



Break the Rules Day Friday 16th October

For a voluntary donation of £2, children can break these rules, whilst still being dressed appropriately for PE please:

- wear school uniform
- no nail varnish
- no temporary tattoos
- no crazy hairstyles/colour
- no make-up
- no football shirts
- no unhealthy snacks
- teachers to wear smart clothes



The Forest School Bug Hotel

Class 1 & Year 2 have been rebuilding our bug hotel ready for Autumnal visitors.



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.

Friends of Clunbury School AGM

Tuesday 13th October
7.30pm

Hundred House Purslow



A relaxed friendly social to discuss plans and fundraising for the year ahead.

Everyone welcome, please join us!

Biking Glory!

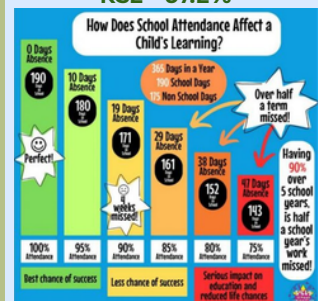
Louie competed in his first ever grass track race at the weekend. He did amazing and placed second securing a place on the podium.



ATTENDANCE matters

Attendance since start of the Autumn Term 2026:

Whole school - 98.1%
Early Years & KS1 - 98.3%
KS2 - 97.2%



ParentGUIDES

This fortnight's issue guide features:
BELONGING

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



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.

No clubs first/last week of school term

Junk Modelling

The Y1 and Y2 children will be junk modelling soon. Please send in any small cardboard boxes and tubes

Free School Meals

If you receive universal credit, it's worth applying for FSM. Just google 'Shropshire Council free school meals' and apply.

Summer Reading Competition 2026 - Natalie won the 'most minutes reading' and Nora won the 'funniest reading photo'. Well done girls, fantastic effort. Thank you to everyone who took part and raised £111.50!!

05.10.26 Dinner menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
am		EYFS music		Y3-Y6 swimming	Whole School PE
pm				Forest School nursery, YR, Y1, Y2	Whole School Music
Club	Art	Lego	Cooking	Sports	Cozy

DON'T FORGET ... EVEN IN SEPTEMBER!

Everyday things to remember:

- waterproof coat
- sun hat
- sunscreen
- water bottle



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

Friday 16 th Oct	Break the Rules Day	Wednesday 11 th Nov	Remembrance Service
Monday 19 th Oct	Y6 Group 1 Bikeability	Friday 13 th Nov	Christmas card order deadline for parents
Tuesday 20 th Oct	Y6 Group 2 Bikeability		Panto 'Aladdin'
Mon 26 th -Fri 30 th Oct	Half Term	Thursday 10 th Dec	NURSERY CLOSED
Wednesday 4 th Nov	NO AFTERSCHOOL CLUBS	Thursday 10 th Dec	

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





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.

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Helping children feel like they belong is vital for their emotional wellbeing, academic success, and overall development. A true sense of belonging reduces anxiety, builds confidence, and supports resilience. These ten tips are designed to help parents and educators create inclusive, caring environments where children feel accepted, safe, and valued.

1 USE EVERYDAY MOMENTS



Belonging is built in the small moments. Use daily routines such as meals, school drop-offs, or quiet times, to check in, offer praise, or listen. These interactions don't need to be lengthy to be meaningful. Consistent gestures of connection and warmth show children they are important, making them feel seen, appreciated, and truly part of the home or classroom community.

2 INVOLVE THEM IN RULE-MAKING



Inviting children to help create rules or routines gives them a sense of shared ownership and responsibility. When their voices are heard, they feel respected and included in the decision-making process. This empowers children, fosters cooperation, and reduces resistance. Whether at home or school, co-created expectations are more likely to be followed because they come from a place of mutual respect.

3 VALIDATE ALL EMOTIONS



Acknowledging a child's emotions, whether positive or challenging, helps them feel accepted as they are. Validating statements like "I can see that made you upset," or "That sounds really exciting," support emotional expression and connection. Children who feel emotionally safe are more likely to seek help, participate openly, and trust the adults around them - all of which contribute to a sense of belonging.

4 HIGHLIGHT HIDDEN STRENGTHS



Go beyond academic success or good behaviour and take time to recognise a child's less visible qualities, such as thoughtfulness, resilience, or humour. Noticing these strengths sends a powerful message that they are valued for who they are, not just for what they do. This boosts self-esteem and helps children feel accepted in a world that often focuses on external achievements.

5 SHOW CURIOSITY ABOUT CULTURE



Ask respectful, open questions about a child's cultural background, family customs, or celebrations. These conversations create opportunities for children to share what matters to them and to feel proud of their identity. Whether at home or in school, valuing cultural experiences helps all children feel that their heritage is respected, and that they belong in a diverse, inclusive environment where every voice counts.

