

Clunbury CE Primary School and rural nursery



Blue Hills
Federation

NEWSLETTER

28.11.25



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

Bog Eyed Jog 2025 - was a chilly one, but the children still did fantastically!



★★★ Thank you for all the amazing sponsorship you've raised! ★★★

STEM Club - making their own lava bubbles and experimenting with static



Christmas Craft Fayre: Thursday 4th December

Our annual craft fayre is next Thursday, between 3.15pm - 4.15pm. Children will be selling their crafts, running games stalls and serving refreshments. Bus children will have the opportunity to go around the fayre before going home. Bus children can bring a small amount of change for spending.

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 ...

- **NURSERY CLOSED** on Thursday 4th December
- **Christmas Craft Fayre** on Thursday 4th December



Please can all SM
accounts be be
kept in credit



What's happening this week ...

Dinner Menu: week 1

Dinner Menu: week 2

01.12.25	Monday	Tuesday	Wednesday	Thursday	Friday	08.12.25	Monday	Tuesday	Wednesday	Thursday	Friday
AM				Panto PACKED LUNCH		AM				Carol Singing at Clunbury Cafe	
PM				Christmas Craft Fayre	Whole school music/PE	PM			Christmas Dinner	C1 Forest School	Whole school music/PE
Clubs 3.30- 4.30/5	Art	Craft	STEM	Movie	Sports	Clubs 3.30- 4.30/5	Art	Craft	STEM	Movie	Sports

Dates for your Diary ...

Thursday 4th December
Thursday 4th December
Thursday 4th December
Wednesday 10th December
Thursday 11th December

Nursery Closed
Panto at Theatre Severn
Christmas Craft Fayre
Christmas Dinner
Clunbury Cafe Singing

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

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

School Attendance - since start of Autumn Term

Early Years &
KS1: 98.4%
KS2: 93.3%



PARENT ZONE ...

This fortnight's
Guide features:

TIK TOK

- 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

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





For more information and advice please visit:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/> or
www.ceop.police.uk

NSPCC  CLICK CEOP
Internet Safety

PARENT ZONE ...

Helpful guides to keep your children safe online and at home

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

TIKTOK

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

CONTACT WITH STRANGERS

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-16s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of *Wired*, *TechRadar*, *Tom's Guide*, *The Evening Standard* and *The New Statesman*.



#WakeUpWednesday

The National College

See full reference list on our website

 @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. Release date: 26.11.2025

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

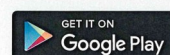
JUST EAT

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

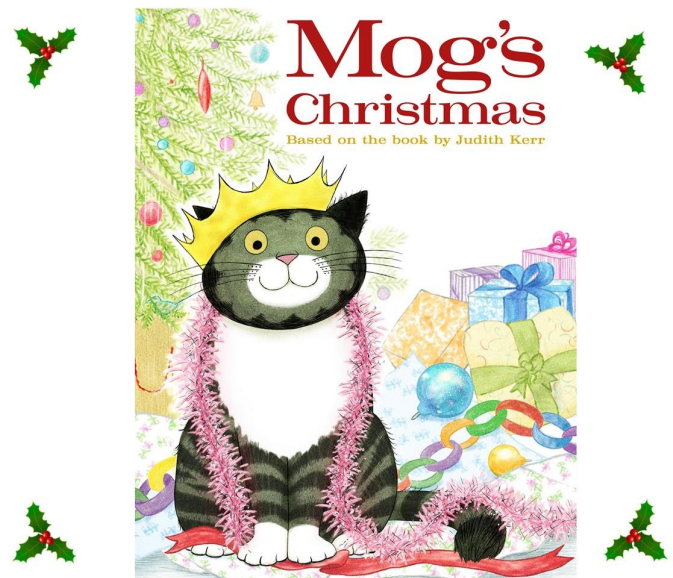
Follow the elves and snowballs through our exhibition as you answer questions and join in activities on your way around.
Say "hi" to the mammoth himself and finish the trail with a gift from Santa as you meet him in his grotto.

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



BISHOP'S CASTLE
Christmas Lights
SATURDAY 6TH DECEMBER 2025
 TRACTORS, LANTERNS & LIGHTS
 PROCESSION
 MEET IN CHURCHYARD FROM 5:30PM
 PROCESSION LEAVES AT 5:50PM
 BEHIND THE ILLUMINATED TRACTORS.
**BRING LANTERNS AND
 ANYTHING THAT LIGHTS UP!**
Everyone welcome!
 JOIN THE PARADE OF ILLUMINATED TRACTORS
 FROM THE CHURCH TO THE TOWN HALL FOR THE
 BIG SWITCH ON AT 6PM.
 FOLLOWED BY CAROLS AROUND THE TREE WITH THE
 BISHOPS CASTLE PRIMARY SCHOOL CHOIR.

Supported using public funding by
**ARTS COUNCIL
 ENGLAND**
highlights
 rural touring scheme

PENGUENS

**The coolest
 tuxedo event
 this winter season...**

**An immersive, sensory
 show for little ones,
 in a pop-up igloo!**

Jam Jar Theatre Company presents

★★★★★
 "Visually compelling, always funny and often thought-provoking."
 Ben Carroll, Get Your Costs On
 "An entertaining show that also gets across a serious message. Plenty for a younger crowd to enjoy."
 Charlotte Steel, EdinburghFestivalsForKids
 - On Jam Jar's 'How a Jellyfish Saved the World' at EdFringe 2024

Monday 1st December, 11.30am
 SpArC Theatre, Bishops Castle, SY9 5AY
 Tickets: Adult £6, Child £5 Book now: 01588 638038 www.sparctheatre.co.uk



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

Shropshire Supporting Families through Early Help

Shropshire Together Community and Family Hubs

CHRISTMAS CRAFT EVENT

Join us for lots of fun free activities for all ages

Wednesday 3rd December
3.30pm until 4.45pm
Helena Lane Community Centre,
20 Hamlet Road, Ludlow, SY8 2NP

QR code:

shropshire.gov.uk/early-help

Shropshire Council

RECRUITING NOW!



SPECIAL OFFER!

1 MONTH OF CLASSES

- + FREE Taster Class
- + FREE Uniform
- + FREE Membership
- + Family Discounts

JUST £32

For more information please visit:
freestyl martialarts.com/bishopscastle



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

CONTACT US
07599 978387
bishopscastle@freestyl martialarts.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

Shropshire Parenting Help and Support Line

01743 250950

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

No judgment, just support



Shropshire
Supporting
Families
through Early Help

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

£4 / Child
£2 / Sibling

Mad Hatters

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

**SECRET HILLS
DISCOVERY
CENTRE,
CRAVEN
ARMS**

COFFEE BREAK

EVERY THURSDAY

Relaxed and informal

ALL WELCOME

wherever you find yourselves
on the journey



www.empathyforspecialchildren.org