



# Newsletter Friday 19th July 2024

## Kingmoor Nursery and Infant School

### End of Year

As the end of another exciting year comes to an end we have celebrated our Year 2 children's time with us. We are so very proud of the young people they have become. At this time of year it is always sad to say goodbye to our Year 2 children as they move to Kingmoor Junior School. We have watched many of them grow from Nursery and Reception into confident and independent learners. We wish them all the very best as they move to year 3 and know they will have an amazing time. We look forward to catching up with them when we pop over to Kingmoor Junior School to visit.

As a staff team we have been reflecting on the many exciting events, activities and opportunities the children have experienced this year. We have all enjoyed them! Our children have achieved great things both academically and in the wider curriculum. Mental health and emotional well being continue to be one of our key drivers and we want to thank our Emotional Literacy Support Assistants, Magical Mel, Tess and all of our staff for their work supporting our children and families.

We also want to say good bye and good luck to staff who are leaving us this year, they will always be a part of the Kingmoor family. Mrs Scott and Mrs Armstrong have been covering in Class 7 since Miss

Quartermain went on maternity leave in May and we thank them and wish them all the best. Miss Graham (Reception) is also sadly leaving us as she is moving on to pursue her teaching career.

As you will be aware we put in a bid to be a Specialist Resource Provision which was agreed and we have been going through the process to get this approved. This will be finalised at the end of July but both school and the local authority fully expect this to go ahead. We are excited by this addition to our already exceptional provision for our children

As always, we will be carrying out maintenance and tidying school over the summer holidays. We are having a space converted into a disabled toilet in our main building, the reception building is being painted and we are hoping to have sound reducing panels installed in our school hall.

From all of us at Kingmoor Nursery and Infant School have a fantastic summer break and we look forward to seeing many of you in September.

Mrs N. Corfield

Head

Mr P. McGaw

Chair of Governors.

## Spot The Ball Competition!



SPOT THE BALL

£5 for a square

GOOD LUCK

The SPOT THE BALL competition will be available on the morning of Festival Day at the school office from 9am - Please ask for Mrs Preston

**PRIZE**

**DINNER FOR 2 ADULTS AND 2 CHILDREN**

Well done to Lucas in Class 7 who was the winner of the Spot the Ball competition, enjoy your prize!

## KINGFEST!

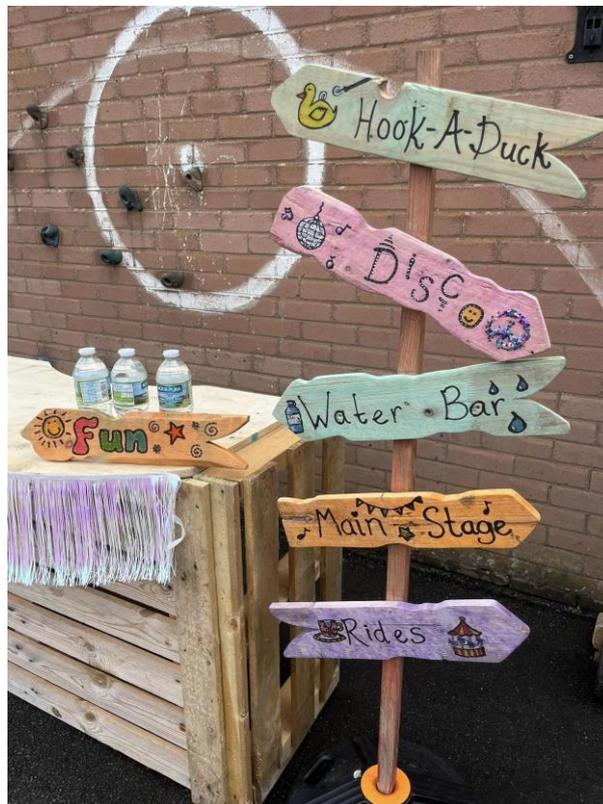
We are delighted to talk about KINGFEST!

After COVID we had wanted to arrange a day for our children that included some of the things that children had missed out on during the pandemic. As the years have passed it has grown and now has a festival theme. We aim to provide our children with a fun filled day of amazing experiences where they can experience new things and meet new challenges.

As a school mental Health and Well Being is at the heart of all we do and KINGFEST helps children to explore, build resilience, connect with friends and share new and exciting experiences. This year was bigger than ever with fairground rides, karaoke bus, silent disco, hook a duck, coconut shy, bouncy castle, bar area (water), Photo Booth, Police car, ice cream van, music and much more!

The children had an amazing day and we were lucky with the weather too!

We would like to say a huge THANK YOU to McKnight & Son and Lloyd Motors who sponsored this event this year.















## Summer Reading Challenge

The Library Service came in last week to do an assembly about their Summer Reading Challenge, please follow the link below for more information.

<https://summerreadingchallenge.org.uk/>



We are winners! Young Engineers

We had a great time on Tuesday afternoon celebrating with our young engineers.  
Out of 71,000 entries we are so proud of our winners and highly commended entries.  
Congratulations!

Mrs Brumpton



## Talents & Achievements

Well done to everyone for sharing their talents and achievements this week and this year!



