



# Newsletter Friday 13th September 2024

Kingmoor Nursery and Infant School

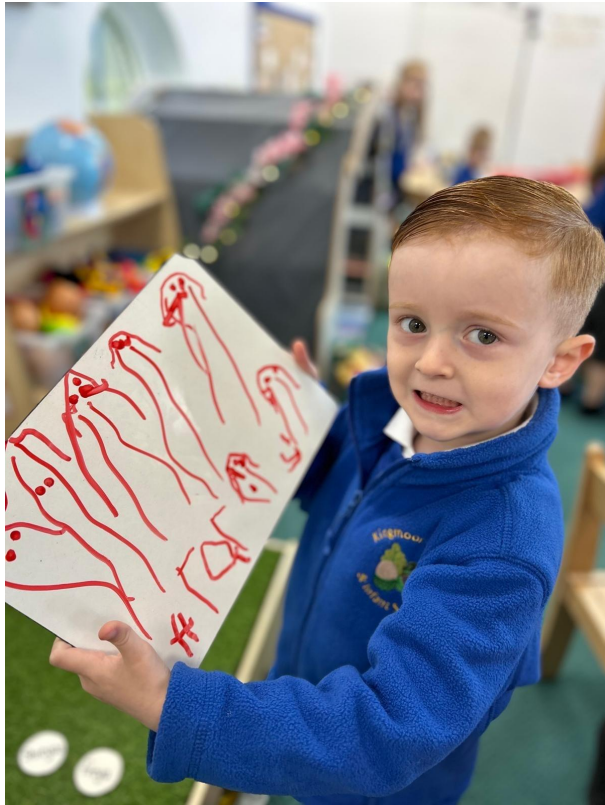
## Nursery & Reception

It was lovely to welcome our Nursery & Reception children in to school this week and to see how well everyone has settled in.



















## Uniform Order

**REMINDER:** Please ensure your children's names are in jumpers and cardigans. These go missing and get mixed up easily and it is hard for children to identify their own, thank you.

**NEW ORDER:** An order will be placed with our suppliers on Monday. If you need to order uniform please do this over the weekend on Eduspot.

Orders that have been placed on Eduspot since mid August will be ordered on Monday. Please be aware that the new order will take approximately three weeks to arrive in school and will then come home with your child.

## Turtle Tots



**TURTLE TOTS**  
LANCASHIRE AND CUMBRIA

TURTLE TOTS IS A FUN, CHILD-LED SWIMMING PROGRAMME. WE TEACH YOUR LITTLE ONE EARLY SWIMMING TECHNIQUES, WATER CONFIDENCE AND ESSENTIAL LIFE SAVING SKILLS IN WATER

**OUR CLASSES ARE:**

- ★ Child-led so your child learns at a pace to suit them.
- ★ Fun, sociable & often splashy!
- ★ Progressive so we teach something new every week, so every class is rewarding, building trust, confidence and skills.



[www.turtle tots.com](http://www.turtle tots.com)

lancashire@turtle tots.com 01539 302018

Turtle Tots have classes running in Carlisle and other areas in Cumbria. To get a special discount of 10% off your first term use the code BAM89G.

## 'Fussy', 'Picky' or Restrictive Eating

### Parents and Carers

The Public Health 5-19 Team are running an online session to provide advice and support for parents and carers managing 'fussy', 'picky' or restrictive eating.

- Would you consider your child to be a 'fussy' or 'picky' eater?
- Are you preparing different meals for each member of the family?
- Are you concerned about the nutritional content of your child's diet?

- Does your child prefer certain food groups?
- Are mealtimes becoming a battle?

If the answer is yes you can join us via the MS Teams Link below on Tuesday 1 October at 12.30-1.30p

**Microsoft Teams** [Need help?](#)

[Join the meeting now](#)

Meeting ID: 398 795 572 216

Passcode: MMrgcD

## Mental Health Services

There is a new initiative to support young people in Cumbria.

NHS 111 now has a new option for anyone wanting to access mental health support while in crisis.

If a child or family ring while in crisis they can select the mental health option (option 2) to access help. It does not matter if they are open to MH services or not.



## Kingstown Road markings

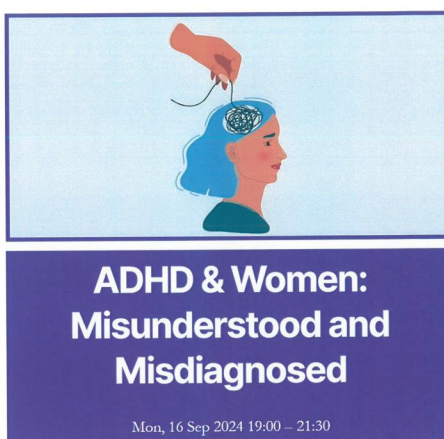
Parents turning right onto Lowry Hill Road from Kingstown Road should note that the filter lane is for 3 -4 cars and parents should avoid breaching the white line of the oncoming traffic travelling northbound on Kingstown Road



## Attendance

Attendance in school this week has been at 96.1%, well done everyone!

