

Clunbury CE Primary School and rural nursery



Blue Hills
Federation

NEWSLETTER

12.12.25



IF YOU MISS A NEWSLETTER, YOU CAN FIND THEM ALL ON THE SCHOOL WEBSITE

WISHING YOU A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR!



Christmas Dinner, quizzing and a Father Christmas visit ... it's beginning to feel a bit like Christmas ...



We had our annual Christmas dinner, followed by a seasonal quiz and a special visitor. The children have been getting into the festive spirit and preparing for their Christmas production.



Packed Lunch
ALL children (excepting reception, Y1, Y2 and children in receipt of FSM) need a packed lunch on Wednesday 17th December.

This half term, the children have been creating Christmas sewing patches to go on the Clunbury Church Christmas Hanging. With the help of volunteers, the children have done a wonderful job. The hanging looks very beautiful and can be seen in Clunbury Church.



Evie and Libby at Wembley

The girls were lucky enough to go to Wembley Stadium on the 29th November to see the Lionesses take on China. The girls cheered on England to an 8-0 victory!



More Football Success ... Oliver won "player of the match" on Sunday for his U8's football festival held at Knighton. He played 8 matches in total, it was a tough morning weather was a bit wet so sticky underfoot, but he played his heart out with a little injury and a football to his face in the final game but he never gave up! Well played



School Attendance - since start of Autumn Term

Early Years & KS1: 98.03%
KS2: 93.04%



PARENT ZONE ... This fortnight's Guide features:

ANXIETY

- see following page



Mental Health & Wellbeing

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

childline 0800 1111
ONLINE, ON THE PHONE, ANYTIME

SAMARITANS 116 123

mind 0300 123 3393

Friends of Clunbury School

There are 2 very useful Facebook pages for parents to follow:

- Clunbury School parents page
- Friends of Clunbury CE Primary School

Free School Meals

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: **Shropshire Free School Meals**

There will be a Carol Service in Clunbury Church on 22 December at 18.30

★ Christmas Craft Fayre ★

Thank you to everyone who came to the children's Craft Fayre last week. **We raised an amazing £301.55**

We also raised **£59.57** selling refreshments in aid of Redearth Education, a charity based in East Africa.

The Bog Eyed Jog raised a fabulous £701.30!!

Well done Betty for raising the most sponsorship money

Christmas Performances

There will be two performances on Thursday 18th December, 2pm and 6pm, both in Clunbury Church.



ALL absences MUST be reported to the school office via email or text.
This enables a paper trail which is required for recording purposes.



Term Date Reminders ...

- No afterschool clubs last and first week of terms
- PD Day Monday 5th January



Please can all SM accounts be kept in credit



What's happening this week ...

Dinner Menu: week 3

Dinner Menu: week 1

| 15.12.25 | Monday | Tuesday | Wednesday | Thursday | Friday | 05.01.26 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---------|--------------------|-----------|-----------------------|-----------------------|-------------------|--------|---------|-----------|------------------|-----------------------|
| AM | | | | | | AM | PD DAY | | | | |
| PM | | Christingle making | | Christmas Performance | Whole school music/PE | PM | PD DAY | | | C1 Forest School | Whole school music/PE |
| Clubs 3.30-4.30/5 | No Club | No Club | No Club | No Club | No Club | Clubs 3.30-4.30/5 | PD DAY | No Club | No Club | No Club | No Club |

Dates for your Diary ...

Thursday 18th December
Friday 19th December
Monday 5th January
Tuesday 6th January
Mon 16th - Fri 20th February

Christmas Performance
Last day of term
PD Day
First day of Spring Term
Half Term

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

Tuesday 24th March
Friday 27th March
Monday 13th April
Monday 4th May
Mon 11th - Fri 15th May

Easter Service
Last day of term
First day of Summer Term
May Day Bank Holiday
SATs week

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 & Truth, Joy & Happiness,
Love & Respect, Thankfulness,
Friendship & Family,
Perseverance & Resilience





PARENT ZONE ...

