

# Clunbury CE Primary School and rural nursery



Blue Hills Federation

# NEWSLETTER

13.02.26



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

Reminder - Half Term is next week, see you back in school on Monday 23rd February

## Happy Half Term!!



### Break the Rules Day



On a cold, wet day, the only way to spend break ...

### Chinese New Year

Class 1 celebrated the Chinese New Year in the only way they know how -



dancing through school dressed as a dragon, clanging pots and pans! This is a traditional way to chase off all the bad luck for the rest of the year.



### Ofsted Inspection

Dear Parents,

I'd like to take this opportunity to thank you all for your support, emails and messages and kind gifts that you have sent to the staff of school. They have all been so appreciative of this during the last week. Your children were a credit to you all during the inspection. The report findings will be released in approximately 30 days. I'd like to thank the staff for their dedication, and it will be lovely to see this recognised, and I would like to end by saying thank you for all your support.

Anna Cook

### Break the Rules Day raised a fabulous £59!!

Paisli has had a wonderful time recently visiting the National History Museum and experiencing the London underground. She has also visited Jodrell Bank where she learnt all about space and telescopes.

If you have visited some exciting places recently, please send in your photos.



School Attendance - since start of Autumn Term 2025  
Whole School: **94.1%**

Early Years & KS1: **97.3%**  
KS2: **91.7%**



### PARENT ZONE ...

This fortnight's Guide features:

**MISINFORMATION ONLINE**

- 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**

Informing school EVERYDAY a child is absent from school is a statutory DFE requirement.

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



- Change of shoes on wintry days
- Warm, waterproof coat everyday
- Water bottle in school everyday



Please can all School Money accounts be kept in credit at all times



### What's happening this week ...

Dinner Menu: week 1

Dinner Menu: week 2

23.02.25	Monday	Tuesday	Wednesday	Thursday	Friday	02.03.26	Monday	Tuesday	Wednesday	Thursday	Friday
AM			C1 Ludlow Castle			AM					
PM				C1 Forest School	Whole school music/PE	PM				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 ...

Mon 16th - Fri 20th February  
Monday 23rd February  
Wednesday 25th February  
Tuesday 24th March

Half Term  
Y4 Pioneer Meeting  
C1 Ludlow Castle  
Easter Service

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

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

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

### 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](http://www.ceop.police.uk)



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

# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

### WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'checks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College

X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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# Autumn Term 2025 School Dinner Menu

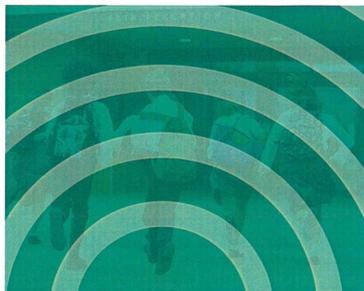
**Week 1 menu commencing: Wednesday 3rd September 2025**

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



## 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



## 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](https://myschoolfund.org) today!



Step 1

Visit [myschoolfund.org](https://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!

Over £31 million raised



1.8 million users

Bishop's Castle Orchestra  
Presents  
Table d'Hote

Music to Suit all Tastes

Starters  
Chris Lacey

Mains  
Bishop's Castle Orchestra

Dessert  
Sing with  
Rockspring Choir  
Norbury Singers



SpArC Theatre  
Saturday February 21st  
@ 1:30pm

No Charge



# DINOSAUR DISCOVERIES

February Half  
Term Family  
Activity

Monday 17<sup>th</sup>  
to Friday 20<sup>th</sup>  
February

£5 per  
accompanied  
4 - 11 year  
old

2pm - 3.30pm



Make a dinosaur skeleton to take home. Look at the size of dinosaurs and their feet. Learn the meaning behind some dinosaurs' names, other dinosaur theme crafts and much more!

[shropshirehillsdiscoverycentre.co.uk](http://shropshirehillsdiscoverycentre.co.uk) >>

Book Online >>

Shropshire Hills  
Discovery Centre

info@shropshirehillsdiscoverycentre.co.uk  
01588 676060  
School Road, Craven Arms SY7 9RS  
Grow Cook Learn, a registered charity: 1158795



# PICTURE HOUSE



ARRRR YOU READY?

