



# Newsletter Friday 5th July 2024

Kingmoor Nursery and Infant School

## **SPORTS DAY - FRIDAY 12th JULY**



Due to the weather this week we have re-scheduled Sports Day to Friday 12th July.

**RECEPTION SPORTS** - Reception sports will be at 1.30pm - 2.15pm on 12th July on the Junior Sports Field. Gates will be opened at 1.30pm once Junior lunchtime has finished.

**YEAR 1 & YEAR 2 SPORTS** - Year 1 & Year 2 sports will take place at 2.15 pm- 3.15pm on the Junior Sports Field on 12th July.

Children will change into their PE kits (white t-shirt, black shorts/joggers and trainers) before their Sports Day session.

## Open reading session-Tuesday 9th July



Open reading session in classes will be on Tuesday 9th July

Nursery: 9.00am & 2.30pm

Reception, Year 1 & Year 2: 3.00pm

FOR RECEPTION & NURSERY - please enter through the car park blue gate ONLY then the blue gate into Foundation Stage playground.

FOR YEARS 1 & 2 - please enter through the car park blue gate ONLY into the main playground and enter school through the Year 2 door next to the library pod.

This will be the last session of the year and we would like to thank all the parents and carers who have come in and joined with the children to enjoy their reading and sharing books.

## 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!



Reminder: Please make payment on Eduspot for KINGFEST as soon as possible for this fabulous day.

£10 per child, please contact school office if you need a password reminder, thank you.

## Class 4 trip to Aglionby Wetlands

Class 4 had a great time on their trip to Aglionby wetlands this week. They enjoyed searching for different types of wild plants on the hedgerows and searching for wildlife in the pond. We even found some tiny frogs.















