



EXCITING NEWS: our new Facebook page has launched!
search and follow 'Clunbury School News' for school updates



REMINDERS

- Y6 have Bikeability on Monday and Tuesday next week. Please ensure your child has a road worthy bicycle and helmet and is wearing appropriate clothing for the weather.
- C1 Acton Scott trip on Tuesday - they will need a packed lunch and all possessions in a back pack.

Friday 27th November

Due to The Community College being closed, we will not be able to provide hot dinners. Children in years reception, 1 and 2 and in receipt of Free School Meals will have a cold lunch provided them. ALL other children will require a packed lunch.

Cooking Club

If you would like your child to take part, please remember there is £2 additional charge for ingredients to be paid in cash. Thank you.



Parent Debt Zero Tolerance

From September, if your child's School Money account has an unpaid debt of more than 4 weeks, your child will not be able to attend school clubs or extra-curricular trips. This may also affect school dinner availability.
School Money accounts must be kept in credit.

We're Changing How We Take Children's Images

AI is an ever present hot topic in our lives today. As AI continues to develop and evolve, we must also change and adapt in order to keep our children as safe as possible online and protect their privacy.

This does not mean that we will no longer share memories of school and home life with you. Memories are to be celebrated and remembered. But we must think carefully about how we share and present those memories.

We will no longer use front facing photos. AI can easily take an image of a face and manipulate it for malicious purposes you have not consented to which could cause enormous distress and have far reaching consequences.

We still want to see and share your photos of home achievements and activities, so please send them in. Below are some examples of internet friendly images:



Side facing



Hands on focus



Backs of heads



Secondary Application deadline – 31 October 2026

The closing date for secondary applications is 31 October 2026 which falls in the half-term holidays. If you have not already done so, we encourage you to submit an application as soon as possible but before the deadline date. This will ensure that if you encounter any problems, you can be supported/helped and to submit your application on time. There is no grace period for late applications.

DON'T FORGET ...

Everyday things to remember:

- warm, waterproof coat
- hat & gloves
- water bottle
- a beautiful smile



DIARY dates ... Due to unforeseen circumstances, dates may change from time to time.

19.10.26 Dinner menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
am	Y6 Bikeability	C1 Acton Scott Y6 Bikeability		Y3-Y6 swimming	Whole School PE
pm	Y6 Bikeability	Y6 Bikeability		Forest School nursery, YR, Y1, Y2	Whole School Music
Club	Art	Lego	Cooking	Sports	Cozy

Monday 19 th Oct	Y6 Bikeability	Wednesday 11 th Nov	Remembrance Service
Tuesday 20 th Oct	Y6 Bikeability	Friday 13 th Nov	Christmas card order
Tuesday 20 th Oct	C1 Acton Scott		deadline for parents
Mon 26 th -Fri 30 th Oct	Half Term	Friday 20 th Nov	C3 Judges Lodging
Tuesday 3 rd Nov	Live music at Bucknell	Thursday 10 th Dec	Panto 'Aladdin'
Wednesday 4 th Nov	NO AFTERSCHOOL CLUBS	Thursday 10 th Dec	NURSERY CLOSED

MentalHealthWELLBEING:

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

SAMARITANS

ChildLine
0800 1111



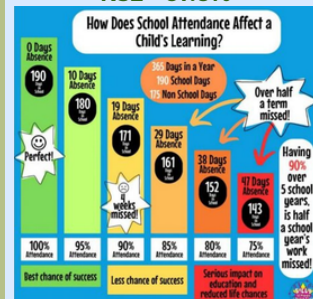
ATTENDANCE matters

Attendance since start of the Autumn Term 2026:

Whole school - 98.2%

Early Years & KS1 - 98%

KS2 - 97.5%



ParentGUIDES

This fortnight's issue guide features:
MENTAL HEALTH MISINFORMATION

FRIENDSgroup

The Friends of Clunbury School are an amazing group of parents and carers who raise much needed funds for our school. The money raised is spent on equipment and activities that enrich school life.