6 BELONGING BUDDIES



Pairing children with a peer they might not typically choose can foster new connections and break down social barriers. Assigning short projects, games, or shared responsibilities gives them a reason to interact. Buddy systems help quieter or less confident children feel included and supported. Over time, these intentional connections can develop into meaningful friendships, strengthening the wider sense of community and inclusion.

7 AVOID LABELS AND COMPARISONS



Avoid labelling children by behaviour or comparing them to others, as this can damage self-esteem and foster exclusion. Statements like "Why can't you be more like..." may unintentionally make a child feel less worthy. Instead, focus on individual progress and strengths. Encouraging children to celebrate their own achievements, however small, helps them develop confidence and feel valued for being themselves.

8 MAKE TIME FOR ONE-TO-ONES



Spending regular one-to-one time with a child shows that they matter on an individual level. These moments can be as simple as reading a book together or chatting during a walk. Focused attention, free from distraction, builds trust and emotional connection. It lets the child know they are important and cared for, which is crucial for developing a strong sense of belonging.

9 REFLECT THEIR INTERESTS



Whether at home or in school, including children's interests in daily life reinforces their importance. Display their artwork, talk about their favourite books, or include their hobbies in family activities or lesson plans. Seeing their identity reflected in their environment tells children they belong. It shows that their passions, preferences, and contributions are valued and that they have a place in the group.

10 EMPHASISE 'WE' OVER 'THEY'



Use inclusive language that reinforces unity and shared identity. Phrases like "Let's figure it out together," or "We all help each other here," promote collective responsibility and connection. Avoiding divisive terms like "those children," or "that class" helps children feel part of a supportive group. Language shapes experience, and inclusive language fosters environments where every child feels safe, welcomed, and included.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday

The National College

@wake_up_weds

/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: 11.02.2026



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	Carrot & Orange Cake
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





8,000+ online retailers

Download the easyfundraising App



Excellent



3,945 reviews on 

Presented by internationally renowned
The Fetch Theatre Company

Seven Tears of the Selkie

A stunning visual performance
without words, featuring
beautiful bunraku puppetry
and original music.

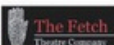


This fun and interactive show transports audiences into the world of Selkies from Celtic folklore where seals transform in order to join our human world and anything is possible.....

Thursday 15th October, 1.30pm & 4.30pm
SpArC Theatre, Bishops Castle, SY9 5AY
Tickets: Adult £7.50, Child £7.50
www.artsalive.co.uk
Groups and Schools welcome
Discounts for group bookings
Email: Liz@sparctheatre.co.uk

Touring with...
arts alive

<https://www.thefetch.co.uk>

 The Fetch
Theatre Company

LSC
LUDLOW SWIMMING CLUB
SWIM BELONG ACHIEVE

DISCIPLINE
CONFIDENCE
FRIENDSHIPS
OPPORTUNITY
LIFELONG SKILLS
JOIN TODAY

LEARN
IMPROVE
BE INSPIRED
DEVELOP
ACHIEVE

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

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

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

JOIN THE LUDLOW RFC!

LUDLOW RUGBY CLUB
— EST. 1882 —

U5s TO COLTS ALL WELCOME!

EVERY SUNDAY FROM 10:00 AM

MAKE FRIENDS
TEAMWORK & LONG 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!

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 Shepherd's 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/hitch

Shropshire Hills National Landscape

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:
bcscoutgroup@outlook.com

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

Scouts Real adventures. Last a lifetime.

YOUTH HUB
YOUTH HUB



YOUTH HUB BISHOP'S CASTLE

St Johns Bishops Castle, Church Lane, SY9 5AF
Every Friday during term time
3.15-5pm

- Hot chocolate and milkshakes
- Games and crafts
- Chat and chill
- Pizza
- Pool

For School Years 7-11

YEAR 6
now invited
to come and try out
before September!!

Youth Pioneer
Nick.Gurney@hereford.anglican.org

Local webpage at: ridgewaychurch.wordpress.com/youth-hub
& more at: www.hereford.anglican.org/ministry/youth-hubs

Be a Hero!

DigiBete

Know the signs of type 1 diabetes.

Thirsty
Being constantly thirsty and not being able to quench it.

Thinner
Losing weight without trying to, or looking thinner than usual.

Toilet
Going for a wee more regularly, especially overnight.

Tired
Feeling incredibly tired, lethargic and having no energy.

4Ts

Other symptoms associated with high glucose levels to look out for:

Blurred Vision

Fruity Smelling Breath

Thrush

Cuts and grazes that are not healing.