Ella - Class 1  
Swimming Award



Alice - Class 1  
Gymnastics





Quinn - Class 5  
Gymnastics



Erin - Class 3  
Swimming



Erin - Class 3  
Rainbows



April - Class 1  
Swimming



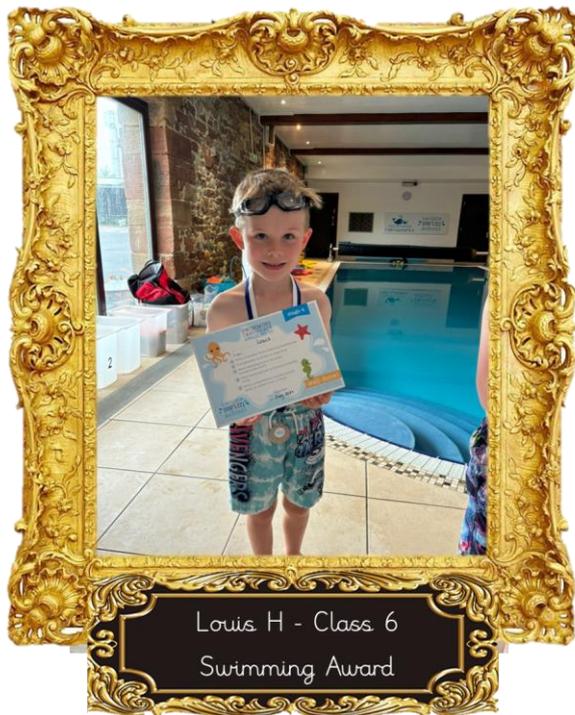
Finley - Nursery  
Swimming



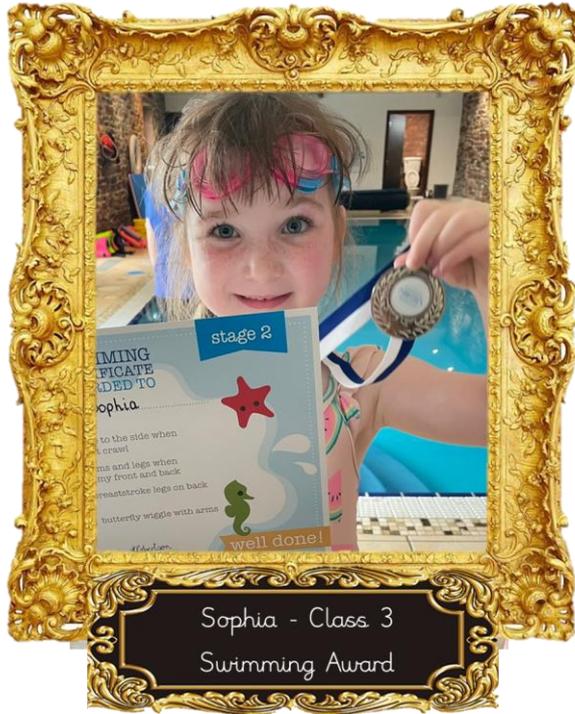
Emily - Class 6  
Student of the year



Haydn - Nursery  
Swimming Award



Louis H - Class 6  
Swimming Award



Sophia - Class 3  
Swimming Award



Felicity - Class 2  
Swimming Award



## Stars of the Week!



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

Lunchtime award: Amber Parker Thomas Layla Haydn

Class 1 Star: Zara

Lunchtime award: All of the class

Class 2 Star: Crosswell

Lunchtime award: All of the class

Class 3 Star: Charlie

Lunchtime award: All of the class

Class 4 Star: Darius

Lunchtime award: All of the class

Class 5 Star: Caleb

Lunchtime award: All of the class

Class 6 Star: Jack

Lunchtime award: All of the class

Class 7 Star: Bobbi

Lunchtime award: All of the class

Class 8 Star: Coby

Lunchtime award: All of the class

Class 9 Star: Max

Lunchtime award: All of the class

## Calendar Dates

Monday 2 <sup>nd</sup> September	INSET DAY	
Tuesday 3 <sup>rd</sup> September	INSET DAY	
Wednesday 4 <sup>th</sup> September	Years 1 & 2 start back at school	
Wednesday/Thursday/Friday 4 <sup>th</sup> 5 <sup>th</sup> 6 <sup>th</sup> September	Reception & Nursery Home Visits	
Monday 9 <sup>th</sup> September	Reception & Nursery start at school	

# Information



**ULLSWATER STEAMERS**

## Kids Go Free Fridays\*

### Summer School Holidays

Fun for all the family!  
One child goes FREE\* with every full fare paying adult on Fridays during the summer school holidays.

Use the code **KIDSFREEFRIDAY24** online

\*T&Cs apply. Online offer only. Only valid on Fridays between the dates of 12/07/24 and 06/09/24. One free child with every one full paying adult on any of the return cruise options between Glenridding, Howtown, Aira Force and Pooley Bridge. Not valid on special event days or gift experiences. Additional charges during special events and festivals may apply. No cash alternative or change given.



**RAVENGLASS RAILWAY**  
LAAL RATTY AND ESKDALE

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# JOHN EASTON

SPORTS COACHING

## SUMMER FOOTBALL CAMP

1 DAY £20  
2 DAYS £40  
3 DAYS £50

BOYS AND GIRLS  
**5-12 YEARS**

**SUMMER HOLIDAYS**

🕒 9AM - 2PM 🕒

### Summer Football Camp

Tues 27th, Wed 28th & Thurs 29th August

#### CONTACT

07870101170  
jeastonsportscoaching@gmail.com

Call/Text/Whatsapp  
Email  
Facebook  
Instagram

**Venue** - Trinity School Sports Centre  
Strand Road, CA1 1JD  
Indoor and Outdoor Facilities

Facebook and Instagram  
John Easton Sports Coaching



## Cumbria Fostering



Become part  
of Cumbria's  
biggest  
family

Find out more about

## Fostering

Ready to explore your  
fostering options?

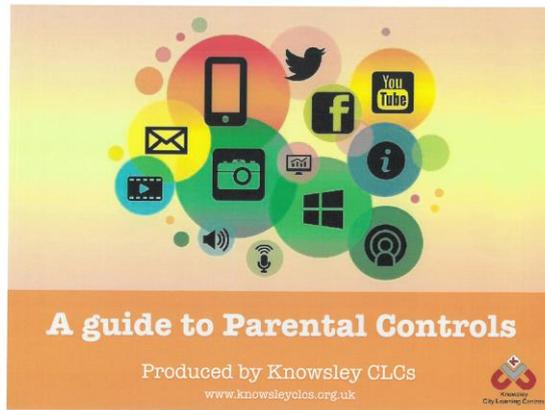
Visit our fostering information stand  
on **Tuesday 23 July** at the Operation  
Respect event at Heysham Park,  
Raffles, Carlisle from 10am to 3pm

📞 0300 019 0300

[cumbriafostering.org.uk](http://cumbriafostering.org.uk)



Working for Cumberland Council and  
Westmorland & Furness Council



## Operating systems

The Operating Service that you use on your laptop/computer will include parental controls for free. You will need to create an account to set up the parental controls.



### Microsoft

Download the free Microsoft Family Safety app to access features for Windows, Xbox and Android. You will have the ability to:

- Set screen time limits.
- Set age appropriate content filters and block inappropriate content.
- Set up 'location sharing' so you can see where your family are.
- View activity reports.

Find out more here: <https://www.microsoft.com/en-gb/microsoft-365/family-safety>



### Mac OS

To use parental controls, add a user account for your child and then turn on parental controls. Here are just a few of the features available to you:

- Disable the built-in camera.
- Restrict contact with other people through Mail.
- Specify which apps are allowed.
- Ability to limit access to websites.
- Disable or limit access to the iTunes Store.
- Set time limits for weekdays, weekends and bedtime.
- Prevent apps and services from accessing your child's data.

Find out more here: <https://support.apple.com/en-gb/guide/mac-help/mhsp004/10.16/mac/10.14>

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## Introduction and contents

### Introduction

This guide will help you set up parental controls and adjust privacy settings to provide your child with a safer online environment. Parental controls can help to protect your child from seeing something that they shouldn't – although it is important to emphasise that no system is effective all of the time, so it is important to engage with your child and talk to them about their online life regularly.