FREEschoolMEALS

If you think your family may be eligible for free school meals, please apply asap. Successful applications may be given Pupil Premium funding, funding that can be used to purchase school uniform or pay for school trips. Please apply at:

Free School Meals



The Clunbury Vision
'Teach children how they should live, and they will remember it all their lives.'
Proverbs 22:6 The Good News Bible

Our Values

Trust and Truth, Joy and Happiness, Love and Respect, Thankfulness, Friendship and Family, Perseverance and Resilience





At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.01.2026



Autumn Term 2026 School Dinner Menu

Week 1 menu commencing: Monday 31st August 2026

Dinners cost £2.50 each and will be charged to your child’s School Money account. Please pay for your child’s school dinners promptly on a weekly basis and not let accounts go into arrears. Children in Reception, Year 1, Year 2 and children in receipt of Pupil Premium will not be charged for school dinners.

		Monday	Tuesday	Wednesday	Thursday	Friday
1	Main	Beefy Yorkshire Pudding	Hot Dogs	Roast Chicken with Stuffing	Chicken Tikka	Cheese & Tomato Pizza
	Veg	Mashed potatoes & mixed vegetables	Wedges & farmhouse veg	Roast potatoes, broccoli, carrots & gravy	Rice, weetcorm & green beans	Chips, peas & baked beans
	Pudding	Chocolate Malt Brownie	Vanilla Iced Sponge	Forest Fruit Jelly	Coconut & Jam Sponge	Apricot Flapjack
2	Main	Italian Pork Meatballs	Sausage roll	Roast beef & Yorkshires	Breaded Chicken with Katsu Sauce	Fish Fingers
	Veg	Pasta & mixed vegetables	Wedges & farmhouse veg	Mashed potatoes, broccoli, carrots & gravy	Rice, sweetcorn & green beans	Chips, peas & baked beans
	Pudding	Raspberry & Apple Crunch	Lemon Iced Sponge	Raspberry Jelly	Sticky, Toffee Pudding	Chocolate & Orange Shortbread
3	Main	Beef Bolognese Pasta Bake	Toad in the Hole	Roast chicken & stuffing	Sweet & Sour Chicken Meatballs	Cheese & Tomato Pizza
	Veg	Pasta & mixed vegetables	Mashed potatoes & farmhouse veg	Roast potatoes, broccoli, carrots & gravy	Rice, sweetcorn & green beans	Chips, peas & baked beans
	Pudding	Cherry Crunch	Cornflake Crunchie	Peach Shortbread	Toffee Banana Flapjack	Chocolate Shortbread

Help raise money for school when you’re shopping, it’s so easy ...



MY SCHOOL FUND

In association with



Over

£800k

raised for schools and parents so far!



Raise **FREE** donations for

Friends of Clunbury School

every time you shop online

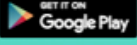
Search for us on: easyfundraising.org.uk

8,000+ online retailers will give us a free donation when you shop with them at no extra cost to you





Download the easyfundraising App



Excellent 
3,945 reviews on  Trustpilot

JOIN THE LUDLOW RFC!

LUDLOW RUGBY CLUB
EST. 1882

U5s TO COLTS
ALL WELCOME!

EVERY SUNDAY FROM 10:00 AM

MAKE FRIENDS
TEAMWORK & LIFELONG FRIENDSHIPS

LEARN SKILLS
DEVELOP CONFIDENCE, FITNESS & SKILLS

HAVE FUN!
ENJOY THE GAME AND HAVE FUN

BOYS
U5s TO COLTS
ALL ABILITIES WELCOME

GIRLS
U5s TO COLTS
ALL ABILITIES WELCOME

BE PART OF THE LUDLOW RFC FAMILY!

LSC
LUDLOW SWIMMING CLUB
SWIM BELONG ACHIEVE

LEARN
IMPROVE
BE INSPIRED
DEVELOP
ACHIEVE

DISCIPLINE
CONFIDENCE
FRIENDSHIPS
OPPORTUNITY
LIFELONG SKILLS
JOIN TODAY

JOIN LUDLOW SWIMMING CLUB
FUN • FITNESS • COMPETITIONS

YOU COULD BE LUDLOW'S NEXT OLYMPIAN

DEVELOP YOUR SKILLS | MAKE LIFELONG FRIENDS | COMPETE AT YOUR BEST | BE PART OF SOMETHING SPECIAL

CONTACT OUR HEAD COACH TO ORGANISE YOUR FREE TRIAL
headcoach@ludlowsc.org.uk

Same Club. Brighter Futures.

