

CUMBERLAND NEWSLETTER

September 2026

Message from Mrs Herbert

Last week, Year R settled with ease into their first full week, and for some, this included Breakfast and After School Club. The children in Year R continue to wow all staff with their independence. Year 2 enjoyed a local walk to look at the street art close to Cumberland. Year 1 has been learning their Goldilocks Rap. Year R has been very busy in their Adventure Time and has already started learning Phonics. Pre-School has been exploring the Trim Trail and Physical Development Area. They have been challenging themselves to move in different ways.

Attendance

'Miss School, Miss Out'

At Cumberland, we've been thriving since the start of the term, with our attendance rate currently at an impressive 98%. We sincerely hope that the children who were unwell last week are feeling better, and we eagerly anticipate their return to school. Attendance is crucial for fostering a sense of belonging and growth, as it helps build strong relationships and ensures continuity in their learning.

Trim Trail

- If the red and white fencing is spread across the Trim Trail, please do not let your child go on as it is not safe.
- When your child is on the Trim Trail before the bell goes in the morning and at the end of the day, please watch them carefully.

Thank you for your continued support.

Upcoming Events

- Monday 21st September - Mill Farm at Cumberland for Pre-School and Year R
- Monday 21st September - Deadline for Year 2 responsibility applications by 7pm
- Monday 21st September - Meet the Teacher Year 2 - 1pm-3pm
- **Tuesday 22nd September - Individual school photographs - wear school uniform even if it is P.E Day**
- Tuesday 22nd September - Meet the Teacher Year 1 - 1pm-3pm book via Scopay
- Tuesday 22nd September - Family Support Worker drop ins- 9.15am - 4pm - book using the Microsoft Form that was sent
- Friday 25th September - Year 2 - I Do Like To Be By The Seaside project Outcome at 2.30pm - Y2 families welcome to attend

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Breakfast and After School Club

Help Needed for Cumberland's After School Club

Cumberland's After School Club is reaching out for your support! We currently have a significant number of Year R children attending, and they are adjusting well to the extended school day. This is the highest attendance of Year R children we've seen during their first week at school.

Please assist us by sending a photo and/or password to office@cumberland.portsmouth.sch.uk, so the After School Club can get to know your family better. If your child or children are enrolled in Breakfast and/or After School Club but will not be attending, kindly notify us at the same email address. This will help the class team prepare for your child's end-of-day transition and prevent any confusion or distress.

Important Reminders:

- To cancel Breakfast and After School Club, please provide four weeks' notice.
- The children have their tea from 4:30 to 5:00 PM, so if they are booked for tea, please avoid picking them up during this time.
- When making payments for your child or children, ensure that you complete both the payment and booking to maintain accurate staffing levels.

Communication

We are diligently working to enhance our website. We encourage you to take some time to explore it, particularly the sections on curriculum and Home Learning, which provide guidance on how you can support your child at home. If you have any suggestions for improving our website for parents, we would love to hear from you. Every Monday, you will receive the Cumberland Newsletter via email; please make sure to read it as it contains important updates. Most of our communications will be sent to your inbox on Mondays and Fridays, so be sure to check regularly. Additionally, don't forget to visit our open Facebook page for daily reminders!

Relational and Restorative Cumberland

Building Relationships at Cumberland

At Cumberland, relationships form the core of our school and are essential for fostering a joyful and thriving community. We encourage all new families to begin nurturing strong connections with staff and fellow families. We kindly ask that everyone communicates in a calm and respectful manner with one another.

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Volunteers at Cumberland

We are incredibly grateful to the many parents, carers and family members who generously give their time to support our school, whether by helping in classrooms, accompanying educational visits and trips, or assisting at school events.

We would like to make families aware of updated safeguarding guidance, which means that all volunteers who support in school will now be required to hold an Enhanced DBS check before volunteering.

If you are interested in volunteering, we can provide you with a link to complete the DBS application. The cost of the check is £7.40, which is payable by the applicant.

These measures help us to ensure the safety and wellbeing of all children and maintain the highest safeguarding standards across the school.

If you would like to volunteer, or if you have any questions about the process, please email

admin@cumberland.portsmouth.sch.uk or contact me.

Thank you for your continued support of our school community

Cumberland Governors

1. A strategic focus.

One of the key differences between the work of the Governing Board and school staff is that we have a strategic focus, rather than being involved in the operational side of the school on a day-to-day basis. The board meets approximately every 6 weeks / once a half term, as well as forming a Staff Pay Committee and a Head Teacher's Performance Review Committee. The board is involved in strategic planning discussions; agreeing the strategic plan produced by Mrs Herbert and approving and ratifying school policies across a number of areas. These can be accessed on the school website: [Policies | Cumberland Infant School & Little Cumberland Pre-School](#)



