

Clunbury CE Primary School and rural nursery



Blue Hills
Federation

NEWSLETTER

24.10.25



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

Remembrance Service Clunbury Church on Tuesday 11th November at 10.45am

This year we invite all parents, friends and family to attend our Remembrance Service.

Poppies on Sale - Poppies and Poppy Day merchandise for children, will be on sale for children to buy during lunchtimes between Tuesday 4th November and Friday 7th November. Items range from a suggested amount of 50p - £2.00.

REMEMBRANCE DAY
Let's Not Forget

Christmas Card Orders:

DEADLINE: Tuesday 4th November



Please note : Library for Class 1 has moved from Wednesday 5th November to Tuesday 4th November. Thank you!

Parents Day Tuesday 4th November

Please remember to book your parent/teacher consultation by Friday 31st October.

Bog Eyed Jog - sponsor forms have gone home this week. Please take time during half term to collect as much sponsorship as you can!



Children in Need Friday 14th November

Children are invited to wear sporty spots on Friday 14th November in aid of Children in Need 2025. Please make any donations directly on the [Children in Need website](#)



Clubs after half term ... Netball Club will not be continuing after half term, in it's place will be Movie Club running alongside Y6 Goblin Car Club. Please let the School Office know if you would like to sign your child up.



Published Author Assembly
Last week we were joined by inspirational author Michael McCarthy. Michael is registered blind, hemiplegic and has learning difficulties, as a result of a traumatic accident when he was 8 years old.

Michael talked about his amazing life achievements and successes, despite his disabilities and the challenges he has had to face and overcome.



C1's topic this term is 'The Great Fire of London'... During Forest School this week, the children learnt how to light a real camp fire and then they cooked pumpkin soup on it!



Sports Leaders 2025 - our Y6 children have all become Sports Leaders. Their role is to promote and support the younger children doing sports activities during lunch and breaktimes



School Attendance - since start of Autumn Term

Early Years &
KS1: 98.5%
KS2: 92.3%



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

DEALING GRIEF
- 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



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 ...

- Monday 3rd November is a PD Day - school closed
- NURSERY CLOSED on Thursday 4th December



Please can all SM accounts be kept in credit

thank you!

What's happening this week ...

Dinner Menu: week 3

Dinner Menu: week 1

03.11.25	Monday	Tuesday	Wednesday	Thursday	Friday	10.11.25	Monday	Tuesday	Wednesday	Thursday	Friday
AM	PD DAY	Parents Day				AM		Remembrance Service			Bog Eyed Jog
PM	SCHOOL CLOSED	Parents Day		C1 Forest School C2 & C3 swimming	Whole school music/PE	PM				C1 Forest School C2 & C3 swimming	Whole school music/PE
Clubs 3.30-4.30/5	NO CLUB	Craft	STEM	Netball	Sports	Clubs 3.30-4.30/5	Art	Craft	STEM	Netball	Sports

Dates for your Diary ...

Mon 27th - Fri 31st October
Monday 3rd November
Tuesday 4th November
Tuesday 11th November
Wednesday 19th November

Half Term
PD Day - school closed
Parents Day
Remembrance Service
Bog Eyed Jog

Thursday 4th December
Thursday 4th December
Wednesday 10th December
Thursday 18th December

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

Nursery Closed
Panto
Christmas Dinner
Christmas Performance

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.thenationalcollege.co.uk for further information and resources.

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123

WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994

WINSTON'S WISH:
08088 020 021

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®

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

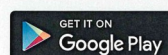
Friends of Clunbury School

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



Download the app



Over £31 million raised

Trustpilot ★★★★★

1.8 million users

Fynn from Class 3 is very proud of his mum for appearing in the Shropshire Star last week. She makes custom made jewellery to commemorate the loss of loved ones, helping to keep their memory alive.



Memories kept alive

Creating the loss of a loved one is a deeply personal journey. Through her jewellery, Elle McCabe aims to provide comfort during difficult times while helping to keep precious memories alive.

From her home in south Shropshire, she makes custom memorial jewellery that encapsulates a pet or loved one's ashes or hair as a keepsake.

It all began following the sudden loss of her own mum in 2018. "It was very unexpected and hit me like a ton of bricks. It was a very, very hard time for myself and my little family - my son was one and a half at the time. I had the idea of having a piece of jewellery with mum's ashes in to keep her close to me," explains Elle.

"With my experience of resin, I thought why not make the jewellery myself and so I made myself a couple of pieces."

The jewellery brought Elle a lot of comfort and enabled her to consider scattering her mum's ashes. "If I'm ever worried, my hand automatically goes straight to the pendant I have her ashes in," she adds.

Friends and family members also asked Elle to make jewellery for them and she realised she could help even more people by starting a business.

"I wanted to bring people who had also experienced the loss of a loved one the same comfort it had brought to me," she says.

Elle works with silver and Bello Opal - a laboratory created material that has similar properties to natural opal, which she offers in 16 colours.

Customers can choose from a range of pendants, rings, charms, earrings, bangles and bracelets and there is also a men's collection including cufflinks.

As well as ashes, hair, fur and whiskers, Elle is able to encapsulate other kinds of memories in resin such as tiny fragments of fabric and sand from memorable holidays such as honeymoons. She can also crush rocks from favourite places into rings or incorporate small pieces of precious paper.

"It doesn't have to be a sad reason to contact me for a piece of jewellery, it could be a life moment like a proposal, wedding or honeymoon," explains Elle.

Her customers are guided through every step of the process.

Elle is always on hand to offer a listening ear if needed and encourages people to share their stories and memories if they feel comfortable doing so.

