

There are **NO AFTERSCHOOL CLUBS** last week and first week of term.

## Easter Service - Tuesday 24<sup>th</sup> March at 2pm, Clunbury Church

Everyone is welcome to join us for our Easter service next week. The children have been practicing some beautiful songs to perform during the service. The Friends will be serving refreshments after the service.



We would really appreciate donations of cakes and bakes for the Easter Service on Tuesday. Thank you in advance :)



## C2 Science

This week C2 planted some violets to test how well they grow in different environments - inside, outside, in the shade or in the sun ???



## C1 Easter Gardens

Class 1 have been getting into the Easter spirit at Forest School by making beautiful Easter gardens.

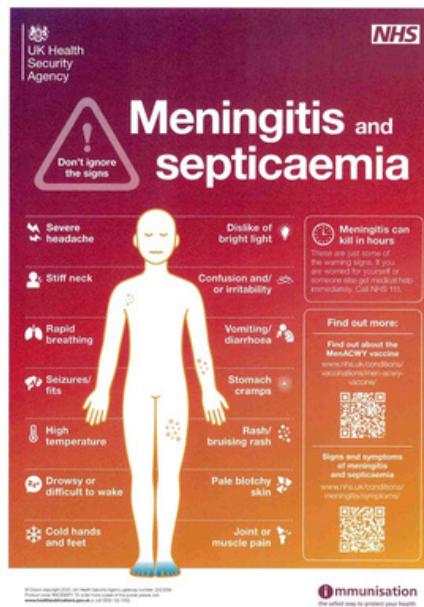


## School Jumpers

Please can everyone check the labels in jumpers and send back to school any jumpers that have come home by mistake.

## Swimming Gala

Results from Wednesdays gala will be in the next newsletter. ★★☆☆



**Meningitis and septicaemia**

Don't ignore the signs

- Severe headache
- Stiff neck
- Rapid breathing
- Seizures/ fits
- High temperature
- Drowsy or difficult to wake
- Cold hands and feet
- Dislike of bright light
- Confusion and/ or irritability
- Vomiting/ diarrhoea
- Stomach cramps
- Rash/ bruising rash
- Pale blotchy skin
- Joint or muscle pain

Meningitis can kill in hours

There are just some of the warning signs. If you are worried get medical help immediately. Call 111 (111)

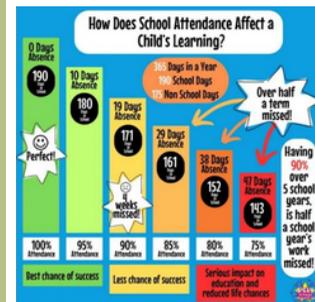
Find out more: Find out about the Meningitis Society [www.meningitis.org](http://www.meningitis.org)

Signs and symptoms of meningitis and septicaemia [www.nhs.uk/conditions/meningitis](http://www.nhs.uk/conditions/meningitis)

Immunisation the safest way to protect your health

## ATTENDANCE matters

Attendance since start of the Autumn Term 2025:  
**Whole school - 94.5%**  
**Early Years & KS1 - 97.2%**  
**KS2 - 92.4%**



## ParentGUIDES

This fortnight's issue guide features: **Essential Online Safety**

## 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 are then given Pupil Premium funding, funding that can be used to purchase school uniform or pay for school trips. Please apply at: **Free School Meals**



## DON'T FORGET ...

Everyday things to remember:

- warm, waterproof coat
- water bottle
- bookbag, reading book & reading record
- spellings/timestables

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

Tuesday 24 <sup>th</sup> March	Easter Service, 2pm	Monday 4 <sup>th</sup> May	May Day Bank Holiday
Wednesday 25 <sup>th</sup> March	Netball Church Stretton	Mon 11 <sup>th</sup> - Fri 15 <sup>th</sup> May	SATs week
Friday 27 <sup>th</sup> March	Last day of term	Wednesday 20 <sup>th</sup> May	C2 Discovery Centre
Monday 13 <sup>th</sup> April	First day of Summer Term	Thursday 21 <sup>st</sup> May	CCBC Goblin Car Trials

