

Clunbury CE Primary School and rural nursery



Blue Hills
Federation

NEWSLETTER

11.09.25



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

Class 1 have been making piggy heads and creating dinosaur habitats



Everyone has been learning songs in preparation for our Harvest Service in October



School Attendance - since start of Autumn Term

Early Years &
KS1: 98.9%
KS2: 98.1%



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

ONLINE SAFETY
- see following page



Class 2 have begun to learn to play the ukulele



Pupil Premium & Free School Meals

The qualifying benefits for free school meals are:

- Income support
- Income-based jobseeker's allowance
- Income-related employment and support allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of pension credit
- Child tax credit (provided you're not also entitled to working tax credit and have an annual gross income of no more than £16,190)
- Working tax credit run-on - paid for the four weeks after you stop qualifying for working tax credit. Proof of this will be required
- Universal credit - provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods

**Please apply if you
think you qualify:
Shropshire FSM**



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

Swimming this term ... every Thursday for 10 weeks, Y2 - Y6 will be having weekly swimming sessions at SPARC in Bishops Castle.



Term Date Reminders ...

- School Photos on Wednesday 17th September
- Nursery **CLOSED** on Thursday 4th December



**Please can all
accounts be be
kept in credit**



What's happening this week ...

Dinner Menu: week 3

15.09.25	Monday	Tuesday	Wednesday	Thursday	Friday
AM		Open the Book	School Photos		
PM				C2 & C3 swimming	Whole school music/PE
Clubs 3.30-4.30/5	Art	Craft	STEM	Netball	Sports

Dinner Menu: week 1

22.09.25	Monday	Tuesday	Wednesday	Thursday	Friday
AM					Y6 Bikeability
PM				C2 & C3 swimming	Whole school music/PE
Clubs 3.30-4.30/5	Art	Craft	STEM	Netball	Sports

Dates for your Diary ...

Wednesday 17th September
Friday 26th September
Mon 29th Sept - Wed 1st Oct
Wednesday 8th October
followed by Macmillan Afternoon Tea/Coffee

School Photos
Y6 Bikeability
Y6 Arthog
Harvest Service

Mon 27th - Fri 31st October
Monday 3rd November
Thursday 4th December
Wednesday 10th December

Half Term
PD Day
Panto
Christmas Dinner

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

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 National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

ONLINE SAFETY FOR UNDER 5s

10 Top Tips for Parents and Carers

According to Ofcom's most recent research, a significant proportion of children are already online by the time they start school, with 17% of 5-year-olds owning their own mobile phone and 50% using messaging platforms. As becoming familiar with technology is generally encouraged in younger children – and has been essential for education during the pandemic – it is crucial that trusted adults recognise both the benefits and the risks of infants and toddlers using digital devices. We've compiled our top tips to help the under-5s start their online safety journey.

1 USE DEVICES TOGETHER

This lets you monitor and control what your child is using the device for. It also provides the interaction that supports children's understanding of what they're seeing – allowing them to ask you questions, and so on.

PARENT CODE:

6 BLOCK IN-APP PURCHASES

If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases. That will prevent your child from accidentally spending money while on your device.

2 ACTIVATE PARENTAL CONTROLS

Most digital devices have built-in parental controls that can limit the type of content children have access to. If your little one uses any device (even borrowing yours), it's a good idea to explore what controls the device has and enable them whenever they have access to it.

7 CHOOSE SAFE APPS AND SITES

There are some fantastic apps and platforms that are specifically designed to be safer for children. Always check the PEGI age rating before downloading an app, and test it yourself before allowing your child to use it.

3 MANAGE SCREEN TIME

This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go without devices.

8 INVOLVE THE FAMILY

If your toddler has older siblings, it's likely that their rules for device use will be different – and that they'll access content that isn't appropriate for younger ones (a particular worry if they share devices). Encourage the whole family to be good role models and help little ones stay safe online.

4 TALK ABOUT BEING SAFE ONLINE

Just like we teach children about being safe in the real world, we need to educate them about how to stay safe online. Use age-appropriate language to help them understand, and plenty of hand gestures can reinforce what you're telling them.

