

Clunbury CE Primary School and rural nursery



Blue Hills
Federation

NEWSLETTER

13.12.24



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

PD DAY
Monday
6th
January
=
School
Closed

Class 1 have been very busy getting ready for Christmas. They've been decorating the Christmas tree, sorting the Christmas post, making Christmas craft and even had time to dress up as snowmen at Forest School.



Thank you CCBC
for cooking our
Christmas Dinner.



Christmas Crib Services: Wednesday 18th December 2024, 2pm & 6pm



Please can we have donations of mince pies sent in by the morning of Tuesday 17th December.

Clunbury Church are very kindly providing refreshments at both services.



School Office Opening Times

Please be aware that the School Office is closed on Mondays, Wednesday afternoons and Thursday afternoons. The admin email is not monitored at these times or over weekends.

Please contact your child's teacher with issues regarding a change to their daily routine.

Wherever possible cc in either the class teacher email or the admin email.

School Office: Mrs Garnett
adminclunbury@bhf.shropshire.sch.uk

Class 1: Miss Deane
deane.h@bhf.shropshire.sch.uk

Class 2: Mrs Jones
jones.k@bhf.shropshire.sch.uk

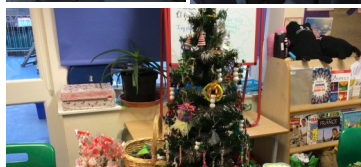
Class 3: Mr Griffiths
griffiths.j@bhf.shropshire.sch.uk



No afterschool clubs last week of term:
Monday 16th December - Friday 20th December
No afterschool clubs first week of term:
Monday 6th January - Friday 10th January

Christmas Craft Fayre

A big Thank You and Well Done to everyone involved in this year's fayre. A huge amount of work goes into making the fayre a success. The children had a wonderful time designing their games and then trying them out.



School Attendance - since start of Autumn Term

Class 1: 97.8

Class 2: 96.6

Class 3: 93.8

ATTENDANCE MATTERS

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



What's happening this week ...

Dinner Menu: week 3

Dinner Menu: week 1

16.12.24	Monday	Tuesday	Wednesday	Thursday	Friday	06.01.25	Monday	Tuesday	Wednesday	Thursday	Friday
AM		Christingle Day			Whole school music	AM	PD DAY				Whole school music
PM			Crib Service 2pm & 6pm	Class 1 Forest School	Whole school PE	PM	PD DAY			Class 1 Forest School	Whole school 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 ...

Tuesday 17th December
Wednesday 18th December

Friday 20th December

Christingle
Christmas Crib Service
2pm & 6pm
Last day of Autumn term

Monday 6th January
Tuesday 7th January
Mon 17th - Fri 21st February
Wednesday 19th March
Mon 7th - Wed 9th April

PD Day - School Closed
First day of Spring Term
Half Term
C2 Roman City
Y6 Arthog Residential

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

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/in-pact-of-anxiety-and-depression-across-childhood-and-adolescence-on-adverse-outcomes-in-young-adulthood-a-uk-birth-cohort-study/0C329A1C9C7BA8094B9C74076238F>

Autumn Term 2024 School Dinner Menu

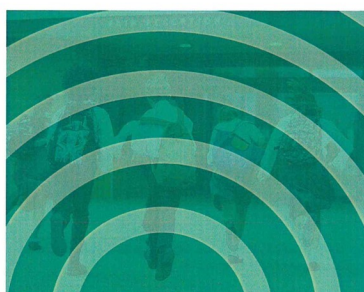
Week 1 menu week commencing: Monday 2nd September 2024

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 Tomato Sauce	Sausage Roll	Roast Chicken with Stuffing	Beef Chilli	Chicken Fillet
	Veg	Mash, peas and sweetcorn	Wedges and mixed veg	Roast potatoes, broccoli, carrots and gravy	Rice, sweetcorn and green beans	Chips, peas and baked beans
	Pudding	Chocolate Cookie	Iced Sponge	Fudge Crunch	Mango Shortbread	Banana Flapjack
Week 2	Main	Beef Bolognese	Sausages & Gravy	Roast Chicken with Stuffing	Italian Chicken Meatballs	Cheese and Tomato Pizza
	Veg	Pasta, peas and sweetcorn	Mash and mixed veg	Roast potatoes, broccoli, carrots and gravy	Rice, sweetcorn and beans	Chips, peas and baked beans
	Pudding	Sticky Toffee Pudding	Iced Chocolate Sponge	Vanilla ice cream and peaches	Fruity jelly	Chocolate Malt Brownie
Week 3	Main	Ham and Cheese Bake	Breaded Chicken Fillet	Roast Beef and Yorkshires	Pork Sweet & Sour	Sausages
	Veg	Pasta, peas and sweetcorn	Wedges and mixed veg	Roast potatoes, broccoli, carrots and gravy	Rice, sweetcorn and green beans	Chips, peas and baked beans
	Pudding	Cherry Chocolate Crunch	Iced Lemon Sponge	Vanilla Crunch	Apple and Cinnamon Flapjack	Carrot and Orange Cake



In association with



easyfundraising
feel good shopping



Help raise free funds for our school

every time you shop online

Join easyfundraising today and search for

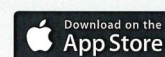
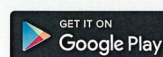
Friends of Clunbury School

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

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!