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## Home Internet

Most broadband providers include parental controls for free as part of their broadband package so any device that connects to your WiFi will be protected by any controls you have set up. Remember, children may have devices that use 4G and 5G so they won't always be connected to your home internet so ensure you set up parental controls on their devices too.



Sky Broadband Shield is included within your Sky Broadband package and helps to protect against phishing and malware-infected sites. It also includes Safe Search, which is designed to block explicit content when you search online. Your Sky Broadband Shield will automatically be set as suitable for teenagers during the day and adults in the evening. You can change this to suit your family:

1. **Choose a rating:** You can choose between PG, 13, 18 or customise your protection.
2. **Time settings:** This feature allows you to set age rating restrictions depending on the time of day. It is set by default to apply the 18 setting from 9pm to 5.30am.
3. **Block content:** You can block specific websites or categories.

Find out more here: <https://www.sky.com/help/articles/sky-broadband-shield-start>

Virgin Media Essential Security is included within your Virgin Media broadband package as standard. You can customise your settings to block access to websites that are inappropriate for children for example:

Find out more here: <https://www.virginmedia.com/broadband/parental-control>

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## BT



BT include parental controls within their broadband package. Once activated, all devices connected to your BT Home Hub will have content filtered to your set filter level. There are three predefined filter levels (strict, moderate and light) available or you can customise your protection. BT also offer the following functionality:

- Set 'Always allow' specific sites.
- Set 'Always block' sites that you feel are inappropriate such as YouTube.
- Set up homework time.
- Set a time for filters to be on/off.

Find out more here: <https://www.bt.com/help/security/how-to-keep-your-family-safe-online-with-bt-parental-controls>

## Other providers

TalkTalk: <https://www.talktalk.co.uk/broadband/security>  
Plusnet: <https://www.plus.net/help/broadband/how-to-use-plusnet-safeguard/>  
Now Broadband: <https://help.nowtv.com/article/set-up-and-manage-broadband-buddy>  
Vodafone: <https://securenet.vodafone.co.uk/>

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## Consoles

All consoles offer additional parental controls to limit time spent on the device or limit who your child can communicate with online. Also, be aware of the PEGI ratings on a game, which shows you the age suitability of the game e.g. a PEGI rating of 12 shows the game is only suitable for players over the age of 12, due to its content.



### Xbox Series X|S and Xbox One

You can download the Xbox Family Settings app to help you manage the following:

- Set screen time.
- Filter content based on your child's age.
- Approve your child's purchases.
- Review requests to add a new friend.

Find out more here: <https://www.xbox.com/en-GB/family-hub>

You can also choose who can communicate with your child through the settings on their console.



### Nintendo Switch

The Nintendo Switch Parental Controls smart device app is a free app that can be linked with Nintendo Switch to monitor what your child is playing. The app creates a report so you can see which video games your child plays and how long for. It also allows you to set which games your child can play based on the PEGI age rating and restrict your child from sending/receiving messages from other users.

Find out more here: <https://www.nintendo.com/en-gb/hardware/nintendo-switch-parental-controls/nintendo-switch-parental-controls-1183145.html>

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### PS4 / PS5

You will need your own account for the PlayStation Network and an account for each child. Both PS4 and PS5 offer a variety of Parental Control/Family Management options such as:

- Set age rating levels for games and apps.
- Manage how long children can play each day.
- Restrict web browsing.
- Restrict communication.
- Set the monthly maximum amount of money a child can spend in the store.

Find out more here: <https://www.playstation.com/en-gb/parental-controls/>

### Meta Quest

### Oculus / Meta Quest VR

Meta Quest state that 'Meta Quest headsets are not toys. Using Meta Quest requires an account and is subject to requirements that include a minimum age of 13'. (<https://www.meta.com/gb/quest/safety-center/>)

Parental tools include:

- blocking specific apps.
- set a daily time limit.
- view who your child is interacting with.
- receive purchase notifications.

Find out more here: <https://www.meta.com/gb/quest/safety-center/parental-supervision/>

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## Social Media



### Facebook (13+)

Included in Facebook's settings are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline.

**Unfriend:** go to their profile, click on the three dots, click on Following and tap Unfollow.

**Blocking:** go to their profile, click on the three dots and select Block.

**Facebook Privacy Check-up:** this tool helps you review your settings: <https://www.facebook.com/help/1237502233357210>

You can also set up Family Centre (supervision) on Messenger: <https://en-gb.facebook.com/help/messenger-app/182587384506653>



### Instagram (13+)

When you set up your account, it is automatically set as public (except if you are under 18 and it is set to private as default, although you can change it to public).

**Remove a follower:** Go to your profile and tap Followers and select Remove (on the right).

**Blocking/Reporting:** To do this, tap their username, tap on the 3 dots in the top right and select Block or Report.

**Turn off commenting on a post:** Tap the 3 dots above your post and select Turn Off Commenting.

Find out more here: <https://help.instagram.com/194883687377201>

You can also set up Family Centre (supervision) to give you access to tools such as see who your child follows and screen time: <https://help.instagram.com/464807563184597>



### WhatsApp (13+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo. To change any of these settings, go to Settings and then select Privacy.

You can report any issues direct to WhatsApp within the app by going to Settings, Help, Help Center and Contact Support.

**Blocking/Reporting:** You can block and report a user by clicking on their name and selecting Block or Report.

You can report any issues direct to Settings, Help, Help Center and Contact Support.

Find out more here: <https://faq.whatsapp.com/general/security-and-privacy/staying-safe-on-whatsapp/>

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## TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this, go to your profile, tap the 3 line icon, tap Settings and Privacy, go to Privacy and turn on Private account (by default accounts for people under 16 are set to private).

**Report inappropriate content:** you can report an account, video, comment and message. Follow the instructions here: <https://support.tiktok.com/en/safety/how-to-report-a-problem>

### Family Pairing

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.
- **Restricted Mode:** Restrict the appearance of inappropriate content.
- **Discover Search bar:** Option to disable.

Find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>



## X (Twitter) (13+)

When you set up your X account, you can choose whether you would like to keep your tweets public or protected (private). To check, go to Settings and Support, select Settings and Privacy, select Privacy and Safety and then Audience and tagging and ensure Protect your posts is selected.

**Unfollow somebody:** Go to their profile, click on 'following' to then select 'unfollow'.

**Blocking/Report:** Go to their profile, click the three dots and select block or report.

**Location:** To keep your location private (so followers can't see the location you are tweeting from), under Settings and Support, select Settings and Privacy, select Privacy and Safety, select Location Information and ensure Precise location is disabled.