"Grief is completely individual. I've always been an ear to my friends so it comes naturally. It also helps to build trust."

"I like to make sure people feel comfortable with me. If somebody doesn't want to talk, that's also fine."

"I understand how big a deal it is for someone to send me their loved one's ashes or hair and I want them to know I will look after them."

"Anything not used in the jewellery is sent back to the customer. I treat each piece and each customer with absolute respect and care throughout the whole process," she explains.

At the moment, Elle works with quality pre-made solid silver settings but in the future hopes to make her own and also offer engraving.

She has been enjoying growing her business through social media and word of mouth. "I love meeting people and I love being able to help people - that's the absolute pinnacle."

"I love making something so special for somebody that's more than just a piece of jewellery," says Elle.

For more information, visit the website www.keepsakejewellerybyelle.co.uk or follow www.facebook.com/people/Keepsake-Jewellery-By-Elle/100086327165268/.

Heather Large

FIREWORKS

@ LUDLOW RUGBY CLUB

FRIDAY 24TH OCT

THE LINNEY, SY8 1EE

PROFESSIONAL DISPLAY BY SKY CANDY FIREWORKS
REFRESHMENTS | TUCK SHOP | GLOW STICKS | CRAFT TABLE

EARLY BIRD DISCOUNTS VIA EVENTBRITE
One advance purchase will win the opportunity to start the display

ON THE GATE: ADULTS - £10, CHILDREN - £5

Gates open at 6 PM | Fireworks Display at 7:30 PM

Due to health & safety parking will only be available for disabled access.
Please use the town car parks. Children must be under adult supervision at all times.
No sparklers or dogs permitted.

For more information please contact us events@ludlowrfc.co.uk
Event being held in accordance with RFU and other relevant guidance

Shropshire Supporting Families through Early Help

HALLOWEEN CRAFT EVENT

Wednesday 29th October 2025
1pm until 3pm

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

shropshire.gov.uk/early-help

Shropshire Council



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



John Campion
Police and Crime Commissioner
West Mercia



Dungeons & Dragons Paint your own Mini Figure &

Create a Character profile

Session led by experienced Dungeon Master

(Age 9 + Under 11 should be accompanied by a willing helper)

Friday 31st October 1-4pm
£4 Child /Student

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



SpArc
THEATRE



Revolting Rhymes



Animated film followed by HALLOWEEN making session

Thursday 30th October 10.30-12.30

SpArc Bishop's Castle

With SpArc Theatre & Flicks in the Sticks

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



FUNNY BONES



Story & Craft session
at

Bishop's Castle Library

Friday 31st October
2 pm

Listen to the classic Funnybones story and
enjoy some spooky crafts.



Free to attend if you dare!!



Spooky stories

at Bishop's Castle Library

WITH FABULOUS STORYTELLER

SAL TONGE

Tuesday 28th October
3.30pm

Expect spooky tales, fiendishly fun songs and lots of fun!!

Suitable for children aged 3 and up

£2 per child to include drink and a snack.





WALCOT HALL
HALLOWEEN TRAIL

WALCOT HALL
LYDBURY NORTH, SY7 8AZ

We will be once again running our Halloween Trail.
It will begin in the Ballroom with a route into the arboretum.
SPOOKY TRAIL | CRAFTS | REFRESHMENTS
£6 PER CHILD - UNDER 2'S FREE
BOOK TICKETS ON
WWW.WALCOTHALLEVENTS.COM
TUESDAY 28TH OCTOBER
10AM - 3PM



HALF MOON AND Z-ARTS PRESENT
GRANDAD ANANSI
BY ELAYNE OGBETA FOR AGES 4-9

AN UPLIFTING TALE OF LOVE, COURAGE AND LETTING GO

Saturday 1st November , 3pm
SpArC Theatre, Bishops Castle SY9 5AY
Tickets: £12 Adult, £5 Child, Group ticket £30
01588 638 038 | www.artsalive.co.uk

Touring with...
arts alive



MWHahaha HALFTERM

FAMILY FILMS

The Addams Family 12A
Fri 24 & Sat 25 Oct, 7pm
Mon 27 Oct, 2pm

Dora: Magic Mermaid U
Adventure Fri 24 & Sat 25 Oct, 2pm

Corpse Bride 4K PG
Mon 27 Oct, 7pm

The Phantom of the Opera
1925 silent film with live piano
Wed 29 Oct, 7pm PG

I Saw Black Clouds 15
Fri 31 Oct, 7.30pm

WORKSHOPS

Lamp Making Workshop
Sat 1 Nov, 11am

LIVE SHOW

The Great Baldini
Family Magic Show
Sat 25 Oct, 2.30pm

MALARKY

ludlow assemblyrooms
ludlowassemblyrooms.co.uk
Box Office: **01584 878 141**



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

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.

🏈 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. 🏈

**PEARL OF AFRICA
CHILD CARE**

THE PEARL OF AFRICA CHILDREN'S CHOIR UK TOUR



**SINGING SO
OUR FRIENDS
CAN GO TO
SCHOOL**

**The Pearl of Africa
Children's Choir from Uganda**
With Newcastle CE Primary School
Friday, 24th October 2025 at 6:30 pm
Newcastle Community Centre SY7 8QN

To reserve your place, please email or Whatsapp as per details below.
Donations gratefully received on the door. Ugandan crafts available to
purchase. All proceeds to Pearl of Africa Child Care.

WWW.PEARLOFAFRICA.ORG.UK

Tel: 07905 710751 Email: melanie@sondoig.com

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