



Newsletter Friday 12th July 2024

Kingmoor Nursery and Infant School

Uniform orders

If you have ordered uniform before the end of May this is due to arrive in school next week and will be sent home with your child.

If you ordered in June onwards, this will not arrive until the beginning of September and we will contact you when school is open for you to collect it on Inset day.

If you still need to order uniform for September this must be done on Eduspot by next Friday 19th July when a new order will be placed to arrive at the beginning of September.

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

KINGFEST!



KINGFEST is on Monday! We are all looking forward to this fabulous day and children can come in wearing non-uniform/festival wear.

If you have not yet made payment please do this before Monday on Eduspot as we rely on parental support to be able to give the children these amazing memories, thank you.

Summer Reading Challenge

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

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



Holiday Club



There are limited spaces left in our holiday club which will run for the first four weeks of the summer holidays. Please book as soon as possible on Eduspot if you require places. See poster for some of the activities and the link below for more information.

<https://www.kingmoorinfants.com/holiday-club-available-to-any-child-aged-3-11-year>

We are winners!

We are delighted to announce that we have won an award from our latest Bright Stars project - Woodland Wellbeing.

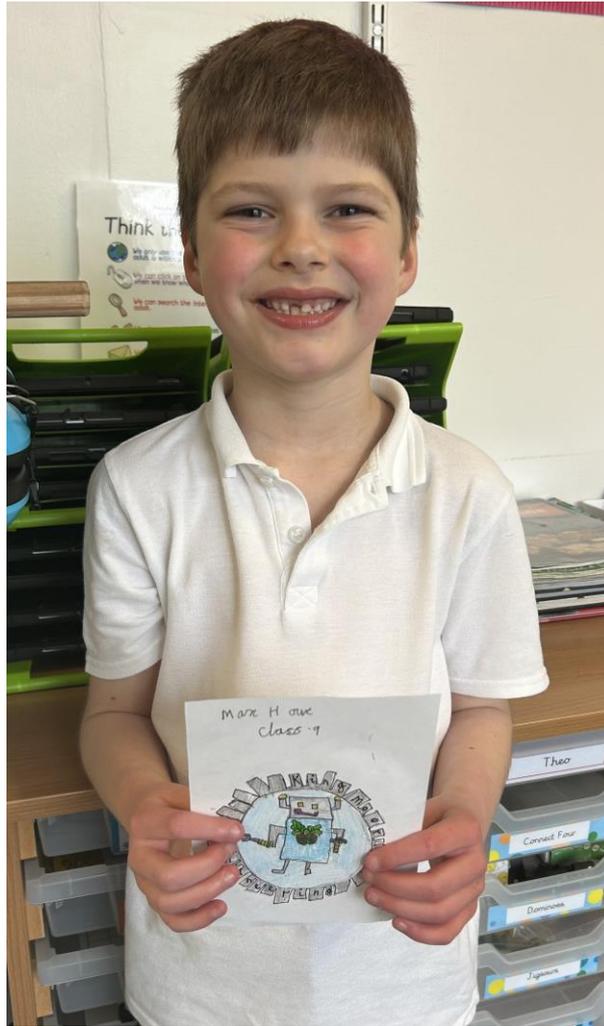
The judges commented that :

It was a fantastic idea to involve everyone in the logo design by holding a competition. Their winning logo was creative, incorporating their school's name, woodland elements, and their worry sticks were beautiful and creative. They designed and made seed boxes, all with their own personalised designs and artwork.

Once again well done to Max for his winning design

As a result we will be receiving a certificate and £100

[Bright Stars Spring/Summer 2024 Winners - Centre for Leadership Performance \(cforlp.org.uk\)](https://www.cforlp.org.uk)



Choir trip to The Glasshouse

The choir have had a fantastic trip to The Glasshouse in Gateshead, to join the Big Sing For Mini Singers. What amazing singing and actions for the theme 'At The Seaside.' Everyone enjoyed a bit of sightseeing too, spotting the Tyne Bridge, the River Tyne and the Millennium Bridge.









SPORTS DAY

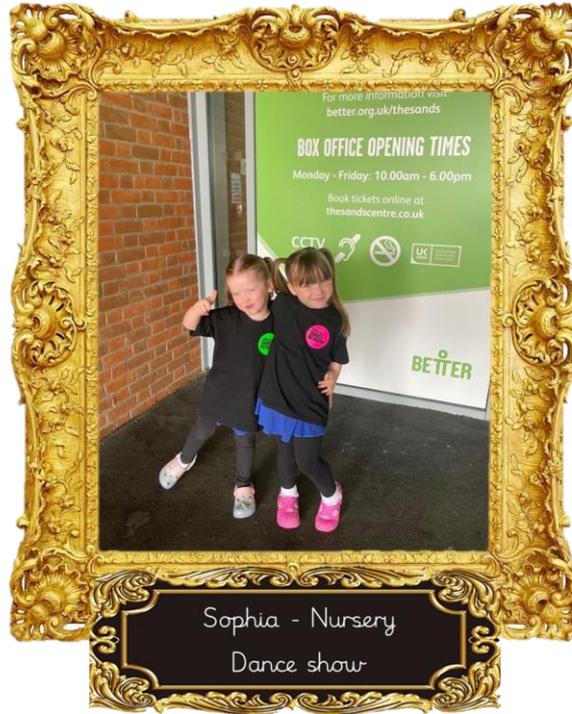


Luckily our Sports Day has gone ahead today due to an improvement in the weather! We hope you have all enjoyed it and photos will be in next week's newsletter.