Helpful guides to keep your children safe online and at home

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional and personal development – in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalcollege.co.uk for further information and resources.

10 Top Tips for Nurseries on Supporting children with anxiety during the festive season

December is traditionally a time of celebration and fun, but for some children – particularly those with special educational needs and disabilities – it can also be a confusing and anxious period. This guide offers early years practitioners, SENDCos and managers tips on identifying and supporting children who are affected by anxiety.

RECOGNISE THE DIFFERENCES

The excitement of the festive season might not be experienced in the same way by all children. A brightly lit, sparkling, busy and noisy environment could cause problems for children with sensory issues, for example – consider making appropriate adjustments so that everyone can enjoy the celebrations.

WHY IS THIS IMPORTANT?

The NHS defines anxiety as “a feeling of unease, such as worry or fear, that can be mild or severe”. While it’s crucial to note that anxiety is perfectly normal and not always a negative thing (it can spur us on when we need it), one recent study also found that those who experience anxiety during childhood have a higher risk of more adverse outcomes by their 20s. If we can recognise potentially anxious times for children in our early years practice, it may result in better outcomes later in life thanks to more firmly established confidence and resilience.

MAINTAIN THE MAGIC

You could consider creating a light festival or some seasonal sensory experiences in your setting. This can produce an atmosphere that helps to prepare even the youngest children for what the festive period might feel like ... without overwhelming them.

CREATE A CHILLED SPACE

A quiet area that children can retreat to if they find things overwhelming might be helpful. It could be a separate room, or a specific section of a room. Try a den or tent, softer lighting and perhaps some white noise or more relaxing music, according to the child’s needs.

ENJOY THE OUTDOORS

With colder weather and less daylight, it’s important that children can make the most of their opportunities to play outdoors. Keep the hats, gloves, coats, scarves and wellies on stand-by, because a stint in the fresh air forms a vital part of a youngster’s wellbeing.

BE READY TO LISTEN

For children whose parents don’t live together, splitting the holidays between two households can upset their familiar routine. Give them the chance to voice any concerns and let them feel listened to. They may just need to talk, or to get your help in communicating their anxiety to their parents.

PLAN AHEAD

Children tend to deal with change better if they know what’s happening, when and why. Managing expectations and pacing the build-up is a balancing act: start too early, and there’s a risk of children becoming overexcited and overwhelmed. Leave it too late, and they could become anxious and shut down.

WATCH FOR THE SIGNS

Feelings of anxiety can often cause noticeable changes in behaviour. Possible signs include a child being quieter than usual, a loss of appetite or simply remarking on “a funny feeling in their tummy” (a common way in which children describe the effect of anxiety).

TALK IT THROUGH

If you’re concerned that a child’s feeling anxious, try to find out why – but without worrying them further. Instead, offer plenty of reassurance and talk things through to understand their fears. Try not to simply dismiss their worries: work on building the child’s confidence to overcome them.

BE PROACTIVE

Distraction can be useful if a child is dwelling on things that cause anxiety. Look for engaging, inclusive activities to do as a group. The festive period also brings lots for young ones to look forward to: a social story could provide the information and structure for children to anticipate a future event positively.

GIVE REMINDERS OF NORMALITY

Letting children know when things will return to normal can reassure them that any disruption will only be temporary. Try to retain enough of their normal routine to help them feel positive and relaxed. This will be different for each child: some may be more ready to do things spontaneously.

Meet Our Expert

Ruth Newton set up a nursery from scratch and now owns two Ofsted-registered early years settings (one of which was highly commended in the ‘Inclusion’ category of the 2023 Out of School Club Awards) that provide care for children aged from 3 to 11. Mum to a child with SEND, she has completed significant training in this area to champion youngsters who require additional support.