## MentalHealthWELLBEING:

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



**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](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

### 1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

### 2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

### 3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

### 4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

### 5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

### 6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

### 7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

### 8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

### 9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

### 10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

### 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 [parentguides.com](http://parentguides.com)

#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: 07.01.2024



# Spring Term 2026 School Dinner Menu

Week 1 menu commencing: Monday 23<sup>rd</sup> February 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	Meatballs in Italian sauce	Beef burger	Roast chicken with stuffing	Breaded chicken with sweet & sour sauce	Star fishcakes
	Veg	Mashed potatoes, peas & sweetcorn	Wedges & farmhouse veg	Roast potatoes, broccoli, carrots & gravy	Rice & mixed veg	Chips, peas & baked beans
	Pudding	Chocolate shortbread	Vanilla iced sponge	Shortbread with fruits of the forest compote	Lemon & lime drizzle	Coconut & cherry flapjack
2	Main	Beef pasta bake	Sausage roll	Roast beef & Yorkshires	Chicken curry	Cheese & tomato pizza
	Veg	Peas & sweetcorn	Wedges & farmhouse veg	Mashed potatoes, broccoli, carrots & gravy	Rice & mixed veg	Chips, peas & baked beans
	Pudding	Fudge crunch	Chocolate iced sponge	Strawberry jelly	Sticky, toffee pudding	Carrot & orange cake
3	Main	Sticky BBQ chicken goujons	Sausages & gravy	Roast chicken & stuffing	Meatballs in tomato sauce	Salmon Fishcake
	Veg	Diced crispy potatoes	Mashed potatoes & farmhouse veg	Roast potatoes, broccoli, carrots & gravy	Rice & mixed veg	Chips, peas & baked beans
	Pudding	Vanilla crunch	Cornflake crunchie	Blueberry shortbread	Toffee apple flapjack	Chocolate malt brownie

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

**MY SCHOOL FUND**

In association with

Sainsbury's Argos ESPO

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](https://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

GET IT ON Google Play

Download on the App Store

Excellent 3,945 reviews on



## YOUTH & MINI RUGBY

10.30 to Midday every Sunday  
Sundays from 8th September

Just £60 per child for the whole season

Plus Wednesday evening  
**TOUCH RUGBY**  
Under 15's - 6.30 to 8pm  
7pm to 8pm For open age  
from 12 years old touch rugby

Food provided after each Sunday session

Contact Club Secretary, Kelly Nicklin:

[secretary@ludlowrfc.co.uk](mailto:secretary@ludlowrfc.co.uk)

to book in for a taster session or for more information

# RECRUITING NOW!



## SPECIAL OFFER!

- 1 MONTH OF CLASSES**
- + FREE Taster Class
- + FREE Uniform
- + FREE Membership
- + Family Discounts

# JUST £32

For more information please visit:  
[freestylemartialarts.com/bishopscastle](http://freestylemartialarts.com/bishopscastle)



**BISHOPS CASTLE**  
SUNDAY 10.00am to 10.45am  
Bishops Castle Leisure Centre  
Bishops Castle  
Shropshire  
SY9 5AY

**CONTACT US**  
07599 978387  
[bishopscastle@freestylemartialarts.com](mailto:bishopscastle@freestylemartialarts.com)  
[facebook.com/fmabishopscastle](https://facebook.com/fmabishopscastle)  
Chief Instructor  
Steve Luke (3rd Dan)

Join anytime and get unlimited access to all beginner classes every week for ONE MONTH, including school holiday times. Offer includes an official uniform and belt. Family discounts available. Free taster class available before joining. New students only. Terms and conditions apply.



# Soccer Schools

with Shrewsbury Town FC



## Train like a pro!

Led by a team of experienced coaches and backed by the only professional football club in Shropshire, Shrewsbury Town F.C.'s Soccer Schools are the perfect place for any young footballer to develop their skills, make new friends, and stay active over the holidays.



Find out more  
Scan the QR Code  
or visit:  
[bit.ly/3ZqUIKT](http://bit.ly/3ZqUIKT)

# Oaker Wood EASTER CAMP

NEW

TWO NIGHT  
MULTI ACTIVITY  
CAMP  
£180 PER  
PERSON

HEREFORDSHIRE  
8<sup>TH</sup> - 10<sup>TH</sup> APRIL 2026

OUTDOOR ADVENTURE IN A FUN & SAFE ENVIRONMENT

8 TO 12 YEAR OLDS  
£180 PER PERSON: INCLUDES  
CATERING, ACCOMMODATION &  
LOADS OF ACTIVITIES!

ACTIVITIES INCLUDE: HIGH & LOW  
ROPES, JUNIOR CODE BREAKER,  
CAPTURE THE FLAG, WOODLAND  
NAVIGATION, PIZZA MAKING,  
CAMPFIRE, TEAM GAMES, FILM  
NIGHTS AND MORE!