ALL ABILITIES WELCOME

foundation

HOLIDAY CLUBS

SHREWSBURY

MONDAY, OCTOBER 26 - FRIDAY, OCTOBER 30
CROUD MEADOW, OTELEY ROAD, SHREWSBURY (SY2 6ST)

FOR MORE INFORMATION, PLEASE EMAIL ADMIN@FOUNDATIONSTFC.CO.UK
OR CALL 01743 289177 (OPTION 6)

STRONGER, TOGETHER, FOREVER

Registered Charity Number: 1125101

Hotshots Netball club

Our under 11 squads are looking for more players in September!
Priority given to yr 5 & 6

All abilities Welcome

U11: Year 4/5/6:
Ludlow College
Thursdays 5:30 - 6:30pm
Email: join.hotshots@outlook.com

September 2026- April 2027

Made with PosterMyWall.com

Scouts
Beavers • Cubs • Scouts

Adventure Friends Skills For Life

EXPLORE
LEARN
MAKE FRIENDS
BE YOURSELF

BEAVERS
Age 6-8 years
6-7pm

CUBS
Age 8-10½ years
6-7pm

SCOUTS
Age 10½-14 years
7-8pm

All sections welcoming new members!

We meet every **Wednesday** during term time

Lydham Village Hall

Get in touch for more information:
bscoutgroup@outlook.com

Outdoor Adventures • Make Friends • Learn New Skills • Try New Things • Have Fun

Scouts Real adventures. Last a lifetime.

HALF TERM

Writing Workshops

Write your own chiller
(age 10+)

Mon 26 Oct

2-3.30pm

Writing workshop with
award-winning writer, Liz
Hyder. **£10**



My Big Mouth
(ages 8-12)

Wed 28 Oct

11-12pm & 2-3pm

A collaborative story making
workshop with Steven
Camden. **£7.50 (2nd child
£2.50)**



Book: 01584 878141 | ludlowassemblyrooms.co.uk

Campaign to Protect Rural England Shropshire

Free entry for under 16s & all activities are free too!

Hedgerows in the Hills For Kids!

Saturday 24 & Sunday 25 October 2026, 10-4
Acton Scott Heritage Farm, Church Stretton

We are delighted to have received a grant from the Shropshire Hills National Landscape Conservation Fund to deliver free children's nature activities for this event.

Welly Wanders

Cath Landles will be leading **Welly Wanders** for children and families looking at the hedges on the farm site and doing some fun Nature ID.

Welly wander timings each day:
11am and 2pm (wanders last about one hour)
Gather at the PlayTent to start.

There will also be drawing, colouring and other paper-based activities under cover in the PlayTent, and a chance to try on a wild animal costume.

Be a Dormouse Detective!

Lucy Grove will open the **Dormouse Detection Den** in the New Shepherds Hut near the heavy horse working area.

Here you can step into the secret and fascinating world of dormice and become a wildlife detective. Discover the clues dormice leave behind—from nibbled nuts and natural nests to tiny footprints—and learn how to spot these elusive creatures in the wild. Get ready to put your detective skills to the test and see if you can uncover the hidden signs of a dormouse.

Big Hedge Hunt: Try your hand at finding and solving the clues in the hedges at Acton Scott which lead you to the ultimate treasure! What will you find?

More info & tickets: www.cpreshropshire.org.uk/hith

Shropshire Hills National Landscape

Youth Hub @Lydbury North

All-Age After-School club First Thursday of the month

Crafts, Games, Refreshments

- 1st October Shield making
- 5th November Bonfire crafts
- 3rd December Christingle

TNT Youth Club

Year 6 + Third Thursday of the month

- 15th October
- 19th November
- 17th December

Chill n Chat with Games, Activities, Snacks & Tea N Toast

Contact: Suzanne
suzanne.gurney@hereford.anglican.org
Youth Hub Phone: 07413 929732
www.hereford.anglican.org/ministry/youth-hubs

Diocese of Hereford
YOUTH HUB



Autumnal Halloweeny

Animated short films
followed by crafty making session
Wednesday 28 October 11.00-12.45

Ideas, Guidance and all materials with plenty of freedom to create.