The National College

<https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/overview/#:~:text=Anxiety%20is%20a%20feeling%20of,medic%20test%20or%20job%20interview>
<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/anxiety>
<https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/impact-of-anxiety-and-depression-across-childhood-and-adolescence-on-adverse-outcomes-in-young-adulthood-a-uk-birth-cohort-study/EC329AE1C7B8094B05C74876238F>



nationalcollege.com



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.12.2023

Autumn Term 2025 School Dinner Menu

Week 1 menu commencing: Wednesday 3rd September 2025

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 |
|--------|---------|---------------------------------|-------------------------------|--|---|-----------------------------|
| Week 1 | Main | Meatballs in Italian Sauce | Beef Burger | Roast Chicken with Stuffing | Breaded Chicken Filet with Sweet and Sour Sauce | Star Fishcakes |
| | Veg | Mash potato, peas and sweetcorn | Wedges and Farmhouse veg | Roast potatoes, broccoli, carrots and gravy | Rice and mixed vegetables | Chips, peas and baked beans |
| | Pudding | Chocolate Shortbread | Vanilla Iced Sponge | Shortbread with Fruits of the Forest Compote | Lemon and Lime Drizzle | Coconut and Cherry Flapjack |
| Week 2 | Main | Beef Pasta Bake | Sausage Roll | Roast Beef and Yorkshires | Chicken Curry | Cheese and Tomato Pizza |
| | Veg | Peas and sweetcorn | Wedges and Farmhouse veg | Mash potato, broccoli, carrots and gravy | Rice and mixed vegetables | Chips, peas and baked beans |
| | Pudding | Fudge Crunch | Chocolate Iced Sponge | Strawberry Jelly | Sticky Toffee Pudding | Carrot and Orange Cake |
| Week 3 | Main | Sticky BBQ Chicken Goujons | Sausages and Gravy | Roast Chicken and Stuffing | Meatballs in Tomato Sauce | Salmon Fishcake |
| | Veg | Diced crispy potatoes | Mash potato and Farmhouse veg | Roast potatoes, broccoli, carrots and gravy | Rice and mixed vegetables | Chips, peas and baked beans |
| | Pudding | Vanilla Crunch | Cornflake Crunchie | Blueberry Shortbread | Toffee Apple Flapjack | Chocolate Malt Brownie |



In association with



We're part of the My School Fund initiative.

Together we can boost our school's budget, plus your own!

It's completely free to sign up and both you and your child's school will receive eGift Cards to be used at participating retailers based on a percentage of your spend.

Visit myschoolfund.org today!



Step 1

Visit myschoolfund.org to sign up for free and link to your child's school



Step 2

Register your credit/debit card to your account



Step 3

Spend at participating retailers



Step 4

Start receiving your eGift Cards!



Help raise free funds for our school

every time you shop online

Join easyfundraising today and search for

Friends of Clunbury School

Thousands of well-known retailers will give us a free donation when you shop with them - at no cost to you!

Shop at over **4,100** online stores

M&S

Clarks

JOHN LEWIS

GROUPON

Currys PCWorld

Argos

Viking

WAITROSE

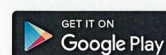
JUST EAT

ebay

Debenhams

Waterstones

Download the app



Over £31 million raised

Trustpilot ★★★★★

1.8 million users



World AMR Awareness Week – Meet the Super Bodies!

In support of **World Antimicrobial Resistance (AMR) Awareness Week** (18–24 November) and beyond, we're sharing the **Super Bodies campaign**—a fun and educational way for children and their families to learn how our bodies fight infections and why it's important to use antibiotics wisely.

Did you know that most common childhood illnesses like **coughs, sore throats and earache** are caused by viruses and don't need antibiotics? Our children's "**super bodies**" are amazing at fighting off these infections naturally!

Here are the **usual recovery times** for these common illnesses:



The **Super Bodies campaign** also includes:

Tips on managing symptoms at home, such as using pain relief, rest, and fluids.