## SEND



[ADHD & Women: Misunderstood and Misdiagnosed Tickets, Mon 16 Sep 2024 at 19:00 | Eventbrite](#)

## Stars of the Week!

**This half term our Learning power is 'Reflecting'**



Nursery Stars: Killian Logan Mohammed Zac

Class 1 Star: Parker

Class 2 Star: Lillia

Class 3 Star: Ollie

Class 4 Star: Maia

Class 5 Star: Ben

Class 6 Star: Davie

Class 7 Star: Maisie

Class 8 Star: Rocco

Class 9 Star: Zakai

## Calendar Dates

Friday 27 <sup>th</sup> September	CURRICULUM presentations for parents live on Tapestry	
Week beginning 23 <sup>rd</sup> September	Look For a Book – Book Drop	
Monday 7 <sup>th</sup> October	HARVEST SING recorded on Tapestry	
Thursday 10 <sup>th</sup> October	World mental Health day Young Minds wear yellow Donations to young minds	
Wednesday 23 <sup>rd</sup> October	Parent's evening	
Thursday 24 <sup>th</sup> October	Parent's evening	
Friday 25 <sup>th</sup> October	Last day of term	

## Menu for week commencing 16th September 2024

	Choice 1	Choice 2	Pudding
Monday	<b>Crispy Chicken or Veggie Burger</b> served with potato wedges, carrots & sweetcorn	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	Strawberry Ice Cream Tub Or <b>fresh fruit or Yogurt</b>
Tuesday	<b>Sausage Rolls or Cheese &amp; Potato Pie</b> served with potato waffles, baked beans or salad	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Chip Cookie or <b>fresh fruit or yoghurt</b>
Wednesday	<b>Beef or Cheeseburger or Quorn Fillet</b> Served with sautéed potatoes & salad	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	<b>Angel Delight</b> Or <b>fresh fruit or yoghurt</b>
Thursday	<b>Tuna Pasta Bake or Tomato Pasta Bake</b> served with sweetcorn	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	Flapjack Or <b>Fresh Fruit or Yoghurt</b>
Friday	<b>'Fishy Friday' or Veggie Sausage</b> served with chips, peas & tomato ketchup	<b>Freshly Made Sandwich</b> Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Vanilla Sponge or <b>Fresh Fruit or yoghurt</b>

Parents, please remember to order your child's lunch by Sunday night at the latest as you are unable to book lunches on the day.

## Information



0 – 19 Child and Family support services - Carlisle

### Sensory Processing Workshop

Would you like some information on what sensory processing is and how this can affect your child?

We will be sharing tips and advice on how to manage sensory processing difficulties in our online Introduction to Sensory Processing workshop!

**Join us on Zoom on one of the dates below:**  
**Tuesday 1<sup>st</sup> October 1.30-2.30pm**  
**Thursday 17<sup>th</sup> October 7.30-8.30pm**



Sensory processing is the system that our bodies use to understand the world using our senses.

- ✓ Sight
- ✓ Sound
- ✓ Touch
- ✓ Taste
- ✓ Smell
- ✓ Proprioception
- ✓ Vestibular
- ✓ Interoception

To book a place or to find out more  
Please contact us by phone or email.

**Jennifer** on 07816 086 774 or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

Registered Charity Number:264713

[www.facebook.com/CarlisleSupport](https://www.facebook.com/CarlisleSupport)

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)



0 – 19 Child and Family support services - Carlisle

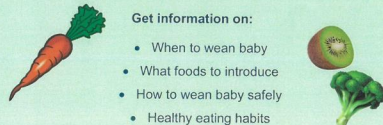
## Starting Solids Workshop



**Come and join us!**

Get information on:

- When to wean baby
- What foods to introduce
- How to wean baby safely
- Healthy eating habits



The next session is on **Wednesday 2nd October 2024, 1.30 to 2.30**  
At **Morton Child and Family Support Centre, Wigton Road, Carlisle, CA2 6JP**

This is a **FREE** workshop and babies are welcome:  
To find out more or to book onto the workshop contact  
Claire on 07816 087 115 or [claire.ford@family-action.org.uk](mailto:claire.ford@family-action.org.uk)  
Jennifer on 07816 086 774 or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

Registered Charity Number:264713

 [www.facebook.com/CarlisleSupport](https://www.facebook.com/CarlisleSupport)

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)