Under 8's must be accompanied by a willing helper
Accompanying adults please book a free place
(so we can make sure there's enough seating for the film)
Children £3.50 or 2 FOR £6.00
www.sparctheatre.co.uk

Sparc Theatre
Brampton Rd, Bishop's Castle SY9 5AY 01588 638038

BONES

October Half Term Activity
MONDAY 26TH - FRIDAY 30TH OCTOBER

Explore the fascinating world of bones!
Investigate owl pellets to discover what owls eat, find out what mammoth bones can tell us, and compare them with the bones of other animals.

Ages 4-11 years. Children must be accompanied by an adult.

2 - 3.30PM **BOOK ONLINE**

£5 PER CHILD

Shropshire Hills Discovery Centre
01588 676 060
School Road, Craven Arms SY7 9RS.
Grow Cook Learn, a registered charity: 1158795
www.shropshirehillsdiscoverycentre.co.uk
info@shropshirehillsdiscoverycentre.co.uk

Shropshire Hills Ensemble

SHE

Family Concert

United Reformed Church, High St, Church Stretton
Sunday 18 October 2026, 3pm - 4pm

Do you like music?
Want to hear a ten-piece instrumental group live?
Know the difference between woodwind, brass, stringed and percussion instruments?

Come along to this friendly, family concert given by the
Shropshire Hills Ensemble

- We'll play lots of different instruments
- You'll hear different styles of fun and familiar music
- We'll get you involved in the performance

Thanks to generous support from the Shropshire Music Trust, tickets are just-
£2 for adults and £1 for children
available online at
www.ticketsource.co.uk/shropshire-hills-ensembleorchestra
(QR code)
and on the door

SHROPSHIRE MUSIC TRUST

We look forward to seeing you!

BONFIRE and Firework Night

SATURDAY 24TH OCTOBER

FAIR GROUND RIDES AND FLASHING TOYS **THE SPECIAL CIDER COMPANY** **WEDDING PIZZA CO.** **LOW N' SLOW SMOKE SHACK**

Firework display by the creators of the London New Year's Eve team

GATES OPEN AT 5PM | BONFIRE 7PM | FIREWORKS 7.30PM

Adults £7 | Kids £5 | Under 5s are FREE

Proudly sponsored by
EURO QUALITY FOUNDATION **TITANIUM** **Fundraising EVENT**

SCAN FOR 10% OFF ADVANCE TICKETS

SAPA
SHROPSHIRE ACADEMY OF PERFORMING ARTS

FILM & GAME NIGHT

WEDNESDAY 28TH OCTOBER

5:15pm - 7:30pm

AGES 5 - 18 YEARS

£9 PER CHILD
OR £6 IF THEY ATTEND A HALF TERM WORKSHOP/INTENSIVE

OPEN TO SAPA MEMBERS AND NON SAPA MEMBERS

POP CORN

MOVIES GAMES FRIENDS

SAPA STUDIOS
LUTWYCHE ROAD,
CHURCH STRETTON
SY66AT

PLEASE EMAIL
sapadance@gmail.com
FOR MORE INFORMATION
AND TO BOOK YOUR PLACE.

POPCORN AND SQUASH PROVIDED
COME IN COMFY CLOTHES OR PJs

SAPA
SHROPSHIRE ACADEMY OF PERFORMING ARTS

DANCE INTENSIVE DAY

OCTOBER 27TH

(AGES 7-14)
AGES WILL BE SEPARATED INTO DIFFERENT CLASSES.

