

Clunbury CE Primary School and rural nursery

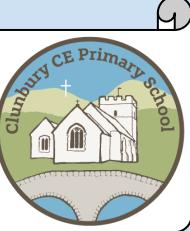


Blue Hills
Federation

NEWSLETTER

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

16.01.26



Happy
New
Year
and
Welcome
Back!



School Attendance - since start of Autumn Term
Early Years & KS1: 98% KS2: 92.1% Whole School: 94.6%
At KS2 in 2022/23, pupils with 95-100% attendance were 1.3 times more likely to achieve the expected standard in reading, writing and maths compared to those attending 90-95% of the time. Missing just 10 days in Y6 can reduce the likelihood of reaching the expected standard by around 25%.

**ATTENDANCE
MATTERS**

FUN IN THE SNOW! Thank you for all of your photos



Everyday 8.00-8.35	Breakfast Club	Mrs Williams	R-Y6	£2.50 (including breakfast)
Everyday 8.35-9.00	Nursery Early Birds	Mrs Lavery	N	£2.00 (NO breakfast included)
Everyday 3.30-4.30/5	Late Birds	Various	R-Y6	£3/4.00
Monday 3.30-4.30	Art	Miss Deane	R-Y6	£3.00
Tuesday 3.30-4.30	Craft	Mrs Chorley	Y2-Y5	£3.00
Tuesday 3.30-4.30	Hot Choc	Mr Griffiths	Y6	FREE
Wednesday 3.30-4.30	STEM & Games	Mrs Burns and Mrs Saunders	Y2-Y6	£3.00
Thursday 3.30-4.30	Movie	Mr Griffiths	R-Y5	£3.00
Thursday 3.30-4.30	Goblin Car	Mr Griffiths	Y6	£3.00
Friday 3.30-4.30	Sports	Mr Jones Mrs Saunders	R-Y6	£3.00



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 3						Dinner Menu: week 1					
19.01.25	Monday	Tuesday	Wednesday	Thursday	Friday	26.01.26	Monday	Tuesday	Wednesday	Thursday	Friday						
AM				Y3/4 Fire Safety Talk		AM		Open the Book									
PM			C1 Dental Talk		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 ...

Wednesday 21st January
Thursday 22nd January
Mon 16th - Fri 20th February
Tuesday 24th March

C1 Dental Talk
Y3/4 Fire Safety Talk
Half Term
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

Diocese of Hereford



PARENT ZONE ...

Helpful guides to keep your children safe online and at home

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

NSPCC 

What Parents & Carers Need to Know about

INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERN

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

Meet Our Expert

A former director of digital learning and currently a deputy headmaster and DSL, Brendon O'Keeffe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that the online world remains a useful educational tool rather than a minefield of risks.



SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

National Online Safety

#WakeUpWednesday

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 Fillet with Sweet and Sour Sauce
	Veg	Mash potato, peas and sweetcorn	Wedges and Farmhouse veg	Roast potatoes, broccoli, carrots and gravy	Rice and mixed vegetables
	Pudding	Chocolate Shortbread	Vanilla Iced Sponge	Shortbread with Fruits of the Forest Compote	Lemon and Lime Drizzle
Week 2	Main	Beef Pasta Bake	Sausage Roll	Roast Beef and Yorkshires	Chicken Curry
	Veg	Peas and sweetcorn	Wedges and Farmhouse veg	Mash potato, broccoli, carrots and gravy	Rice and mixed vegetables
	Pudding	Fudge Crunch	Chocolate Iced Sponge	Strawberry Jelly	Sticky Toffee Pudding
Week 3	Main	Sticky BBQ Chicken Goujons	Sausages and Gravy	Roast Chicken and Stuffing	Meatballs in Tomato Sauce
	Veg	Diced crispy potatoes	Mash potato and Farmhouse veg	Roast potatoes, broccoli, carrots and gravy	Rice and mixed vegetables
	Pudding	Vanilla Crunch	Cornflake Crunchie	Blueberry Shortbread	Toffee Apple Flapjack
					Chocolate Malt Brownie



In association with

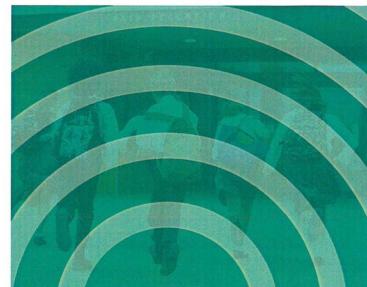
Sainsbury's Argos ESPO

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

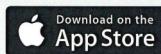
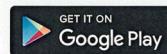
JUST EAT

ebay

Debenhams

Waterstones

Download the app



Over £31 million raised

Trustpilot

18 million users



Find out when to stay home and when to get help

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.

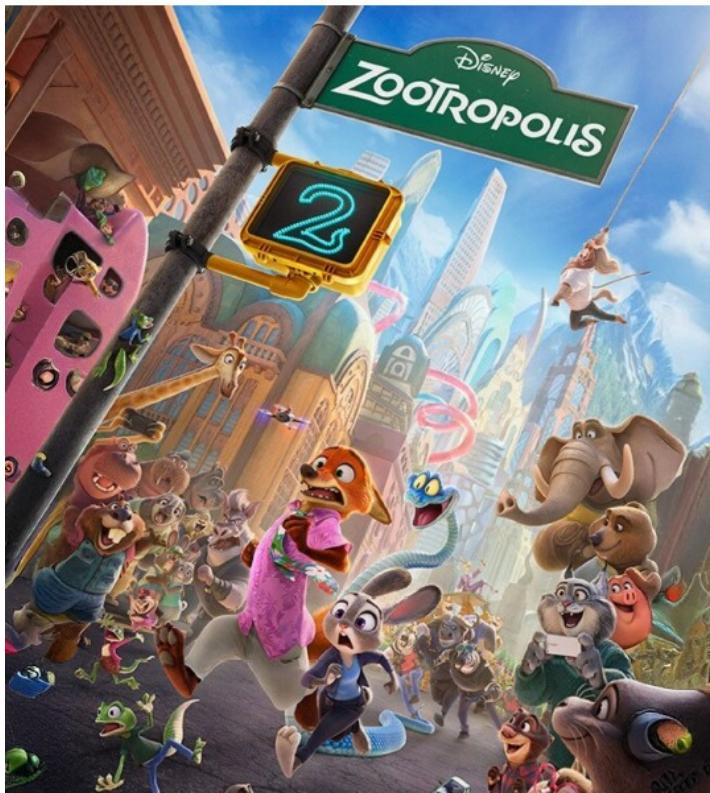
Guidance on what symptoms to look out for, and **when to seek medical help** if your child isn't improving or seems very unwell.

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**](#)

PICTURE HOUSE



17, 24 & 31 JAN @ 2PM

ludlow
assemblyrooms

Tickets: £7
Box Office: 01584 878 141
www.ludlowassemblyrooms.co.uk

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SUNDAY 10.00am to 10.45am
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Shropshire
SY9 5AY

CONTACT US
07599 978387
bishopscastle@freestylemartialarts.com
facebook.com/fmbishopscastle
Chief Instructor
Steve Luke (3rd Dan)

Join anytime and get unlimited access to all beginner classes every week for ONE MONTH. (including school holiday time). Offer includes as official uniform and belt. Family discounts available. Min 3 year class available online joining. New students only. Terms and conditions apply.



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

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!



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.



HAVE YOUR SAY!

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



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. 



NHS
Shropshire Community Health
NHS Trust

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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



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**

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£2 / Sibling**

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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