Find out more here: <https://help.twitter.com/en/safety-and-security/x-privacy-settings>

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## TV/Streaming

However your child chooses to watch TV, make sure you have set up appropriate parental controls.



### Apple TV

Apple TV offers a host of features to restrict usage, such as restricting purchases, restrict opening apps based on age, restrict content identified as explicit and prevent access to Multiplayer Games.

Find out more here: <https://support.apple.com/en-gb/guide/tv/ascba1264f90a454b>



### Sky TV

You can use PIN protected parental controls to restrict the programmes and channels that can be viewed. Family Setting removes adult channels and requires a PIN to be entered for purchases. You can also apply restrictions based on age certification or restrict access to specific channels.

Find out more here: <https://www.sky.com/help/articles/set-up-parental-controls-on-your-tv>



### Virgin TV

You can set up a PIN code to restrict the programmes and channels that can be viewed as well as hide adult channels and set pin required for purchases.

Find out more here: <https://www.virginmedia.com/help/parental-controls-tv-pin>

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## Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

**Unfriend:** Go to the chat screen, tap and hold on a friend's name, tap 'Manage Friendship' and then tap 'Remove Friend'.

**Block a friend:** Go to the chat screen, tap and hold on a friend's name, tap 'Manage Friendship' and then tap 'Block'.

**Location settings:** This feature allows your friends to see where you are (including when you are at home) when you have the app open. It is so important that you check your child's settings for this feature. Your location won't be shared on the map until you open it for the first time, at which point you can choose (please note that snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose).

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends.
- **Select Friends, Except:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends:** choose specific friends to share your location with.

**Who Can Contact Me:** in your privacy settings you can choose who can contact you directly with Snaps, Chats, calls, etc. Remember, if you're in a group, then anyone can communicate with you in that Group Chat regardless of your settings. Find out more here: <https://help.snapchat.com/hc/en-gb/articles/7012343075580-how-to-change-my-privacy-settings-on-snapchat>

**Family Centre:** this can be set up to provide parental control settings such as limit your child's ability to view certain content in the Stories and Spotlight tabs. Find out more here: <https://help.snapchat.com/hc/en-gb/articles/7121384944788-What-is-Family-Centre>

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### YouTube

YouTube offer a restricted mode which helps to restrict mature content being shown. Whilst YouTube state that this will never be 100% perfect, it does offer an extra layer of protection. <https://support.google.com/youtube/answer/175084>

YouTube offer a supervised experience for children under the age of 13. <https://www.youtube.com/intl/en-Gb/myfamily/>

YouTube Kids (with the option to select the shows you prefer your child to watch) is also available. Find out more here: <https://www.youtube.com/kids/safe-experience/>



### Netflix

You can add a PIN to your account so a 4-digit PIN must be entered to either play any TV show or movie above a selected maturity level (on all profiles) or to play a specific TV series or movie (on all profiles). Alternatively you can create up to 5 personalised profiles in your Netflix account for each member of the household. You can then choose a maturity level for each profile to control the TV shows and movies they can view.

For younger children, you could create a 'kids experience' profile, which only includes content appropriate for children. Find out more here: <https://help.netflix.com/en/section/264>



### Amazon Prime

You can add a PIN to your account so a PIN must be entered to purchase or view restricted content. You can restrict viewing of videos from certain ratings categories by selecting which ratings categories you'd like to restrict.

Find out more here: <https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=G5BCN6WA-FELU63>

Amazon Fire TV devices have their own parental control settings, find out more here: <https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=202104979>

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### Disney+

Disney+ offers parental control features such as you can create different profiles and set a content rating for that profile.

Alternatively, you can set up a Kid's profile which only includes content suitable for all viewers.

Find out more here: <https://help.disneyplus.com/en-GB/article/disneyplus-en-uk-profiles>



### Now TV

You can set up a parental PIN to restrict access to content. You can restrict shows by age rating, so a parental PIN would then be required to watch all shows and movies at that age rating and above.

Find out more here: <https://help.nowtv.com/article/what-is-a-viewing-pin>



### BBC iPlayer

You can set up a Parental Guidance lock (PIN) to control what your children have access to when using the BBC iPlayer. Once it is turned on, to watch anything with a BBC Guidance label, the user will have to enter the PIN. You will have to turn this Parental Guidance Lock on separately on every device you have.

Find out more here: <https://www.bbc.co.uk/iplayer/help/questions/parental-controls>

You can also set up a child's profile (under 13s) so only age appropriate programmes can be viewed.

Find out more here: <https://www.bbc.co.uk/iplayer/help/questions/about-the-childrens-experience/iplayer-child-experience>

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### itvX

You can set up a parental controls PIN to restrict access to programmes that display a Guidance symbol.

itvX also offer a kids profile on certain devices, which creates a kid-safe homepage with shows just for kids.

Find out more here: <https://support.itv.com/en-us/does-itv-offer-parental-controls-S1XSOUn2>



### Channel 4

You can set a PIN to restrict access to content based on age, either 16+ or just for 18-rated content (18+). The PIN must be set up separately on any browsers used and will only restrict programme content, not advertising content.

Find out more here: <https://www.channel4.com/parental-controls>



### Twitch

Children under 13 may not use Twitch. Twitch is a live streaming platform.

Settings can be changed to hide unwanted messages by setting Chat Filters and hide content based on content classification labels e.g. gambling. You can find out more here: [https://safety.twitch.tv/articles/Guide-Parents-Educators/SettingsPages\\_US](https://safety.twitch.tv/articles/Guide-Parents-Educators/SettingsPages_US)

Connect Safety have also produced this guide to Twitch: <https://connectsafety.com/twitch/>

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## Search Engines

An innocent search can result in inappropriate content being seen so we would recommend switching on parental controls. There are a few different search engines out there so find out which search engine your child uses and remember to set them up on all devices your child uses to access the internet, for example their tablet and phone. **Not all search engines allow you to 'lock' Safesearch on (so users may be able to simply turn it off).**



### Google

You can use Google SafeSearch to block explicit and inappropriate results such as pornography. As with all filtering systems, SafeSearch isn't 100% accurate. You will need to log into your Google account to lock any changes you make.

- Go to search settings at <https://www.google.com/safesearch>
- Select **Filter: Blur** or **Off**
- At the bottom of the page, select save.

You can also set up Family Link to help manage search results: <https://support.google.com/families/answer/7084922?hl=en>

Find out more here: <https://support.google.com/websearch/>



### Yahoo

Yahoo offer a SafeSearch lock to protect children from certain types of content. To set this up:

- Sign in with your Yahoo ID.
- Go to Settings and preferences and select appropriate controls.
- Click Save and then sign out to prevent any further changes being made.