9 IF IN DOUBT, ASK

The easiest way to find out what your child is doing online is usually just to talk about it with them. Developing an open dialogue at an early age helps them grow up feeling able to talk to you about their digital life – providing opportunities to intervene if you're concerned.

5 SET A GOOD EXAMPLE

Children often learn by watching and copying those around them, and using digital devices is no exception. When you're around your child, try to follow the same rules that you've set for them. Let them see you balancing your time online with interacting with people in real life, too.

10 SUPPORT CREATIVE & ACTIVE PLAY

Physical and creative activities are important for a child's wellbeing, and there are plenty of ways to incorporate technology into that. For example, you could encourage games that require physical movement; dance and sing along to songs your child loves; and follow step-by-step crafting videos.

Meet Our Expert

Konstantina Moustaka is a professional development and EYF5 coordinator at an 'outstanding' nursery school in London. She has been working as a nursery and early years practitioner, both in the UK and internationally, for the past 16 years.



**National
Online
Safety®**

#WakeUpWednesday

Source: https://www.ofcom.gov.uk/_data/assets/pdf_file/0024/234805/children-media-use-and-attitudes-report-2022.pdf



www.nationalonlinesafety.com



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.05.2022

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

M&S

Clarks

JOHN LEWIS

GROUPON

Currys PCWorld

Argos

Viking

WAITROSE

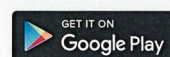
JUST EAT

ebay

Debenhams

Waterstones

Download the app



Over £31 million raised

Trustpilot ★★★★★

1.8 million users



MICHAELMAS FAIR BISHOPS CASTLE

LANTERN WORKSHOP

THE CHURCH BARN
11^{AM} - 3^{PM}
SATURDAY 13TH SEPT.

FREE
EVERYONE WELCOME, ALL
EQUIPMENT SUPPLIED.
CHILDREN MUST BE
SUPERVISED BY A WILLING
HELPER

JOIN THE MICHAELMAS
LANTERN PROCESSION
SATURDAY 20TH SEPTEMBER,
7.45^{PM}



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. 



MINI & JUNIOR RUGBY

COME AND JOIN OUR TEAM FOR OUR 25/26 SEASON

BRING A BUDDY DAY 28TH SEPTEMBER

We are asking all of our minis and juniors to bring a buddy with them to join in our training session on september 28th.

Interested? Contact James
07814 569 579 or
ludlow.rfc.youth@gmail.com



NYP STAGE SCHOOL

Fridays, 4:30pm-6:00pm
The Sparo, Bishops Castle.
Ages 6+

FIRST SESSION FREE!

To find out more or to sign up contact us at:
nypworkshops@gmail.com
Message us at N.Y.P.

Musical Theatre | Acting | Jazz | Top
Modern | Contemporary | Commercial

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.

Understanding your child From toddler to teen

- Would you like to know more about your child's development?
- Do you need help and support to understand your child's behaviour?
- Would you like a chance to meet with other parents and carers with children of a similar age?

Join us for one of our free virtual or face-to-face groups, our next groups start:

Understanding Your Child Group 29th September 2025 from 9.30am to 11.30am Virtually Via MS Teams
Understanding Your Child Group 29th September 2025 from 1.00pm to 3.00pm at Ludlow Primary School
Understanding Your Child Group 1st October 2025 from 12.45pm to 2.45pm at Whitchurch CofE Infants School
Understanding Your Child SEND Group 2nd October 2025 from 9.45am to 11.45am at Woodlands School Wem
Understanding Your Child Group 2nd October 2025 from 9.30am to 11.30am at Sunflower House Shrewsbury
Understanding Your Child Group 2nd October 2025 from 1.00pm to 3.00pm at Whittington Primary School
Understanding Your Child SEND Group 3rd October 2025 from 9.30am to 11.30am Virtually Via MS Teams

All our groups run for 10 weeks from the start date 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

Find more free online courses at:
inourplace.co.uk/shropshire



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

SEND Group Tuesday 23rd September 2025 from 1.00pm to 3.00pm Virtually Via MS Teams
or

Group Wednesday 24th September 2025 from 9.30am to 11.30am Virtually via MS Teams

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



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



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



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