Milton Park Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Mornings	0-5 Stay & Play Stay & Play with craft, play and fun for children aged 0-5. Delivered by: Home-Start Portsmouth 10am-11.30am Booking advisable Term time only			Big Steps for Little People - 1-5 Stay & Play Stay & Play Groups supporting parents and children to learn together. Delivered by: Home-Start Portsmouth 10am-11.30am Third Thursday of the month 24 September	Bump & Beyond Stay & Play Friendly Stay & Play group for parents-to-be and those with babies up to 2 years old. Delivered by: Home-Start Portsmouth 10am-11.30am Booking advisable
	Breastfeeding Drop-in Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network 11.30am-12.30pm Term time only				
Afternoons	Families in Mind - Chat & Play Come along and meet the team, enjoy a hot drink and find out about the free sessions Families in Mind offer. Delivered by: HIOWH NHS Trust 1.30pm-3pm	Neurodiversity Advice Clinic ND advice clinics offering advice and practical strategies in a welcoming and supportive space for families with neurodivergent children and young people. Delivered by: PCC Neurodiversity Team 1.30pm-3.30pm First Tuesday of month Booking essential	Baby Massage Class Relaxed sessions to help you bond with your baby and learn baby massage techniques. Delivered by: The Parenting Network 1.30pm-2.30pm Booking essential	Housing Drop-in 30-minute sessions to offer support for private tenants or homeowners who may be facing financial difficulties or homelessness. Delivered by: PCC Housing Options 2pm-3pm Third Thursday of the month Booking essential	Bright Beginnings A supportive group for parents with babies under 12 months to explore emotional wellbeing, share experiences, and learn practical, evidence-based strategies to build confidence and resilience in early parenthood. Delivered by: Families in Mind 12.30pm-2.30pm Booking essential
Appointment	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	Health and Development Reviews	Health Visitor Clinic Neurodiversity Advice Clinic	Health and Development Reviews Health Visitor OLIVE Clinic	Midwife Clinic	



Online Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Online courses for parents
Mornings	Antenatal Infant Feeding Workshops Delivered by Portsmouth Maternity Infant Feeding Team To book, email pho-tr.antenatalbreastfeedingworkshops@nhs.net	Non-violent Resistance Non-violent Resistance supports parents to manage challenging behaviour calmly and confidently while strengthening the relationship. 9.30am-12pm Starts 24 September Booking essential	The Breastfeeding Network Support Group Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered via Zoom To book, visit portsmouthfamilyhubs.co.uk/online 9.30am-10.30am	NHS Talking Therapies Postnatal Group For birthing parents struggling with challenges such as low mood and anxiety. An opportunity to meet other parents and learn new skills to help you cope and feel better. Delivered by NHS Talking Therapies Portsmouth, HIOWH Healthcare NHS Trust Delivered via Zoom (8 weeks) For self-referral, visit www.talkingtherapiesportsmouth.nhs.uk Referral or invite only		Solihull Approach Online Parenting Courses Portsmouth City Council and HIOWH NHS Trust have partnered with the Solihull Approach to offer free access to expertly designed online courses for parents, carers, grandparents, and teens living in Portsmouth. The courses are available in over 100 languages. They include antenatal courses for expectant parents and courses for parents with children aged 0 to 19 covering a variety of subjects. You can find out more information at www.portsmouthfamilyhubs.co.uk/parentingsupport
Afternoons						Triple P Online Parenting Course An interactive web-based course. The course aims to promote positive parenting practices including, the use of positive attention and praise, strategies to avoid problems in high-risk situations and effective discipline for misbehaviour. Parents receive log on details and complete relevant self-assessment questionnaires. Suitable for families of children attending primary school. For more information, email ParentingService@portsmouthcc.gov.uk
Evenings		Understanding your pregnancy - Twilight sessions A Solihull Approach Antenatal Group - for parents who are 20+ weeks pregnant. Delivered by: Home-Start Portsmouth, HIOWH Healthcare NHS Trust and Portsmouth Hospitals University NHS Trust Book via Family Assist	Understanding your pregnancy - Twilight sessions A Solihull Approach Antenatal Group - for parents who are 20+ weeks pregnant. Delivered by: Home-Start Portsmouth, HIOWH Healthcare NHS Trust and Portsmouth Hospitals University NHS Trust Book via Family Assist	Understanding your baby - Twilight session A Solihull approach postnatal group - for parents with babies up to 9 months old. Delivered by Home-Start Portsmouth and Solent NHS Trust. Book via Family Assist		



Apps

Dadpad - A free essential guide for new dads. Download the app on your device at www.thedadpad.co.uk/app or visit your local family hub for a printed



FREE



Plate Up Pompey

What's included:

- Intercultural cooking sessions
- Creative workshops
- Matchday experiences and more

Get involved:

Book via the QR code
or give us a call!

02392 728899 | pompeyitc.co.uk



- Are you a Portsmouth FC or Portsmouth Women FC fan looking to meet others and try something new?
- Are you part of a community group, charity, organisation or local network looking for activities for your members?
- Do you enjoy cooking, learning new skills or sharing food with others?
- You have never been involved with Portsmouth FC before, but would like to connect with your local community.
- Are you looking to build confidence, make new friends and take part in positive local activities?

Interested in volunteering?

- Assisting delivery of sessions
- Help host and facilitate events
- Help host creative workshops

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