

# Clunbury CE Primary School and rural nursery



Blue Hills  
Federation

## NEWSLETTER

14.11.25



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

### Bog Eyed Jog: Wednesday 19th November



All children need to wear either their PE kit or their pyjamas/onesies. They will need trainers and a spare pair if the weather looks to be wet. Warm layers and a waterproof coat are essential.

### Children in Need 2025

Lots of sporty spots on show today :)



**No Art Club on Monday 24th November due to staff training**

**Last swimming session on Thursday 20th November for C2 & C3**

#### Trip Reminders:

- Monday C2 Chester Zoo 7.55am pick up
- Tuesday C3 Thinktank 7.45am pick up

During half term, Liam, Josie, Oliver, Natalie and Lillie took part in the swimming gala at Knighton leisure centre. They all did amazingly coming home with lots of certificates. **Well done guys, fantastic effort!!**



**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 ...

- No Art Club Monday 24th November
- NURSERY CLOSED on Thursday 4th December**



Please can all SM  
accounts be kept in credit



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

Dinner Menu: week 2

Dinner Menu: week 3

17.11.25	Monday	Tuesday	Wednesday	Thursday	Friday	24.11.25	Monday	Tuesday	Wednesday	Thursday	Friday
AM	C2 Chester Zoo	C3 Birmingham Thinktank				AM					
PM			Bog Eyed Jog	C1 Forest School C2 & C3 swimming	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	No Club	Craft	STEM	Movie	Sports

#### Dates for your Diary ...

Monday 17th November  
Tuesday 18th November  
Wednesday 19th November  
Thursday 4th December  
Thursday 4th December

C2 Chester Zoo  
C3 Birmingham Thinktank  
Bog Eyed Jog  
Nursery Closed  
Panto

Wednesday 10th December  
Thursday 11th December  
Thursday 18th December  
Friday 19th December

Christmas Dinner  
Clunbury Cafe Singing  
Christmas Performance  
Last day of term

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

### Remembrance Service

We held our Remembrance Service this week, which was open to all to attend. The RBL visited and were very impressed with the children. Thank you to those who came along to mark this important day. In honour of the lives lost, the children decorated a cross for each of the fallen from Clunbury Parish.



Please send in the exact amount of money for panto ice creams. Thank you to those who have already done so.



**Well Done Oscar and Alfie** for achieving your Level 3 swimming award! Keep up the good work.



### School Attendance - since start of Autumn Term

Early Years &  
KS1: 98.2 %  
KS2: 92.7 %



### PARENT ZONE ...

This fortnight's Guide features:  
**SAFE SLEEPING**  
- 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







## 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 [nationalcollege.com](http://nationalcollege.com) for further information and resources.

# SAFE SLEEPING: TOP TIPS FOR NURSERIES

The impact of safe sleeping guidance is well documented. The Back to Sleep campaign, for example, was the first major initiative to inform parents and carers about placing babies on their backs to sleep; its launch in 1991 contributed to an 83% reduction in cases of Sudden Infant Death Syndrome (SIDS). The Lullaby Trust reports, however, that SIDS continues to claim the lives of more than 160 babies in the UK each year. With an increasing number of babies in formal childcare, it's vital that early years professionals understand and adhere to safe sleeping guidelines.

## THE STARTING POSITION

Place babies on their back with their feet towards the bottom of the cot ('feet to foot') and restore them to this position if they roll onto their stomach. Children older than one year who can confidently roll onto their tummy or side can be allowed to do so – but should still be laid on their back to begin with.

## INSIDE THE COT

Use lightweight, breathable blankets instead of duvets or weighted blankets. Sleeping bags must be the right size, so babies can't slip down inside. Don't cover faces, tuck bedding in or wrap it around them above the shoulders. Remove cot bumpers and extra items like pillows. Check comforters or soft toys for cords or loose parts.

## HAVE A SAFE SLEEP POLICY

Introduce a 'safe sleep policy' in your setting and make it part of new staff's induction. Include information on safe sleep guidelines; hygiene; correct procedures; and guidance on following babies' sleep routines from home.

## PARTNERSHIP WITH PARENTS

Sleep routines and practices may be a concern for some parents whose children are new to nursery. Share your sleep policy with them when discussing their routine at home during the settling-in period. The NHS' and the Lullaby Trust's guidance on safe sleeping may also be helpful to parents.

## HEALTH AND HYGIENE

Babies often dribble during sleep, so consider giving each child their own bedding to maintain good hygiene and avoid cross contamination of any illnesses. Wash bedding and mattress toppers regularly. Wipe down waterproof mattresses with a child-safe cleaning or sterilising solution.

## LAYING NOT SITTING

Avoid putting babies to sleep in an upright position, like a bouncer or car seat. Some buggies can be reclined to allow the baby to lie flat – but while the straps stop them falling out, they could also increase the risk of SIDS. If a baby falls asleep in a bouncer or buggy, move them to a cot or mattress so they're flat on their back again.

## THE SLEEP ENVIRONMENT

Mattresses must be in excellent condition and the proper size for the cot. If using sleep mats, consider where to put them: not close to doors or radiators, or anywhere staff or children might step on or trip over a sleeping baby. Complete regular risk assessments of cots, mattresses and sleep areas to ensure safety standards are being maintained.

## DUMMIES AND BOTTLES

Using dummies while sleeping may reduce the risk of SIDS – but always check with parents before offering a child a dummy. If the baby does sleep with a dummy, avoid using clips or chains as these pose a strangulation risk. Never allow a child to fall asleep with a bottle in their mouth.

## REVIEW REGULARLY

Early years professionals must remain up to date with the latest safe sleeping guidance and research. Training staff, refreshing your own knowledge of safe sleep practices and frequently reviewing your setting's policies, procedures and risk assessments will help to maintain a safe environment.

## FREQUENT CHECKS

Check each sleeping baby every 10–15 minutes to ensure they're breathing and not tangled in bedding. When babies are confirmed to be sleeping safely, document the time of the check and which staff member carried it out.

## TEMPERATURE

The risk of SIDS is higher if babies get too hot: use a thermometer to help you maintain a safe temperature of 16–20°C. If using fans to cool a room, never point one directly at a baby. If it's too cold, use an extra layer of bedding instead of a hat, which may impede a baby's ability to regulate their temperature.

## Meet Our Expert

LEYF (London Early Years Foundation) was formed as Westminster Health Society in 1903, a time of poverty and shockingly high infant mortality. Pre-dating the NHS, it promoted child welfare and family health – breaking new ground by offering professional childcare training, outreach and home visits, drop-in sessions and parenting classes.



The  
National  
College®

Source: <https://www.lullabytrust.org.uk/> | <https://www.nhs.uk/conditions/leaky-crying-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/> | [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/117010/LEYF\\_framework\\_from\\_September\\_2023.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/117010/LEYF_framework_from_September_2023.pdf)



## 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](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!



## Help raise free funds for our school

every time you shop online

Join easyfundraising today and search for

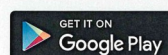
### Friends of Clunbury School

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





## 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**



# 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](http://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](mailto:bishopscastle@freestyl martialarts.com)  
[facebook.com/fmabishopscastle](https://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](http://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

**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)

£4 / Child  
£2 / Sibling

**Mad Hatters**

## 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

SECRET HILLS  
DISCOVERY  
CENTRE,  
CRAVEN  
ARMS

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

# COFFEE BREAK

**EVERY THURSDAY**  
Relaxed and informal.  
**ALL WELCOME**  
wherever you find yourselves on the journey

**11 am**

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