Book online: [www.oakerwoodleisure.co.uk](http://www.oakerwoodleisure.co.uk)

# FAMILY BOARD GAME CLUB

At Bishop's Castle Library  
Every Friday afternoon 3.30pm - 5pm

Come along and choose from our selection of board games!  
Challenge your friends and family!

Games & refreshments provided!

Everyone welcome  
Free to attend!

Children must be accompanied by an adult!



# A DISCOVERY SPRING CHILDREN'S HOLIDAY CLUB

At Shropshire Hills Discovery Centre, Craven Arms

Explore the Onny Meadows as we learn about and enjoy nature. Create things using natural materials and make dens as well as starting plants on their growing journey. Head inside for some quiet time of creative activities, playing games and enjoying books. Some sessions will include cooking.

For ages 4 to 11 years (reception- year 6)

Booking essential  
call 01588 676 060

Part of the Shropshire Council  
HAF programme.

Free with a voucher code,  
£14 per day without.  
Includes a cooked lunch and a snack.

Tuesday 31st March  
Thursday 2nd April

Wednesday 8<sup>th</sup> &  
Friday 10<sup>th</sup> April

9am til 1pm

Shropshire Hills  
Discovery Centre  
the home of Grow Cook Learn



This opportunity is provided as part of the government's expanded Holiday Activities and Food (HAF) programme being delivered across Shropshire. Funded by the Department for Education. To find out more, view the 'What's On' guide and sign up to the HAF newsletter go to: [www.shropshire.gov.uk/haf](http://www.shropshire.gov.uk/haf)

# Song Time with Sophie

MUSICAL NURSERY RHYMES AND STORIES FOR BABIES AND TODDLERS

EVERY WEDNESDAY AT  
9.15AM AND 10.30AM

CLUN MEMORIAL HALL

£3 PER CHILD



## SPRING FAMILY FUN

Short Animated films  
followed by a crafty by making session  
Thursday 2nd April 10.00-12.00

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](http://www.sparctheatre.co.uk)

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





## 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](http://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

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**SHREWSBURY THE LANTERN**

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

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

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**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

*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)

- 13th April 2026 - 12.45–2.45pm – Belvidere Primary School, Shrewsbury (SY2 5YB)
- 13th April 2026 - 1.00–3.00pm – Ludlow Primary School (SY8 1HG)
- 15th April 2026 - 9.30–11.30am – Pontesbury Primary School (SY5 0TF)
- 15th April 2026 - 1.00–3.00pm – Wilfred Owen School, Shrewsbury (SY2 5SH)
- 15th April 2026 - 5.00–7.00pm – 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](mailto: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 with SEND

*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!

Join our friendly, free group for parents and carers of children with SEND. Connect with others, deepen your understanding of your child, and explore what's going well and what you'd like to change. Small changes make big differences!

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

- 13th April 2026 - 10.00am–12.00pm – Online via MS Teams
- 16th April 2026 - 1.00pm–3.00pm – St Lucia's School, Upton Magna (SY4 4TZ)
- 17th April 2026 - 9.30am–11.30am – Whittington Primary School, (SY11 4DA)

SEND groups are for parents/carers of children who may have special educational needs or disabilities. No formal diagnosis is needed.

## What We'll Talk About

- Communication and building confidence in your relationship with your child
- Exploring routines such as sleep and bedtime
- Understanding behaviour and emotional regulation
- Child development and ways you can support it

## Want to Join Us?

Email: [parenting.team@shropshire.gov.uk](mailto:parenting.team@shropshire.gov.uk)

Call: 01743 250950

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



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[Becoming Togetherness - Togetherness](#)



# Does your child struggle with their sleep?

## Free Sleep Tight Groups

Join us on one of our virtual or face-to-face groups and:

- Find out why sleep is important for our health and emotional wellbeing
- Get support to help improve sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

**Sleep Tight Universal Group 24<sup>th</sup> April 2026 from 10.00am to 12.00pm**  
Virtually Via MS Teams

**Sleep Tight SEND Group 12<sup>th</sup> June 2026 from 10.00am to 12.00pm**  
at The Keystone Academy, Squinter Pip Way, Shrewsbury, SY3 8XQ

The groups run for 5 weeks excluding the school holidays and bank holidays.

Groups with SEND are suitable for parents/carers of Children who might have special educational needs and disabilities, no formal diagnosis is needed to attend the groups.

To book a place email [Parenting.team@shropshire.gov.uk](mailto:Parenting.team@shropshire.gov.uk) or call 01743 250950

Find out more here



# 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)