Find out more here: <https://in.help.yahoo.com/yhl/SLN2247.html>

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## Mobile devices

You can set up free parental controls and restrictions on most mobile devices, which can limit what your child can access.



### iOS

Using Content & Privacy Restrictions in Screen Time, you can block or limit specific apps and features on your child's device.

Find out more here: <https://support.apple.com/en-gb/105121>

Apple have also created this support page for families: <https://www.apple.com/uk/families/>



### Android

When you turn on parental controls, you can restrict what content can be downloaded or purchased from Google Play based on maturity level.

Find out more here: <https://support.google.com/googleplay/answer/1075738?hl=en-GB>

You can also set up Family Link, which lets you set digital ground rules as well as see where they are, receive notifications when they arrive or leave a certain location and set screen time limits. You will need to download Family Link onto your own device first and then link your child's account to it.

Find out more here: <https://families.google/familylink/>

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## Smart Devices

Do you have a voice activated home assistant? Set up appropriate restrictions to limit what your child can do on them.



### Amazon Echo/Dot (Alexa)

Whilst there are no specific parental controls, you can apply settings to restrict:

- purchases with a pin only,
- explicit content.

These features can be set up through the Alexa app.



Google Home

### Google Home

You can set up content filters for your device. Find out more here: <https://support.google.com/googlehome/answer/9084222?hl=en-GB>

Your child under 13 can use Google Assistant on shared devices if you add their Google Account and voice to the device. By setting up a supervised account, children won't be able to do the following:

- Play YouTube videos or songs from YouTube music (under 13),
- Make purchases,
- Use non-Google apps (unless they have the 'Apps for families on Google Assistant' badge).

Find out more here: <https://support.google.com/families/answer/9071584>

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## Further Advice

There are many organisations set up to provide you or your child with advice should you need it. Here are just some of the organisations that can help you.

### Helplines



Tel: 116 123



Tel: 0808 800 5000



Tel: 0808 800 2222

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## Where to report



Reporting centre designed to assist everyone in reporting harmful content online.

Find out more here: <https://reportharmfulcontent.com/>



You can report sexual images of under 18s online directly to the Internet Watch Foundation.

Find out more here: <https://www.iwf.org.uk/>



A National Crime Agency command

If you are worried about online sexual abuse or the way someone has been communicating with your child online.

Find out more here: <https://www.ceop.police.uk/safety-centre>

## Useful Websites

• **Barnardo's:** <https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/child-abuse-and-harm/keeping-children-safe-online>

• **BBC Own It:** <https://www.bbc.com/ownit>

• **CEOP:** <https://www.ceop.police.uk/safety-centre>

• **CEOP Education:** <https://www.ceopeducation.co.uk/>

• **ChildLine:** <https://www.childline.org.uk/>

• **Childnet:** <https://www.childnet.com/>

• **Internet Matters:** <https://www.internetmatters.org>

• **NSPCC Online Safety:** <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

• **UK Safer Internet Centre:** <https://www.saferinternet.org.uk/>

• **Vodafone Digital Parenting:** <https://www.vodafone.co.uk/movescenrto/smart-living/digital-parenting/>

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## Help with Childcare Costs in Before and After School Childcare

### Tax Free Childcare

Tax-Free Childcare is a scheme open to working parents of children under 12 (or 17 if disabled) to help with childcare costs. For every £8 paid in, the government will pay in an extra £2, up to £2,000 (£4,000 if the child is disabled) per child per year.

#### How to apply?

Apply at [www.gov.uk/apply-for-tax-free-childcare](http://www.gov.uk/apply-for-tax-free-childcare)

### Universal Credit for Childcare

Universal Credit is a payment to help with living costs. It is paid monthly.

Parents can receive up to 85% of their childcare costs, the maximum amount a month is:

- £951 for one child
- £1630 for two children or more

### Eligibility for Universal Credit childcare costs

Parents can only get Universal Credit childcare costs if:

- Are in paid work, or have accepted an offer of paid work (it does not matter how many hours you or your partner work)
- Pay for childcare for the relevant child or young person.

#### How to apply?

Apply at [www.gov.uk/sign-in-universal-credit](http://www.gov.uk/sign-in-universal-credit)

[cumberland.gov.uk](http://cumberland.gov.uk)

**FREE**

**St John's & St Peter's**  
**Holiday Club**

**CRAZY CREATIVES**  
**HOLIDAY CLUB**

**Get ready for a crazy adventure!**

**TUESDAY 27<sup>TH</sup> AUGUST TO FRIDAY 30<sup>TH</sup> AUGUST**  
**FREE HOLIDAY CLUB FOR CHILDREN AGED 5-11 YEARS**

*Booking forms available from the school or St Peter's church office*



# SUMMER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each  
Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

<b>FREE - Supporting Healthy Sleep</b> <b>FREE - Cannabis &amp; Ketamine Awareness</b>	<b>27 JUN</b> <b>30 JUL</b>
Understanding Addictive Behaviour	16 MAY, 11 JUL, 8 AUG
Understanding the Teenage Brain	20 MAY, 15 JUL
Raising Self-Esteem	21 MAY, 16 JUL
Supporting a Child with ADHD	23 MAY, 20 JUN, 18 JUL, 15 AUG
Anxiety Explained	30 MAY, 25 JUL, 22 AUG
Understanding Anger	3 JUN, 29 JUL, 26 AUG
Introduction to OCD	11 JUN, 6 AUG
Improving Family Communication	17 JUN, 12 AUG
Autism: Improving Communication	8 JUL, 5 AUG
What is ACT?	9 JUL
Decreasing Depression	23 JUL
Supporting Healthy Sleep	20 AUG
Today's Teens & Drugs	27 AUG

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)      [info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



Kingmoor Nursery and Infant School



## Online Safety Newsletter July 2024

### Roulette style video /chat apps

Chat roulette style apps work by pairing people together anonymously to chat (and video chat) to each other. Due to the anonymous nature of these apps, we would always recommend that that they are not suitable for under 18s.

There is often a lot of inappropriate content and behaviour on these apps and your child is at risk of grooming as a stranger may try to connect with your child initially on an anonymous app and then encourage them to continue chatting on another app.

It is also important that your child is aware that what they say and do whilst video chatting can be recorded and shared later without their knowledge.

You should talk to your child about who they chat with and what they are sharing when they do. As with all apps and websites that your child accesses, make sure they know how to use any reporting tools and they know how to block other users if necessary.