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



Wood'n Ribbon

PRESENTS

Festive Afternoon Tea

A delightful way to celebrate the season

Selection of mini sandwiches, scones, barabirith, sweet treats and a drink with a Christmas touch *

Only £25pp

Available from 7th Nov to 22nd Dec

Bookings: 07754 045546




Santa is here!

Starts 16th Nov

Wood'n Ribbon Lunch with Santa

£10 per child

- Meet and greet
- Children's Meal
- Small Gift

Oakheath, Station Yard, Hopton Heath, SY7 0QD

Booking is essential 07754 045546



For Ages 4-11 (Reception - Year 6)

Shropshire Hills Discovery Centre
the home of Glow Cook Learn

A DISCOVERY WINTER HOLIDAY CLUB

**23rd December, 2nd, 3rd & 6th January
9am til 1pm**

At Shropshire Hills Discovery Centre, Craven Arms

Time will be spent outside exploring, collect natural materials to use in Christmas/winter crafts – make a wreath and an ornament. Bake some rolls to take home. Make dens and do a trail through the meadows. There will also be quiet times inside with a range of creative activities, games and books. Includes a morning snack and a cooked lunch.

CLUB HIGHLIGHTS

- Arts and crafts
- Creative Activities
- Outdoor Adventure
- Snack and lunch

**Booking essential
Call 01588 676 060**

Part of the Shropshire Council HAF programme

**Free with a voucher code,
£14 per day without.**

Includes a cooked lunch and a snack.

www.shropshirehillsdiscoverycentre.co.uk

HAF Holiday Activities and Food
Department for Education
Shropshire Council

This opportunity is provided as part of the government's expanded Holiday Activities and Food (HAF) programme being delivered across Shropshire. Funded by the Department for Education. To find out more, view the 'What's On' guide and sign up to the HAF newsletter go to: www.shropshire.gov.uk/haf

CHRISTMAS



BRAZILLIAN Samba drum workshops

Our music is created by building a band - a team of lovely people!

Play a groove
Make a break
Play a call
Hear the response
Try a fill of your own?

And most of all fill the silence with your music!

SpArC THE ATRE

YOUTH SAMBA BAND 9+ years

LAST TWO SESSIONS- COME AND JOIN IN

Fri 6th Dec & Fri 13th Dec XMAS PARTY 5.45-6.45pm

£5 per session sparctheatre.co.uk 01588 638038/630321

Suitable for all levels Supported by The Dylan Price Foundation and Ashley Foundation

Copyright Homemade-Preschool.com

SpArC THE ATRE THE ROYAL BALLET Via Satellite

Cinderella



Sunday 15 December 2pm

ROYAL BALLET & OPERA

£15/ £5 FAMILY £35

BOOK: sparctheatre.co.uk 01588 638038 SpArC Brampton Rd Bishops Castle SY9 5AY

HAF Holiday Activities and Food

Department for Education

Shropshire Council

HAF Holiday Club

@ SpArC Bishops Castle Leisure Centre

23rd December 2024

8:30 - 12:30	12:30 - 16:30
Breakfast Included	Lunch Included

Bookable to anybody with an eligible HAF code.

To book, please call 01588 630243 or email steven.goodier1@serco.com

Does your child struggle with their sleep?

Free Sleep Tight Workshops

Join us on one of our virtual or face-to-face workshops 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

Our next Workshops start:

Sleep Tight on Thursday 19th September 2024 from 12.45pm to 2.45pm Virtually via MS Teams

Sleep Tight SEND Friday 20th September 2024 from 9.30am to 11.30am at Wilfred Owen School, Shrewsbury, SY2 5SH

Sleep Tight SEND on Thursday 7th November 2024 from 12.45pm to 2.45pm Virtually via MS Teams

To book a place email Parenting.team@shropshire.gov.uk or call 01743 250950

Find out more here



Shropshire Parenting Help and Support Line

01743 250950

Mon - Thurs, 9.30am - 4.30pm

Fri, 9.30am - 3.30pm

No judgment, just support.



Bedstone Christmas Fayre

Sunday 1st December 2024

11:30am - 3pm

Stalls, Raffle, Café, Tombola, Choir and more...

£2.50 Entry - Children Free

Father Christmas in the old Hall - £5

pre-booking necessary for Father Christmas

Booking Link on 'Friends of Bedstone' Facebook Page

<https://calendly.com/admin10-bedstone/father-christmas-booking-form-2024>

email: bedstonefriends@gmail.com

Information & Support | Influence & Change



Proposed Shropshire SEND Strategy & Outcomes

Framework - share your views

with PACC

Monday 25th November
10.00am - 11.30am



Influence & Change the next SEND Strategy with us!

Join PACC reps to discuss the proposed new SEND Strategy and Outcomes Framework to inform our response to the consultation. We also aim for you to leave the session more informed and able to make an individual response too!

Please complete the linked form to register your interest to attend this session.

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



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