirt signed by the 2025/26 First Team playing squad

One entry - £5

Three entries - £10



Enter here:



"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."

Prize winners will be drawn on the last game of the season on April 25th at home against Brackley Town.

Winners will be announced via social media on the day.

Enter Now!

 Hospitality box
 for one game in the
 2026/27 season



 Two season tickets for
 the 2026/27 season



 Carlisle United Home
 Shirt signed by the 25/26
 First Team playing squad



For further information: Phone: 01228 554169 or Email: Enquiries@carlisleunitedcst.co.uk



CULTURE BAZAAR

"CULTURE CONNECTS US ALL"



Social Media: [Website](#) [Facebook](#) [Twitter](#) [Instagram](#) [Tiktok](#) [YouTube](#)
www.multiculturalcumbria.org.uk

Office Tel: 0300 30 20 924

Address: University of Cumbria - Room 003 - Homeacres -
 Brampton Road - Carlisle - Cumbria - CA3 9AY

The National Lottery COMMUNITY FUND
 University of Cumbria

Free community event to ensure that everyone has the opportunity to enjoy being in the midst of over 50 diasporas and sharing food, dance, music, arts, workshops, performances in a safe environment to build community cohesion.

Sign Up

What is Culture Bazaar?

Welkom добро запрајте
歡迎 歡迎 歡迎
POATE Bienvenue ようこそ
WELCOME
добро
дoшъл benvenuto we
Bienvenido Willkommen
so fáilte roimh chách

Culture Bazaar is in it's 19th year.

Culture Bazaar is a free, family-friendly event showcasing the rich diversity of our local communities. The day will feature live music and dance performances, cultural showcases, international food, creative workshops, community stalls and activities for all ages.

Here is what visitors say. "Excellent celebration of Carlisle, its cultures, food, music. An event to be proud of. *Dave Irving*" and "Brilliant afternoon at the Multicultural Cumbria event. With nationalities from all over the county and our city celebrating their food & culture along with dancing and singing, it's definitely not one to be missed!"



Distributing leaflets in schools

Our volunteers will be working with us to make packs of 32 leaflets suitable for each class. Schools will be sent through packs for the whole school and all we ask is that you enable young people to come along to enjoy a fairly unique multicultural event to share our similarities and celebrate our differences.

Please unsubscribe if you do not want to receive the leaflets to distribute and miss the opportunity to win the free Multicultural Session by Saj Ghafoor OBE



Engaging with Diasporas

The event provides an opportunity for people from different backgrounds, cultures and heritages to come together, share traditions, learn from one another and celebrate what makes Carlisle such a welcoming and inclusive city. Culture Bazaar highlights the contributions of people from ethnically diverse and migrant backgrounds, while creating a space where everyone feels valued and included. With over 50 nationalities visiting the event annually.



Performances, Workshops, Stalls and lots more.

Visitors can expect a lively atmosphere filled with colour, sound and global flavours. Local organisations, community groups and artists will be present to share information about their work and ways to get involved. Culture Bazaar is open to everyone and aims to strengthen relationships across communities, reduce isolation and promote understanding through celebration.



Win a free Multicultural Educational Session.

Win a FREE Diversity educational Session worth £350 for your school, academy or organisation in Cumberland during Diversity Week 22nd - 26th June 2026. The session will be delivered by Saj Ghafoor OBE.

When your students attend Culture Bazaar and complete the back of the leaflet competition they will be in with a chance to win a basket of goodies!



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

£6 A SESSION
INCLUDES TEA
AND COFFEE

CREATIVE PLAY
DANCING
CORE MOTOR &
RHYTHM SKILLS

TEENY TINY
GROOVERS

NORTHERN HEIGHTS
DANCE SCHOOL

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

FOR MORE INFORMATION VISIT NORTHERNHEIGHTS.COM