## Talents & Achievements

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

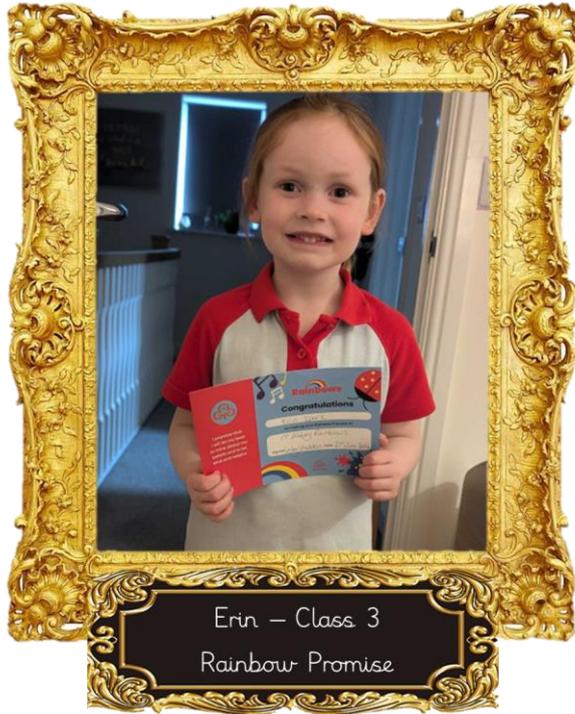




Harlow-Rae - Class 3  
Swimming Award



Darcey - Class 3  
Swimming Award



Erin – Class 3  
Rainbow Promise



Charlotte – Nursery  
Swimming Award



Grace – Nursery  
Swimming Award



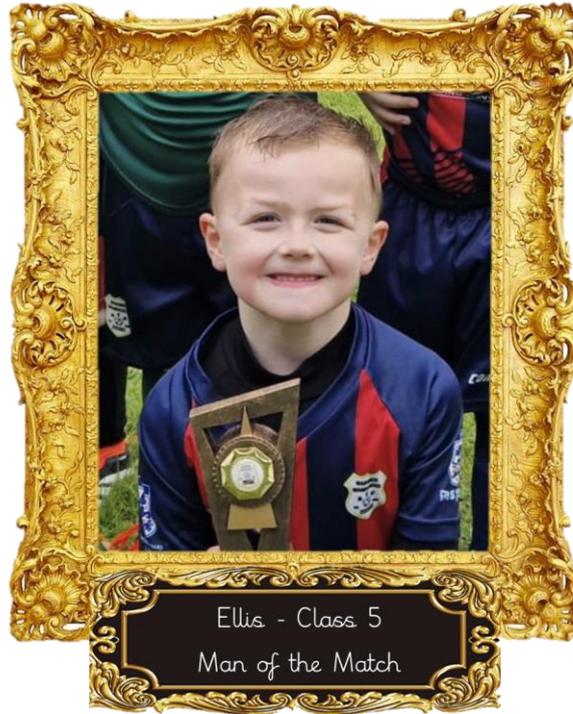
Lilly – Class 9  
Dancing Award



Oliver - Class 5  
Swimming Award



Finley - Class 6  
Swimming Award



Ellis - Class 5  
Man of the Match



Grace - Class 7  
Gymnast of the month



Alice - Class 1  
Swimming Award



Theo - Class 9  
Player of the tournament



Jasmine - Class 9  
Swimming Award



Olivia - Class 7  
Gymnast of the Month



Olivia - Class 7  
Swimming Award



Johnny - Class 1  
Swimming Award

## Makaton



Friends- one hand other the other, slight shake

Play- Two fingers make small upwards circles.

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

[www.bbc.co.uk](http://www.bbc.co.uk)

## Attendance

Attendance in school this week was 96.4%, well done everyone!

## Stars of the Week!



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

Nursery Stars: Louis W Tommy A Ivy H Amiya R

Lunchtime award: Brandi B Grace F Seb D

Class 1 Star: Darcy

Lunchtime award: Bradley N

Class 2 Star: Jason

Lunchtime award: Soloman A

Class 3 Star: Jack

Lunchtime award: Edie B

Class 4 Star: Montana Bleu

Lunchtime award: Dottie-Mae D

Class 5 Star: Hope

Lunchtime award: Ellis T

Class 6 Star: Alivia

Lunchtime award: Rocco F

Class 7 Star: Demi

Lunchtime award: Sadie B

Class 8 Star: Ava Mc

Lunchtime award: Harry B

Class 9 Star: Bira

Lunchtime award: Ines S

## Calendar Dates

Tuesday 9 <sup>th</sup> July	Open Reading Session – Rec, Yr 1 & Yr 2	3.00pm
Tuesday 9 <sup>th</sup> July	Open Reading Session – Nursery	9.00am & 2.30pm
Thursday 11 <sup>th</sup> July	Choir Trip – The Glasshouse	Morning
Monday 15 <sup>th</sup> July	KINGFEST – see poster	
Tuesday 16 <sup>th</sup> July	Class 7 Leavers Assembly	9.15am
Tuesday 16 <sup>th</sup> July	Class 8 Leavers Assembly – NOTE CHANGE OF TIME	2.30pm
Wednesday 17 <sup>th</sup> July	Class 9 Leavers Assembly	9.15am
Friday 19 <sup>th</sup> July	Last day of term	

## Menu for week commencing 8th July 2024

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

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

## Information



### 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)



## 0 – 19 Child and Family support services - Carlisle

Thurs	15th	Summer Community Activity	1:00 - 3:00	Morton C&F Centre
Tues	27th	Stay and Play	10:00 - 11:30	Longtown C&F Centre

All of our services are **FREE**  
 These sessions are for parents/carers and their children