THE SPONGEBOB MOVIE  
SEARCH FOR SQUAREPANTS

Sat 14 & Mon 16 Feb, 2pm

ludlow  
assemblyrooms

Tickets: £7  
01584 878141  
ludlowassemblyrooms.co.uk

# Wonderland Family show

FAMILY THEATRE



Sat 21 Feb  
11am & 2pm

MALARKEY

ludlow  
assemblyrooms

Tickets: £10/£8 U12s  
01584 878141  
ludlowassemblyrooms.co.uk

# Céilidh



**SATURDAY 21 FEBRUARY 7.30PM**

Join for music and dancing with 'This Way Up' w/ Caller Jane Roberts one of Shropshire's foremost ceilidh bands with an unrivalled reputation for high energy!

Bar & refreshments available

Adults £12/ Child £3

Book: [sparetheatre.co.uk](http://sparetheatre.co.uk) 01588 638038 SpArC Brampton Rd Bishops Castle SY9 5AY

**Hawthorn Wildlife Role-play with Jenny Ogden  
at the Methodist Hall, Station Street,  
Saturday 21st February - Time 1.30pm - 2.45pm**



Wildlife Role-play is a fun way for children and adults alike to learn about creatures native to the U.K. The workshop features handmade headgear/hand puppets together with scripted role-play. The scripted interviews with insects, birds and mammals encourage empathy with them and raise awareness of their importance in the grand scheme of things. They give a wealth of factual information covering food chains, lifecycles, habitats and roles in the ecosystem.

**Cost – Free to youngsters aged 7 to 13**

**but you must book to secure a place. Booking is via the Town Hall or online at [www.ticketsource.co.uk/BCTH](http://www.ticketsource.co.uk/BCTH)**



**Build a Bird Box or Bug Hotel  
with Walter's Workshop at Enterprise House  
Saturday 21st February  
2 workshops at 10am & 12 noon**



Come and build a Bird Box with the help of Walter's volunteers.

Cost – Free to youngsters Age 10 – 14  
**but you must book to secure one of the 6 places**  
children must be accompanied by a responsible adult

Booking is via the Town Hall or online at  
[www.ticketsource.co.uk/BCTH](http://www.ticketsource.co.uk/BCTH)

**BCAF** Donations for materials invited  
Bishop's Castle  
Arts Festival

[www.bishopscastleartsfestival.com](http://www.bishopscastleartsfestival.com)

**Pottery Workshop  
for youngsters aged 10 - 14**



Make and decorate your own pottery vase using the slab method. Jonathan will bring examples and supply all the materials.

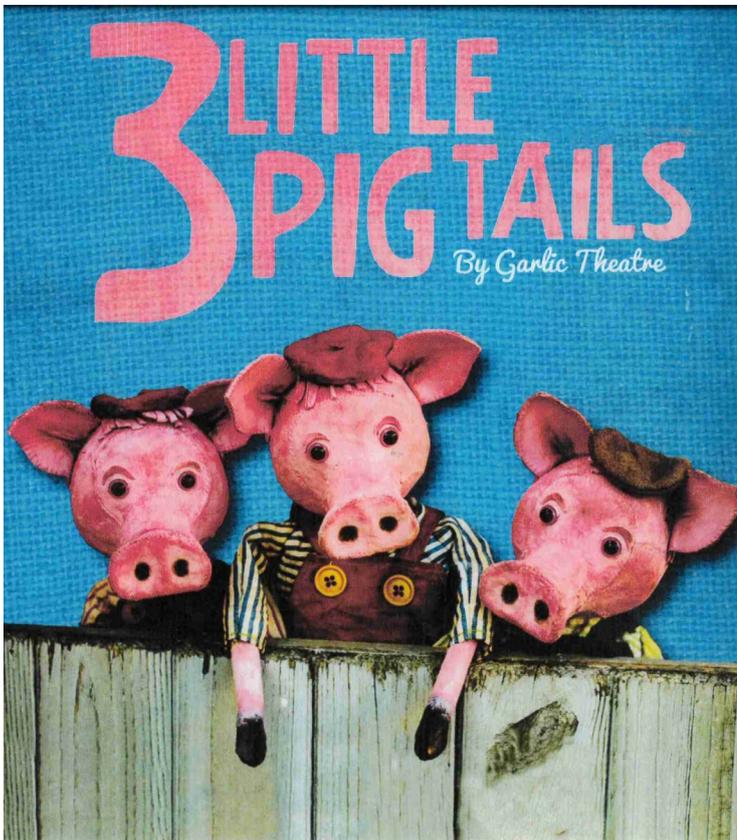
Please wear old clothes or bring an apron.