The NSPCC discuss chat apps in general as well as how to talk to your child about what they are sharing with others online here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps/>

### CapCut

Have you heard of CapCut? It is owned by the same owners as TikTok and is a video editing app. CapCut state that their services are intended for those over the age of 13 and those under the age of 18 must have consent from their parent/legal guardian. It is rated as 12+ on the App store. The App store have rated it as this because of *Infrequent/Mild Mature/Suggestive Themes, Infrequent/Mild Sexual Content and Nudity*.



#### What can I do on CapCut?

CapCut is used as a video and image editing tool allowing users to edit their videos/images as well as add music, sound effects, text and stickers.

#### What should I be aware of?

- The templates are user generated, therefore they may not always be appropriate for your child to view, for example adult themes.
- CapCut includes access to a library of music that can be used within videos that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions allowing users access to premium content.

#### Further information

Protect Young Eyes have published a full review of CapCut here: <https://protectyouneyes.com/apps/capcut-app-review/>

### Harmful Online Challenges

Lisa Kenevan and Hollie Dance both lost their sons to dangerous online challenges. They share their advice and tips with Internet Matters to help protect children from harmful online challenges. Internet Matters have also included links to further resources regarding online challenges at the below link:

<https://www.internetmatters.org/hub/parent-stories/tips-protect-children-harmful-online-challenges/>

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Current as of the date released 01.07.24.

## Being unkind online

It can be very easy online for children to behave in a way that they would not if they were face to face with each other.

Talk to your child about how they speak to others online and encourage them to talk to people online with respect and kindness, like they would if they were face-to-face. How they act online should be how they behave on the school playground when they are following school rules. Here are some examples of what being unkind looks like online:



- Sending nasty or hurtful messages
- Leaving unkind comments
- Sharing photographs of somebody else without their permission
- Excluding somebody on purpose
- Impersonating somebody with a fake account
- Telling/sharing lies

The above might happen whilst your child is gaming online or whilst using social media or messaging apps for example.

### What should I do if my child is being bullied online?

Ensure that your child understands that if they receive unkind messages or see something that worries them, they should not reply or engage in conversation with the perpetrator. Instead, they should tell a trusted adult. You can use the tools within an app to report any offensive or hurtful content as well as block people so they cannot contact them again in the future.



### Starting a conversation with your child

BBC Own It have curated a selection of videos and quizzes with ideas and advice to help make the web a kinder place. You could use these to help you start a conversation with your child.

<https://www.bbc.com/ownit/curation/being-kind-online>

### Further information

- <https://bulliesout.com/need-support/be-kind-online/>
- <https://bekindonline.com/category/cyber-safety-tips/>

## Summertime Screen Time



The Ineqe Safeguarding Group have published information on their website to help you manage your child's screentime during the summer break. Their website includes top tips for managing screen time, activities and guides to popular apps:

<https://ineqe.com/2024/06/20/summertime-screen-time-2024/>

## Helping your child transition to secondary school

Is your child moving to secondary school in September? Internet Matters have published lots of useful advice and resources to help you during this transition, including discussing if your child is ready for a smartphone and explaining the challenges they may face in secondary school:

<https://www.internetmatters.org/resources/moving-to-secondary-school-online-safety-guide/>

## Accessibility features

There are many accessibility features available on iPhone and Android phones to support those with vision, speech and cognitive needs for example. You can find out more here:

**iPhone:** <https://support.apple.com/en-gb/guide/iphone/iph3e2e4367/ios>

**Android:** <https://support.google.com/accessibility/android/answer/6006564?hl=en-GB>



## Cumbria's Holiday Activity and Food Programme Carlisle Area



[cumberland.gov.uk](http://cumberland.gov.uk)

### Book sessions in your area now!

- Visit [cumberland.gov.uk/holidays](http://cumberland.gov.uk/holidays) to search the range of activities available.
- Bookings will work on a first-come-first served basis - and are subject to availability.
- Some activity providers offer transport. Visit [cumberland.gov.uk/holidays](http://cumberland.gov.uk/holidays) for full details.
- Dates are liable to change, please contact the activity provider for more information.

### Who is it for?

The Holiday Activity Programme is aimed at all statutory school-age children and young people (Reception-Year 11).

- Places are **FREE** for eligible children due to external funding.
- Funded places are for young people who receive benefits-related Free School Meals and other eligible children in particular circumstances.
- All children who attend will also be provided with a meal.
- Eligible children can access up to sixteen sessions this summer.
- Interested in any of the activities listed in this leaflet? Visit [Cumberland.gov.uk/holidays](http://Cumberland.gov.uk/holidays) to book holiday activities or use the booking information provided.
- For any enquiries or to check your eligibility status email: [HAF@Cumberland.gov.uk](mailto:HAF@Cumberland.gov.uk)
- If you are not eligible for a funded place many providers offer paid places - please contact them to discuss your options.
- Many of our providers cater for children with additional needs, please contact the provider to discuss your child's needs and suitability of the session.



SCAN ME

**Carlisle Villa Boxing Club**  
(Annex to the rear of 71 Currock Road, Carlisle)  
**Description:** Non-Contact Boxing, team building, leadership, and healthy lifestyles. Meals included.  
**Age range:** 6 - 16  
**Dates:** 22 - 26 July and 29 July - 2 August  
**Times:** 10am - 12pm  
**Booking information:** Email [carlislevillaabc@hotmail.co.uk](mailto:carlislevillaabc@hotmail.co.uk)

**Carlisle Youth Zone - Junior Offer**  
(Victoria Place, Carlisle)  
**Description:** Carlisle Youth Zone offers a wide range of activities including, games and challenges, sport, music, arts, and crafts, baking and cooking, book club and gym. Meals included.  
**Age range:** 8 - 12  
**Dates:** 29 July - 1 August, 5 - 8, 12 - 15 and 19 - 22 August  
**Times:** 8.30am - 3.30pm  
**Booking information:** Call 01228 516280 or email [info@carlisleyouthzone.org](mailto:info@carlisleyouthzone.org)



**Carlisle Youth Zone - Senior Offer**  
(Victoria Place, Carlisle)  
**Description:** We will be offering off site activities for young people to experience new adventures in an around the local area. These trips will include outdoor activities such as walking, games and exploring new areas. For full programme of activities, please get in touch. Meals included.  
**Age range:** 12 - 16  
**Dates:** Wednesdays: 7, 14, 21 and 28 August. Fridays: 2, 9, 16 and 23 August  
**Times:** Wednesdays: 10am - 3pm  
Fridays: Times will vary depending on the trip but will generally be three hours.  
**Booking information:** Call 01228 516280 or email [info@carlisleyouthzone.org](mailto:info@carlisleyouthzone.org)