### What's on:

SEPTEMBER				
DAY	DATE	SESSION	TIME	VENUE
Thurs	5th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Mon	9th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Mon	TBC	Mums' Minds Matter	2:00 - 3:00	TBC - SEPT
Tues	10th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	10th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	10th	Time Together	11:00 - 12:00	Harraby CC
Thurs	12th	Bump and Baby Social	10:00 - 11:00	Belah CC
Fri	13th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	16th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	17th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	17th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	17th	Time Together	11:00 - 12:00	Harraby CC
Thurs	19th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	20th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	23rd	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	24th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	24th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	24th	Time Together	11:00 - 12:00	Harraby CC
Thurs	26th	Bump and Baby Social	10:00 - 11:00	Belah CC
Fri	27th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	30th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre

Registered Charity Number:264713

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

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



## 0 – 19 Child and Family support services - Carlisle

**What's on!**  
 All of our services are **FREE**

These sessions are for parents/carers and their children

JULY				
DAY	DATE	SESSION	TIME	VENUE
Mon	TBC	Mums' Minds Matter	2:00 - 3:00	TBC
Mon	1st	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	2nd	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	2nd	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	2nd	Time Together	11:00 - 12:00	Harraby CC
Thurs	4th	Bump and Baby Social	10:00 - 11:00	Harraby CC
Fri	5th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	8th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	9th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	9th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	9th	Time Together	11:00 - 12:00	Harraby CC
Thurs	11th	Bump and Baby Social	10:00 - 11:00	Belah CC
Fri	12th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	15th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	16th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	16th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	16th	Time Together	11:00 - 12:00	Harraby CC
Thurs	18th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	19th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Tues	23rd	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Wed	24th	Summer Community Activity	1:00 - 3:00	Longtown C&F Centre
Thurs	25th	Bump and Baby Social	10:00 - 11:00	Belah CC
Tues	30th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	30th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Wed	31st	Summer Community Activity	1:00 - 3:00	Petteril Bank C&F Centre
AUGUST				
Mon	TBC	Mums' Minds Matter	2:00 - 3:00	TBC
Tues	13th	Stay and Play	10:00 - 11:30	Longtown C&F Centre

Registered Charity Number:264713

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

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



# 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 Your Eyes have published a full review of CapCut here: <https://protectyoureyes.com/apps/capcut-app-review/>

## Harmful Online Challenges

Lisa Kerevan 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/>

Users of this guide do so at their own discretion. No liability is entered into. 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.

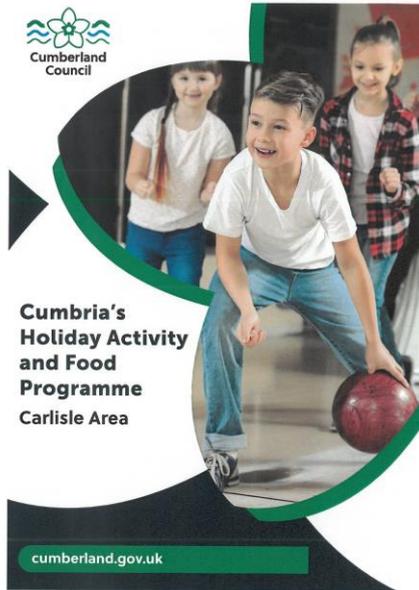
<https://www.internetmatters.org/resources/moving-to-secondary-school-online-safety-guide/>

## 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/os>

**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@cdec.org.uk](mailto:office@cdec.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 Pjama 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@carlismencap.co.uk](mailto:children@carlismencap.co.uk)



**Currock Community Centre**  
(Ledliard 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://carlislematters.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://carlislematters.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://carlislematters.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](mailto: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@oaktreanimals.org.uk](mailto:info@oaktreanimals.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, 23, 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-debjkl>



**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@gl.org](mailto:chloe.nixon@gl.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](mailto:Michael.Barnes@GLL.org)

**Independent Adventures**  
(Talkin Tam Country Park, Tam 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](mailto:parent@inglewood-inf.cumbria.sch.uk)

**Longtown Community Centre**  
(Arthuret 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](mailto: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, Lismore 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 trampolines 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 [helene@susansfarm.co.uk](mailto:helene@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)