Type 1 diabetes is an auto-immune condition in which the body's own immune system attacks the cells in the pancreas which produce insulin. We do not know what causes type 1 diabetes, although it is not linked to lifestyle factors. There is currently no cure and it cannot be prevented.

Know the signs and symptoms of type 1 diabetes and you could help save a life!

DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

TOILET

THIRSTY

TIRED

THINNER

We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.



Scan the QR code or visit diabetes.org.uk/the4Ts

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

© Diabetes UK 2022. Product code: 102036EINT

DigiBete

www.digibete.org

NHS

THE COM

ANYONE CAN JOIN THE CHAT...

WHAT IT IS

Community 'Com' Networks are online groups involved in child sexual abuse, cybercrime and offline violence. However, not all cases involve all three.

The majority of those involved are children under the age of 18.

Perpetrators may target children who are discussing topics online such as mental health disorders, neurodiversity or self-harm but they are active on virtually all social media and online gaming platforms. Discord and Telegram are particularly popular.

The communities share extreme material which may include:

- Child sexual abuse
- Violence and gore
- Animal abuse or torture
- Misogynistic and 'incel' beliefs
- Extreme/violent pornography
- Racist and occultist materials
- Hacking tools and exploits

HOW TO GET SUPPORT

Any concerns should be reported to one of the following for safeguarding and diversion support; reference 'Operation Driftglen':

- Local police forces call '101' (non-emergency)
- School safeguarding lead (DSL)
- Local social services
- Crimestoppers 0800 555 111 (anonymous)
- Cyber Prevent/NCA/NCSC and or CT Prevent

INDICATIONS OF CONCERN

The following behaviours are indicators that a young person may be involved in an abusive relationship with a Com group:

- Self-harm (cutting letters/symbols is of particular note)
- Numbers, letters, symbols written in blood on walls
- Interest in extreme themes
- Disengaging in education
- Obsession with new online friends
- Unexplained injuries to pets or siblings
- Unexplained money or gifts

CYBER CHOICES

KNOW THEIR DIGITAL WORLD

Education and awareness is key to our intervention work. There is no age limit to who we support.

WHO ARE WE?

The Cyber Prevent Team delivers the national Cyber Choices Programme, helping young people make safe, responsible, and legal choices online. Through education on cyber law, including the Computer Misuse Act, we support informed decision-making and raise awareness of the consequences of cyber crime.

We also encourage positive cyber opportunities by promoting skills development, training, and future education and career pathways, helping to prevent young people from being involved in cyber criminality.

WHAT DO WE DO?

This programme is aimed at individuals who are at risk of, or on the cusp of, committing cyber-dependent crimes.

Cyber dependant crimes are offences that can only be committed with technology:

- Hacking
- Cheating/Modding online games
- Breaking IT rules
- DDoS or DoS - tools to impair systems and services
- Unauthorised access to computers, phones, networks, and devices

FOR MORE INFORMATION:

Sign up to our webinar on the 28th July 2026

Visit our website



OR



Bytesize News

A bright young teenager who had a keen and developing interest in IT, but was unaware of how to keep themselves safe online, was successfully encouraged to explore new opportunities in Computer Science.

Teachers at a secondary school were becoming increasingly concerned about a pupil who said they could hack into the school network. The student required close supervision when using laptops, yet despite this, they still attempted to download alternative browsers.

When asked if they knew that their actions could install viruses or malware, they revealed they practiced their technical skills at home on their own computer, Raspberry Pi and mobile phone, before trying them at school.

To support and guide the student, the Cyber Choices Prevent team met with them and began discussing multiple topics, such as online safety and the Computer Misuse Act.



The student engaged well with the Cyber Choices Prevent Team. They proceeded to meet a further two times to talk about the ethical use of technology, and the student completed online packages to reinforce their learning.

Due to the student's passion for IT, the Cyber Choices Team introduced them to websites and courses to develop their skills in ethical hacking. As a result, the student wishes to undertake a GCSE in Computer Science.

The school are pleased the risk and threat of illegal cyber activity by the student has been reduced, and the student has a promising future with new studies.



1 Make sure your child has an ASTHMA ACTION PLAN

Children with an asthma action plan are four times less likely to have to go to hospital for their asthma.



2 Make sure you know HOW TO USE AN INHALER

Getting the inhaler technique right with a spacer or facemask is one of the most important things you can do to help your child stay well.



3 ATTEND YOUR CHILD'S ASTHMA REVIEW

Scheduling an asthma review once a year (and after every attack) can help children and young people manage their symptoms.



4 CONSIDER AIR POLLUTION AND ITS IMPACT

Air pollution can trigger asthma, but knowing the triggers can help children and young people to manage their condition.



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 Chesire 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?

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](#)



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

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)