**Cumbria Development Education Centre**  
(Denton Holme Community Centre, Carlisle)  
**Description:** A range of arts and nature-based activities to build connections, skills and agency for young people who are refugees and people seeking asylum. Meals included.  
**Age range:** 16 - 18  
**Dates:** Mondays: 22, 29 July, 5, 12, 19 August. Thursdays: 1, 8, 15, 22 August. Friday: 26 July  
**Times:** 10am - 4pm  
**Booking information:** Call 01539 431602 or email [office@cdce.org.uk](mailto:office@cdce.org.uk)

**Alfie's Project (Petteril Bank Community Centre, Carlisle)**  
**Description:** Indoor and outdoor fun activities, day trips, arts, and craft much more. Meals included.  
**Age range:** 4 - 16 (SEN children only)  
**Dates:** Wednesdays: 24 and 31 July, 7, 14, 21 and 28 August. Fridays: 19 and 26 July, 2, 9, 16, 23 and 30 August.  
**Times:** Wednesdays: 11.30am - 3.30pm and Fridays: 4.30pm - 6.30pm  
**Booking information:** Call 07383 975588 or Email [carlislealfiesproject@gmail.com](mailto:carlislealfiesproject@gmail.com)

**BEE Unique SEN Activities (Petteril Bank Community Hall & Just Messin Soft Play)**  
**Description:** Activities include a fun teddy bear picnic, Mad Hatters Tea Party with Princesses and Pyjama party with games and Brad's Pet Encounter Experience. Lunch provided for booked attendees. Parents/Carers required to stay. Beverages and biscuits provided for parents. You do not require an official diagnosis to attend. Siblings welcome to book.  
**Age range:** 4 - 18  
**Dates:** 20, 31 July & 6 Aug at Petteril Bank & 21 Aug at Just Messin  
**Times:** Times and venues vary, please visit the booking link below for more information or contact Bee Unique.

**Booking information:** Please visit <https://bookwhen.com/beeunique> or email [beeuniquecharity@gmail.com](mailto:beeuniquecharity@gmail.com)

**Carlisle Mencap (The Grace Little Centre, Crindledyke Road, Carlisle)**  
**Description:** Twelve day offer exclusively for SEN children and young people including: trips to Mirehouse Gardens, Happy Hooves Riding Centre, Stocks Wood Outdoor Centre, Alpaca Visit, Allonby Beach and South Lakes Safari Zoo. We also have some fantastic activities planned at the Grace Little Centre. Meals and transport included.  
**Age range:** 8 - 18 (SEN children only)  
**Dates:** 24, 25, 29, 31 July, 7, 8, 14, 15, 21, 22, 28 and 29 August  
**Times:** 10am - 3pm (times vary for trips, please contact Carlisle Mencap)  
**Booking information:** Call 01228 674393 or email [children@carlisle Mencap.co.uk](mailto:children@carlisle Mencap.co.uk)



**Currock Community Centre (Lediard Avenue, Carlisle)**  
**Description:** Fun days of sports, gardening, cooking, crafts, and games with the GLL Community Development Team with additional activities delivered with by a range of partners, including Tullie House, Zoobidoo, Holme Head House, Action Ants & the Science Booth. Hot Homemade Meals & snack included.  
**Age range:** 5 - 11  
**Dates:** 24, 25, 31 July, 1, 7 and 8 August  
**Times:** 9am - 3pm  
**Booking information:** Call 01228 591868 or email [info@currockcc.co.uk](mailto:info@currockcc.co.uk)

**Funcation - Carlisle Matters (Brampton Community Centre, Union Lane, Brampton)**  
**Description:** Arts and crafts, music and dance, sport, and team games, together with a hot lunch. Trips to local parks, and an exciting 'last day' trip.  
**Age range:** 5 - 11  
**Dates:** 29 - 31 July  
**Times:** 11am - 3pm  
**Booking information:** Visit <https://carlisle matters.co.uk/events/>

**Funcation - Carlisle Matters (Denton Holme Community Centre, Morley Street, Carlisle)**  
**Description:** Arts and crafts, music and dance, sport, and team games, together with a hot lunch. Trips to local parks, and an exciting 'last day' trip.  
**Age range:** 5 - 11  
**Dates:** 22 - 24 July  
**Times:** 11am - 3pm  
**Booking information:** Visit <https://carlisle matters.co.uk/events/>

**Funcation - Carlisle Matters (Harraby Community Centre, Edgehill Road, Carlisle)**  
**Description:** Arts and crafts, music and dance, sport, and team games, together with a hot lunch. Trips to local parks, and an exciting 'last day' trip.  
**Age range:** 5 - 11  
**Dates:** 5 - 7 August  
**Times:** 11am - 3pm  
**Booking information:** Visit <https://carlisle matters.co.uk/events/>



**Morton Manor Community Centre (Wigton Road, Carlisle)**  
**Description:** We offer something educational and fun, for all children, including sports, games, arts, and craft activities. Hot meals included.  
**Age range:** 5 - 11  
**Dates:** 23, 26 and 30 July, 1, 6, 8, 13, 15, 20, 22, 27 and 29 August  
**Times:** 9.30am - 3.30pm  
**Booking information:** Please come to the centre to complete a booking form or call **01228 531105** for more information.

**NP Inclusive Sports (Carlisle Campus Sports, Edgehill Road, Carlisle)**  
**Description:** Wheelchair based sports like basketball and bocca, and party games for all. Meals included. This is open to all children both able bodied and with additional mobility needs.  
**Age range:** 5 - 10  
**Dates:** 22 - 25 July  
**Times:** 10am - 2pm  
**Booking information:** Email **Npinclusivesport@gmail.com** or message us on Facebook



**Oak Tree Animals' Charity (Oak Tree Farm, Wetheral Shields, Carlisle)**  
**Description:** Caring for animals - a chance to learn about how animal shelters care for their animals and how you can help care for animals too!  
**Meals included.**  
**Age range:** 5 - 10  
**Dates:** 22, 23, 30 and 31 August  
**Times:** 10am - 2pm  
**Booking information:** Call **01228 560082** or email **info@oaktreeanimals.org.uk**

**Pyjama Drama North Cumbria (Holme Head House Community Atelier, Denton Holme, Carlisle)**  
**Description:** Immersive sessions of high-energy games, dynamic drama techniques, a delicious lunch, and engaging craft activities, fostering friendships and confidence building for a memorable experience filled with laughter and joy.  
**Age range:** 5 - 8  
**Dates:** 22, 25, 29, 30 July, 1, 5, 6, 8 August and 2 September  
**Times:** 10am - 2pm  
**Booking information:** Visit: <https://www.ticketsource.co.uk/pyjama-drama-cumbria/e-debjk>