ACRO **COMMERCIAL** **BALLET** **OWN CHOREOGRAPHY** **LYRICAL** **MUSICAL THEATRE**

SAPA STUDIOS
LUTWYCHE ROAD,
CHURCH STRETTON,
SY6 6AT

9AM - 3PM
HALF DAY OPTION AVAILABLE
9AM - 12:30PM

£25 PER STUDENT
EARLY DROP OFF AND LATE PICK UP AVAILABLE

25% DISCOUNT FOR SIBLINGS

PLEASE EMAIL
sapadance@gmail.com
FOR MORE INFORMATION AND TO BOOK YOUR PLACE.

JAZZ Tech Workshops - 30th Oct

10.30am - 12.30pm
Kicks, leaps, turns
Ages 7-18

1pm - 3pm
Choreography
Method & music
Ages 9-18

Open to non members
ALL welcome!

SAPA
SHROPSHIRE ACADEMY OF PERFORMING ARTS

£10 per session or £18 for both
The Academy, Lutwyche Road, Church Stretton
To book email: sapadance@gmail.com

SAPA
SHROPSHIRE ACADEMY OF PERFORMING ARTS

Ballet Workshop Morning

Ages 4-8 years old
10am - 12 noon

Celebrating World Ballet Day!
Thursday 29th October.

The academy, Lutwyche road,
Church Stretton SY66AT

£7 for Sapa members
or £10 non members

To book a space email:
sapadance@gmail.com



Protect our children!

Parents and guardians: Our kids are now most commonly abused online, via their mobile phones and games consoles. Do you know how to keep your kids safe?

Learn more about the dangers of kids being online and how you can keep them safe. Join our free one hour online parent awareness session to give yourself a head start in an ever changing digital world.

Scan the QR code to find out more about our awareness training and to sign up to one of our free sessions or go to www.westmercia.police.uk/exploitworkshops



Worried about your child's health?

Think 'Pharmacy First'

You can now get treatment for a variety of common conditions and minor illnesses from your local community pharmacy.

Your pharmacy can help with:

- Earache (ages 1-17)
- Infected insect bites (from age 1)
- Impetigo (from age 1)
- Sore throat (from age 5)
- Hay fever (all ages)
- Conjunctivitis (all ages)

If you don't know whether a pharmacist can help with what you need, give them a call first or just pop in.

If you get a prescription through your pharmacy, you'll never pay more than if you had seen your GP.

SPRING TERM SEND MEET & CHAT FAMILY DROP-IN

Hosted by Shropshire Early Help

Do you care for a child or young person with Special Educational Needs and Disabilities (SEND)?

These sessions are open to anyone supporting a child with SEND – whether you're a parent carer, family member, or professional.

Come along to ask questions, get practical advice, and connect with professionals who understand your journey

Speak with experts in:

- EHCPs
- School support
- Health and wellbeing
- Social care
- Mental health
- Navigating SEND challenges

Each session will have different professionals available, so come along, have a chat, and find the help you need.

LUDLOW - HELENA LANE COMMUNITY CENTRE

Tuesday 20th January 2026
12:30pm-14:30pm

Helena Lane Community Centre, 20 Hamlet Rd, Ludlow, SY8 2NP

SHREWSBURY THE LANTERN

Thursday 19th February 2026
10:00am-12:00pm

The Lantern, Meadow Farm drive, Shrewsbury, SY1 4NG

MARKET DRAYTON RAVEN HOUSE

Tuesday 24th March 2026
13:00pm-15:00pm

Raven House, 129 Cheshire Street, Market Drayton TF9 3AH

HAVE YOUR SAY!
Scan the QR code to suggest topics and activities for future drop-in sessions.

20 is plenty!

Children who read for 20 minutes a day will...

Improve focus and concentration

Be exposed to 1.8 million words a year

Develop a love for learning

Have a world of imagination and creativity opened to them

Learn how to develop empathy

Have stronger writing skills

Have a broad vocabulary

Improve test results

Improve critical thinking skills

Improve and strengthen memory

Have better general knowledge

Improve communication skills

Have reduced stress levels

Understanding Your Child

0 – 5 years

"I met others going through the same things. It really helped me feel less alone."

"The group boosted my confidence as a parent."

Join our friendly, relaxed group!