Guidance on what symptoms to look out for, and **when to seek medical help** if your child isn't improving or seems very unwell.

Antimicrobial resistance (AMR) is a growing global concern. Overuse of antibiotics means they are becoming less effective against bacteria, leading to the emergence of '**super bugs**'—strains of bacteria that are resistant to many antibiotics. This is a serious threat to public health, but we can all help by using antibiotics only when truly necessary.

Antibiotics rarely speed up recovery for many common childhood illnesses and can cause side effects like rashes or diarrhoea. Using them only when truly necessary helps keep them effective for serious infections and preserve these precious drugs for future generations.

Learn more and explore: **Super Bodies campaign**

FOREST CHURCH

FUN, FAITH, FAMILY, FOOD



@ Walcot Hall, Lydbury North SY7 8AZ

2.30pm

Sunday 5th October
Sunday 2nd November
Sunday 14th December

Diocese of
Hereford
YOUTH HUB

We are excited to invite all families & young people to wonder & worship. Entrance to Forest Church in the Arboretum is free, just follow the signs.
What Three Words:///kebab.rural.mealtime

Contact: Suzanne.Gurney@hereford.anglican.org



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

to book in for a taster session or for more information

MAMMOTH

SANTA TRAIL

Kindly supported by Connexus

Book your slot BETWEEN 10AM AND 3PM

£10 PER CHILD*

13 DEC, 2025

Book online

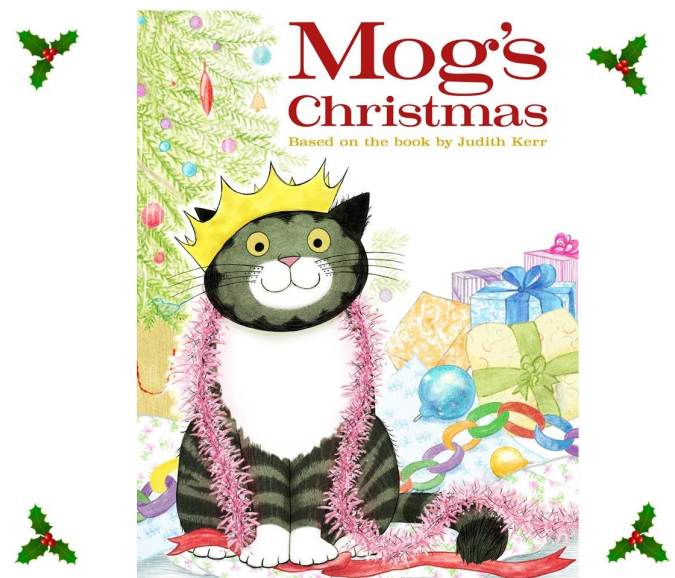
Follow the elves and snowballs through our exhibition as you answer questions and join in activities on your way around. Say "hi" to the mammoth himself and finish the trail with a gift from Santa as you meet him in his grotto.

There will be festive refreshments available at the end of the trail with treats for the adults too!

*PRICE INCLUDES EXHIBITION ENTRANCE
ONE FREE ADULT PER PAYING CHILD
ADMISSION PRICE APPLIES TO ADDITIONAL ADULTS

Shropshire Hills
Discovery Centre

WWW.SHROPSHIREHILLSDISCOVERYCENTRE.CO.UK
INFO@SHROPSHIREHILLSDISCOVERYCENTRE.CO.UK
01588 676060
SCHOOL ROAD, CRAVEN ARMS SY7 9RS
GROW COOK LEARN, A REGISTERED CHARITY: 1158795



Animated film followed by a festive making session
Monday 22nd December 10.30-12.30

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



XMAS TREES

EVERYDAY 10AM - 6PM

WISTANSTOW
VILLAGE HALL

OPENING

29th

NOVEMBER



FESTIVE ONE SHOT

Enter the world of Dungeons and Dragons

*Festive Session led by experienced Dungeon Masters
Focusing on the three traditional "pillars" of combat
exploration, and social interaction/roleplaying.*