**Sunday 22nd February  
2pm at the Methodist Hall**

Admission Free -  
but booking is essential, at the Town Hall or  
online at [www.ticketsource.co.uk/BCTH](http://www.ticketsource.co.uk/BCTH)

**BCAF**  
Bishop's Castle  
Arts Festival

[www.bishopscastleartsfestival.com](http://www.bishopscastleartsfestival.com)



**Friday February 20<sup>th</sup> – 3 pm**  
**Leintwardine Community Centre**  
**Tickets £5**

**From Griffiths Garage or at [www.artsalive.co.uk](http://www.artsalive.co.uk)**



**Bishop's Castle Arts Festival**  
**Friday 20 Feb 2026**  
**SCRAPTASTIC**  
**1-3pm SpArC**  
**Bishop's Castle**  
**All Welcome**  
**Make what you want**  
**Unstructured scrap making session.**  
**Loads of recycled materials to choose from!**  
**Children under 9 must be accompanied by a willing helper.**  
**FREE**  
Donations Bishop's Castle Arts Festival

**SpArC THEATRE**



## 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

**THE SECRET GARDEN**

**Tuesday 17 February 2pm**

**FILMS @ SpArC Bishop's Castle**

**Accessible Afternoon Film All Tickets £4**

All welcome, Cabaret seating, No steps, Hearing loop, Tea Coffee & Biscuits £1  
 Accompanying Carers Free

FREE Dial-a-Ride Bus From Bishops Castle & Lydbury North 01588 638 350

TICKETS: Enterprise House 01588 638038  
[www.sparctheatre.co.uk](http://www.sparctheatre.co.uk) – or just turn up

SpArC Theatre, Brampton Rd, Bishops Castle SY9 5AY  
 Enquiries: [liz@sparctheatre.co.uk](mailto:liz@sparctheatre.co.uk)

Supported by Friends of Bishops Castle Community, Care Home and Hospital.

# SPRING TERM SEND MEET & CHAT FAMILY DROP-IN

Hosted by Shropshire Early Help



Do you care for a child or young person with Special Educational Needs and Disabilities (SEND)?

These sessions are open to anyone supporting a child with SEND — whether you're a parent carer, family member, or professional.

Come along to ask questions, get practical advice, and connect with professionals who understand your journey

Speak with experts in:

- EHCPs
- School support
- Health and wellbeing
- Social care
- Mental health
- Navigating SEND challenges

Each session will have different professionals available, so come along, have a chat, and find the help you need.

### LUDLOW - HELENA LANE COMMUNITY CENTRE

Tuesday 20th January 2026  
12:30pm-14:30pm

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

### SHREWSBURY THE LANTERN

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

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

### MARKET DRAYTON RAVEN HOUSE

Tuesday 24th March 2026  
13:00pm-15:00pm

Raven House, 129 Cheshire Street, Market Drayton TF9 3AH



### HAVE YOUR SAY!

Scan the QR code to suggest topics and activities for future drop-in sessions.



# Shropshire Parenting Help and Support Line

**01743 250950**

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

No judgment, just support.



## 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.

## 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 12<sup>th</sup> January 2026 from 1.00pm to 3.00pm Virtually Via MS Teams**

**Sleep Tight Group Thursday 15<sup>th</sup> January 2026 from 9.30am to 11.30am Highley Primary School**

**Sleep Tight SEND Group Monday 23<sup>rd</sup> February 2026 from 1.00pm to 3.00pm Virtually Via MS Teams**

**Sleep Tight Group Tuesday 24<sup>th</sup> 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](mailto:Parenting.team@shropshire.gov.uk) or call 01743 250950

# Follow Us on Facebook

For Our Latest Public Health Information & Updates

@ShropshirePublicHealthNursingService



SHROPSHIRE 0-19 PUBLIC HEALTH  
NURSING SERVICE



## 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](http://www.empathyforspecialchildren.org)

mad happens

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](http://www.empathyforspecialchildren.org)