Parenting can be full of ups, downs, big feelings and lots of learning — for both you and your child! Your child's early years are full of change and transition, such as starting nursery or school and moving into the next phase of development. In our weekly sessions we will explore ways how you can support your child through these transitions and other tricky moments. Join us and other parents and carers to share simple ideas that can make life calmer and more positive.

Upcoming Session

- starts Monday 21st September, 12.30–2.30pm at The Lantern, Shrewsbury, SY1 4NG

the group meets once a week over 10 weeks, excl. half terms and bank holidays with the last session being on Monday 30th November 2026.

What We'll Talk About

- Transition periods in your family's life
- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

Want to Join Us?

Email: parenting.team@shropshire.gov.uk

Call: 01743 250950

Visit: [The Parenting Team | Shropshire Council](#)



Prefer flexible online learning?

Try our free online learning pathways at

[Becoming Togetherness - Togetherness](#)



Understanding Your Child

From Toddler to Teen

"I met others going through the same things. It really helped me feel less alone."

"The group boosted my confidence as a parent."

Join our friendly, relaxed group!

Parenting can be full of ups, downs, big feelings and lots of learning — for both you and your child! Come and join us as we chat about what's going on for you and your family. Together we'll make sense of tricky moments and share simple ideas that can make life calmer and more positive.

Upcoming Sessions (once a week over 10 weeks, excl. half terms and bank holidays)

- 21st September 2026 from 9.15 to 11.15am at Brown Clee Primary School, Bridgnorth (WV16 6SS)
- 21st September 2026 from 9.00 to 11.00am at St Giles Primary School, Shrewsbury (SY2 5NL)
- 22nd September 2026 from 12.45pm to 2.45pm at Sundorne Infants School, Shrewsbury (SY1 4QN)
- 23rd September 2026 from 9.15 to 11.15am at Coleham Primary, Shrewsbury (SY3 7EN)
- 23rd September 2026 from 1.15 to 3.15pm at St Laurence Primary School, Ludlow (SY8 1TP)
- 24th September 2026 from 1.00 to 3.00pm at Bishops Castle Primary School (SY9 5PA)
- 25th September 2026 from 12.30 to 2.30pm Online via MS Teams

What We'll Talk About

- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

Want to Join Us?

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Call: 01743 250950

Visit: [The Parenting Team | Shropshire Council](#)



Prefer flexible online learning?

Try our free online learning pathways at

[Becoming Togetherness - Togetherness](#)



Free Sleep Tight Groups

"It's been eye opening to see how many different things can affect children's sleep. I have learnt so much and now have new ideas to try out."

"I feel more confident in bedtime routines, and less alone in the fact my child struggles with sleep"

Join our friendly, relaxed group!

We all know how important a good night's sleep is for your child's growth and development. When children sleep well, it helps them do better at school, react more quickly, build stronger memories, and learn and solve problems more effectively. It can also help them stay healthier, feel less irritable and manage their behaviour more positively.

There are many different factors that can affect your child's sleep, and it can sometimes feel hard to know where to start. Join us to learn more, share experiences, and pick up helpful tips to support your child in getting the rest they need.

Upcoming Sessions

- Starts 24th September, 9.30 to 11.30, 5 weekly sessions, virtually via MSTeams
- Starts 9th November 2026, 9.30 to 11.30am, 5 weekly sessions, virtually via MSTeams

The SEND group is suitable for parents/carers of children who have special educational needs and disabilities, no formal diagnosis is needed to attend the group

What We'll Talk About

- Benefits of good sleep for our health and emotional wellbeing
- Sleep and bedtime routines for the whole family
- Sleep diaries
- Nutrition and food and their impact on healthy sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

Want to Join Us?

Email: parenting.team@shropshire.gov.uk

Call: 01743 250950

Visit: [The Parenting Team | Shropshire Council](#)



Shropshire Parenting Help and Support Line

01743 250950

Mon - Thurs, 9.30am - 4.30pm
Fri, 9.30am - 3.30pm

No judgment, just support. For **all** Shropshire families, including those whose children have special educational needs and/or disabilities (SEND)