Suitable for all levels Age 11+

Monday 22 December 2-5pm

£10 Adult £4 Under 18

SpArC
THEATRE

VIBRANT
SHROPSHIRE

To Book: www.sparctheatre.co.uk 01588 638038
SpArC Theatre Brampton Rd Bishops Castle SY9 5AY

New

FAMILY BOARD GAME CLUB

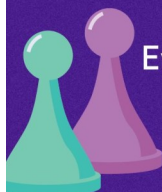
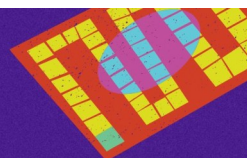
At Bishop's Castle Library
Every Friday afternoon 3.30pm - 5pm

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!



RECRUITING NOW!



SPECIAL OFFER!

1 MONTH OF CLASSES

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- + FREE Uniform
- + FREE Membership
- + Family Discounts

JUST £32

For more information please visit:
freestylemartialarts.com/bishopscastle



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

CONTACT US
07599 978387
bishopscastle@freestylemartialarts.com
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 term). Offer includes an official uniform and belt. Family discounts available. Free taster class available before joining. New students only. Terms and conditions apply.



**Integrated
Care System**
Shropshire, Telford and Wrekin

NHS

Shropshire, Telford
and Wrekin



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.



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



Calling All Future Football Stars!

Ludlow Town FC is launching a brand-new U7s team for the 2025/26 season, and we're inviting all Year 2 children to come and give it a go!


- ✓ First session is completely FREE
- ✓ No experience needed – just a smile, shin pads and a drink
- ✓ Open to boys and girls

 When: Wednesdays, 5:00 PM

 Where: Ludlow Football Club

It's the perfect chance for your little one to learn new skills, make friends, and fall in love with the beautiful game in a fun and friendly environment.

We're also looking for enthusiastic parents to get involved as coaches or volunteer assistants – full support and training will be provided.

 Just drop us a message or turn up on the day – we can't wait to see you!

Let's kick off their football journey together. 

Follow Us on Facebook

For Our Latest Public Health Information & Updates



@ShropshirePublicHealthNursingService



**SHROPSHIRE 0-19 PUBLIC HEALTH
NURSING SERVICE**

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 Group Monday 12th January 2026 from 1.00pm to 3.00pm Virtually Via MS Teams

Sleep Tight Group Thursday 15th January 2026 from 9.30am to 11.30am Highley Primary School

Sleep Tight SEND Group Monday 23rd February 2026 from 1.00pm to 3.00pm Virtually Via MS Teams

Sleep Tight Group Tuesday 24th February 2026 from 9.30am to 11.30am Crowmoor Primary School

The groups run for 5 weeks excluding the school holidays

SEND groups are 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 or call 01743 250950



Shropshire Council



Family Drop-ins

Free info, advice & support

You can get free information, advice and support on all aspects of family life, at our Family Drop-Ins. Come along for a coffee and a chat, and see how we can help you with:

- Family life
- Parenting support (including child development, behaviour, sleep and relationships)
- Domestic abuse support
- Money worries
- Housing support
- Special Educational Needs and/or Disabilities (SEND)

and much more



Find your local drop-in here



Shropshire Council

EVERY WEDS 12 - 2pm

Calling all parents and those caring for someone with a Hidden Difference to join us for a well earned **ALL WELCOME** with or without children

KIDS RULE

COFFEE BREAK

CHURCH STRETTON

IN PARTNERSHIP WITH

empathy
for special children

www.empathyforspecialchildren.org

mad hatters

All parents and those caring for someone with a Hidden Difference are invited to join us for a well earned

**SECRET HILLS
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CENTRE,
CRAVEN
ARMS**

COFFEE BREAK

EVERY THURSDAY

Relaxed and informal.

ALL WELCOME

wherever you find yourselves on the journey



www.empathyforspecialchildren.org