**GLL The Sands Centre (Newmarket Road, Carlisle)**  
**Description:** A fun water-based camp for children aged 8 plus who love to swim and try new sports. Meals included.  
**Age range:** 8 - 16  
**Dates:** 23 - 26 July, 30 July - 1 August, 6 - 8 August, 13 - 15 August and 20 - 22 August  
**Times:** 9am - 3pm  
**Booking information:** Email **chloe.nixon@gll.org**

**GLL Trinity Leisure Centre (Strand Road, Carlisle)**  
**Description:** Fun filled day of multi-sports, arts and crafts, games and swimming. Meals included.  
**Age range:** 5 - 11  
**Dates:** 22 - 25 July, 29 July - 1 August, 5 - 8 and 12 - 15 August  
**Times:** 9am - 3pm  
**Booking information:** Email **Michael.barnes@GLL.org**

**Independent Adventures (Talkin Tam Country Park, Tarn Road, Brampton)**  
**Description:** Fully supervised Adventure Holiday Clubs for 9-14 year-olds. Meals included. Transport options available.  
**Age range:** 9 - 14  
**Dates:** 26, 29, 31 July, 6, 8, 9, 14, 15, 16, 21, 22, 26, 27, 28, 29 and 30 August  
**Times:** 10am - 3pm  
**Booking information:** Visit [www.independentadventure.co.uk/clubs](http://www.independentadventure.co.uk/clubs) or call **01228 420123**

**Inglewood Infant School (School Road, Carlisle)**  
**Description:** This summer's theme is 'Ins and Outs' and we will provide a range of age-appropriate, creative, scientific, and playful learning activities both on and off-site. Meals included.  
**Age range:** 5 - 7 (plus siblings aged 8 - 11)  
**Dates:** 7, 8, 28 and 29 August  
**Times:** 9:15am - 3pm  
**Booking information:** Email **parent@inglewood-inf.cumbria.sch.uk**

**Longtown Community Centre (Arthur Road, Longtown)**  
**Description:** A fun, educational summer activity club. Meals included.  
**Age range:** 5 - 11  
**Dates:** 26 July, 2, 9, 16, 23 and 30 August  
**Times:** 10am - 3pm  
**Booking information:** Call **01228 791876**, email **steph.graham@longtowncc.co.uk** or come to the centre to complete a booking form.



**Rocket Theatre Group**  
(Former Officers Mess,  
The Castle, Carlisle)  
**Description:** Sing, dance, act,  
play and have fun with friends.  
Meals included.  
**Age range:** 5 - 16  
**Dates:** 22 - 26 July and 29 July -  
2 August  
**Times:** 10am - 2pm  
**Booking information:** To request  
a booking form please email  
[info@rockettheatregroup.co.uk](mailto:info@rockettheatregroup.co.uk)

**RRCA / Manchester United**  
Foundation (Richard Rose  
Central Academy, Lisimore Place,  
Carlisle)  
**Description:** A fun filled  
three-day summer holiday activity  
programme. Meals included.  
Exclusively for RRCA students and  
Manchester United Foundation  
Partner Primary schools.  
**Age range:** 9 - 16  
**Dates:** 29 - 31 July  
**Times:** 10am - 2pm  
**Booking information:** RRCA  
bookings email  
[Jessica.Nelson@rrca.org.uk](mailto:Jessica.Nelson@rrca.org.uk)  
Partner Primary bookings email  
[Adam.Whitfield@mufoundation.org](mailto:Adam.Whitfield@mufoundation.org)

**St Barnabas and St Luke's**  
Churches with The Lookout  
Community Hub  
**Description:** Fun days, inflatables,  
sports, games, entertainers,  
discos, trips away - lots of fun,  
food, and games!  
**Age range:** 4 - 16  
**Dates:** St Barnabas Church: 23, 29  
July, 12 and 26 August  
St Lukes Church: 31 July, 14, 20 and  
28 August  
**Trips:** 26 July: Walby Farm  
2 August: Gulliver's World  
6 August: Dalscone Farm  
7 August: Beamish  
16 August: Funshack,  
22 August: Blackpool  
2 September: Fusion trampoline  
park.  
**Times:** Church based sessions  
will run 11am - 2pm, for trip times  
please get in touch.  
**Booking information:**  
Message us through Facebook at  
The Lookout Community Hub or  
message **07436 005238**.

**Stone Eden Nursery School**  
(Holme Lane, Carlisle)  
**Description:** A range of on and  
off-site activities including trips  
to the park, sports, games and  
making your own meals.  
**Age range:** 5 - 11  
**Dates:** 22 July - 18 August  
**Times:** 10am - 3.30pm  
**Booking information:** Call  
**01228 599400** or email  
[info@stoneeden.co.uk](mailto:info@stoneeden.co.uk)

**Susan's Farm**  
(145 Houghton Road, Carlisle)  
**Description:** Farm and woodland  
based outdoor activities on a  
working farm. Meals included.  
**Age range:** 4 - 11  
**Dates:** 20, 22 and 23 August  
**Times:** 10am - 3pm  
**Booking information:** Email  
[helens@susansfarm.co.uk](mailto:helens@susansfarm.co.uk)

**The Sands Centre Theatre School**  
(Newmarket Road, Carlisle)  
**Description:** Summer Theatre  
School including singing, acting,  
dancing and food. There will be a  
performance on Sunday with two  
complimentary tickets for family  
members to attend.  
**Age range:** 8 - 18  
**Dates:** 27 Aug - 1 September  
**Times:** 9am - 5pm. Sunday  
performance will start at 6pm  
**Booking information:** Visit  
[betterboxoffice.co.uk/the-sands-centre/half/summer-school](http://betterboxoffice.co.uk/the-sands-centre/half/summer-school)

**Watchtree Nature Reserve**  
(Nr Wiggonby, Wigton)  
**Description:** Forest School/  
Nature-based Kids' Clubs.  
Meals included.  
**Age range:** 5 - 12  
**Dates:** 24, 26, 31 July, 2, 7, 14,  
16, 21, 23, 28, 30 August and 3  
September  
**Times:** 10am - 4pm  
**Booking information:** Email  
[learning@watchtree.co.uk](mailto:learning@watchtree.co.uk)

**Yewdale Community Centre**  
(Hutton Way, Carlisle)  
**Description:** Trampoline themed  
holiday camp - indoor and  
outdoor games, activities, and  
crafts. Meals included.  
**Age range:** 5 - 16  
**Dates:** 24, 25, 31 July and 1, 21,  
22 August  
**Times:** 10am - 3pm  
**Booking information:** Email  
[ruth.crane@yewdalecc.co.uk](mailto:ruth.crane@yewdalecc.co.uk) or  
visit the centre

[cumberland.gov.uk](http://cumberland.gov.uk)