Talents & Achievements

What a lot of talented children sharing their success with us this week! Well done everyone.





Sophia - Nursery
Dance show



Phoebe - Class 7
Rainbow Award



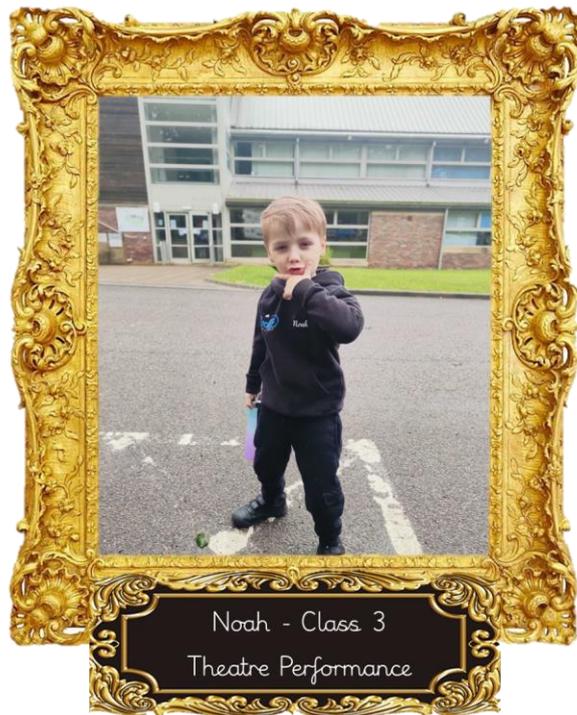
Orla - Nursery
Swimming Award



Quinn - Class 5
Pretty Muddy Race for Life



Maya - Nursery
Dance Performance



Noah - Class 3
Theatre Performance

Makaton



Happy- cupped hands, scoop over each other.

Sad- straight and move down the centre of the face

Have a go at our collection of really useful Makaton signs.

www.bbc.co.uk

Attendance

Attendance in school this week at 92.6%, hopefully it will be better next week.

Stars of the Week!



This half term our Learning power is 'Exploring'

Nursery Stars: Archie Obi Layla Ellis Erin

Lunchtime award: Harry Joshua Ivy Evan

Class 1 Star: Meela

Lunchtime award: Sophia F

Class 2 Star: Noah

Lunchtime award: Rosie B

Class 3 Star: Noah

Lunchtime award: Hamish Mc

Class 4 Star: Millie

Lunchtime award: Maria M

Class 5 Star: Mitchell

Lunchtime award: Bradley O

Class 6 Star: Talaia

Lunchtime award: Jenson T

Class 7 Star: Erin

Lunchtime award: Kyla W

Class 8 Star: Payton

Lunchtime award: Lexi H

Class 9 Star: Phoebe

Lunchtime award: Ava W

Calendar Dates

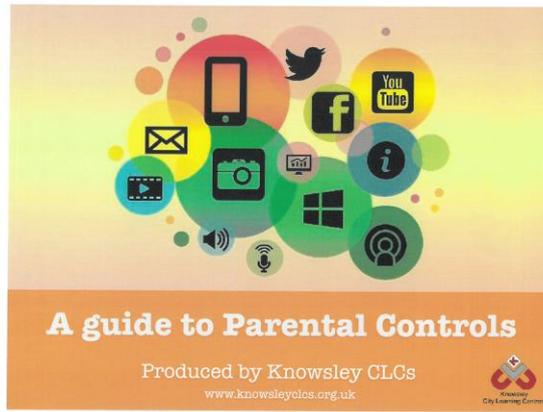
Monday 15 th July	KINGFEST – see poster	
Tuesday 16 th July	Class 7 Leavers Assembly	9.15am
Tuesday 16 th July	Class 8 Leavers Assembly – NOTE CHANGE OF TIME	2.30pm
Wednesday 17 th July	Class 9 Leavers Assembly	9.15am
Friday 19 th July	Last day of term	

Menu for week commencing 15th July 2024

	Choice 1	Choice 2	Pudding
Monday	KINGFEST Beef or Cheeseburger or Quorn Fillet in a bun Served with chips	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Cake or Fresh Fruit or Yoghurt
Tuesday	Pepperoni or Cheese & Tomato Pizza served with wedges & baked beans or mixed salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Brownie or Fresh Fruit or Yoghurt
Wednesday	Pork Sausage Baguette or Vegetable Sausage served with baked beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Golden Cookie Or Fresh Fruit or Yoghurt
Thursday	Tomato Pasta or Macaroni Cheese served with garlic bread & sweetcorn	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 chips and peas	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Fruit Ice Pop or Fresh Fruit or Yoghurt

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



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/mhu5004/10.14/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

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-broadbandshield-start>



Virgin Media

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 your 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/4048807563184597?helpref=faq_content



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.

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/ascba1264f90a464b>



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

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/googleassistant/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/>



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/movesceneto-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

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

cumberland.gov.uk

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

CRAZY CREATIVES
HOLIDAY CLUB

Get ready for a crazy adventure!
TUESDAY 27TH AUGUST TO FRIDAY 30TH 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

FREE - Supporting Healthy Sleep FREE - Cannabis & Ketamine Awareness	27 JUN 30 JUL
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
Todays Teens & Drugs	27 AUG

facefamilyadvice.co.uk 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

Book sessions in your area now!

- Visit 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 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 to book holiday activities or use the booking information provided.
- For any enquiries or to check your eligibility status email: 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

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



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

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

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

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

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



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

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 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

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
Partner Primary bookings email
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

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

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

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

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 or
visit the centre

cumberland.gov.uk